



WEST HILL Help Scheme – Update 1st May

First of all on behalf of residents the Parish Council would like to say a *big thankyou* to our Help Scheme volunteers. A special thankyou must go to Dave Underwood who has collected and delivered over 125 prescriptions. On your behalf we presented him with a couple of bottles of wine to mark his achievement. We've received so many thankyou's and expressions of support. West Hill's a great place to live and we appreciate that more than ever now.

How can the Help Scheme help you?

- **Prescriptions** –If you're self-isolating or in quarantine we can collect and deliver prescriptions to you. We can also collect and submit your prescription request for you.
- **Shopping**
 - We can collect and deliver your McColls order. Call McColls on 01404 815 545 to place your order then contact friends, family or call us to arrange delivery.
 - Need help with a supermarket shop?
 - A list of local suppliers offering **Grocery & Meal Deliveries** to the village is available on the news section of our website www.westhillparishcouncil.gov.uk
- **Feeling Lonely?** We have volunteers ready to have a friendly chat. Just give us a call.
- **Financial or Business concerns?** Do you need a confidential chat with someone who works in this field?
- **Information** – we'll do our best to signpost sources of useful information for you.

Call us on 01404 232 100 for help with any of the above or for general enquiries.

How can you help?

Everyone can play their part during the lockdown period. By following advice and staying at home **you're** making an important contribution to the national effort. We understand how difficult self-isolation can be but, as many of you have commented we're very lucky to live in beautiful West Hill.

Have you checked that your house number or nameplate can be easily seen from the road? Can our volunteers find you?



A significant date in the diary is fast approaching, 8th May 2020. We know many residents were planning to join in the national and local events to mark the 75th anniversary of VE Day.

A message from the West Hill Royal British Legion

- Although the West Hill RBL "Street Party" has been cancelled, it will be possible to celebrate the 75th Anniversary of VE Day without breaching the social distancing rules.
- At 11.00 am. on 8th May there will be a national 2-minutes silence, a time to pause and reflect.
- On a lighter note, we will fly the Union flag at the Clubhouse and hope that anyone in the village who has a flag, large or small, will also display it.
- At 8 pm BBC One will host "The People's Celebration", an evening of memories and music.
- When we return to normality there will be a suitable, and certainly memorable, celebration at the West Hill RBL Club - open to everyone in the village!

Contact

Anne Oliver, Parish Clerk

Tel 01404 232 100

email clerk@westhillparishcouncil.gov.uk



Why not join the RBL and print, draw or create your own flags or bunting and put them on display in your window, on your gate or hedge? There are lots of useful ideas on the internet

www.ve-vjday75.gov.uk/toolkit/ for bunting templates, posters to colour and more
www.britishlegion.org.uk/get-involved/remembrance/remembrance-events/ve-day-75

Will we hear 'We'll Meet Again' sung out across West Hill at 9pm on Friday 8 May as you join in the nation-wide sing along?

Message from WHPC Chair, Margaret Hall

Councillors are starting to adapt to the "new normal" of life in the Covid-19 pandemic. New legislation means that we can now hold virtual meetings using Zoom. Members of the public can join us by contacting the clerk to receive an electronic invitation. Unfortunately we have had to cancel the Annual Parish Meeting on 15th May.

Many of the council's projects have had to be put on hold, such as the footpath access to the Village Hall, as we cannot hold a public consultation under lockdown. However we have agreement from Devon County Council that we can have Vehicle-Activated Speed signs. These will rotate between a number of sites on the B3180 and Bendarroch Road in the first instance. This is being funded jointly by the Parish Council and a grant from County Councillor Claire Wright's locality budget. Work to install the posts will be done by DCC in the next few months.

It is heart-warming to see just how many West Hill residents have come forward to volunteer to help others. And we have all discovered the wonderful local shops, farm shops and food producers who have really stepped up to the plate to help supply our needs. I hope we will all continue to support them once we return to more normal times.

And to keep you busyHere's some fantastic ideas for exercising and staying at home activities to keep you all active. There's something for everyone.

- NHS One You webpage: www.nhs.uk/oneyou/for-your-body/move-more/
- Home-based strength and cardio workouts for adults: www.nhs.uk/oneyou/for-your-body/move-more/home-workout-videos/
- Seated strength and flexibility exercises for adults with mobility issues: www.nhs.uk/live-well/exercise/sitting-exercises/
- Five-week strength and flex programme: www.nhs.uk/live-well/exercise/strength-and-flex-exercise-plan/
- British Heart Foundation: www.bhf.org.uk/information-support/heart-matters-magazine/activity/get-active-indoors
- Chartered Society of Physiotherapy / AGE UK: www.csp.org.uk/public-patient/keeping-active-healthy/staying-healthy-you-age
- Useful Tips and Techniques for Positive Mental Health: www.westhillparishcouncil.gov.uk/useful-tips-and-techniques-positive-mental-health
- Mind: www.mind.org.uk/information-support/tips-for-everyday-living/physical-activity-and-your-mental-health/about-physical-activity/
- One You webpage: www.nhs.uk/oneyou/every-mind-matters/

Stay Safe, Best Wishes from West Hill Parish Council

Contact

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