

Windmill Post

May 2020



For the Communities of Rogiet and Llanfihangel

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NOTICE BOARD

Cyber Crime

As some of you will already know Cyber Crime is on the up. You may have received messages claiming to be from HMRC or TV Licencing saying that you are owed money or your licence has run out. During this difficult time there are a variety of scams and more are coming to light daily. Do not click on any links or give any personal details. If you have any suspicions at all contact:

Action Fraud Crime Line – 0300 1232040

Local Police on 101 or Police HQ 01633 838111 and ask to be put through to the Cyber Crime Unit.

Church Notices

Due to the current coronavirus pandemic the church buildings are closed for the foreseeable future. If you are on Facebook you can follow St Mary's Church, who are posting the scripture references for each Sunday service, and other information and updates.

Rogiet Countryside Park

All parkruns worldwide are currently suspended. The countryside park remains open to locals and is a beautiful place to take your exercise, but please make sure you abide by social distancing rules. Please continue to clean up after your dog as usual; waste bins continue to be emptied during this time.

Rogiet Craft Group

The group, led by Janet Fowler, have produced some lovely decorations to mark the 75th anniversary of VE day. Whilst they have had to scale down their plans due to the current circumstances, they are keen to ensure a suitable commemoration takes place – so keep your eyes peeled for their lovely work – it will be out in the open for all to see!

(Tip: the area around the Silent Soldier silhouette on the corner of Station Road will be the focal point).

The group are also keen to help celebrations later in the year to mark the end of World War II.

If you are interested in crafts of any kind you might like to join Janet's 'Crafty Together' Facebook group.

Little Tigers Day Care

Rogiet Primary School Early Years Wales Quality Assured Childcare rated 'highly commended'. A variety of sessions available throughout the day funded morning/afternoon nursery sessions, after school club & holiday club open 8am until 5.30pm daily, providing the 30 hours government childcare offer.

Limited spaces available in our other setting in Rogiet 'Little Tigers Pre-School' based in Rogiet Sports Pavilion. Dedicated only to the under 3's, providing play group sessions. To book your place call 07971 429868 or Email – littleigersrogiet@yahoo.co.uk

Seeking medical help during the coronavirus pandemic

The NHS are urging people to seek medical attention if they believe they are experiencing signs of a serious condition such as sepsis, stroke or heart attack. They would like to reassure the public that separate wards are in place for Covid-19 patients to minimise any risk to other patients.

The following information is taken from www.nhs.co.uk/conditions

Signs of sepsis include:

Blue, pale or blotchy skin, lips or tongue, a rash that does not fade when a glass is pressed on it (as with meningitis), slurred speech or confusion, extreme shivering and muscle pain, passing no urine (in 12 hours or a day), severe breathlessness.

For further information on sepsis, or to make a donation to support Sepsis Trust visit www.sepsistrust.org

Signs of a stroke include:

The face may drop on one side, noticeable when smiling, you may not be able to lift both arms, speech may be slurred.

Signs of a heart attack include:

Chest pain which feels like a pressure, pain radiating from the chest to the jaw, neck, arms and back, shortness of breath, feeling weak or lightheaded, an overwhelming feeling of anxiety.

Importantly, everyone experiences symptoms differently, and the sometimes the chest pain itself does not feel severe.

If you have any of these symptoms call 999 immediately or get someone to call for you. Do not put the call off due to the current coronavirus outbreak.

Wellbeing

In these uncertain times it's important to take care of your mind as well as your body, and to make sure you get any support that you need. Here are some ideas that might help.

- Stay connected with people and talk about your worries
- Look after yourself physically
- Do things you enjoy
- Don't stay glued to the news
- Think about your routine and take time to relax

You can find more information and ideas on how to look after your mental health on the NHS website at:

www.nhs.uk/oneyou/every-mind-matters

MonLife

MonLife (the leisure section of Monmouthshire County Council) have a host of free workouts that you can follow along to at home. You can follow along to yoga with Suzi or do a HIIT workout for something a bit more intense. Just search MonLife on YouTube.

Keeping moving and looking after your body is so important, especially when we are limiting our movement so take advantage of your one hour exercise outside or tune into a class when you can.

Chairman's Update

I hope everyone is keeping safe and well in the village at this most troubling of times.

We should all be indebted to the selfless work that is being done by all the key workers, especially those working in the NHS who are saving lives daily. I'm asking everyone to put a rainbow in their window to show your support for the vital work that they do

There are groups in our community that have stepped up to the plate in order to help the most vulnerable. I thank everyone of you for efforts.

The 75th anniversary of VE day on 8th May will not be able to be commemorated as we would've liked. Please do something as a household to show that you remember the sacrifices of past generations.

These are a few items of council business I'd like to draw to your attention:

We have had a new path laid at the playing fields. This unfortunately suffered a considerable amount of water damage due to the rainfall we had. The damage has now been repaired and hopefully we will not experience this problem again.

We have some plans in the pipeline for improvements to the playing fields as I reported last time. Any ideas and suggestions for this will be most welcome.

There have been reports of increased dog fouling in recent months. This is unacceptable behaviour. Please report any issues either to your Community or County council.

Please stay safe and keep well.

Rob Stallard

Important Public Information Sources

Public Health Wales	www.phw.nhs.wales
Welsh Government	www.gov.wales/safe-help
NHS Wales	www.wales.nhs.uk
Age Cymru ('check in and chat')	08000 223444 (For over 70s who live alone)
Mind Cymru Helpline	0300 1233393 (Support for mental health issues)
Samaritans	08457 909090 (For 24 hour confidential, non-judgemental emotional support)
Monmouthshire County Council	www.monmouthshire.gov.uk 01633 644644
Rogiet Community Council	www.rogietcommunitycouncil.co.uk 01633 547980
Gray Hill Surgery	Woodstock Way, Caldicot 01291 420282
Richeld Pharmacy	17 Newport Rd, Caldicot 01291 420316
Dudley Taylor Pharmacy	28 Newport Road, Caldicot 01291 422041
Caldicot Food Bank	07925 285994

Activity ideas for children

Mini Beast Hunt: If you have a garden, get your children to go on a mini beast hunt. Ask them to draw pictures of the creatures they find. Once they have found a few, spend some time looking online and learning about these creatures.

Set up a tuck shop: Collect all the spare coins/change from around the house and allocate a budget for your child each day to spend on snacks (eg; £1.50). Make a price list of different snacks they can 'purchase' throughout the day. Your child will have to ask for various snacks and count out the money to buy them.

Design and make bookmarks: Take some card or paper and get your children to design their own bookmarks to help encourage reading.

Make an obstacle course: Create your own obstacle course and have a mini Olympic Games.

Shadow drawing: On a nice sunny day, line up some toys next to a piece of paper and draw around the shadow. This is particularly effective with toy animals to create your own safari scene!

Making rainbows: Rainbows have become the symbol of hope during this time. How many different ways can you make a rainbow? Some ideas are: from a range of fruit and vegetables, from toys, or from clothes, or just using paper and pens.

Good old fashioned den making!: Use sheets over chairs or the sofa to make a den. Everything is more fun in a den!

We would love to see photos of your activities or creations—feel free to share them on the 'Rogiet Community Council' Facebook group and the 'Rogiet Corona virus Community Support Group' Facebook groups to inspire others.

Resources for children

Save the Children has some wonderful ideas to help keep your little ones busy at home. With links to easy recipes, dance classes with Bruno Tonioli or making a den.

YouTube is also great resource, David Attenborough teaching Geography or Joe Wicks teaching P.E (also can be found on Facebook as **The Body Coach**) will help the kids minds and bodies staying healthy.

BBC hosts a huge array of educational videos and lessons for primary and secondary age children which can be found at **www.bbc.co.uk/bitesize**

Educational resource website Twinkl is currently providing free access to all users, to print worksheets for home schooling. Visit **www.twinkl.co.uk** and use the promotional code PARENTSTWINKLHELP or CVDTWINKLHELPS

As entertainment and educational organisations are adhering to social isolation guidelines by closing to the public, many have found ways to continue to entertain and educate via the internet. Chester Zoo have been streaming footage from their animal enclosure cameras on their Facebook page, other zoos around the UK and the world have done similar.

Elevenes book readings by David Walliams are also a great source of entertainment for primary school age pupils at **www.worldofdavidwalliams.com/elevenes/**

Liverpool War Museum has also been providing online viewable lessons, with downloadable worksheets, on many aspects of World War II such as the role of the Liverpool command centre, rationing and codebreaking. You can also take a virtual tour of the bunker.

Rogiet Community Junction

We are missing you! So we are raising a cup of coffee, tea, hot chocolate to you all every Wednesday at 11.

Fareshare is still available outside the church hall/Rogiet Cafe- check Rogiet Community Café Facebook for details, generally bread, fruit and vegetables available. Please get in touch with Fay if you are unable to get to the hall. 07767 762417

Rogiet has been amazing at taking up the scrubbers challenge, thanks to Sara Wall's initiative and Brigitte and many volunteers' fantastic efforts. If you would like to help either by donating clean non shrinkable fabric, e.g. duvet covers, sheets or by sewing headbands and scrubs for ABUHB/carers, call Brigitte on 07759 301611 or email Sara at sara-w@abscrubbers.co.uk

www.rogietcommunityjunction.co.uk is now live! Let us know what you think and check out the lockdown recipes from some of our young volunteers. Could make you hungry, will make you smile! We are excited to tell you that the architect is close to producing the designs for the new community café and shop, which we will share with you as soon as we are able for your comments. Go to our website for more information.

Some of you may remember that last October Derek The Weatherman came to film and eat cake at the café. Our episode is being broadcast on BBC1 on Friday May 15th at 7.30! A great chance to see some of the friends we are missing.

Some of you will be aware of a new support group for Rogiet, set up by Sebastian McVicker, Bethany Lodge and Anna Wilson with a group of willing volunteers. Rogiet Community Junction is working together with NP26Assist to ensure that as many people as possible can access help if they need it, picking up prescriptions, shopping or a chat. If you need any help or would like to offer help please get in touch using the details opposite.

Until we can all eat cake together again...
Stay safe, stay well, love from us all .

Rogiet Covid-19 Community Support Group

We have been working in conjunction with Rogiet Community Council, Rogiet Community Junction and Monmouthshire County Council. Together we are working towards trying to make the present situation a little easier for everyone. We have been amazed by the number of people coming forward to volunteer in the community and firstly want to say thank you for all your efforts and kindness over the last few weeks.

There are plenty of us so please don't feel afraid to use us, even if it's just for a chat, we are here to help.

We are working with the Rogiet Community Junction and Café in developing the Fareshare service with the help of the community volunteers.

A list of local suppliers offering delivery services through this time can be found on the following pages. We understand that some people have found difficulty obtaining click and collects lots for Asda. We have raised this issue with Monmouthshire County Council and who are now in senior discussions to see if we can get spaces for the most vulnerable. **If you need help getting your prescriptions or shopping, please contact** us on the details below. We will be happy to help you.

Sebastian, Bethany, Anna and all the volunteers are here to help so please don't hesitate to check in. We would all love to hear from you.

Number: 07399871737

Email: NP26assist@gmail.com

**Facebook: Rogiet Corona virus (Covid 19)
Community Support Group**

List of Suppliers

Mead Farm Foods - 01633 881401

Milk, fresh orange juice, bread, bacon, cream, butter, eggs, porridge, muesli, jams, honey and milk alternatives

Castle Farm Community Hub - 07500 845522

Fruit and veg, dairy, and other basic food items

Bradbury Milk - 01291 421177

Milk and other basic food items

Clarkes' Butchers - 01291 420364

Delivering twice a week. Please phone to find out what they have in stock

The Castle Inn - 01291 430830

Homemade chilled food, vegetables and groceries for the elderly and self-isolating.

Pickled Pumpkin Catering - 07498 725156

Next day delivery on grocery items, dry goods and cleaning products.

Wiltshire Farm Foods - 0800 0773100

Nationwide service. Ready-made meals to freeze and reheat when required.

Monmouthshire Meals on Wheels - 01873 882910

Hot meals and puddings for elderly residents

Parsley Box – 0800 612 7225

Nationwide service. Ready-made meals delivered which can be stored in cupboards.

Farmers Friends – 01291 422965

Pet and animal feeds.

Perfect Pet Services - 01633 400993

Pet supplies

Co-op Caldicot - 03300417784

Offering a call and collect service for amounts up to £20. (contact the Rogiet volunteers for help collecting your shopping)

Asda volunteer voucher service

<https://cards.asda.com/the-volunteer-shopping-card>

If you or a relative has access to the internet you can load up a volunteer shopping card using your own debit card details. A voucher will then be emailed to you (or your relative who is setting this up for you) and this can be sent to any volunteer shopping on your behalf. The purchases will be deducted from the voucher, with the remainder available for your next shopping trip.

VE Day Celebrations

The website VE Day 75 is the official website for the UK's celebrations of the 75th anniversary of VE Day on 8th May 2020. Many communities (including our own) were looking forward to holding gatherings with friends, family and neighbours but these are now not possible. We are instead being encouraged to do what we can to celebrate in our own homes and gardens, perhaps by making our own bunting for our doorsteps or windows. You could also decorate a flowerpot with a VE Day theme, part of a community idea to brighten our streets up for us all to enjoy when we exercise...read on below to hear about the plant pot project!

Rogiet's Plant Pot People

For VE day this year we would like to see your plant pots! You can paint them, decorate them, turn them into a plant pot person or just plant them up nicely.

We are hoping that as people take their daily exercise around the village the flower pots outside peoples home will let everybody know we are together in spirit.

If you don't have a plant pot, don't worry, A plant pot drawn in the window will do fine!

This will align nicely with Rogiet in Bloom, which residents are usually preparing for around this time, and is a great exercise for anybody and everybody.

For inspiration, type 'plant pot people' into Google, or check out the Rogiet Community Council Facebook page and group or the council website.



Thank you

Rogiet Community Council would like to thank Hazel Bennett and Bethany Lodge for their work in compiling this important bumper edition of the Windmill Post.

We would also like to thank all of the community volunteers and key workers, operating in a range of capacities to ensure that no one is left in need during these difficult times.

Last but not least, thank you to everyone in Rogiet and surrounding areas for playing your part in fighting the Covid-19 outbreak by keeping safely indoors, providing the best opportunity to stop the spread of the virus.

Stay at home. Protect the NHS. Save lives.

Catherine Baker
Clerk to Rogiet Community Council



Rogiet Community Council:

Clerk to Rogiet Community Council

Cath Baker – clerk@rogietcommunitycouncil.co.uk;

Tel: 01633 547980

Councillors

Chair Person – Robert Stallard - robert.stallard@live.co.uk;

Deputy Chair Person – Hazel Bennett –
hazelbennett443@gmail.com;

Jers Dyderski - jersdyderski@btinternet.com;

Linda Guppy - lindaguppy@monmouthshire.gov.uk;

Gillian Haywood - gillyhay@hotmail.com;

Martin Hunter - Hunter_KON@me.com;

Jayne Stallard - JayneStallard47@gmail.com;

Vacancies:

If you love your community and are interested in participation in what is going on we are looking for new Councillors. If you are interested in applying please contact Cath Baker our Clerk on 01633 547980

Please note: The Council now has its own web site which will give you up to date information on what we are doing and the concerns that we have.

Here is the link: www.rogietcommunitycouncil.co.uk

We also have a Facebook page, where we will post important information, and a Facebook group, which members of the community can contribute to.