

BODMIN WAY

NEWSLETTER - MAY 2020

Introduction and welcome

If you want a fresh start to your life, then the time is now. Few of us continue unaffected by the virus, and many are going to great lengths to reinvent themselves. Whether it is in business or in the home, life has changed to such an extent that we hardly now recognise it. It is more true now than ever: The future is what we make of it.

This newsletter reports on the efforts of many of those in our town and its surrounding villages who are adapting to lockdown. What is most encouraging of all is that their actions are shaped around us, the residents. Good neighbourliness has flourished in a way we never thought possible.

Look with pride at these accounts of our local heroes who are doing their utmost to support the needs of the most vulnerable. Support their businesses and celebrate their efforts. If we can shape the future in this way, we need not be so downcast. This can be a fresh start with fresh hope.

Revd Paul Holley

Team Rector, Bodmin Team Ministry



In this issue we say thank you to all the individuals, families, organisations and volunteers who are enabling life to carry on during lockdown.

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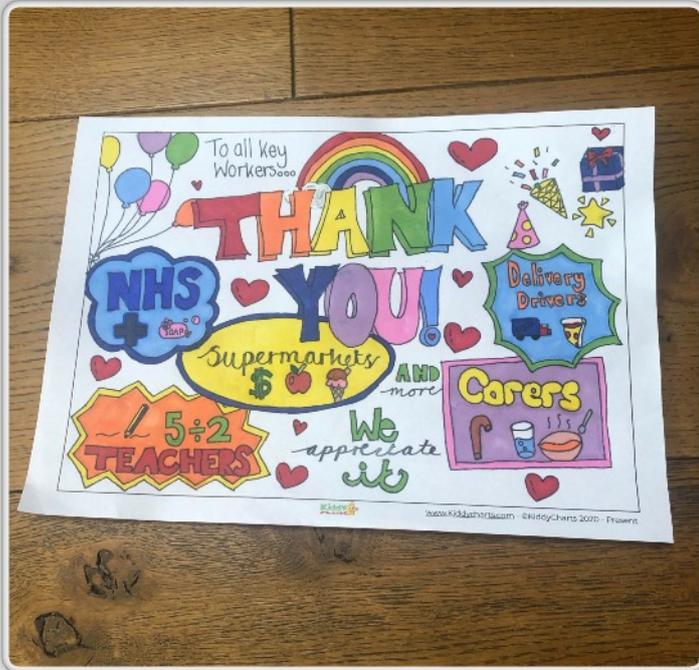
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For any additions or changes please email Dave
the editor at News@BodminWay.Org

HEROES

IN OUR COMMUNITY



TO ALL KEY WORKERS

The amazing doctors, nurses, ambulance crews and care workers looking after the health of our families and friends deserve our gratitude for ever.

Let us also remember the other heroes from the post office, utilities, teachers and teaching assistants, delivery drivers, shop workers and many others who provide for us selflessly every day.

Thank you!

Angels on two wheels award

When a Facebook group in Bodmin was asked to nominate local heroes the overwhelming response was the Bodmin Bikers delivery team.

Back at the end of March Kye Smith and Brandon Lee, both Army reservists, set up the Bodmin Bikers to help deliver essential food, drink, medication and animal food to vulnerable people around Bodmin and surrounding villages.

The group has grown since inception with more volunteers of all ages on motor bikes and some with four wheels. They are an interesting mixed bunch who share a common purpose – have a look at their [Facebook page](#) to learn more about the individuals involved.

They are working alongside the NHS and are recognised by the Council as essential volunteers. Every day you may see pairs of bikers out there in the community, they are our heroes. Contact them on 07392 119828 or at bodminbikers@gmail.com



SUPPORTING HEALTH CARE

WITH PPE EQUIPMENT



Keeping them safe award

Huge global demand and supply restrictions have caused problems in supplying healthcare workers with protective equipment. In Bodmin Chris Lee, an ex-volunteer for St John Ambulance rose to the challenge and decided to use his skills with a 3D printer. Having researched suitable equipment he found approved models online and set about printing **Ear Savers**. To print six takes three hours and so for the first couple of weeks printing was a constant thing. His streamlined process delivered 200+ Ear Savers that were distributed via the local SPAR shop on Rock Lane and are also being handed out to healthcare workers in the community. One of the benefits of these Ear Savers is they can be reused after washing, they take the elastic of the mask from around the ear and hook around the back of the head. Those with the capability have been meeting the global demand for more PPE, and will continue to do so for as long as required.

Many care workers have beaten a path to his door (following correct social distancing protocols) to collect equipment and his proudest moment was when two paramedics turned up in an Ambulance. Their relief to get protection could be seen on their emotional faces. Chris has now moved on to also printing **Face Shields** with requests from care workers, care homes, ambulance crews, doctors surgeries and hospitals. What a hero!

You can find out more on [Facebook](#) and could help Chris with fund raising on [GoFundMe](#) Any money received will go directly to buying supplies that will allow him to continue to make Face-shields and Ear Savers for our critically important Healthcare workers. Currently he has one printer but would like to try and get another 2 to keep up with demand. When the printers are no longer needed he will give them to either a local school or Youth Centre so they won't go to waste. Remember, anything you can help with will go towards the production of PPE.

Busy sewers award

A huge group of local people have come together to answer the call to make scrubs and masks for GPs, NHS and Care workers across Cornwall.

It started when Lindsay Richards from Linterior Design in Wadebridge was asked by Port Isaac Practice if she could make some face masks as they had nothing. Michele Poynter, owner of Mish a fellow Wadebridge business saw Lindsay's video of her making masks and realised she could help too. At the other end of the county, Matilda Ringrose, who's vintage clothes business down in Falmouth is also closed at this time, realised she could help by raising money, so they could start to buy fabric to produce a lot more masks and scrubs.

Between the three they are now running a [Facebook group](#) which has grown very rapidly to 200+ members with up to 100 of these actively sewing, and a Facebook page so GP NHS and Care workers can contact them. All scrubs and masks are donated to the workers for free and recently they took an order for 100 sets of scrubs from the 111 out of hours GP for Cornwall. To keep going, they raise money for materials through [GoFundMe](#) , and all the sewers are donating their time and machines for free.

Congratulations to everyone in the group. If you can sew, join them, if you can't then fund them to continue. The demand is there!



SHOPKEEPERS

STEPPING UP TO HELP US ALL

Harry Deacon and John Lakey

They closed down their shops in Bodmin on the 12th March and started a campaign to get the right help to the right people in our community as best they could. They set up a Facebook group called [Covid-19 Mutual Aid UK](#) to support the most vulnerable in our community and have been making sure the correct information gets out to help everyone.

The image below shows the extent of their activities.

Activities During The Corona Crisis

TEX BODMIN

&

CULTIVATE CORNWALL

In line with our previous ways of running our Monthly Menus to inform and to enable the community to join in, we though it would be good to show what we have been involved with during the lockdown and in the time of crisis to support the community.

**MARCH 19TH - APRIL 17TH
TEAM TEX**

Team TeX has been doing what it does best and that is creating textile products with the community; only this time is has been aimed at key workers and front line staff. Receiving requests we have produced a range of items that have helped those people involved in this crisis. The requests have come from ambulance drivers, care home workers, adult social care, The Royal collage of Nursing, Cornwall Council, Care in the Community, Delivery People and Posties.

In total over the last month we have sent out over 900 items to key workers and we have not charged for any of these items. Everything we have done to date has been for free although we have received 2 small donations and most of the material have been our new stock previously donated by the community we are based in.

CULTIVATE CORNWALL FOOD PARCELS

April saw the start of food parcels being delivered and in such a short time we have been able to meet the needs of our community. In just the last 7 days we have given out parcels of essential and fresh items that have helped 67 people get access to food in these troubled times.

This amount will grow over the weeks ahead.

**We are able to continue our work due to support from
Lottery Community Fund and
Reaching Communities Award**

Celtic Produce

Fruit and vegetables galore award .

Isn't it great that we can still get healthy fruit and vegetables from our friendly local greengrocer at Celtic Produce on the Beacon. I spoke to Leigh Frost (pictured below with his father David) who told me 'At first the shop was crazy busy and people were panic buying but then lockdown happened and we lost 90% of our trade to hotels, pubs and restaurants.

Glorious boxes of fruit and veg.

Our veg box scheme had been running for some time and was becoming ever more popular so we decided to organise deliveries to vulnerable people'. Leigh who is also a local Cornwall Councillor in Bodmin has decided the best use of his time is to be out there helping people directly. He continued 'Every day I am out in the community delivering boxes, typically about 40 per day. The shop is still open and very busy, we also allow people to collect boxes from 4pm every weekday and at 2pm on a Saturday. We had to adapt to be able to do this safely and we are working around the clock to keep up with demand'.

A wonderful service.

There are many positive comments on Facebook but this one sums it up well: 'Wonderful service, nothing too much trouble. Best of local business and we will remember when this is all over that they went the extra mile when things were tough. Most highly recommended'

More information.

<https://www.facebook.com/pg/CelticProduce/>
or call 01208 76503



CARERS

WE SALUTE YOU



Care in the community award

Around Bodmin and local villages there are a number of Care homes and organisations delivering quality care in the homes of elderly or frail people. In the Bodmin Way we wanted to recognise their efforts on behalf of those people who are in residential care or at home. Without your dedication life would be much bleaker.

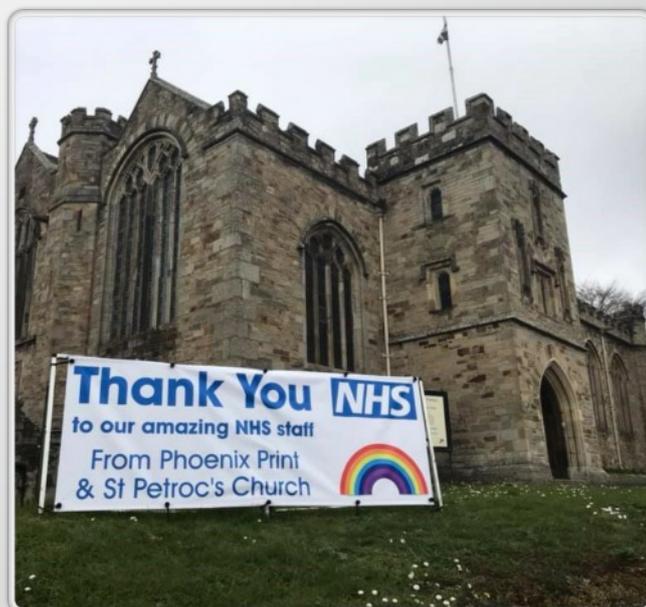
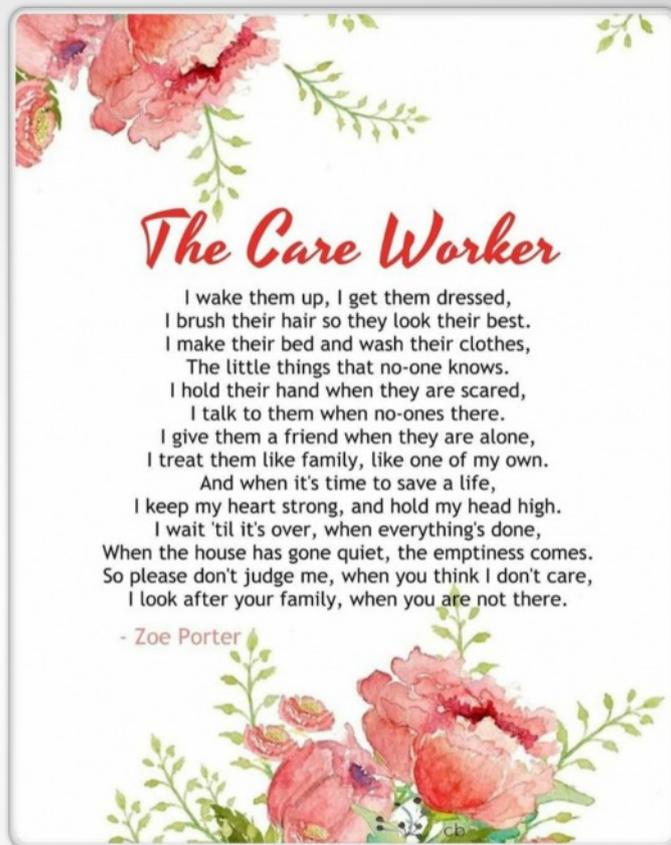
I spoke with Chris Hoskin who runs Lanhydrock Care, delivering a great service to 40+ clients in Bodmin and surrounding villages, to find out how they had adapted to the current crisis.

'Most of our clients are frail or have dementia and complex needs, some are being cared for at the end of their life. As a result of the lockdown we had to adapt fast and a few of our staff had to go into 12 week isolation for their safety.

I have been really proud of how our staff have stepped up and faced the issues out there and I must say that morale is pretty good.

One of the biggest challenges was getting PPE equipment such as face masks and gloves. Disposable aprons are still an issue. For our clients we had to change to protect them and our carers by discouraging family and friends from visiting them. This has meant that jobs they used to do such as shopping and fetching medications are now undertaken by our staff

To all the carers out there – we salute you: keep up the good work.



HEROES

IN OUR MIDST



Stepping up for the community

The Lanivet Inn is at the centre of the community and when lockdown happened this popular meeting and eating place could have been lost. Landlord Rob Liddicoat knew he had to do something to support the community and save his business.

Initially he shut for a week such that he could understand how to continue trading safely. This was a very stressful time and involved a lot of research as he was convinced he needed to do things right and safely for his community and his staff.

His popular roast Sunday lunches continue and he set up a 3-bay drive through in the Car Park and an area out front for people to collect their food. Easter Sunday saw his four staff providing 150 lunches in a safe environment.

Roast lunches were just the start. From Wednesday through Saturday he provides an evening menu and has also progressed to delivering 30-40 food boxes per week around Bodmin, Lanivet and local villages. He provides veg boxes from Total Produce, fish boxes from Fish for Thought and meat boxes from Button Meats as well as dried goods from Chadds.

“Feedback from people has been fantastic, every week the business is changing to enable it to continue smoothly and safely. A Pub has to step up” he said, and they certainly did. Long may they prosper!

Read more [online](#).

The spare a £1 award

Charlotte Williams learnt from a friend of hers who works in a local hospital that nurses and doctors are in desperate need of scrub bags. It's a draw string cotton bag that they can take their uniform off at work, pop it in the bag and the whole lot goes into the washing machine to prevent cross infection.

‘By fund raising on Facebook my target was 50 bags because I had to buy them in bulk to get a good discount. I've received donations from far and wide, a lot from people I don't know and in total and was able to order 300 bags! This is beyond what I ever thought. I can't thank everyone enough ’

The bags have all now been distributed in the NHS locally. Additionally 375 Easter eggs were purchased from donations along with some funding by Charlotte. They went to our local emergency services, care homes, the NHS and children in poverty.

Well done Charlotte!



ENJOYING LIFE IN LOCKDOWN



Keeping us dancing award

This award goes to Adrienne Dove, CEO of [KBSK Performing Arts](#) who shares her dance learning by engaging young people who would otherwise experience barriers in accessing quality performing arts training.

With her team she came up with a creative idea to help our wellbeing during lockdown: 'In a time with so much negativity and uncertainty I wanted to reach out to the community. Now more than ever we need to stick together without actually being together. For me dancing makes my soul happy. I wanted to spread some positivity and the happiness that I feel when I let go and dance, so I set myself a challenge.

That challenge was to get as many people as I could up and dancing (like I said its good for the soul). In the first week of April I reached out to as many local businesses, community organisations and some amazing key workers and encouraged them to take on my challenge and a video was the result'

LADIES AND GENTS, I GIVE YOU SOME VERY AWESOME MEMBERS OF OUR COMMUNITY'. [VIDEO](#)

We all need cake in lockdown award

Kayleigh runs a fabulous vegan café in Bodmin but after lockdown when her café closed she came up with an Apocalypse menu of cakes, pies burgers etc that people can order and she will deliver. (Your editor can vouch for how yummy the cakes are and I bet you know someone you could cheer up by ordering a box). Follow Huckleberries on [FaceBook](#) or call 01208 367020.

In addition to her yummy cakes Kayleigh started a campaign on Facebook to collect spare hand-wash pump bottles for Bodmin Hospital that they could fill from a delivery of hand gel. Thanks to Sonya at B Skincare, and bottles donated from people in Bodmin she has collected over 200!

The hospital staff are really appreciative, BUT please don't stop yet. They still need more pump bottles and there is a collection box outside the cafe, and also Chanie from Chapter Ei8ht has put one outside her house opposite Stan May's.

Kayleigh has started looking for 'local heroes' too. People can nominate a person or group who are keeping us going whilst we are all in lockdown, and is going to surprise as many as she can with tasty treats as a way of saying thanks.



CONNECTING PEOPLE

ENABLING HELP



Enabling people to help others

While there have been a number of Council led or organisation led initiatives in Bodmin to help others one of the earliest was the FaceBook group [BODMIN COVID-19 FIGHTERS](#)

Graeme Rawlings knew from previous experience, when the area was snow-bound, that social media can be effective in connecting people and enabling help. Prior to lockdown he wondered how he and other families would cope with self-isolation.

He set up the group and with a small admin team started posting things that would be interesting and engaging for families. Quickly the group reached over 1000 and shopkeepers and other groups, such as the Bodmin Bikers, started using the group to raise awareness of what could help.

People in Bodmin who needed help with things such as shopping, supplies, medication etc started posting and the membership has grown to over 3,400

The group now has a life of its own with members seeking and offering help. This could not have happened without Graeme's initiative at a crucial stage.

Well done Graeme to you and your admin team.

Groups close to you

Facebook is very active with offers of help and people seeking help. If you are online then you can find:

- * Nanstallon community
- * Bodmin's Voice
- * Cardinham Calling
- * Lanivet Noticeboard
- * Bodmin COVID-19 Fighters

Find more at <https://www.bodminway.org/groups>

IMPORTANT COVID-19 INFORMATION

If you have a problem while isolating and you don't use the internet and you don't know who to call for help.

**Call the BODMIN HOTLINE
01208 455163**



News from IntoBodmin

While they have temporarily closed their doors and have no events to tell you about, they have decided to use a [newsletter](#) to share all the great things that other people, organisations and businesses are doing locally.

[intoBodmin](#)

WEDDINGS

A JOYOUS OCCASION



Highlights of a wedding in church

A wedding In church blends outstanding beauty with a spiritual dimension to bring joy to your vows to stay together and grow together

You can still plan your wedding

Weddings are not able to take place at the moment due to COVID-19 but they can be planned for!



Our [website](#) contains information about the weddings offering. Barbara, our Bodmin Way Planner, would be pleased to help you by email at info@bodminway.org or by phone on 07713 288 340

Bespoke beautiful weddings

New lower cost wedding packages.

Many people dream of having their wedding day in church, amidst stained glass, archways and the sound of ringing bells. Some people feel it won't be possible for them due to having a limited budget. This, however, is not the case with Bodmin Way! We are putting together wedding packages that include the church and hall, the flowers, the cake and the wedding breakfast.

As partners with Cornwall Credit Union, savings and loan schemes are being developed, as one way of covering the cost of a package wedding.

Beautiful places, wonderful memories.

There are five beautiful Churches to choose from – St Meubred's Cardinham, St Petroc's Bodmin, St Stephen's Nanstallon, Lanivet and St Hydroc's Lanhydrock - all of them offering the traditional setting for a wonderful wedding. Thousands of couples, in some cases, for hundreds of years, have married at one of these churches and we are committed to ensuring that nobody misses out on a wedding of their dreams.



BEREAVEMENT

SUPPORTING YOU IN DIFFICULT TIMES

Advice, guidance and support

Bereaved people may have to deal with increased trauma, and may be cut off from some of their usual support network. Those who are already struggling with bereavement, or whose relatives or friends die through other causes will also be affected.

The [Cornwall Bereavement Network](http://www.cornwallbereavementnetwork.org) was set up in early 2020 to help people affected by bereavement find support and services in one central resource.

Their members all have one goal which is to support those experiencing bereavement, whether that is through end-of-life care, funeral planning, legal services, counselling, or support groups.

However you have been bereaved, and whatever your age or relationship to the deceased, there is assistance out there and we hope that this resource helps you to find what is right for you.

Revd Paul Beynon, Vicar of the Lostwithiel Benefice, coordinates the church's role in this network. He will connect those with spiritual needs to clergy in the diocese.

St. Petroc's Lay Pastoral Ministers attending training in January for bereavement support and are available as listening ears. Do please enquire with [Margaret Hammond](#) if you would like to someone to contact you. The team's clergy are also always ready to offer counsel and support.

Celebrating life

In the absence of public funerals we shall make space in this newsletter to pay tribute to families and friends.

There is so much we discover about someone's life when it comes to an end. Well worth celebrating. Do please contact [Dave](#) our editor with a photo and up to 100 words to express your memories.

Bereavement in Cornwall during COVID-19

Visit our website for a list of charities and services able to offer support to those bereaved, from any cause and of any age

www.cornwallbereavementnetwork.org



Bereavement services in Cornwall have come together with the aim of making it easier for those who have experienced the death of a loved one to find support

If you would prefer to speak to someone about where to find the right emotional support for you then please call

01726 829874 10am - 6pm Monday to Sunday

One of the team from Cornwall Hospice Care will help to put you on touch with the right support for you

If you need support with the process and practicalities that you are having to cope with following a bereavement, then please call

01872 252713 9am - 4pm Monday to Friday



FAMILIES

ADAPTING TO THE SITUATION



It has not been an easy month for any of us, and children, teenagers and their families have had to adapt to a very different way of life. No doubt most homes have had some tears and tantrums, and that's just the grown-ups! But with creativity, patience and love, local families have been trying to make the most of this unusual time.

Here's a few examples of what local families have been getting up to.

Amy's family have each been working their usual lessons into everyday life at home. For instance, Lexi has been working on her GCSE cooking by having cook-offs with her brother Connor, proving just about anything can become a challenge between siblings! Lucy has taken her forestry lessons to the garden, by building a veg patch, planting strawberries and painting bright colours around the garden too. Shellie has been practicing her hair and beauty on the family, doing their nails and learning to use clippers on brave Connor's hair. Family work outs have kept them all active, even if the kids do end up laughing at their mum's moves!

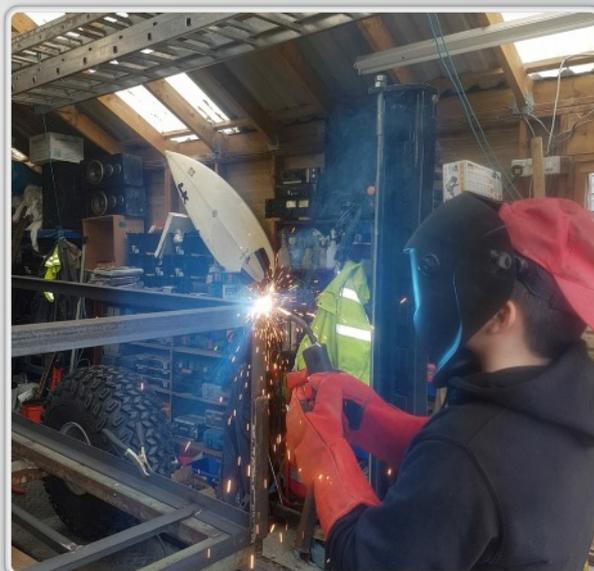


Please contact [Revd Claire](#) if you would like help with ideas, or stories about how you and your family are adapting

Staying positive

Although it can be tough to share a flat or house with your family all day, every day, there are positives to be found. Abbie's family have found the additional time together to be something precious. She and daughter Chloe have had time to talk and re-connect, a blessing that might otherwise get squeezed out in busy lives. They have appreciated looking at the birds in the garden, and seeing the natural world on their walks. For Amy too, there has been blessing in the extra time together: her daughter Shellie, who has learning difficulties, has told the family she loves them, something she has not been able to do for many years. Amongst the struggles and tears of this time of disruption to family life, there is so much to be thankful for.

Over in Lanivet, Dave has been teaching son Charles to weld and to use a plasma cutter, in order to make a tipping trailer for his quad bike. The pair have also built a new skate ramp – now we just need to see the video footage of both of them trying it out. Like so many other children and young people in Bodmin and the surrounding villages, Charles has also supported his local key workers by creating a rainbow of thanks.



FAMILY FUN

TO BRIGHTEN YOUR DAY



Many organisations have provided fantastic resources to entertain families with children. Find these and more at www.BodminWay.Org/Families

Looking after yourself,
and nature



The Great Indoors

Ideas and activities to inspire young minds at home



ST PETROC'S SCHOOL



On Friday 20th March, it was with heavy hearts that the staff at St Petroc's School said temporary goodbyes to 612 of our children. Set with the task of reopening the following Monday as a childcare facility for vulnerable children and children of key workers, we quickly set to work.

We created new classes of eligible children, using the government's criteria and formulated safe working guidance for our staff. Whilst undertaking this huge organisational task, we also produced detailed risk assessments for children and families we felt concern for, ensuring systems were in place to support those in need. On the first day 58 children attended, this number then reduced to around 28 following the announcement of the National lockdown.

Throughout these uncertain times, we have been doing all we can to support each other and help our local community. During the first week of lockdown we distributed over 185 food bags, lasting 10 days, to our families. Following the introduction of the government's food voucher scheme we now issue an average of 96 food vouchers per week. We are also welcoming children from 5 other settings.

The staff at St Petroc's miss the children and endeavour to keep in regular contact, in a variety of ways. Our school is playing a vital role during these unprecedented times to provide nurture and safety to the community we serve and beyond; we will continue to do so, responding to those who need us most in challenging and ever changing circumstance.

Best wishes

Shaun Perfect
Head of School

A TIME OF WATCHING

A TIME OF WAITING



On the evening of Maundy Thursday, after their Passover meal, Jesus goes with his disciples to the Garden of Gethsemane and asks them to keep watch, maintain a vigil and wait while he goes a little further to pray. As we know those disciples were unable to keep awake, unable to do as Jesus had requested. Perhaps exhausted by the events of what had been an eventful week they slept the sleep of people totally unaware of the ways in which their lives would alter as the events of the next few days unfolded. Literally, life for them would never be the same again. A vigil was not maintained, a watch was not kept and overnight their world changed.

Our lives too have changed over the last few weeks and also in ways that we could not have imagined or thought possible. Just as the disciples must have felt safe and secure in their daily lives with Jesus we too have led lives where we have felt mainly safe and secure. We have had the freedom to shop when and where we wanted, to socialise when and where we wanted, to go out when and where we wanted but now that has all changed.

At times like this the question that almost always arises is, how could God allow this to happen? The answer of course is that he hasn't. I am no scientist and the origins of this disease are still being speculated about so I can't offer an expert's opinion but I do know that all living things on our planet are complex organisms and disease is ever present. We can't change that. It is part of our being. If it were not so we would still be in the Garden of Eden.

So where is God in all this? Well, as ever, he is all around us. He is present in, and working through, all those who are caring for the unfortunate people who have contracted this disease. He is present in, and working through, all those who are working so hard to find an effective cure for this disease. He is present in, and working through, all those who are maintaining the infrastructure of this country. He is present in, and working through, the army of volunteers who are striving to alleviate the hardships that this disease has brought to so many people. He is working through so many people in so many ways.

It doesn't do any harm though to ask the question, what does God ask of us? Nothing very complicated you'll be glad to hear. Like the disciples in the garden we are asked to watch and wait, to maintain a vigil. To watch and wait patiently as this situation unfolds and as we do so we are asked to offer up prayer. Chiefly to give thanks for all

those working so hard in these difficult and challenging times. But also to pray that a cure may be found quickly. To pray for all those people working in sometimes dangerous situations. To pray for those families who have lost loved ones. To pray for those struggling to cope with the effects of the restrictions imposed on them. To pray for those who will lose jobs and businesses. And last but by no means least, to pray that we may emerge from this with a greater understanding of, and respect for, the world around us and those with whom we share it.

Psalm 90 begins with the words 'Lord, thou hast been our refuge : from one generation to another'. That is so true and he will continue to be our refuge for generations to come, whatever life throws at us.

Revd. Roger May



PRAYER

SPIRITUAL RESOURCES FOR THE HOME

A prayer of thanksgiving

For the health workers tending the seriously ill
for the scientists working on a vaccination
for the researchers analysing data and identifying trends
for the media outlets working to communicate reality
for the supermarket workers, hygiene and sanitation providers
for the good news stories of recoveries and effective planning
for the singing from balconies by locked-down communities
for the recognition that isolation doesn't need to mean loneliness
for the notes through letterboxes offering help and support
for the internet and telephones and technology that connects
for the awakened appreciation of what is truly important
Thanks be to God

For those who are unwell and concerned for loved ones
for those who were already very anxious
for those immune suppressed or compromised
for those vulnerable because of underlying conditions
for those in the 'most at risk to coronavirus' categories
for those watching their entire income stream dry up
for those who have no choice but to go out to work
for those who are afraid to be at home

for those who are more lonely than they've ever been
for those who are bereaved and grieving.
God be their healer, comfort and protection,
be their strength, shield and provision
be their security, safety and close companion

And raise up your Church
to be your well-washed hands and faithful feet
to be present to the pain
to respond with love in action
if even from a safe distance.

God, in your mercy,
Hear our prayer.

Church services and prayer online

Sunday worship has never been easier! Just sit back, turn on your computer, tablet or phone and tune in to the Bodmin Team Ministry [Youtube Channel](#). We film various elements of the service during the week and compile them for broadcast from 9.30am on a Sunday morning. Many of our members are now filming themselves saying prayers or reading from the bible. Some fine-looking gardens often form a beautiful backdrop.

Tune in to one of the following to view our services:

www.bodminteam.church

www.bodminchurch.com

Facebook: [Bodmin Team Churches](#)

Not simply satisfied with a weekly service, our various ministers are producing short 'thought for the day' slots. Many of us have more time to reflect on our faith at this difficult time. Check out these stimulating bite-sized devotions on our websites and facebook page.



Our [website](#) contains further spiritual support offered by Bodmin Way and other organisations while we are all on retreat