



SPRING NEWSLETTER 2020

www.wheathampsteadppg.org.uk



COVID – 19 EXTREME ACTIONS

During the “Lock down” the WPPG will be unable to hold the AGM so the talk scheduled for June 2020 has to be cancelled. Realistically we cannot expect people to want to attend a meeting and it is likely that the government would not allow it.

Lock-down headlines

Who knows what will happen over the next year. One thing that has grown is use of on-line resources and video calling. Staying in touch is good for your health and you should have a go if you haven't already.

The government is ready to introduce an app for smartphone users to alert them if they have been near someone with Covid-19.

There is already an app from King's College that allows you to report at <https://covid.joinzoe.com>. With around 3 million users today it takes less than a minute to report each day and helps the health services.



Tuesday Pilates Classes

The weekly Tuesday Pilates classes have been successfully operating in Wheathampstead since 2009. The initiative resulted from a conversation between the late Audrey Capy and Slim Tlili in 2008. You may be aware that Slim has also been successfully running a Pilates clinic in Welwyn Garden City for several years. At some point in the future, Slim would like to also have his own clinic in Wheathampstead and he will be looking for a suitable venue.

The WPPG Committee have agreed with Slim that he will take over responsibility for fully managing the WPPG classes in his name once it is agreed that it is possible to start up again on a Tuesday afternoon at the Memorial Hall.

Slim Tlili and David Law will be working closely together to ensure a smooth handover.

The WPPG Committee wish to sincerely thank Slim for his professionalism and support over the last decade and we are confident that many more Pilates clients will benefit from his expertise.

WPPG mission

The WPPG aims to improve the health of Wheathampstead residents.

With current lock-down we are discussing whether we could encourage residents to use technology to stay in touch as well as providing close liaison with the local surgeries.

We are always looking for ways to encourage new WPPG members and realise that young families would benefit from our group.

If you have any ideas please let us know.

Thank you for your support.

WPPG – time to embrace technology ?

The WPPG Committee held a virtual meeting using Zoom on 14th April 2020.

It was agreed that the AGM and talk planned for 11th June 2020 should be cancelled and scheduled for 22nd October 2020.

With 214 householders registered and half paying by standing order, the WPPG is in good shape which allows us to consider further developments.

During the lock-down we are all using technology like Zoom more and it has been suggested that we may be able to hold virtual meetings which may encourage families that would otherwise not be able to join our normal meetings.

The latest government advice to allow us all to spend more time outdoors is very encouraging as we are lucky to have plenty of walks and open spaces to get out and get some fresh air and of course the chance to build up immunity with the intake of vitamin D.

Recent changes means your committee has two vacancies; Secretary role and Event coordinator role. you can spare four evenings a year plus a bit of time between committee meetings.

ian2.begg@virgin.net

WPPG Chairman trying a new social distancing tool



DEMENTIA WELLBEING GROUP

MEAD HALL

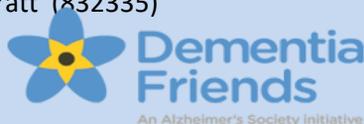
1st and 3rd Wednesday

10:30 – 12:00

During the "Lock down" meetings have had to be cancelled.

We look forward to starting again when the lockdown allows.

Contacts - Isobel Poole (832439) Margaret Carter (832368) and Jon Barratt (832335)



WHEATHAMPSTEAD SUPPORT FOR ALL

By now you should be familiar with the "Wheathampstead Support for All" group of volunteers that has been formed to help the vulnerable to stay at home (...to help the NHS and to save lives) but this group of volunteers is gravely concerned at the number of vulnerable (esp. elderly) people who are still doing their own shopping in Tesco, the Chemist, the Post Office and the Butcher.

The desire to remain independent is understandable but the support group of volunteers are there to help minimise the risk of exposure to the virus, so if you are over 70 and/or vulnerable then please call the helpline 01582-380910 and ask them to do your shopping. There are signs in the village with this same message. Use the helpline to help the NHS and to save lives.

Let's all stay well and look forward to life after lockdown.

The annual WPPG subscriptions were due on 1st April. This is still just £5 per household. A massive thank-you to our members who kindly pay by standing order. For those who pay by cheque or cash, the method is very easy. Just pop a £5 note or a cheque made out to WPPG into an envelope with your name and post code on the front. In view of the access limitations at the Village Surgery unless you have an appointment, the envelope can be delivered instead to the WPPG Treasurer - David Law at: 8 Town Farm, Marford Road, Wheathampstead, Herts AL4 8QL

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