

# Lois Weedon and Weston Newsletter

Jan/Feb 2021 –(Covid-19 - Shutdown) Spring Edition

## From the Editor

I started the Jan/Feb 2020 edition, full of enthusiasm about the forthcoming year listing all the events and anniversaries that were planned for 2020. “Lots to look forward to” I said ..... And then what happened?? Well here we are 12 months on and although there may be hope for the future in the form of vaccines and improved medication, lockdown restrictions are still with us, and for the next few weeks, the rate of Covid infection increases across the country. This community remains infection free, as far as I am aware and hopefully that will continue and brighter times will follow. For newcomers to our community, it’s normally busier than this !!

At this time of year, I publish an updated list of community organisations (page 6) – as a reminder to long standing residents as well as to new residents. Although most of them are restricted in their activities, I hope you find this information useful. If you need more information regarding any of these organisations please contact them directly, however if you are aware of any errors or omissions let me know and I will rectify the situation in the next edition.

We have had some very sad news in recent weeks. Dougie Hatton of Grove Lane, Weston passed away shortly after Christmas. Although the funeral is restricted to family only, they hope to hold a memorial event later in the year to celebrate Dougie’s life. We send our condolences to his wife, Elsie and their family. We were also sad to learn about the death of Jayden Shaler, a resident of Middlethorpe, Lois Weedon, who passed away a few weeks ago after a short illness. Jay was a quiet man who was perhaps not known to many on the community but he, too, will be missed

We’d like to welcome Holly Stone and Charlie Phipps who moved into the New Manse in Weston. With a few more house moves in the offing, watch this space for new additions to our community.

If you are reading this as a printed hard copy, then you are in a select group of valued members of our community for whom I am happy to continue printing the newsletter. However, the majority of our community are now happy and willing to receive a “paperless” newsletter by email and so if you would also like to go “paperless” then just send me an email and I’ll stop trudging up your driveway to deliver. Also, if you know of anyone outside the Village who would like to receive the Newsletter just let me have their details (email only).

As both Newsletter Editor and a Parish Councillor, I receive a regular stream of information from sources such as South Northants Council, Northamptonshire County Council, The Highways Department as well as companies and organisations advertising products and services. A lot of this material is irrelevant but a fair chunk of it will be of interest to the community. So along with the full editions every 2 months, there are regular updates, keeping everyone as informed as possible. If you would like to receive this information and you are not already on my “News for the Parish” distribution list then email me at [loisweedonpaul@gmail.com](mailto:loisweedonpaul@gmail.com) and I’ll add you to the list. And for anyone who is active on Social Media, we have a Facebook page.

The next edition of the newsletter will be in mid-March 2021 and all material for that edition should with me by Sunday, 28<sup>th</sup> February 2021.

*Paul Smith, 8 Vicarage Rise (01327-860626)  
Email: [loisweedonpaul@gmail.com](mailto:loisweedonpaul@gmail.com)*

## Village Hall Fundraising

Thank-you to all those who used our local **Christmas Card Delivery** service and kindly gave a donation. We raised **£355** for Village Hall funds which was almost TWICE what we raised last year.

So although we didn’t have all our usual Christmas activities, the year ended on a positive note.

## Winners of the Village Hall ‘200 Club’ Lottery

December 2020		January 2021	
Paddy Elkington	9	Lis & Steve Cockrell	174
Mike & Vicki Streten	56	Maureen Clark	8
David Elkington	149	Sally Neville	52
Iris Gregory	44	Tom & Pam Palmer	77

We still have lottery numbers available – contact Rachel Smith (01327 860626), [rachel.k.smith4@gmail.com](mailto:rachel.k.smith4@gmail.com)

## Parish Council News

Edited notes from the Parish Council meetings held on **September 28<sup>th</sup>** which was held on-line/email due to Covid restrictions. Detailed minutes are posted on the Village website and also available from the Clerk to the Council.

### **Finance Matters:**

- The accounts to-date were reviewed and approved.
- Payments were approved for Horticultural Society (rent for Millennium Field), CGM (Millennium Field mowing), E.On (street lighting electricity supply) and Clerk's salary and expenses.

### **Planning and Licensing Matters: The following applications were considered**

#### **Applications reviewed since last meeting**

- S/2020/1785/FUL and 1786/LBC: Armada House, Weston. Upgrade of derelict outbuilding. **No objection.**

#### **New applications**

- S/2020/1901/FUL: 29, High Street, Weston. Demolition of existing barn and erection of two-storey, 3-bedroom dwelling with associated parking and parking for 29, High Street. **Objection.**

### **Castle Mound Survey**

The last survey of Castle Mound to ensure the trees are in a safe condition was in September 2017. The council agreed that local companies should be asked to submit tenders for a new survey.

**Date and time of next meeting** Monday 25<sup>th</sup> January – to be conducted on-line/email; contact Clerk for details

*Ken Power, Parish Clerk,*

Tel: 01327 860054; E-mail: [wlwparishclerk@outlook.com](mailto:wlwparishclerk@outlook.com) [www.westonandweedonloispc.org.uk](http://www.westonandweedonloispc.org.uk)

### From Lois Weedon Church Treasurer

First of all I would like to say a very big 'Thank You' to all those who supported the church financially over this last difficult year, whether through regular giving, one-off donations, sponsorship of the Floodlighting or in any other way. Thanks to you, and to some generous collections at the comparatively few services we were able to have, and despite not being able to hold any of our usual fund-raising activities, we have managed to meet all our commitments and have finished the year in a better position financially than expected.

The Diocese of Peterborough and the Astwell Benefice are taking advantage of a scheme, called 'easyfundraising' through which you can could raise money for your church (without it costing you anything) every time you pay for something online. This includes shopping, travel, insurance and more, and includes companies such as Amazon, Marks and Spencer, John Lewis and many more. We have registered for this, and will be hoping to get your support. It literally costs you nothing, but can go a long way towards supporting your church.

Email me [terrytyleruk@gmail.com](mailto:terrytyleruk@gmail.com) if you would like to know more.

*Terry Tyler.*

### Church Lights

Thank you all those people who gave a donation to have the Church floodlights lit over Christmas.

You may have noticed that the west wall lights were on during the Xmas period. I decided to leave the timer switched on anyway. So if you wish to sponsor the lights through the dark winter please let me know. Vicarage Rise and environs could always have a whip round as you all can see them from the comfort of your homes bringing a little cheer to passers-by.

The lights in the tree were only a partial success. I was persuaded that stringing a power lead across the path posed a risk so I will come up with a better plan next year. (more lights, independent power supply).

We raised **£150.**

*Frank Hunter*

### Coat Hangers

Has anyone got any spare hangers that they no longer need. I can collect or they can be left in the brown box outside my house. (Chapel Cottage, High Street, Weston)

Thank you.

*Penny Spademan, 07495 156780*

## News from the Rectory

Happy New Year to you all. At present, it doesn't seem at all like a good time, as we enter lockdown yet again and the virus has become even more contagious, making all of us understandably concerned about contact with others.

On the bright side, we did manage to celebrate Christmas in the church, with an alternative carol service which those who came enjoyed and then a lovely Christmas Morning Communion service. Thanks go to all who made the church so lovely for Christmas. However, as we entered the New Year, it was becoming ever more apparent, that although the new Government lockdown rules allowed churches to remain open for worship, that it was far more sensible to return to online services. Church gatherings seemed to be odd in the context of only being allowed to meet with one other person for exercise outside!

This we did after the first Sunday of January with the blessing of the Bishop. If you would like to join us for Sunday morning worship via zoom, the information is on our weekly Pew News, on our website <https://astwellparishes.org.uk>, and also available from myself and Frank Hunter. The church does remain open for private prayer on Sunday morning, and can also be opened on Wednesday afternoon by request.

So – 2021. What can we make of the New Year? There are some good things to look forward to. The roll out of the vaccine promises a better second half of the year, as more people are protected from the illness. We can look forward to returning to church and the fellowship we enjoyed from social events. We can look forward to seeing our family and friends again.

In amongst the hopes for the future, there is also sadness, as we mourn the loss of family members and friends, and darkness in the days ahead as we go through what I always feel are the most miserable days of winter, with the cold and cloud and no warmth in the sun. Even then, there is good news. We have a loving God who is with us always, through his Son, whose birth we celebrated at Christmas. We do have a wonderful village community where people do look out for one another – a sign of God's love in action amongst us. We are lucky to live in a beautiful part of the country – albeit a bit muddy at present! Even in these last days of winter, there are new signs of life around us, if we just look for them – to my joy, I discovered flowering hellebore on the waste patch outside my front fence. A sign that even in what seems to be bleak wasteland, there can be life and beauty.

### **A prayer remembering God is with us**

*Lord God, you are always with me.  
You are with me in the day and in the night.  
You are with me when I'm happy  
and when I'm sad.  
You are with me when I'm healthy  
and when I am ill.  
You are with me when I am peaceful  
and when I am worried.  
Help me to remember that you love me  
and are with me in everything today.*

*Amen.*



*God Bless, Revd Diane*

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### **St. Loys School News.**

What an amazingly busy first term for our new head teacher Miss Kathryn Crawford.

There are three new Governors at St Loys School, Sarah Bougourd and Jessica Armstrong, both parents with pupils at St Loys and also, Reverend Diane Whittaker, from our own benefice, who has agreed to join us as a Foundation Governor. Last but not least, new to the school, Chef Bronte joined towards the end of the term providing some fantastic school meals.

With the usual list of activities put on hold please keep an eye on the School events page for some summer entertainment once lockdown is complete <https://stloys.co.uk/calendar>

The Pre-school still have a few places left when we return from lockdown. For further information please visit <https://stloys.co.uk/st-loys-pre-school>

*Damian Trevatt  
Lois Weedon School Governors*

### Update from Weston Chapel

What a year it has been and at the time of writing we are nearly a week into the third lockdown of the pandemic. Like many other churches we haven't been able to meet at Weston since March 2020, our services and are held on Zoom every Sunday morning at 10.30am, communion on the third Sunday of the month, anyone is very welcome to join us, just get in touch for the meeting ID and password.

Some of you will have met Paul Knight, minister of Tove Valley Baptist Fellowship of which Weston Chapel is a part along with Towcester. Paul retired from the ministry in May last year, due to Covid 19 he wasn't able to move until July when restrictions lifted enough to allow house moves, he and his wife Alison are now happily settled in Newcastle on Tyne, closer to some of their family.

The church will seek a new minister as and when restrictions allow, in the meantime the Deacons & Elders are overseeing the two congregations.

Construction on the new centre at Towcester has continued, despite a few delays during the pandemic and lockdowns and it is hoped the Tove Valley Centre will be completed this Spring, opening and usage of the centre will be dependent on Covid restrictions and government guidelines. Many of you will have noticed the Weston Manse has been sold, new owners have recently moved in and we wish them every happiness in their new home. The Tuesday walks for health at Weston have continued adhering to government guidelines and restrictions at all times

Our hope and prayer is that as the vaccine rollout gets underway that things will gradually improve and we will be back at Weston sometime this year, we look forward to the time when we can welcome back WEA, Parish Council meetings, Tots and Art Club. In these continuing unprecedented days of lockdown and restrictions we all need to have hope. "Hope is being able to see that there is light, despite all the darkness.

*Rosemary Gulliver*

### Lucy Keen

It is with sadness that I write to advise that my Aunt, Lucy Keen, passed away peacefully at Clare House in Silverstone on the 30th of December 2020 at the grand age of 101. I also want to celebrate her long life lived well.

Lucy was the last of my Mum, Hilda Wilkins nee Bearman's, siblings to pass on. She was not just a sister to my Mum but since they lost their Mother, Annie Bearman, when my Mum was only five years old, Lucy along with another sister Elizabeth (Betty) both became surrogate mothers to my Mum and played a part in helping their Dad, Joseph Bearman, to bring her up.

There were also two boys in the family, Arthur and Edward, some of you may well remember Edward as for many years he was a milkman delivering milk to Wappenham and the surrounding villages including Lois Weedon and Weston. In fact when he started he also collected the milk from the local farmers in churns and had a small milk treatment and bottling plant in Wappenham.

If I correctly remember, Auntie Lucy sometimes helped Uncle Edward and for many years she also delivered Newspapers to people's doors in Wappenham which would have been a lot of walking every day. She continued to deliver newspapers well past retirement age.

Auntie Lucy lived most of her life in Wappenham except in the early years for a time when she was in service at Courteenhall. Even then when they were lucky enough to have a night off and be able to attend a dance, she and the other girls in service there would walk to the village hall in Roade, so more walking then too.

I remember as a small girl going to stay with Auntie Lucy and Uncle Jim usually for a few days. By this time, they had their children: Anthony, Robert and Christine, all older than me and at school or later at work. To me that was a real treat and a sort of holiday and I felt thoroughly spoilt. Lots of happy memories of time spent with all of them. Just a few little snippets from a very long lifetime, I am sure Lucy will be greatly missed by all the family.

One other little snippet that has just come to mind is that, initially with Robert's help in setting it up, Auntie Lucy has been using an iPad and could communicate with some of us via email and messenger and even Facetime or the equivalent. She had been able to do this for some years but prior to that had not really used computers at all!

Auntie Lucy leaves behind all her three children, lots of Grandchildren and Great Grandchildren, too many to name here. Amazingly she would still, very recently, have been able to name them all for you.

The Funeral will be at Wappenham Church on Monday the 18th of January but under current restrictions will be strictly limited to 30 Family Members only. Flowers will be immediate family only and the chosen Charity should anyone wish to donate in her name is the Air Ambulance Service.

I should also add here that when Auntie Lucy left Wappenham she lived in Leeson Court, Towcester where she was very happy and well supported by the staff there. Then, roughly two years ago when she needed more assistance, she moved on to Clare House in Silverstone who also cared for her very well, especially in these difficult times we all find ourselves in. A big thank you to all the staff of both homes for their care and dedication.

RIP Auntie Lucy, lots of love.

*Sandra Ann Phillips (nee Wilkins)*

## Oil Club

One of our new residents has suggested that an Oil Club might be a popular idea. How does it work? Essentially following a monthly call around to determine who needs an oil delivery the Club would buy together and achieve a lower cost per litre with the supplier due to the buying power. The oil companies liked it as they could deliver to several houses very efficiently. So, for example, rather than 6 people each ordering 1,000 litres in a month, 6,000 litres gets ordered in one go at a lower rate and the delivery can all be done in one day. Everyone is a winner!

If anyone is interested please contact me (Paul Smith) and I'll let the interested parties know.

## Myrtle's News

(reproduced by Sandra Phillips, with permission of her friends in Adstone. Dog lovers will love this !! [Ed])

As the lockdown continues unabated we have seen the views of some of the adults in the village, then the children, but never of the many pets who live amongst us. Today that changes, with the views from Myrtle and her recent holiday on the canal with her servants, Richard and Suzie:

My name is Myrtle and I am a Border terrier. I live in two houses in Adstone – most of my days are spent with Alex and Liz, where I particularly like occupying Chippy's bed and taking the passenger seat with Chippy in the footwell when Alex goes farming in the 'Gator, but I get fed and sleep next door with 003 (one of the many Richards in the village, so all have a number!) and Suzie. However, I also love going in their car, since it always means meeting friends or going for a walk somewhere full of interesting smells.

In July, after a long journey in my travel cage in the back of the car, I discovered we were going on a narrow boat holiday, on the Kennet and Avon Canal. I like canal towpaths, and often get taken for a walk along the Grand Union, but I am not at all sure I approve of narrow boats. Everywhere I stood, I was told I was in the way. It was the same when I was on the platform at the stern; about the only place I seemed safe during the day was on my bed, which was so far back on the stern platform that I could not see out. I could never manage the very steep stairs down to the cabin, which seemed awfully full of boxes. I hated being down in the cabin when my owners were standing on the stern platform enjoying the scenery and sun, but soon found that enough barking encouraged them to lift me up.

They had a most peculiar bedding arrangement – the sofa opened out to become their bed, but it filled up the full width of the cabin so it was very inconvenient. They never seemed terribly comfortable, but it made it very easy for me to get their attention in the middle of the night.

I liked sitting in the bows watching the world go slowly by; the canal was certainly very beautiful and the weather was warm and sunny. I particularly enjoyed watching the ducks, but did not like the swans, which hissed at me. I was very confused by something called a 'lock' – we went into what seemed a dark, narrow pit, there was a lot of water rushing about and suddenly we were level with the top; it was all very baffling, with lots of people telling each other what to do! At the end of the day's travelling, there was much to-ing and fro-ing as we tried to find somewhere to moor. The foliage on the banks was not cut, so it was difficult to see whether you were getting out onto good ground or onto reeds that were actually growing in the water. I had to learn how to walk along something called a gangplank, which, luckily, I took to quite quickly as it was the only way off the boat.

Almost every evening friends came for drinks – I realised what all the boxes were for as all sorts of bottles and interesting food kept being brought out for them (although none was for me). It was just as well there was a nearby Sainsbury's recycling centre on the last evening; there was a lot more space after the empty boxes and bottles had been taken there.

Looks like duck again for dinner!



## Summary of Village Organisations and Key Events (2021)

For such a small community, there is always a wealth of activity going on. I publish this list each year for the benefit of newcomers to the Village (and those who have short memories). Most are on hold this year.

**Parish Council.** The elected representatives of our local government meet every two months in the Weston Baptist Chapel to deal with any planning applications or local issues relating to the parish. There are 7 councillors and their proceedings are summarised in this Newsletter and on the website. Chairman: David Elkington (01327 860886); Clerk: Ken Power (01327 860054)

**Parish Website:** Up to date source of all Village Information. [www.westonandweedonloispc.org.uk](http://www.westonandweedonloispc.org.uk). Webmaster: Frank Hunter

**Parish Church.** Part of the Astwell Group of parishes along with Helmdon, Wappenham, Whitfield, Syresham and Radstone. Revd Diane Whittaker, (01327 226245) [diane.whittaker@me.com](mailto:diane.whittaker@me.com)

**Friends of Lois Weedon Church.** An organisation devoted to the support and upkeep of the local church. Contact: Lady Sue Greenaway, Chairman. (01327 860472)

**Weston Congregation of the Tove Valley Baptist Fellowship.** The Weston Baptists are combined with Helmdon and Towcester in the Tove Valley Fellowship. Contact Rosemary Gulliver (01295 760720). See <http://beta.tvbf.co.uk/whats-on/weston-activities> for “What’s On” at the Weston Chapel

**The Plumpton Trust** - An organisation devoted to the upkeep of Plumpton church. Contact: James Miller (01327 861159)

**Neighbourhood Watch.** Coordinated by Colin Atkins (01295 768769)

**Voluntary Car Scheme.** A group of volunteer drivers who take locals to various appointments by arrangement. The costs are subsidised by donations, grants and local fund raising. Contact: Mrs Jenny Wilde (01327 860487)

**May Day Committee.** A group of volunteers from within the Village who organise and run the annual country fair each May Day Bank Holiday. The funds from this event are shared out among village organisations, according to need. (ON HOLD) If you would like to get involved for future events, contact Paul Smith (01327 860626)

**Weston and Lois Weedon Drama Club.** A group whose numbers vary with each successive production. Having started in 1998, they have successfully produced 40 “theatrical events” to date, including pantomime, comedy, drama and musicals. Contact: Jonathan Carpenter (01295 768120), [www.wlwdrama.co.uk](http://www.wlwdrama.co.uk)

**Lois Weedon Flower Club.** Meets on the third Tuesday of each month in the village hall. Meetings include demonstrations and visits. New members are always welcome. Contact: Margaret Seckington (01295 760487) (ON HOLD)

**Weston and Weedon Horticultural Society.** The Society organise the annual flower and produce show in Lois Weedon,. Details of show in Summer Newsletter – for other events see diary. Contact: Graham Ellis (01295 768570) (ON HOLD)

**Lois Weedon and Weston Women’s Institute. (W.I.)** is a very active group, meeting on the first Wednesday of every month with guest speaker and other special events. Contact: Sue Taylor, President (01295 768133) (ON HOLD)

**Lois Weedon & Weston Village Hall.** This amenity is central to both villages within the community and is used for many of the events and provides facilities for many of the clubs and organisations within the Village. It is run by the Village Hall Trustees whose Management Committee comprises members of the WI committee. To book the hall for events, contact Administrator, Paul Smith (01327 860626). (Currently CLOSED for hirers)

**Weston & Lois Weedon Film Club.** Meets every 2<sup>nd</sup> Tuesday in the Village Hall to show a range of contemporary or classic films. Contact: Pete Templeman (01327 860551), [www.wlwfilmclub.co.uk](http://www.wlwfilmclub.co.uk) (ON HOLD)

**St Loys Pre School** is located in St Loys School. Contact the School: 01327 860539

**St Loys CEVA Primary School.** A recently extended facility with a very popular and successful staff. Also **Friends of St Loys** who run fund-raising events in support of the School. (For either organisations contact the School: 01327 860539)

**Bell-Ringers.** A keen bunch of ringers practice on Wednesdays and then perform Sunday mornings and on special occasions and are always looking for new recruits. Contact: Dave & Joy Kirkham (01327 860372) (ON HOLD)

**Lois Weedon & Weston Newsletter.** Produced every two months, funded purely by donation. Emailed locally, limited printed copies delivered in Weston, Lois Weedon and Plumpton. There are also email “export” recipients – typically living elsewhere, eager to keep in touch. Contributions (written or financial) are always welcome. Contact: Paul Smith (01327 860626)

**Bonfire Night** – November 5<sup>th</sup> celebration with fireworks, hot dogs, hot soup and a **big** bonfire! (Always on Nov 5, it’s the law.)

**Open Gardens** – in the Summer, some of the most beautiful and prolific gardens are open for public view (ON HOLD)

**Senior Citizen’s Christmas Lunch** – A regular event in December each year for women over 60 and men over 65 (partners are invited as well). Contact Ivor Jones for details (01327 860675) (ON HOLD)

**Tove Valley Superfast Broadband** – Community Broadband system, installed and supported by local volunteers and serving the villages of Abthorpe, Bradden, Slapton, Wappenham, Lois Weedon, Weston, parts of Helmdon and gradually extending to other communities. For details on how to register, check website [www.tovevalley.com](http://www.tovevalley.com)

**The Wobblers** – Local cyclists who meet twice a week outside the pub at Weston (Saturday 9:30am and Monday 6:00pm) and cycle for 1 to 2 hours. Everyone is welcome. (Group organiser: Ric Harkin 01327 860945)

**Musical Concerts** - regularly in the Village (Church, Village Hall, Weston Baptist Chapel) watch the Newsletter for details.

**Weston & Lois Weedon Wine Club** - Meet in the Baptist Chapel on the second Thursday of the month at 8pm (except August). Contact Derek Boughton for details, 01327 860006 (No prior experience required) (ON HOLD)

**Crown Inn.** Our local hostelry and B&B (01295 760310)

## Dealing with Anxiety Today

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Apart from the normal day to day hustle and stresses of daily living in our modern world, we now have a global pandemic and national/local restrictions to deal with. Unfortunately, dealing with anxiety has become a part of ‘normal’ life for many individuals now and although this problem is not necessarily a new phenomenon, there are certain aspects of modern times that have served to exacerbate the issue.

Due to our world being so connected through our televisions, radio, internet and social media; people today are not only exposed to the issues in their immediate local environment but also to all the bad and terrible things taking place across the entire globe. Unfortunately, bad news always makes the headlines. All this at a time when we are all expected to juggle so many more responsibilities whilst trying to remain sane, productive and keeping as positive as possible.

Although anxiety certainly varies in intensity and frequency from person to person, there are a few ways to deal with the issue that are beneficial for anyone experiencing this issue.

The following information covers a few strategies and techniques to alleviate some of your anxiety and hopefully help to improve your overall quality of life.

### Live in the Moment

As obvious as it appears to us, the only point in time in which we EVER exist is **right now!** Ironically, most of us tend to dedicate the bulk of our mental energy into the past or future. Anxiety is great at causing us to replay past mistakes in our head and constantly worry about things that have yet to occur.

A big part of dealing with anxiety is to live in the moment. This means focusing all our physical and mental energy on what is going on right now. Not only does this simplify life, but it also allows us to get the most out of our limited and precious time. Trying to deal with our entire past and future constantly makes it virtually impossible to appreciate what is right in front of us.

### Control What You Can Control

The fact is many of the issues causing anxieties in life are beyond our control. This includes global and local community issues in addition to problems we may be experiencing in our personal lives. What we all need to realise is that the weight of the world is **NOT** on any one individual shoulders, even though it certainly appears that way at times. Anxiety leads our thought processes to consider all these perceived problems and set about solving them, even though they are way out of our hands!

Focusing upon the issues that immediately confront us is where we do have the ability to successfully resolve them. Community and family, (although somewhat limited by current restrictions) can also play an important role in this. Working together is so much healthier for all of us, both mentally and physically. Remember, no one individual can solve all the problems of the world. The old adage “*A problem shared is a problem halved.*” is not only true but has been scientifically shown to reduce stress and improve mental health.

### It’s Okay to Not Feel Okay

Another side effect of anxiety is a feeling of isolation. People who routinely experience anxiety tend to feel like they are the only ones dealing with this issue. Because of this perspective, we often feel like everyone else is much happier than we are and that we won’t be accepted if anyone else knew the extent of our anxiety. It is so important to realize that this is far from the truth.

Everyone around us is experiencing some degree of anxiety or mental hang up. You are far from alone. Never feel like its o.k. to go through life acting as if everything is okay when it isn’t.

### Get Help If You Need It

If anxiety is something you are having trouble dealing with on your own, then please just don’t! There is absolutely nothing wrong with seeking professional help for this issue.

Ironically, until recently our society readily accepted getting help for even a minor physical ailment but sadly not mental health issues. Thankfully there has been a massive sea change in public awareness and acceptance.

Consider this, if you had the flu, you would most certainly seek out a doctor to take care of it. Why would you not see a doctor that is medically trained in alleviating mental health issues? If you are dealing with anxiety there is help available, please get it if you need it!

Finally, with all the current restrictions in place, I know that it can sometimes be difficult to be aware of those in your immediate vicinity that may be living alone or in vulnerable circumstances. I would urge you to try to look out for your neighbours. When was the last time you saw them? Has the milk been taken in, is there a lot of post still on the doormat? Are they able to drive? If not, could you or someone you know offer to pick something up for them next time you visit the shops or chemist?

You don’t have to love your neighbour but offering a helping hand when it’s needed (particularly in the present crisis) will, I am sure, be much appreciated. Humanity is **NOT** something ‘**Out There.**’

It’s about **All of us Collectively** “and never more appropriate than **Right Here – Right Now!**”

Jonathan Powell.  
Lois Weedon