

Hello and welcome....

...to the first Bendlowes Trust newsletter of 2020. We hope to use this newsletter to keep in touch, pass on information and provide some light hearted relief during these difficult times. As the strapline says we're all about people working for people so please feel free to send in anything you would like included for the next newsletter and we'll try to make it as much about what you want as we can. It can be anything from a picture of your garden or a favourite recipe to a recommendation for what to watch on Netflix or just some useful information. Please send them to the Editor (that's me—Sally Welsh) at smwelsh1@btinternet.com or call 07785 235000 or Marianna on 07450251525.

Guess who?

Take a look at these bonnie babies. Can you guess who these Bendlowes committee members might be?



Answers in the next newsletter.

Local food for local people

During lockdown why not make the most of your local outlets/suppliers and support these local businesses

- **The George** is offering a takeaway service from Wednesdays to Sundays to include a variety of meals from tasty steak and ale pies to delicious Sunday roasts. Visit the website to order at thegeorgeinn.cloudwaitress.com or call 01371 850207
- The farmshop at **Deersbrook Farm**, Littles Lane offers a variety of fresh local produce including their own grassfed beef. They can also deliver if you're self-isolating. Visit www.deersbrookfarm.com or call 01371 851271
- **Shalford Village Shop** are fit to bursting with a great range of products, much of it locally produced, as well as newspapers, wine & spirits and fresh bread. They are also happy to deliver to self-isolating residents. Tel. 01371 850944
- On Monday evenings **Perky Pizzas** serve freshly made pizzas from Barryfields. The hotline for ordering is 07394297612



Embracing technology!

For those of you that have Smart phones or tablets and already use Whatsapp, did you know that you can also use it to make telephone and video calls to one or more of your contacts and as long as you use your own wifi, they'll be free! At the top right you'll see 'Calls', click on this then click on the 📞 button. Select whether you want just a normal telephone call or a video call next to the persons name and off you go. It is advisable to prewarn the person you might be videocalling. Nobody wants to be caught out still wearing their nightie at 2 in the afternoon, do they Alice? Only joking, Alice is always fully dressed although it did seem a little early for that glass of wine?

I'd also like to recommend the BBC Sounds app for your smartphone (or www.bbc.co.uk/sounds for your tablet or pc). It's free and you can listen to a whole variety of music programmes, documentaries and plays as well as being able to delve in to their archive to find such treasures as Desert Island Discs programmes from wayback.

And finally...

At the start of this pandemic over 30 people in Shalford volunteered to help self-isolating villagers with shopping, collection of medication, dog walking etc so if you need help, or just want a chat, it's there in plentiful supply. Call Cathryn Carlisle, Parish Clerk, in the first instance on 01440 731964 and she will put you in touch with an appropriate volunteer. In our next issue we hope to include brainteasers, more useful information, your photos and competitions. In the meantime, please keep safe and we look forward to when 'We'll Meet Again'.

Bendlowes Trust Charity no. 241285 Trustees: Alice Cox, Sally Welsh