



Histon and Impington Parish Council

The Newsletter of Histon & Impington Parish Council

HISIMP NEWS

COVID 19 Special

We are here for you!

The caring community of Histon & Impington has risen to the challenge of supporting everyone during the COVID 19 pandemic.

HI Covid-19

A core team has put together a response to keep our residents and volunteers safe, connected and supported. Support covers help with food supplies, prescriptions, food parcels and a direct line to the local Wellbeing Team.

Help is delivered via a network of 129 street coordinators covering each street. There are extra volunteers working with the coordinator in their street. The core team is also working with the shops and other businesses to ensure that everyone has easy access to the goods and services which they need.

The core team is composed of people from Histon & Impington Parish Council, the Council of Churches, HI Friends, South Cambs District Council and local volunteers.

Need Help?

Please ask your local volunteer street coordinator for help with shopping, picking up prescriptions, posting mail, supplies, a chat or anything else.

Contact the Central Help Line on 01223 320420 for any questions and help, including finding out who is your street coordinator, help with food supplies, prescriptions, food parcels and a direct line to the local Wellbeing Team.

If you have access to the web, the following local sites have lots of useful information:

HIHub: www.hihub.info/covid-19/

Histon & Impington COVID: hicovid19.online

Food parcels

A scheme to help any couple or family in need in our community.

A free food parcel can be ordered by email to info@hifriends.org.uk or by calling 01223 320420 and selecting the food parcel request option. All requests are dealt with full confidentiality.

Please provide name, delivery address and type of food parcel needed (standard or family) & any specific dietary requirements.

Getting around

If you need to get to a medical appointment, but don't have transport the community minibus is there to help!



The HI Friends Community Minibus is available to take residents to medical appointments outside the village. If you have such a need please ring 07982 108927 for further details.

Want a Chat?

For those online, either via a smartphone or computer/laptop with camera, microphone and speakers there's a Zoom facility called the HI Café. Think of this as just that, a café. You can drop in at any time and see who is there or you can arrange to meet there for a chat.

Here is the link <https://zoom.us/j/7792199799>
If you get asked for a meeting ID, it is the 9 digit number at the end.

There are now pop-in times at the café when your chances of meeting up with someone else will be increased. These are:

Elevenes 10:30-11:30

Afternoon Tea 14:30-15:30

Pub O'Clock 20:30-21:30

Are you shielding?

A number of people in our community are “shielding” - and are strongly advised to stay at home at all times and avoid any face-to-face contact to protect themselves.

They are eligible for government food parcels and other potential benefits including priority supermarket slots.

A word of warning here. If you are receiving these parcels but don't really need them, you should not refuse them. Doing so means that you'll lose out on other benefits. Much better is to pass on the food parcel to the village scheme (ring 01223 320420 and we'll arrange collection) by putting them onto one of the pallets or giving them straight to the Salvation Army.

Scams

The consumer magazine *Which?* describes the current crisis as 'perfect storm' for scams.

The guidance for emails and texts is unchanged:

- Do **not** give out private information (such as bank details or passwords), reply to text messages, download attachments or click on any links in emails if you're not **absolutely sure** they're genuine.

Five tips to avoid scams

- *Contacted out of the blue* Legitimate organisations never ask you for your bank details or payments out of the blue.
- *Personal details* Never give cold callers your personal information. For example, don't give them your personal details to apply for refunds or government benefits for you.
- *Transfer funds* Banks will never call you to ask you to transfer your money into another bank account if they think your account security is at risk.
- *Pressurised to respond quickly* Scammers will often want to push you to rush a decision and not take the time needed to think it through.
- *Take a moment* If something seems odd, take a moment out to think it through. Check the details and ask your street coordinator, a friend or relative for their opinion.

How you can help

Volunteering

If you're already a street coordinator or volunteer - **THANK YOU!**

If you're not - could you be? The roles aren't arduous - you may be asked to collect a prescription or do some shopping - but that'll make a real difference to people who are shielding or self-isolating.

If you would like to join in with supporting our community, please email our Parish Council Office on clerk@hisimp.net or call 01223 235906.

Hours available Monday to Friday 9.30am to 3.30pm

Food

Just a few weeks ago, a scheme designed to encourage our local community to donate food and funds to support those in need during the COVID-19 crisis was launched.

This scheme has been going from strength to strength. The pallet donation scheme, brain child of Nick Wood, now has eight pallets distributed across Histon & Impington, all of which receive regular and plentiful donations of food. Donations to the pallets are collected by a team of local volunteers and distributed by Georgina Symons of the Salvation Army to people in need within our community.

The pallets can be found at the following locations:

- Baptist Church porch
- Methodist Church driveway
- Histon Salvation Army premises, Impington Lane
- Impington Village College
- Burial Ground entrance (Mill Lane)
- Clay Street/Cottenham Rd junction
- Villa Road/The Crescent grass triangle
- Cambridge Road/Lone Tree Avenue grass triangle

Details of suggested contributions can be found at: www.hihub.info/news/community-food-parcel-scheme-launches/

As well as the pallet food donations, you are able to help by donating money. A dedicated bank account has been set up and if anyone would like to make a financial contribution the details are as follows:

Account name: *Friends of Histon & Impington Community*; Sort Code: 20 17 20; Account number: 83985849

Following an article in HIHub the response has been incredibly generous. An article in HIHub in mid-May reported that David Wilson, treasurer of

HI Friends, said that they may struggle to spend it all on food parcels!

However, the need for provision of food parcels may well go on for some time, so HI Friends would love to keep receiving donations. If there is money left, then a proportion of them might end up being allocated to support other projects that HI Friends are involved with in response to the COVID-19 crisis. All money will go towards helping those in need locally.

Good neighbour

At this time, being a good neighbour, looking out for others nearby, or even stopping for a chat (socially distancing, of course) is so important.

And if you know a neighbour or friend who, you believe, may need our help, please reach out. You can call St Andrew's Church on 01223 320420 and get through to someone who will help you. No problem is too small. We have a team of people who will take your call and deal with any request with the confidentiality, respect, and integrity it deserves.

The 'new normal'

The world has changed, and continues to change. That's both very personal (lockdown) and also business (working from home, use of cash et al). Whatever it is, the 'new normal' will (probably, hopefully?) be different to what was normal in pre-COVID19 times.

And finally getting there will take time - we need a vaccine and/or great treatment before we can drop social distancing etc. So there may be a couple of stages to get there.

We've got a chance to influence that - at least tweak how the new normal comes to Histon & Impington. If you'd like to have an input about that please contact Brian Ing, consult.ing@btinternet.com

On one very specific detail, the Government is trying to get us to walk and cycle more - and is even offering cash to try to help that happen! And locally, the Mayor (of the Cambridgeshire and Peterborough Combined Authority) and Cambridgeshire County Council are looking to bring forward schemes.

Have you got ideas how we might help more people to walk and cycle in Histon & Impington?

Do let us have those for our Highways Committee via the Parish Clerk - clerk@hisimp.net

Car Care

If you've got a car that you're not using much or at all you'll want to know how to take care of it for when you do need it.

Money Saving Expert has put together some guidance working with the AA, RAC and Green Flag - <https://tinyurl.com/y8cejgl6>

Of course you need to think about keeping your battery charged, but just rolling the car a little will help ensure your tyres stay supple.

Also, if you do run your engine then running the air conditioning, if you have it, is a good idea.

But whatever, **don't** break lockdown rules just to look after your car.

Shops & Businesses

(correct as at 17th May - but **subject to change**)

Barclays Bank - Monday, Thursday, Friday
9:30am to 12pm

Barkers Bakery - Monday to Saturday 7am to 1pm

Buckingham and Stanley - Monday to Friday 8am to 5pm

Cambridge Building Society - Thursday 10am to 4pm

Co-Op - Monday to Saturday 9am to 8pm; Sunday 11am to 8pm. Priority shopping 8am to 9am; Sunday 10am to 11am

Gulf Petrol Station - Monday to Saturday 8am to 4pm; Sunday 8am to 12pm

Histon Chop Shop - Tuesday, Friday 9am to 12pm, 2pm to 6pm; Wednesday 2:30pm to 6pm; Saturday 9am to 1pm; Sunday 10am to 12pm

Post Office - Monday to Friday 7:30am to 2pm; Saturday 7:30am to 1pm

Print Out - closed but taking orders over the phone or by email

Station Stores - Monday to Saturday 7am to 6pm; Sunday 7am to 2pm

Station Road Garage- Monday to Friday 8am to 5:30pm, Saturday 8:30am to 12:30pm

Tesco - Monday - Sunday 6am to 10pm

Well Pharmacy, Histon - Monday to Saturday 10am to 12:30pm, 2pm to 6pm

Well Pharmacy, Impington - Monday to Friday 10am to 12:30pm, 2pm to 6pm

Food Deliveries

(correct as at 17th May - but subject to change)

Meals - including takeaways

Barley Mow - 01223 234071

Histon Fryer - 01223 232452

Indian Ocean - 01223 232520 -

<https://theindianoceanonline.co.uk/menu.aspx>

Pizza Town - 01223 232200 -

<https://www.pizzatown-histon.co.uk/>

Sam's Thai Food - 07917 280319

The Old Crown at Girton - 01223 277217 -

<https://theoldcrowngirton.com/>

Food

All of the big supermarkets have delivery services, or 'click and connect' where you order online. Some will take phone orders - ring 01223 320420 for details. It can be difficult (sometimes very difficult) to get a 'slot' because of demand.

However, there are smaller and/or specialist businesses or shops that will deliver. For most, there is a minimum order, and in some cases they will only deliver to people who are shielding, self-isolating or are key workers.

They are (there are others, but these are known/have been tried by H&I residents):

Abel and Cole - 03452 626262 -

<https://www.abelandcole.co.uk/>

Barkers - cream teas - 01223 232066

Full Circle - 01223 353158 -

<https://fullcircleshop.co.uk/>

Histon Chop Shop - 01223 236464

Histon Produce - 01954 205000

Kale & Damson - 01223 632111 -

<https://www.kaleanddamson.co.uk/shop/>

Not just Baguettes - bread/deli - 01954 206180

Oakhouse Farm Foods - frozen meals - 0333 250 0051 - <https://www.oakhousefoods.co.uk/>

Plumbs Dairy - milk and grocery - 01223 893044

Station Stores - 01223 232412

Wilshire Farm Foods - frozen meals - 0800

0773100 - <https://www.wiltshirefarmfoods.com/>

Don't delay seeking medical treatment



NHS organisations across Cambridgeshire are reminding

local residents that they are still open 24 hours a day, seven days a week to provide urgent medical treatment and support healthcare concerns.

The number of people going to Emergency Departments, Minor Injury and Urgent Treatment Centres are well down compared to last year, and doctors are concerned that some patients are not seeking the urgent and emergency help they need for important conditions such as strokes, heart attacks, meningitis, sepsis and cancer.

Many GPs are also finding that fewer people are contacting them to flag early signs of cancer, which would need urgent investigations to take place, or to report deterioration in their long-term conditions, both physical and mental.

The NHS want to remind everyone that they are still open for business and that the sooner they see you, the more they can help you.

The NHS is still open 24/7 to provide urgent medical treatment for everyone - it is important that you don't ignore the signs of a potentially life-threatening condition such as a stroke, heart attack or cancer.

Your local GP surgery is still open and there to offer support. You can speak to your GP from the comfort and safety of your home via the telephone or an online service. If the GP decides you need to be seen, you will be offered a face-to-face appointment, in safe environment for you and your GP or Practice Nurse.

Keeping in touch

HIHub

At times like this it is more than usually important to keep

in touch with local news. Sign up to weekly mails from HIHub at www.hihub.info

HI People

And if you are on Facebook the HI People (Histon and Impington) is a must - it's a great way to keep up with hot topics and local advice.

