

# ***The Willoughby Monthly***

**Village Web Site:** [www.willoughbyweb.net](http://www.willoughbyweb.net)

**facebook Group:** Willoughby Monthly

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**Welcome to the May edition of the WM.** This issue is only in digital form because of the restrictions and recommendations related to the Covid 19. I have sent out three WM Extras with information and suggestions, some from the WM Facebook page membership which, I am pleased to say, has grown and become quite active recently. Thanks to Craig McMullen who looks after it. My aim is to ensure so far as possible that everyone in the village has access to as much local information as possible. Please check that friends and neighbours are in the loop.

Don't forget that if you need help with shopping, collecting medication, etc. you only need call Linda Belgrove on 890416 or Rachel Settle on 890724 they have a list of volunteers happy to help. Thank you to everyone who has volunteered and those who are helping friends or neighbours.

Thankfully, better weather arrived just in time for the 'lockdown' allowing us to spend time in our gardens (have they ever been tidier?). The natural world has been providing things to look at and watch, the spring flowers have had a particularly good year. The birds are busy and there are quite a lot of bees and butterflies about. On the ground the Hedgehogs have awakened and are very active in the evenings/nights.

As some may know there has been a 'men's' coffee morning on a Wednesday morning for several years. Happily this has transitioned into a virtual coffee morning using a telephone conference call facility. This has allowed the group to maintain contact despite the virus. The arrangement with the provider allows us to have up to 4 calls of up to 50 people at any time. If anyone would like to use a call with their family or group please contact me for details.

It looks as though 'normality' won't return for some time yet despite the improving statistics over the last week or two. Do look out for friends and neighbours, keep apart, and stay safe.

**Richard Jackson**

## **The Pink Moon 2020**

Something else to do try  
a bit of star gazing!!



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## Thursday Club

Your committee are sad to be missing our convivial lunches and interesting meetings. Thinking of you all and looking forward to resumption of normal service. In the meantime we do hope you are all keeping well.



**Willoughby Women's Institute**

**1920 - 2020**



Sadly we continue to be unable to meet. We hope that everyone is keeping safe and well. These challenging times provide the 'crafty' ones amongst us a great opportunity to take time to hone their skills!! or to try a some new recipes in the kitchen!! - in true WI spirit!!

### Church

Although St Nicholas is not able to be open to welcome people it is still very much a part of the village life. It has stood the test of time through two world wars, numerous unrests, the plague, and the Spanish flu to name but some. We are sure it will continue to be a church for the community long after our current lockdown has eased. We are keeping the churchyard mown adhering to the guidelines as we feel it is important for the area to keep looking tidy and as normal as possible. It is heartening to see how the villagers have joined together to help each other out. Social media is playing its part keeping people informed and a vital link for the lonely.

It is essential to keep this up. To continue to help and support our neighbours in this time. We will emerge from this stronger and more compassionate with a real feel for the importance of village life.

Finally, a message from Anne the Vicar, she asks that people keep in touch with those that are grieving. Grief goes through stages. Isolation on top of loss is very hard. A phone call to chat, and especially to listen, can be very therapeutic. Anne is sending a weekly message of encouragement to many in the village. If you haven't had it and would like one, do send her a message on 07854 329 892, with your phone number.

### ♥Defibrillator information♥

- ▶ If someone you're with stops breathing, IMMEDIATELY CALL 999.
- ▶ Defibrillators will not harm anyone and can be used on all ages.
- ▶ Defibrillators only shock when they detect no heartbeat and when the heart in cardiac arrest is ready to receive a shock ie through CPR.
- ▶ The access code to the defibrillator cabinet will be provided when you dial 999 with a patient not breathing ie in cardiac arrest.

IF YOU HAVE CALLED 999 IN A CARDIAC ARREST SITUATION, THE CALL CENTRE WILL TALK WITH YOU UNTIL HELP ARRIVES.

DO NOT COMMENCE CPR UNTIL YOU HAVE UNLOCKED YOUR FRONT DOOR TO ALLOW ACCESS.

DO NOT STOP CPR UNTIL YOU ARE ADVISED TO DO SO BY THOSE PROVIDING HELP.

In use, the defibrillator talks to you and instructs you exactly what to do step by step - It will not give you the next step until you have completed the instruction you've just been given. Attached to the defibrillator is a small black pouch, inside are items to use to prepare the patient for attaching the defibrillator pads which need good skin contact. The contents are: Tufcut scissors, Paper/cloth towel, Razor, Mask, and Gloves.

## Willoughby Society

Everything is on hold at the moment. Our events through to the end of May have been cancelled and the Live and Local selection process is on hold which will have a knock on effect when we can get back to normal. Hopefully the improving trend that we are seeing as I write this will continue and at the next review we will get some indication of when and how restrictions will be eased which will allow us to plan ahead. In the meantime we hope that you are all taking the restrictions in your stride and maintaining contact with friends and family and most importantly staying safe and well.

### Village Hall Defibrillator

Just over 5 years ago a defibrillator was installed in a cabinet at the Village Hall. Defibrillators have a life span of about 5 years and Linda Belgrove, one of our Community First Responders (CFR), realised that the one at the Village Hall was due to expire this month.

Linda and colleague Sue Waddington are CFR's for Leam Valley and part of their role, has been to train as many village residents throughout the Leam Valley in CPR as possible and to allay fears about using a defibrillator. They have also encouraged and advised those villages without defibrillators to fundraise to obtain their own.

Because of the amount of training and defibrillator encouragement our CFRs have been providing and knowing of the Charity 'Heartbeat UK', Linda contacted the charity to see if they could help us with replacing our defibrillator.

The Charity is run by John and Pat Collings and they have generously provided us with a brand new Cardiac Science G5 defibrillator free of charge. This is the latest model and cost well in excess of £1000.

John and Pat are a retired couple who have been doing this for many years and the only monies they receive are from rattling cans at supermarkets or other venues and from people, like ourselves, who are recipients of their kindness.

We are indebted to Heartbeat UK for replacing our defibrillator and we should, when the current restrictions are lifted, raise some funds to donate toward their work.

Thanks to Linda for realising the defibrillator needed replacing and also approaching the charity on the Village's behalf.

Linda and Sue will be organising more training for Willoughby when it's safe to do so and I would advise as many of you as possible to attend. There are differences in CPR technique for babies, children and adults. They will provide as many sessions as needed.

In addition to the CFRs there is a dedicated team of Resuscitation Volunteers in the Village who have already attended cardiac arrests of neighbours and friends.

At the foot of the previous page there is some information about what to do if someone stops breathing and using the defibrillator.



## Willoughby Parish Council

Whilst life can be difficult during this period of lockdown it is important that we all stick to the government guidelines to ensure we all stay safe. We are all missing seeing our family and friends but it is vital that they stay away during this period to ensure we do not spread Cov19.

Thank you to all those in the Village who have volunteered to do shopping and collect prescriptions and thanks also to The Rose and the Cafe who are providing a takeaway meal service and a shop.

If your Parish Council can help with anything please let us know. Please look after yourselves and keep safe.

### Police & Neighbourhood Watch

Fraudsters purporting to be from the police or your bank are targeting elderly and vulnerable people to try and steal money from their accounts. The callers will often seem genuine, offering you the opportunity to call them back to prove their identity.

They establish their trust with you by confirming some of your personal details and will then make up a story in which money in your bank account needs to be transferred or withdrawn.

The police or your bank will never:

- Contact you out of the blue and ask for your personal details, including your PIN number, password or account details
- Ask you to transfer money into another account for fraud reasons or to withdraw cash and hand it to someone for safe keeping
- Send someone to collect cash, bank cards, account details or PIN numbers

Protect yourself

- If you are unsure whether someone on the phone is genuine, hang up and then use a different line to call the organisation they are purporting to be from using a number from the phonebook or internet to verify their identity
- Don't give out your personal information to anyone over the phone, including your PIN number and bank account or card details
- If you have given out your personal banking details to someone contact your bank immediately to cancel your card.

**Crime prevention:** Property marking is a deterrent to burglars and increases the likelihood of stolen items being recovered. Rachel has the Village property marking kit and can mark items. Contact her (see below) to arrange to take smaller items to her or a home visit, in the village, to mark larger items.

**Police Community Support Officers** for the area is PCSO Joanne Jackson, our Police Constable is PC 978 Andrew Crouch. They can be contacted on 01788 853851 this is the Safer Neighbourhood Team number so will reach a team member on duty quickly. The team also have an e-mail address : [rrs.snt@warwickshire.police.uk](mailto:rrs.snt@warwickshire.police.uk) .

**Neighbourhood Watch:** Rachel Settle (Co-ordinator) can be contacted by telephone on 01788 823823 (daytime) or 01788 890724 (evening & answerphone) or e-mail [neighbourhood.watch@willoughbyweb.net](mailto:neighbourhood.watch@willoughbyweb.net).

### Willoughby Monthly

Do let me have your ideas for improving the WM and, of course, any articles/notices you have for your fellow villagers. The deadline for submission of items is always the 15<sup>th</sup> of the month. Send them to Richard Jackson, tel 891898, Hazeldene, Main Street, e-mail: [wm@willoughbyweb.net](mailto:wm@willoughbyweb.net) .