

The Souldern Shout-Out

Our Covid-19 Newsletter

18th May 2020

Dear Villagers

At the beginning of last week the Government outlined the next phase in its efforts to steer us all through the current crisis. Stay at home has been replaced by Stay alert, and the application of common sense will have a huge part to play in everybody's approach to a partial easing of the lockdown measures. To date our community has been vigilant and diligent in its approach to social distancing, and we must continue with this.

There continues to be a fantastic community spirit within the village, which was most notably demonstrated on VE remembrance day last Friday. The village wide community support network is now in full swing, and it is our intention to run the key functions through until the end of June at the very least. If any support is required beyond that we have the willing manpower available to do this.

In the coming weeks as members of our community return to work and parishioners usual support system may need bolstering, please do not hesitate in reaching out to the Community Support network for help. That is what people have volunteered to do.

Most importantly Stay safe and stay home wherever possible.
Stay Alert, Control the Virus, Save Lives.

Community Support Network

Souldern United Charity

We understand that life for some people may be worrying and financially insecure, especially as the impact of Covid-19 continues to be felt. But if you are struggling with a specific expense or the cost of basic food essentials then Souldern United Charity may be able to help by providing some financial support or organising a food pack from Wrightons for you. (Unfortunately we aren't able to assist with mortgage payments.)

We can also help with funeral expenses if your family suffers a bereavement. Please contact any of the SUC trustees in confidence in the first instance (see below for names & numbers), you're not alone.

Souldern "Meals on Wheels"

We can now offer professionally prepared meals that have been cooked, frozen - ready to be thawed and re-heated as needed. Options are cottage pie, chicken casserole, fish stew, vegetable lasagne plus mash & mixed veg.



They are primarily intended for any residents who are:

- Front line workers working long hours and need a night off the cooking
- Residents who have run low on supplies and been unable to go shopping
- Residents who are unable to cook for themselves

Meals are funded by Souldern United Charity, the Parish Council & Souldern Solstice Group and are available a max of 3 times a week, by pre-ordering from Tania on 07594 899672. Please give a minimum of 24 hours notice and your meals will be delivered to your home by a volunteer.

Weekly Bake Offs

Congratulations to everyone entering into the spirit of our weekly baking offs. We've had a sensational array of burgers, sausage rolls, Easter cakes, hot cross buns, pavlovas and VE teas. All the winners and photos are shown on the Souldern website.



This week it's a practical, **non-baking task**. Send photos of your home made mask (and you) to website@souldern.org by 6pm Sat.23rd May. Masks fashioned from socks/t-shirts encouraged!

Community Support Group

Alan Smith, 07400 464401
Barbara McGarry, 07889 444616
John Hoodless, 07785 391591
Kirsty Allpress, 07734 544001
Laura How, 07710 242002
Nick Oakhill, 07845 594099



Souldern United Charity

David Blunt, 07850 616822
Carol Couzens, 07960 784094
Chris Rothero, 07891 445095
Norma Jones, 07858 367616
Sue Medhurst, 07979 435961
Susan Jones, 07802 668434

Telephone Buddies



The friendly telephone calls are now being made on a regular basis, and are being very well received. We do have the capacity to extend this service if required and whilst it is one of the more difficult things to request, please do not think twice as a friendly chat is better than no interaction at all.

If you would like to receive a weekly call please contact one of the people listed on page 4 who will put you in contact with one of the volunteers.

Wonderful Windows

A big Thank You to everyone that has displayed teddies, toy animals and rainbows in their windows - you've made it fun for children and parents alike. Well done too for the flag quiz, golden ribbon trail, scarecrows & "Thank your Postie" posters. They've all been fantastic!



Nash's Bakery visit

It's amazing how quickly something becomes a part of accepted village life. This has certainly been the case with the weekly visit of Mark Nash and his array of tempting bakery treats!!! He was most certainly missed on VE Day.



It's his intention to continue to make a weekly visit with his lovely cakes, sausage rolls, pies, bread and doughnuts to the village car park until the first week of June. If you can't get out there are several villagers happy to get an order for you and bring it round, call Kirsty on 07734 544001.

St Mary's Church Souldern - Keeping Connected



Although our church unfortunately still has to remain locked for the time being, Helen and Andrew are embracing technology and delivering live services via Zoom, recorded services via email and Dial-a-Service for those that don't have access to the internet.

SUNDAY SERVICES

11am Live Sunday Service - Via Zoom

Spiritual Communion - Recorded and sent via email

DIAL-A-SERVICE

For anyone who doesn't use a computer, tablet or smartphone

Dial 01869 229920

When you phone wait a few seconds and then you will be lead you through the Spiritual Communion service for that week, with a short homily. The service is quite short and the call is charged to the caller at the normal local rate, or as part of their existing contract with their supplier.

DURING THE WEEK

Tuesday - Morning Prayer - via email (*recorded*)

Wednesday 10.30am Coffee morning via Zoom

Wed & Thurs 11am Elevensies Live via Cherwell Valley Church on Facebook

Friday - Morning Prayer - via email (*recorded*)

To receive the notifications phone 07889 444616 or email barbara.mcgarra@cherwellvalleychurch.org.uk

The Fox Inn - Thanks for your continuing support!

Sadly there is no date yet for a full reopening of the Fox, but the takeaway service is still available, hurrah! The menu, including new "specials", is detailed on the insert inside this newsletter.



Your support of the Fox takeaway service is providing a vital lifeline to our valuable village pub, but Cat Rusher also spotted another great opportunity to help. Thanks to lots of villagers nominating the Fox Inn for Budweiser's "Save Pub Life" promotion we're now listed as one of the pubs eligible for support.

Anyone who buys a Save Pub Life gift card (which can be spent on *anything*, inc. beer, wine, food) to use when the Fox reopens has the value matched by Budweiser, so the Fox receives **twice** the value of your purchase!! You can find more details and buy gift cards online via <https://savepublife.com/>. If you can help *please act quickly* as the budget for this support is in it's last stages. (And look out for *our* Fox Inn logo.)



**Friday
22nd May
8pm
The Movie Themed One
Souldern
Quiz**

Zoom in: Meeting ID: 874-8343-4599
Password: 919664

Please put your microphone on mute so everyone can hear the questions 🤐

Souldern Online Quiz nights

VE Day quizmasters were the Jones family, who made a late dash for the winners circle.

However bragging rights may not remain with them for long as a second quiz is planned for **Friday 22nd May, 8pm start.**

It will be a Movie special with questions suitable for all the family.

All welcome and donations to Katherine House appreciated.

Pharmacy Co-ordinators

If you are unable to collect your prescription or medication we have volunteers willing to help out. Please contact any of the people below for your pharmacy :

Bicester	Rebecca (tel 07971 343885) or Michelle (07919 157768)
Banbury	Kerry (Tel 07921 082956) or Heidi (07740 150111)
Deddington	John (tel 07785 391591) or Joanna (07768 584102)
Brackley	Nick (tel 07845 594099)

