



Redbourn Care Group and Community
Newsletter No. 28
April 2021



Our newsletter provides information to Redbourn residents during the Covid-19 pandemic. We will continue to provide you with our newsletter for the foreseeable future.

Sharing some lovely children's faces to make us all smile and to welcome in sunnier spring days.
Also positive to share with you this exciting initiative at St Mary's.



 **FOREST TOTS** is a fun and friendly outdoor group for babies, toddlers and pre-schoolers and their grown-ups at St Mary's Church. We meet on a Friday morning during term time.

Suitable for children from birth until they start school, Forest Tots is friendly, fun and free!

You don't need to sign up or commit to come every week – just join us when you can.

We'll always be so pleased to see you. Bring your parent, carer, grandparent, childminder, nanny... all are welcome and part of our Forest Tots family.

"Forest Tots is so much fun for kids – lots of activities if they want to join in, and a green safe space to run around. But also a really caring group of people who make everyone feel welcome. A lovely group for getting to know other parents in the village." Parent



Our Forest Tots theme for this term is Winnie the Pooh. We will be chatting about...

- Patience – how hard it is for Rabbit to wait for Pooh's birthday party,
- Change – how Tigger feels when he has to move house,
- Teamwork – a scavenger hunt set by Christopher Robin to find "the greatest thing in the world",
- Helping our friends – Rabbit's bad mood when his seeds just don't grow

VIRTUAL REDBOURN FUN RUN - VRFR



SUNDAY 23RD MAY 2021

All participants must complete their run by 5pm.

This year we are encouraging all runners to support our rainbow theme by dressing in as many bright colours as possible whilst out running – the more colours, the better!

THE RUN WILL TAKE PLACE VIRTUALLY!

Runners to pick their own routes depending on their chosen distance of 1k, 3k, 5k or 10k. We would love walkers, joggers and runners to all get involved.

Online registration opens
from 6pm on Wednesday 24th March, 2021 at:

www.redbournfunrun.co.uk

Adults - £6 per run | Children - (under 16) £3 per run
(prices regardless of run length)



There will be no traditional 1st/2nd/3rd placings but there will be a rainbow memento for every participant and prizes throughout the day. More details about the event can be found on the website.

www.redbournfunrun.co.uk

All the money raised will go towards providing sports equipment for Redbourn Primary School

A huge thank you to our Virtual RFR 2021 sponsors:



GROSVENOR
WEALTH MANAGEMENT





Redbourn Care Group

We support all ages and work to enable villagers to participate in local, personal and community activities. Over the past year we have had to adapt our usual activities as Covid-19 has restricted some of the special activities that were valued, appreciated and essential for many of you. We look ahead to being able to offer more over the coming months but, for now, need to ensure everyone's protection from the virus.

Practical support

We are continuing to offer help with shopping and can arrange journeys to medical appointments including Covid vaccinations. Do let us know if you would like some support with shopping or need a lift to get to an appointment. We also have a team of volunteers helping with prescription deliveries.

Friendly talks, friendly walks and tea and chat in the Zoom Room

Our friendly talks can offer you someone to chat to – it can be about anything or just a good chat with another person, especially if you are feeling bored or isolated at home. Our friendly walks offer you chance to walk and talk for those of you who would like to get outdoors and enjoy some fresh air and company. Face to face social interaction is so important in supporting general well-being and confidence.

Calls answered 10-2 weekdays. Redbourn Care Group 01582 794550.

Email: info@redbourncaregroup.co.uk

We hope you enjoy reading our newsletter – do let us know what you enjoy about it, and what we might be able to improve on. We love receiving feedback from our readers.

We know from feedback that many of you look forward to receiving the newsletter and enjoy reading about information specific to Redbourn.

We try to make it available for everyone to read, although at times, you may need a computer to access it. If you would like regular copies of the newsletter, do contact Redbourn Care Group office so we can arrange for copies to be delivered to you. For those of you with a computer, laptop, smart phone or tablet, you might like to visit the Redbourn Care Group website. Click [here](#) to find other information, to see all previous newsletters, or perhaps to make a donation to RCG.

Many thanks, Redbourn Care Group registered charity 297955.



Redbourn Care Group acknowledges the passing of HRH Prince Philip. We keep Her Majesty The Queen and the Royal Family in our thoughts and in our hearts at this sad time.

This newsletter includes:

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COVID Information Champion Update

22 April 2021

FAQ Resources

There are a huge amount of resources you can access to get the correct information on coronavirus and the vaccines. False information is often being shared online which can lead to serious consequences. The government have created a [**SHARE checklist**](#), to protect you from false information online. Some of the top FAQ's are answered below:

Does the AstraZeneca vaccine cause blood clots?

The risk is extremely low – around 4 people develop this condition for every million doses of AZ vaccine given. The UK's Medicines and Healthcare products Regulatory Agency (MHRA) has carried out a detailed review of reports of an extremely rare blood clotting problem affecting a small number of people who have had the AstraZeneca (AZ) vaccine. You can read the latest guidance from Public Health England [here](#). For people under 30 without other health conditions, current advice is that it's preferable to have an alternative to the Oxford/AstraZeneca vaccine when you are eligible.

Does the vaccine affect fertility?

There is no evidence to suggest that COVID-19 vaccines will affect fertility. You can find more information about pregnancy, breastfeeding and fertility and the vaccine from the Royal College of Obstetricians and Gynaecologists, [here](#).

Is it safe to have the vaccine if I am pregnant?

There have been no specific safety concerns identified with any of the COVID-19 vaccines in relation to pregnancy. The latest advice from the Joint Committee on Vaccination and Immunisation (JCVI) is that COVID-19 vaccines should be offered to pregnant women. There is more data surrounding the Pfizer-BioNTech/Moderna vaccines and pregnancy, so these vaccines will be offered where possible. Women should discuss the benefits and risks of having the vaccine with their healthcare professional and reach a joint decision based on individual circumstances.

Do I need to stop breastfeeding to have the vaccine?

You do not need to stop breastfeeding in order to be vaccinated against COVID-19. Women trying to become pregnant do not need to avoid pregnancy after vaccination.

Why do I need a second dose?

You need two doses of the vaccine to gain maximum protection from the virus, the second about 12 weeks after the first. Even after you have received your first or second vaccine, you must continue to follow the latest government guidance on social distancing, washing your hands and wearing a face mask (unless you are exempt).

More information about the vaccination programme, including resources for adults with learning disabilities and resources in different languages and formats [here](#).

COVID-19 Information Champion Update 22nd April 2021

FAQ: Why do I need a 2nd dose?

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You can find more information about the vaccination programme, including more FAQs and resources for adults with learning disabilities and resources in different languages and formats here:

<https://covid.healthierfuture.org.uk/information-and-resources>



COVID-19 Information Champion Update 22nd April 2021

Rapid Testing

Twice weekly rapid testing enables us to find cases and prevent the spread of infection.

Getting into the habit of twice weekly testing as part of our everyday lives will help us all to play our part and do what we can to keep each other safe and alongside the vaccine ensure we can continue to ease our way out of lockdown.

You can book a test for yourself at one of the county council's rapid test centres: www.hertfordshire.gov.uk/rapidtest.

You can find your nearest collection site and order online at: www.gov.uk/order-coronavirus-rapid-lateral-flow-tests



Good news and positive stories to make you smile

Message from Gary Anderson: -

'It has been a while since I last posted so I thought I would update you. I have joined forces with Computer Friendly (a local charity) to help scale the project and to date, I am pleased to announce, that we have delivered over 200 laptops to local schools so that their pupils can successfully learn from home. Thank you all for your donations and your support. The GoFundMe page has raised over £3000 which has funded all the new hard drives, RAM and accessories to enable this to happen. Awesome effort!

The one thing we take the most seriously is the security of your data. As discussed previously, we remove the hard drive from the donated laptop, but it will still have personal data on it and we want to ensure that is completely destroyed. I contacted a company that specialises in this and they were generous enough to send a truck to shred the drives. If you know of companies that need to securely dispose of IT equipment, please send them to <https://vyta.com/> as they did an excellent job. As you can see from the truck in the video below, the division that shreds disks is called, you guessed it, DiskShred.'

https://www.youtube.com/watch?v=kzPr_MS06zY



Other Health and Wellbeing News





Ref: The Stress Management Society and Huawei AppGallery collaborated to gain a greater understanding of the true impact of COVID-19 on the British Public. The survey of 2,000 nationally representative British adults was carried out by OnePoll in January 2021.

Stress is primarily a physical response. When stressed, the body thinks it is under attack and switches to 'fight or flight' mode, releasing a complex mix of hormones and chemicals such as adrenaline to prepare the body for physical action. This causes a number of reactions, from blood being diverted to muscles to shutting down unnecessary bodily functions such as digestion.

When your body goes into a state of stress, we may feel agitated and aggressive towards others; this can be due to our bodies' natural reaction being "fight". This can be a helpful reaction to ward off predators, but in unnecessary situations, it can negatively affect relationships and efficiency at work.

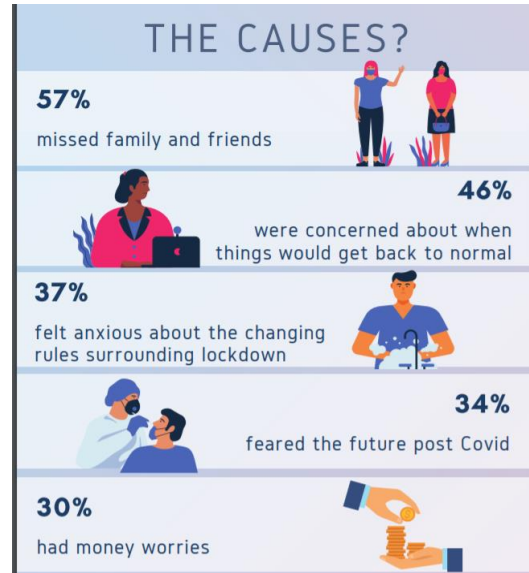
So you see, many people have experienced considerable and different levels of stress over the last year more than in other times. Now we are starting to relax a bit, our bodies and our minds can take a bit of time to readjust again. You may therefore be experiencing considerable stress again as you start to do things that you may not have been doing for over a year. The body therefore needs to relearn and rebuild confidence.

Things to help reduce stress

Exercise

The last thing you probably want to do is exercise, but it's one of the best remedies for tackling your stress! Taking part in physical activity helps to increase the production of your brain's feel-good neurotransmitters, endorphins which contribute to relieving your stress levels. As well as busting stress, exercising adds to increasing your overall sense of wellbeing and has multiple health benefits. So next time the pressure is getting to you and your stress levels are rising, take some time out of your schedule to do some stress busting exercises. Get those muscles moving, those heart rates racing, and those endorphins flowing and feel the tension start to melt away!

<https://www.stress.org.uk/exercise-for-mental-wellbeing/>



Healthy eating

It is well known that eating lots of fruit and vegetables is good for your physical health – we have all heard the saying ‘an apple a day keeps the doctor away’! However, the latest research suggests that it is also beneficial for your mental health.

A good night’s sleep

Do you want to wake up more refreshed? Our sleep needs change at different times of life, but there is nothing better than waking up feeling completely recharged and rested after a good night’s sleep. Sadly, for many of us this doesn’t actually happen very often.

A positive mind

Being in control of your thoughts increases your ability to find solutions to challenging situations and to deal more effectively with stress. <https://www.stress.org.uk/home-2/stress-guides/>

Other lovely things you might think about doing

Are you ready for Captain Tom 100?

This time last year, with his 100th birthday fast approaching, Captain Tom Moore started fundraising for NHS Covid Appeal. He was looking for sponsorship as he aimed to complete one hundred 25-metre lengths of his garden, ten lengths per day, with the help of a walking frame.

Quickly going viral, his story inspired the nation and more than 1.5 million generous people from all over the world donated over £38.9 million to his cause.



Now, on what would have been his 101st birthday, you can help build on his legacy by taking part in the Captain Tom 100 challenge. All you have to do is think up a challenge based on the number 100 and take part over the long weekend between Friday 30 April and Monday 3 May. Your challenge can be anything you like – you could walk 100 steps, run 100 metres, score 100 goals, or climb 100 stairs.

It’s a great way to raise money for a good cause – you could get sponsorship in aid of The Captain Tom Foundation or any other charity of your choice. **Oh, and don’t forget to share your story and photos on social media using #CaptainTom100.**

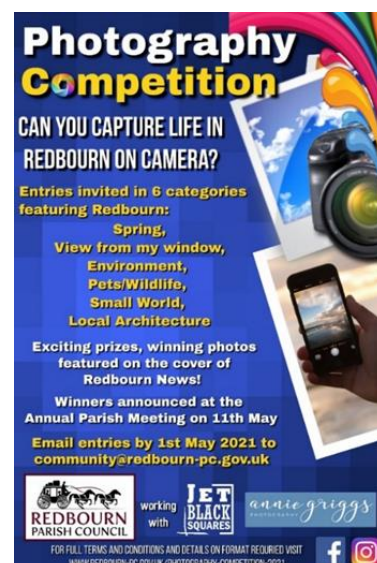
<https://captaintom100.virginmoneygiving.com/giving/captaintom100/>

Final reminder about the Redbourn Photography Competition

This competition is for everybody, whatever their age and level of photography experience. There are 6 categories, all featuring Redbourn:

- Spring
- View from my window
- Environment
- Pets/Wildlife
- Small World
- Local Architecture

Three of the categories can be done from the comfort of your own home. For example, taking pictures of your pets or wildlife in your garden, the view from your window, plus the exciting and growing trend of ‘small world’ geared around small toys photographed on food/everyday objects etc.



To take part, email your photos to community@redbourn-pc.gov.uk by 1st May.

Winners will be announced at the Annual Parish Meeting on 11th May with the 1st prize featuring on the front cover of Redbourn News. In June we are planning an exhibition in Cumberland Garden with all entries displayed and visitors taking part in a people's vote (further details TBC, restrictions permitting). Overall winners will have their photos framed and displayed in community buildings.

Visit Kew Gardens

<https://www.kew.org/kew-gardens/visit-kew-gardens>

Our gardens are open for you to relax and enjoy the fresh air. Celebrate the colours of spring.



The Gardens are springing to life, so why not get outdoors to enjoy this season's highlights. Now is a great opportunity to re-connect with nature and enjoy the start of a fresh new season. Take some time for yourself by discovering our vivid blooming flowers and the melodious sound of birdsong or bring the whole family to wander through the bluebell woodland.

Our shops and restaurant outdoor seating areas are open, but the rest of our buildings are closed. Book a time slot to Kew Gardens before you come.

Luton Hoo

The Walled Garden offers an excellent opportunity to visit a unique Capability Brown designed Walled Garden. Today the Walled Garden is the focus of a fascinating volunteer project and the volunteers continue to revive, restore and re-imagine the garden and service buildings for the enjoyment of all.

Tickets are available in time slots with numbers closely monitored for your peace of mind. Visitors are assisted in the garden by our new signs and aided by members of our Volunteer team, happy to help. Book your ticket and have something a little bit wonderful to look forward to.

<https://www.lutonhooestate.co.uk/walled-garden>

Open Wednesdays 2021
From May to September - 10.30-4.00pm
Tickets available now



Hertfordshire Garden Centre

Seed and Grain Café - <https://www.thehertfordshiregardencentre.com/tearoom>



We have opened our outside space and garden and launched a new spring menu here at Seed and Grain café at our local garden centre. It would be fab to see you in our new garden and all our menu is available to take away.

Our opening times are Mon - Sat 8.30am - 4pm,
Sunday 10am - 3.30pm.

We will be looking to re-introduce the dine at home seasonal menu once a month, on the last Friday of the month later this year hopefully when everything has settled down again, I will let you know nearer the time.

Best Regards, Nick Male



And finally a lovely Brownie story

Hi Brown Owl

For my baking badge I did:

1. Favourite bake

We used...

butter

brown sugar

sugar

vanilla extract

1 egg

plain flour

bicarbonate of soda

chocolate chips



You heat the oven to 170C, you mix the butter, brown sugar and sugar together until creamy. Then you add the vanilla extract and the egg then you sift the flour and the bicarbonate of soda into the bowl and mix. Add the chocolate chips and stir well. Then spoon the mixture onto a baking tray. Then bake for 8- 10 minutes until light brown.

Cookies are my favourite bake because they are nice and squidgy and I like how chocolate and biscuit are combined to make a chocolate-chip cookie!

2. Decorate

I used icing to draw the emotions on the cupcakes. The theme was emojis to show the different emotions of lockdown that everyone has been feeling.

3. Bake a story

During lockdown I felt lots of emotions and I wanted to show that on the cupcakes to show my story during lockdown. One cupcake was happy which I felt during lockdown when I went out for bike rides with my family. Another cupcake was sad which shows how I was feeling when I couldn't see my friends. I got angry sometimes when I had to do home-schooling rather than normal school because it wasn't as easy as school and I had to get used to it. Another cupcake is worried as this shows when I was worried about people in my family getting ill with Covid. I was serious when I was doing learning at home as I had to concentrate so one cupcake has a serious face.



Charlotte – Third Redbourn Brownies for her Brownie Baking Badge

Community Newsbites

JOIN US on Wednesdays at 11.00 a.m.

Our Community Newsbites are proving a big hit with our growing audience. Tune in every week to hear NEWS, VIEWS & FUN including:

- Latest vaccination updates
- Redbourn Care Group and Parish Council local news and views
- Some entertainment and books recommendations
- A Thought for The Week
- Hear the latest goings-on in the live 'The Snatchups'

If you know of anybody who would benefit from listening to the broadcast, please make them aware of how easy it is to tune in

Ivan Hickmott - email: ivan.hickmott@activeinredbourn.co.uk or www.activeinredbourn.co.uk



You can use either your phone (standard charges apply) or you can log into Zoom (free Zoom users)

1) Join by Phone (mobile or land line)

- a) Call 0203-901-7895 and wait for instructions
- b) For 'meeting ID' enter 87827558461#
- c) For 'participant ID' enter #
- d) For 'meeting passcode' enter 123456#
- e) The message says 'You are in the meeting now'

2) Join by Zoom

- a) Go to your on-line Zoom account
 - b) Click 'Join'
 - c) Enter meeting ID – 878 2755 8461
 - d) Enter passcode – 123456
- For more help call Chris Emmel on 07770 863864



ACTIVE IN REDBOURN PRESENTS...

ZOOM BINGO!

28TH APRIL 2021

7PM

TO JOIN IN, JUST EMAIL:
INFO@ACTIVEINREDBOURN.CO.UK

YOU WILL BE SENT BINGO CARDS TO PRINT OFF AND
THE ZOOM LINK

ALL WELCOME! AND FREE!

The Snatchups

Redbourn's unmissable new serial the 'Snatchups' is now in its thirteenth week with a new exciting episode being broadcast every Wednesday morning as part of Active in Redbourn's excellent Community Newsbites programme. The serial, which follows the day-to-day lives of the Snatchup family, is set in the fictional Hertfordshire village of St. Mary's, which itself bears a remarkable similarity to Redbourn.

When we left it this week:

- Brenda had dyed her hair bright pink.
- Tim, despite being Britain's worst singer, had fooled the judges on 'I Can See Your Voice' and won £10,000.
- Grandad had bought a Harley-Davidson and joined the 'Grim Reapers' motorcycle club on a run down to Brighton.
- And Jane had caused controversy by announcing that she will perform a nude bedroom scene in the St. Mary's Players upcoming production.

If you have missed any of the action, all previous episodes are available to listen to on the Redbourn Players Facebook page. <https://www.facebook.com/redbournplayers/>

The Snatchup Quiz!



1. What long running radio programme is The Snatchups loosely based on?	
2. Who writes The Snatchups?	
3. What illegal venture did Stan and Grandad set up in the shed?	
4. What is Revd. Phil Tibbs' dog called?	
5. Who did Phil Tibbs narrowly lose to in Britain's Got Talent?	
6. What landed in the garden and put an end to the game of Trivial Pursuit between Tim and Jane?	
7. What are Grandad and Phil Tibbs going to do to raise money for Pumps for Mpwapwa?	
8. Who broke into Grandad's desk?	
9. Which member of the family used to play the drums?	
10. Who did Gary dump Jane for?	
11. What colour has Brenda's hair been dyed at her first hairdo after lockdown?	
12. What is the name of the play that the St Mary's Players are putting on?	
13. What is dad concerned about in this production?	
14. Grandad has bought himself a new image! What has he bought?	
15. What will Mrs Prodworthy have to get rid of to keep Grandad happy?	

