



## Continuing lockdown measures to stay safe

Following the Prime Minister's recent announcement that we are likely to be in lockdown until the middle of May at the earliest, it makes sense to carry on with the regime we have been following for the past month or so. Namely: staying at home, keeping two metres between ourselves when we do venture outside (for necessities only) and washing our hands for a good two minutes after touching non sterile surfaces. Keep you hands away from your mouth and eyes - and make sure cuts are covered quickly. Try to eat well and include plenty of fruit and vegetables in your diet if at all possible.

Remember, whilst you may not be showing any symptoms, it may be that you are a carrier, possibly

capable of transmitting the virus to those more susceptible to the effects of COVID.

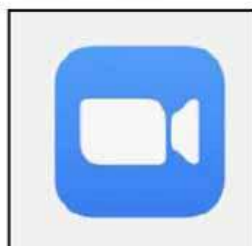
We have reproduced a brochure from Age Friendly Banbury on the following pages of this bulletin, whilst the information contained therein is dated April 2nd, it is still highly pertinent.



May 2020



## Executive Committee meeting April



For the first time the meeting has been held electronically through the miracles of the Zoom App.

The Zoom system is fairly user friendly and this enabled committee members to see one another on computers whilst discussing the AGM. The general consensus was that the meeting was a great success with 22 joining in and the social interaction was much appreciated.

Items for discussion included the problems some Rotarians were having with BT email addresses. Unfortunately this only became apparent in the last few days. And these members have not been kept informed of Club updates. Rtns Ron Barnett and John

Groves are in contact with BT to solve the problem.

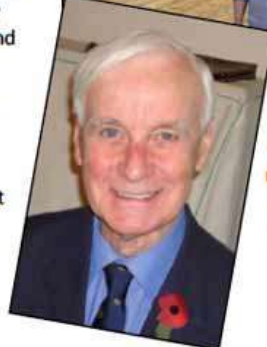


## Happy Birthday to Rotarians of note!

Happy birthday to Rotarians Tony Brace and Eric Woodruff. Tony (left) recently celebrated his 90th and Eric's is up and coming in just a few days - well done both. Another milestone birthday fast approaching is that of club Honorary member Lord Saye and Sele. His

100th birthday is due in September... good news, at a time when there isn't a great deal about!

The Rotary Club of Banbury  
Rotary International  
Club no 19229 District 1090  
President: Surinder Dhesei





## Age Friendly Banbury: Corona virus response and sources of help 2<sup>nd</sup> April 2020

### Contents:

- CDC Contact number for help for shielded group
- Citizens Advice Emergency Food Delivery Service
- OCF Coronavirus: Community Resilience Grants are open
- Telephone support service – Age UK Oxfordshire and Action for Carers Oxfordshire
- Banbury Town Council grants
- Supermarkets and services
- Age of Creativity updates and keeping active with Generation Games
- Oxfordshire Ilin map of community support groups

### Cherwell District Council Extremely vulnerable residents support line.



Our most vulnerable residents across Oxfordshire will have recently received correspondence from the NHS, identifying them as high risk and advising them to strictly self-isolate for 12 weeks.

We know this long-term restriction may cause additional concerns for those without any nearby support and we want to make sure any shielded resident, who doesn't know where to turn, is not handling these additional worries alone.

This new dedicated line provides our extremely vulnerable residents access to a central team who will be able to offer advice on a range of issues, and will be operational from 8:30am to 8:00pm Monday to Friday from Friday, March 27, and 9:00am - 5:00pm Saturday and Sunday.

If you or someone you know has been identified as extremely vulnerable by the NHS and have no support

network, please contact the dedicated team on 01865 89 78 20 or email [shield@oxfordshire.gov.uk](mailto:shield@oxfordshire.gov.uk). If you live in Oxford City, you can also phone 01865 24 98 11 between 8am and 5pm or visit [www.oxford.gov.uk/CommunityAssistance](http://www.oxford.gov.uk/CommunityAssistance)

### Citizens Advice Emergency Food Delivery

<https://www.canosn.org.uk/>

If you (or someone elderly/vulnerable you know) are self-isolating and have no means of getting food, we can deliver an emergency food parcel to you.

To request a delivery call 0300 30 30 125 and leave your name and telephone number only. One of the team will call you back.

Due to the Corona virus outbreak and lock-down, please note that our face to face services are now closed. [Click here](#) for up to date service information.

You can call our Adviceline on 0300 330 9037

Email us at [advice@citizensadvicenosn.org.uk](mailto:advice@citizensadvicenosn.org.uk)





OCF Coronavirus: Community Resilience Grants are open

<https://oxfordshire.org/resilience-fund-overview/>

We have set up the fund to help the voluntary sector in the county respond better and recover stronger from the Coronavirus pandemic.

The objectives of the fund are to:

Help organisations to respond better: grants will help organisations meet new needs appearing as a result of the Coronavirus and help organisations for whom restrictions mean they have to find new ways of meeting existing needs.

Help organisations to recover stronger: grants will help to ensure organisations can survive if their operations or income are interrupted by the Coronavirus.

Online applications are now open.

Age UK Oxfordshire /Action for Carers Oxfordshire helpline

### Help vulnerable older people in Oxfordshire during this crisis

Demand for our vital local services has increased rapidly. Help us keep our Information & Advice and friendship services running.

[Donate now](#)



## NEW TELEPHONE SUPPORT SERVICE FOR OLDER PEOPLE AND CARERS

A new telephone support service has been launched by **Age UK Oxfordshire** and **Action for Carers Oxfordshire**. Its aim is to offer advice and assistance to older people and carers during the course of the virus, providing a friendly weekly telephone call and an opportunity to troubleshoot any issues you may have.

**Call 01865 411288**

Please leave your name and number and we will return your call as soon as possible.

Banbury Town Council has allocated £20,000 to help local organisations to support the local community in the battle against the coronavirus and help residents of Banbury (up to a maximum of £500 per organisation).  
<https://www.banbury.gov.uk/>

Grant applications are to be completed and returned electronically to [mark.hassall@banbury.gov.uk](mailto:mark.hassall@banbury.gov.uk)

There is a simple application form and grants will be released via the BACS system and take a few days to reach the recipient's bank account.

Note: Banbury Town Council grants are for Banbury-based groups that operate for the benefit of Banbury residents.

Supermarket	Max no of same item you can buy (in-store and online)	Priority shopping for elderly/ vulnerable/ NHS workers	Still accepting online orders?	Changes to store opening times
Aldi	4 on all products	NHS, police and fire service workers get priority Sun 9.30am-10am (8.30am-9am in Scot). First hour in superstores for vulnerable and elderly	Does not do home delivery	All stores now closing at 8pm. Sun opening unchanged (except in Scot where stores close at 6pm)
Asda	3 on all food, toiletries and cleaning items	NHS workers get priority in larger stores on Mon, Wed & Fri 8am-9am	In theory yes, for new & existing customers – though when we checked we struggled to access the website or book a slot	Reduced to 8am-8pm
Co-op	2 on selected items in-store	Vulnerable customers & their carers get priority Mon-Sat 8am-9am, Sun 10am-11am – though check your local store	Yes – but can only order up to 20 items per shop	Most reduced to 7am to 8pm (24hr stores with petrol stations close 11pm)
Iceland	2 on most items, 1 on some (eg, pasta and toilet roll)	Mon-Sat, elderly and vulnerable get priority in first hour of trading. NHS staff in last hour	Only for elderly or vulnerable customers, or those self-isolating	Reduced across many stores – check your branch for details
Lidl	Limits on some product lines	No special measures	Does not do home delivery	Changes to some stores – check your branch for details
Morrisons	3 on all products bought online	NHS workers only can shop 7am-8am Mon-Sat. Also launching a call centre to take phone orders from customers who don't shop online	No available delivery slots when we checked. Morrisons has turned off its app so can only book online	Reduced to 8am-8pm Mon-Sat. Sun opening times unchanged.
Ocado (online only)	Essential items limited to 1-2 per order	N/A – online-only	Virtual queue and unable to place order when we checked & no available delivery slots for 48 hrs	N/A – online-only
Sainsbury's	3 on groceries, 2 on other in-demand products (eg, toilet roll & UHT milk)	Mon, Wed & Fri 8am-9am dedicated to elderly, vulnerable and carers. Mon-Sat 7.30am-8am dedicated to NHS and social care workers	Yes, but priority access to very vulnerable customers as identified by government database. Register at Gov.uk	All stores open 8am-8pm Mon-Sat (from 7.30am for NHS and social care workers only) Sun hours unchanged
Tesco	2 on toilet roll/paracetamol, 3 on all other products	1hr between 9am and 10am every Mon, Wed and Fri, at all stores exc. Express. 9am to 10am every Tue & Thu (browsing on Sun) for NHS at all stores (exc. Express) & 1hr before opening at large stores every Sun	Still open to new/existing customers – though when we checked we struggled to find a slot. New and amended orders capped at 80 items	Large 24hr stores closed 10pm to 6am until further notice, though some with pharmacies will stay open beyond 10pm
Waitrose	Max of 3 on some groceries, 2 on toilet roll packs – other items such as soaps 'capped'	First hour of opening across all stores for elderly & vulnerable, & their carers. Priority checkout service & essentials kept aside for NHS staff	Yes, but priority access to very vulnerable customers as identified by gov database. Register at Gov.uk	Some stores may close earlier than usual – check with your local store

### Some tips to keep active and interested:

It is important to try and keep yourself active in your homes, maybe some gentle stretching or walking around the house and garden. If you need a little inspiration or help to get you started Generation Games have a free gentle exercise DVD that can be posted to your home for you to try – to receive a copy of the DVD in the post please contact Generation Games on 01235 849 403 or

visit their website [www.generationgames.org.uk](http://www.generationgames.org.uk).

There are lots of ways to keep busy in your homes, watching the wildlife or the world go by through your window, jig-saw or other puzzles, reading a good book or getting creative. For those that are online, many museums and national trust have given you virtual access to tour their sites and collections as well as theatres providing free streaming of productions. Helen Fountain of Age UK Oxfordshire's age of Creativity project will supply you with creative ideas to keep you stimulated- contact Helen to join her mailing list :

[helenfountain@ageukoxfordshire.org.uk](mailto:helenfountain@ageukoxfordshire.org.uk)

[www.nationaltrustcollections.org.uk](http://www.nationaltrustcollections.org.uk)

[www.nationaltrust.org.uk](http://www.nationaltrust.org.uk)

[www.oxford.gov.uk/info/20304/culture\\_events\\_and\\_creative](http://www.oxford.gov.uk/info/20304/culture_events_and_creative)

[www.nationaltheatre.org.uk](http://www.nationaltheatre.org.uk)

### Be corona virus scam aware:

## Wash your hands of coronavirus scams!

**Friends Against Scams aims to protect and prevent people from becoming victims of scams.**

#### Be aware of people offering or selling:

- Virus testing kits - these are only offered by NHS.
- Vaccines or miracle cures - there is currently no vaccine or cure.
- Overpriced or fake goods to protect yourself from coronavirus such as anti-bacterial products.
- Shopping or medication collection services.
- Home decontamination services.

#### Protect yourself and others:

- Don't be rushed into making a decision. If it sounds too good to be true it probably is.
- Only purchase goods and services from legitimate retailers and take a moment to think before parting with money or personal information.
- Don't assume everyone is genuine. It's okay to reject, refuse or ignore any requests. Only criminals will try to rush or panic you.
- If someone claims to represent a charity, ask them for ID. Be suspicious of requests for money up front. If someone attempts to pressurise you into accepting a service they are unlikely to be genuine. Check with family and friends before accepting offers of help if you are unsure.

**Be a good friend,  
help to protect  
your family, friends  
and neighbours  
from scams.**

**Read It.  
Share It.  
Prevent It.**

**#Coronavirus  
#ScamAware**



#### Contact

For advice on scams call the  
Citizens Advice Consumer Helpline on **0808 223 11 33**  
To report a scam call Action Fraud on **0300 123 2040**  
Contact your bank if you think you have been scammed.

**NATIONAL  
TRADING  
STANDARDS**

Scams Team

**To learn more about the different types of scams visit [www.FriendsAgainstScams.org.uk](http://www.FriendsAgainstScams.org.uk)**

<https://www.oxfordshireallin.org/> OxfordshireAllin is creating an interactive map which lists all the emerging community support groups. Add your local group or search the map to find out what is available near you.





## Happy Vaisakhi!

Mid April into May marks the month of Vaisakhi according to the Sikh calendar. For people living in Punjab, the Northern region of the Indian subcontinent, Vaisakhi is a spring harvest festival which has cultural, historical and religious significance **writes club President Surinder Dhesi**

Vaisakhi is like the Christmas of the Punjab. It is the time of year when farmers get paid for their year's crop, people are able to relax, young and old look forward to buy things; there are fairs and carnivals and people generally celebrate.

However, for Sikhs, Vaisakhi has spiritual and historical significance also.

Guru Nanak taught his disciples to celebrate this festival and time of year with a divine perspective. The Guru taught that just as spring comes and tree branches blossom with flowers and lush leaves and people feel happy, we should look within ourselves and bring spiritual spring within and work to make our soul feel alive and fresh.

Just as a tree without roots remains dried up and bare in spring, so the soul that has lost its connection to his or her spiritual roots becomes spiritually empty and dry. The Guru reminded us that the root of all life is the Creator-Lord and through connecting with the Divine, we can feel the joy and renewal of life which we see outside in nature within ourselves.

In 1699, the Tenth Guru of the Sikhs chose this day to test the faith and courage of his disciples. Those that chose to step up and commit their lives to the Guru were initiated into a nation of individuals, spiritually connected by their faith and commitment. This nation, called the Khalsa, consists of men and women committed to being the spiritual soldiers of God, with a distinguished uniform and mission to meditate upon God, serve humanity and defend the weak and oppressed.

Since 1699, Vaisakhi has become Sikh Nation Day. Till today, the Khalsa and all followers of Guru Nanak have served humanity selflessly and defended the rights of other communities across the globe.

May this Vaisakhi bring a new lease of life and hope within ourselves, and may the beauty of nature inspire inner peace, contentment and joy.

To end with, Guru Nanak taught God is like a tree and all humanity are small branches stemming from the Divine. We are all connected with one another, and all linked to the same Source of Life and Existence.

***During these difficult times, this message reminds us all to consider humanity as our family and work towards bringing hope, peace, and goodness to the world.***





## Covid-19 & Sierra Leone

Sadly on Tuesday the first case of Covid-19 was announced, followed by a second un-related case on Wednesday. Yesterday, Saturday, another 2 cases were declared and as I type this another 2 cases have been reported this morning. The Government has closed all schools and banned church and mosque services. The land borders have been closed for a while and there are no flights in or out. This Sunday there is a 3 day "lockdown" when people will not be permitted to leave the immediate vicinity of their dwelling and this will be enforced by the police and the army.

## AlansAfrica funding

Due to the social distancing guidance I have had to postpone a number of fundraising talks for the foreseeable future, which will hamper my general fundraising efforts and potentially create a bit of a cash flow problem for my projects. I have some "ring fenced" money for two water projects but this can only be used for those specific projects. I do have some general funding available, but have had to divert some of this, which was intended for one of the water projects, in order to supply vital food & hygiene items to some of the communities.

## Hair raising for AlansAfrica!

Some regular supporters of mine, a local family, recently, via social media, witnessed the son of the family, who lives in Bristol, having a "buzz cut" undertaken by his wife, who is not a hairdresser! The clippers were set on number 2 and off she went, spurred on by the fact of an initial donation of £5, from one of the audience. I have just received a cheque for £60 as a result of the event but apparently the cut was so bad that I was not allowed to see a photo. Just as well isolation is taking place, his hair has time to recover!! With barbers and hairdressers closed maybe this could be an ideal fundraiser for you, unless you're just going to "Let It Grow, Let It Grow".

## Small change makes a BIG difference

Another regular supporter has just sent me £36, the contents of her 20p/£2 savings jar. This will provide essential food supplies for Momoh and his carers for nearly a month – thanks Jean.

## Banbury International Community School

The toilet block for Junior Secondary pupils was completed yesterday afternoon. Photo courtesy of my "man on the ground" & good friend Fayah



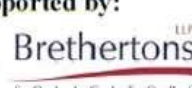
I received this e-mail this morning:

The entire staff, pupils and community elders of Banbury International Community School extend their sincere thanks and appreciation to you, Mr Alan, and your donors Brethertons and Banbury Heating Supplies for providing us a newly built toilet block. Our school is one of the best schools in the area and you have made a great difference in Sierra Leone in terms of educational facilities. You will ever remain in the history of the Sierra Leone Banbury Community. Once more we want to say thanks for "making a real difference".



I would like to record my sincere thanks to Shaun, and everyone at Brethertons Solicitors, and Alan at Banbury Heating Supplies for sponsoring this project which will "Make A Real Difference". Two Banbury (UK) businesses supporting the Banbury International Community in Sierra Leone

AlansAfrica is supported by:





#### **Mahera Wharf Oxford United**

On Friday I sent some additional funding to buy food supplies and soap etc to help all the members of the football Club, and their families, through the period of lockdown. There are over 60 boys involved in the Club set up. Eight of the older boys (teenagers) who are orphans live at a Hostel with Abu, the team manager, and the remainder live with their families in the local community.



We bought three 50 kilogram sacks of rice, some for the hostel, but they decanted some & each boy had a small bag to take home to their family.



They also bought milk, sugar, sauce, palm oil and Gari - the second most stable food in Sierra Leone. It is flour made from cassava tubers and is commonly eaten by soaking it in cold or hot water and adding any, or a combination of, sugar, milk, coconut, roasted ground nut, coconut or cowpea. Hot water can be mixed with it to form a paste and then eaten with a sauce of choice. AKA Tapioca.

**Not just a Newsletter but also a cookbook!**



Abu, the team manager, demonstrating the hand sanitising items which were bought for the Hostel.

#### **Calvary Primary School**

The new nursery accommodation at the school is looking really good and hopefully everything will be fully completed ready for when school restarts



#### **Witney Rotary Club & District 1090**

I recently had £1,000 donated from Witney Rotary Club & "matched funded" by Rotary District 1090

#### **Liverpool School Science equipment**

The first phase of spending was the purchase of the remaining essential laboratory equipment for the new science laboratory at the school. I know the staff and children will really appreciate this donation when school resumes.

#### **Banbury International Community School**

The second phase will be to install a water harvesting system on the two classroom Junior Secondary block. Due to the Covid lockdown we have had to postpone the start of the work but I will be closely monitoring the situation and work will commence as soon as is possible.

A big thank you to Witney Rotary Club & the Grants Committee of District 1090 for their continued support which is greatly appreciated by me and the two school communities in Freetown.



*The Rotary Club of Banbury Cherwell set this quiz for their members last month. It's just for fun - see how many answers you can get correct...*

GENERAL

No'	Questions	Type your answers in the boxes below
1	What is the name of the main German airline?	
2	In which European city can you find the home of Anne Frank?	
3	How many stars has the American flag got?	
4	How long is the Great Wall of China?	
5	Who invented Ferrari?	
6	Cryptic clue: Time for love, love? Love, love!	
7	Who lived at 52 Festive Road and regularly visited a fez wearing shopkeeper?	
8	Bill and Ben Porter are the main characters in which sitcom?	
9	Monkswell Manor is the location for which famous play?	
10	What sort of structure is DNA?	

Cinema

1	Which actor is the lead singer of a famous American band "30 Seconds to Mars"?	
2	Which actor played the role of a Russian boxer, Ivan Drago, in "Rocky 4"?	
3	Which actor is well-known for his roles in "The Hurt Locker", "The Bourne Legacy", "American Hustle".	
4	Which actor appeared in famous films, such as "Gone in 60 Seconds", "Face/Off", "Ghost Rider".	
5	Which actor was cast in "Kingpin" - a famous 90's comedy?	
6	Which actor played James Bond in 1990?	
7	Which actor used to be a professional soccer player?	
8	Which actor played the role of the famous fictional serial killer Hannibal Lecter?	
9	Which actor played the role of the most famous contemporary vampire?	
10	Name a famous actor with 3 Oscars for the films "My Left Foot", "There Will be Blood", "Lincoln".	

Culture

1	What colour are often the domes of churches in Russia?	
2	In which Spanish city did the Joan Miro museum open in 1975?	
3	Which Italian artist painted the Birth of Venus?	
4	Who was the original author of Dracula?	
5	In which city is the famous MannekenPis fountain?	
6	Who is the inventor of photography?	
7	Which artist painted The Scream?	
8	What is the first book of the Old Testament?	
9	Who painted the Mona Lisa?	
10	In which English town did Adolf Hitler study art?	

Geography

1	What is the capital of Turkey?	
2	What is the national animal of China?	

3	Which Turkish city has the name of a cartoon character?	
4	What is the noisiest city in the world?	
5	What is the name of the desert area in Mexico?	
6	What is the coldest part of Russia?	
7	How many time zones are there in the world?	
8	Which is the largest desert on earth?	
9	Which country did once have the name Rhodesia?	
10	What island, which belonged to Denmark, was independent in 1944?	

#### Television& Film

1	How many Oscars did the Titanic movie got?	
2	How many Tomb Raider movies were made?	
3	Which malformation did Marilyn Monroe have when she was born?	
4	What is the house number of the Simpsons?	
5	What is the name of the prison in the film The Rock?	
6	Who is the protagonist in the Last Action Hero film?	
7	What is the pseudonym of Allen Stewart Koningsberg?	
8	What is the name of the little dragon in the animated movie Mulan?	
9	Which actor plays Sonny Crockett in Miami Vice 2006?	
10	Who is the director of Reservoir Dogs?	

#### Food Wine

1	What colour is the French wine Beaujolais?	
2	What should you do in the Arab countries to show that the food was delicious?	

3	Which nuts are used in marzipan?	
4	From which cactus is tequila made?	
5	From which country does pitta bread originate?	
6	Which country is the origin of the cocktail Mojito?	
7	How many calories does a glass of water contain?	
8	What is the well-known drink from Greece?	
9	Which famous brewer from Amsterdam died in the year 2002?	
10	Which vitamin is the only one that you will not find in an egg?	

#### HISTORY

1	Which German Count invented the zeppelin?	
2	Who was the second president of the United States?	
3	In which city was the Titanic built?	
4	What was the name of Napoleon's first wife?	
5	Which city became capital of West-Germany in 1949?	
6	On which island was Napoleon born?	
7	How many children did Queen Victoria have?	
8	When did Albania become an independent country? In 1713, 1813 or 1913?	
9	What was the Latin name of Paris in Roman times?	
10	Which city was the capital of Australia from 1901 to 1927?	



#### NATURE

1	What is the national animal of Canada?	
2	What is the national animal of Albania?	
3	Which dog used to be sacred in China?	
4	Urticaria is a skin disease otherwise known as what?	
5	What kind of animal is the largest living creature on Earth?	
6	Give another name for the study of fossils?	
7	Which bird can swim but cannot fly?	
8	What do dragonflies prefer to eat?	
9	What do you get when you crossbreed a donkey and a horse?	
10	Which insects cannot fly, but can jump higher than 30 cm?	

#### MUSIC

1	What is Elvis Presley's middle name?	
2	Who is the singer of The Counting Crows?	
3	Who was the Queen of Soul?	
4	What is the lowest male voice?	
5	Which famous group was once known as The Quarrymen?	
6	What was the name of AC / DC s lead singer who died in 1980?	
7	Which group performed the song Dear God?	
8	What is Madonna's full name?	
9	What is the name of the Irish singer who won the Eurovision Song Contest twice?	
10	What is the noisy invention of Louis Glass created in 1890 called?	

#### LITERATURE

1	Who is the fourth musketeer besides D'Artagnan, Athos and Porthos?	
2	Who killed the Minotaur?	
3	Which Egyptian woman was considered as the inventor of agriculture? She married her brother and together they had a son: Horus.	
4	Who is the giant with 100 eyes according to the Greek mythology?	
5	Whose box did Epimethius open?	
6	What is the name of the winged horse in Greek mythology?	
7	Name the world renowned author who found inspiration to name his main character following a visit to St Mary's churchyard in Banbury?	
8	On which island did Ernest Hemingway write many of his novels?	
9	Where is John Le Carre's book "A Small Town in Germany" set ?	
10	In which country did Shakespeare s Hamlet live?	