

The Brancepeth Update

Issue Two

Message from the Editor

Thank you for all the positive feedback to our first issue. This is your update, if you have any information you want to share or would like to see please let me know.

Following the increased restrictions on movement we are no longer able to deliver a hard copy of the update and are moving to an online edition. In order to keep in line with GDPR we can only send a copy to people who have opted in to receive them. We have already received requests from a lot of the village, but there are plenty of people who we are sure would like to receive a copy but who have not requested one. Please spread the word and ask anyone who would like a copy to send me their email address.

Go well, stay well.

Love Gillian

gillian@smellie.com 0191 373 9420

News from St Brandon's

After a successful start last week, our Sunday service will again be held via zoom and everyone is welcome to join. Please contact Hester Higton who can link you in: hesterhigton@phonecoop.coop

The St Brandon's newsletter for April is now printed but sadly, under current health regulations, we are unable to deliver it in the usual way. Instead it is available on the church website, in glorious colour, [here](#)

As The Update is coming to you electronically, we expect you will be able to access the Parish Newsletter online, but there are others we know and you may know who won't be able to do so. Please pass on their names and addresses to Sue Morgan sueatpeppermires@gmail.com and we will either hand deliver one with care or post a copy to them instead. Thank you.

The newsletter contains an extended list of willing helpers who can do shopping, collect medicines etc. The April church rotas will be amended and sent by email to everyone taking

Village Support Network

If you would like help with errands, shopping, picking up prescriptions, walking your dog any one of the people listed below would be delighted to help you. This is in addition to the formal support which will be offered by the government to those extremely vulnerable people who are being shielded.

Jessie Brown	0191 378 2748
Sheila Chapman	0191 378 4408
Ian Stoker	0191 378 4986
James & Jo Dalton	0191 378 0771
Dave Armstrong	07843 343 846
Josie Armstrong	07882 233118
Geoff & Margot Harrison	0191 378 9908
Bea Basu	07714 764203
Vivienne Lowe	0191 378 0974
Deborah Hodge	01388 745455
Anna & Nick Brooker	0191 378 0578
Jayne Gardarsson	0191 378 1483
Gillian Smellie	0191 373 9420
Stephanie Snowball	07761 089183
Claire Staines	0191 378 0858
Cheryl McEwan	cheryl.mcewan@durham.ac.uk
Janiessa Spence	0191 435 6357
Paul Spence	0770 703949
Hester & Mike Higton	0191 597 4675
Amy Gooding	07753 606115
Richard Gooding	0191 386 9651
Carol Beeby	07592 975002
Sue Morgan	0191 378 1172
Caroline Middleditch	07729 277072

part in Sunday services. Please remember to send articles and photos for next month to Sue as we aim to keep publishing every month, but with far fewer hard copies.

We continue to pray daily for the community, nation and world: if you have a specific request for yourself or someone you know. just let us know: anna.brooker@durham.ac.uk.

Best wishes to all and please keep in touch.
Anna

Protected shopping hours

Almost all supermarkets are now offering protected shopping hours for the elderly and vulnerable and for their carers and for NHS staff.

Priority supermarket hours <i>For the elderly, vulnerable, and health and emergency service workers (bring ID where possible)</i>	
	Mon to Sat: 8-9 am Sun: 10-11 am For the elderly, vulnerable and NHS staff
	Mon-Sat: First hour: elderly and vulnerable Last hour: NHS staff
	Mon & Thurs: first hour for elderly and vulnerable Tues & Fri: first hour for NHS and emergency service workers
	Mon to Sat: 7-8 am for NHS workers
	Mon, Wed, Fri: 8-9 am for elderly, disabled, vulnerable, NHS and Social Care workers
	Mon, Wed, Fri: 9-10 am for vulnerable and elderly (not in Express stores)
	First opening hour for elderly, vulnerable and their carers



Calling all knitters and crocheters

Now is the time to tackle that Fair Isle pattern you optimistically bought some time back in the last century. Or crochet

the Sophie's World Shawl (which really is a devil). But wait, you have run out of yarn/needles/stitch markers. Panic not. Lucy Bush of Woolaballoo in Langley Park has shut her shop, taken all her stock home and is fully online. Her husband would really like to be able to see the dining room floor again. Support your local yarn store (and help keep her marriage alive!). Link below

[Woolaballoo](#)

Local Food Deliveries

There are plenty of local shops and farms who are offering delivery or pick up at the door. If you are on Facebook you may find it helpful to join the [this open group](#) which has regular updates on deliveries and pickups across County Durham.

These companies deliver to DH7 (where they do not have their own website I have linked to their FB page).

[Northumberland Sausage Company](#)

[W&W Fresh Produce](#)

[Durham Health Food Shop](#)

[Parlour Made \(£20 Cheese box\)](#)

[Hodgsons Fish](#)

[Teesdale Game and Poultry](#)

Cunningham Fruiterers Crook 01388 762221

Please let me know if you come across other shops who will deliver to Brancepeth and I will update the list for the next issue.



Visit a Museum

Yes really! You can take in some of the exhibits in museums around the world from the comfort of your own sofa. [Google Arts and Culture](#) has a vast array of exhibits from a wide range of genres.

Museums and galleries with online exhibitions include:

[British Museum](#)

[The Museum of English Rural Life](#)

[The V&A](#)

Get up close to some artworks with [Google Camera](#)

[Contemporary Art from around the world](#)

[The Frida Kahlo Museum](#)

[The Metropolitan Museum of Art](#)

Exercise

It's vital to keep as fit and healthy as we can at the moment. Whilst long walks along the lines or a nip up Roseberry Topping are out, we can still keep those muscles and joints strong and flexible.

For those of us who are already fairly fit there are a plethora of videos on line, both live classes and videos you can play at your own leisure.

[Joe Wicks](#) is running PE with Joe for children every morning at 9am. All the live classes are available for watching later and suitable for all ages

The Centre for Better Ageing have produced [a series of exercises](#) for those of us who need something more gentle.

Deborah and Bob Chapman have shared some of the exercises the Tai Chi Group follow:

[Daily Tai Chi with Don Fiore](#)

[Daily Qigong and Louhan Patting](#)

[Joel Harper - Improve your balance in 5 minutes](#)

[Tai Chi Qigong Shibashi Set 1](#)

[Tai Chi Qigong 18 or Shibashi seated version](#)

[Qigong for beginners with Marisa Cranfill](#)

[Daily 14 Mins Qigong Warm up](#)

[Wu Qin Xi - Five Animals Qigong Exercises](#)

Plenty for everyone there I think!

Home made bread!



If you are running low on bread or looking for something more substantial than a small sliced white loaf Richard Jackson may be able to help you.

"I am sorry I cannot help the Village Support network as apart from walking the dog am "confined to barracks".

Nevertheless, I am prepared to offer my bread making skills and machine to anyone wanting a loaf. When I do mine, I always slice and freeze them - so I can slice loaves and bag them if required. I would also be happy to make bread rolls.

The only problem is that whilst there is a shortage of ingredients, people would have to supply their own. I can tell them what is needed for each loaf and how to put them in a plastic bag in the correct order for delivery to me."

When the supply situation eases, I would be happy to bake loaves to order and charge cost price plus 10% - which could go into a village fighting fund." Please contact Gillian if you would like to take Richard up on his kind offer.

Lots of stuff to keep little Earthlings busy ...

- The Academy - Puzzles and challenges to help you learn the skills you need as a Starside Assistant
- Engineering - Your chance to build something useful from what you find around you
- The Elite - Help other Starside Agents to solve unusual and interesting cases from distant star systems
- Quizzes- Online quizzes to test your skills against other Starsiders



Seven day free trial here [Starside](#)

Free online music gigs by local singer

Hannah Wiggons, aka Singin Hinn is running free online gigs. With a wide ranging repertoire from jazz to music hall, via folk and musicals, her sultry vocals are sure to make isolation less lonely.

Sign up for updates [here](#)

Jigsaw puzzles

Thank you to Allee Longstaff who sent in this fabulous jigsaw puzzle website. You can even create your own puzzles using your pictures and photos.

[Jigsaw Puzzles Online](#)