

Our Badsworth Way

Issue 15. March/April 2020



Welcome to a special issue of our village newsletter. It has never been more important to ensure everyone in the village can stay connected and not feel isolated. For that reason, we are trying to ensure the newsletter brings you as much information as possible, and, hopefully, some useful points of contact and advice on how to stay well, both physically and mentally.

We are looking at different ways of sharing the latest news as quickly as possible, via as many different methods as we can, to ensure people can keep up to date. We hope the information inside this issue will prove useful to you.

We also want to ensure that, as a village, no one falls through the cracks and so we have put in place ways of ensuring people in need can reach out to the wider community.

Emergency Support

In response to the emerging crisis, a number of people wanted to feel useful and help their fellow residents but were not sure how best to do this. The Village Plan Committee kindly agreed to help residents coordinate a team of volunteers and so we have created the **Badsworth Emergency Support Team (or B.E.S.T.)**.

We currently have well over 30 individual volunteers, from all age groups and across the breadth of the village. It has become clear that many people in the village are already helping their neighbours and friends, with tasks such as shopping, and just simply ensuring people don't feel isolated. People are exchanging phone numbers and setting up WhatsApp groups, amongst other things.



B.E.S.T has set up a “helpline” which will be open to ANYONE in the village, regardless of age or circumstance. The intention is to be able to access the skills and availability of the wider support team, so that we can provide a safety net to those in need, especially where existing support networks fail (eg due to people having to self-isolate). Volunteers can, if required provide a variety of help such as collecting medication or prescriptions, providing IT support and ideas as to how to use technology to prevent isolation, as well as just providing a friendly ear for anyone who wants to have a chat about anything. We also have a number of dog owners on the list so we can provide dog walking services if you ever need them. Contact numbers are on the following page and will also be on the Website and other notices around the village. New numbers may be published over the coming weeks as volunteers have a well-earned rest.

All support will have to be delivered on the basis of trust and goodwill as we don't have insurance etc but we think people will understand that. We will seek to provide all support in a safe and hygienic way, minimising physical contact and ensuring we abide by the latest official advice. Because things are changing fast, we will be fluid and will adapt according to circumstances.

One of our aims is to bring the village together whilst keeping people apart physically. We particularly want to identify and support people in the most vulnerable groups or those self-isolating for whatever reason so we can prioritise support and be proactive where possible. Please do contact one of the helpline numbers to let us know who you are, even if you are currently fine and being taken care of.

Coronavirus Helpline Contacts

More about the helpline

Given the recent restrictions on contact and travel, we feel that having a phone number you can contact, will be a great comfort to people, especially anyone living alone, or in a vulnerable category, or if your whole family is having to completely self-isolate. Several people in the village have volunteered to operate the Helpline although we may publish different phone numbers in the coming week or two as we assess the level and nature of the demand for the service.

Key contact points:

Anita Cook – 07715 748656

Glenys Richardson – 07879 478261

Sandra Broadbent - 07976 032022



To begin with, we are proposing that the Helpline be available from 8am to 6pm each day. If you do ring and don't get an answer from one number please either leave a message or try one of the other contacts.

The Helpline is there to help! We don't know at this stage how things are likely to develop (indeed things may have changed by the time you read this) and so we will play things by ear and adapt our services accordingly. We are in the process of working out processes and guidelines so that volunteers and service-users are kept safe and well. By the time you read this we should have worked out all the detail as to how things will work.

With the provision of essential supplies we would do our best to help if anyone is stuck. Hopefully at some point the shelves will be stocked fairly normally again but we don't know. But as you can imagine we will endeavour to help prevent people falling between the cracks.

Whatever you do, don't feel you can't ring, even if you just want someone to chat to. We have volunteers who "like to chat" and are, themselves, looking for company at the present time. Don't feel isolated either. There's no reason why everyone can't stay connected as a community.

Let's look after each other and bring out the B.E.S.T in Badsworth!

Staying Connected

Things are currently changing on a daily basis but, at a time when we are all in “lock down” we want to ensure that everyone in the village can stay connected.

The Bishop of Leeds has called for people to talk about physical rather than social distancing, at a time when the need to be kind, thoughtful and community-minded is at its greatest.

We know that many people value Our Badsworth Way as a means of finding out what’s happening in the village and simply feeling part of a wider community. We have brought forward the April issue to try to convey some important information, and will look at producing it more frequently over the coming months. Restrictions on movement may make that difficult, but also, the information cannot be as immediate and timely as other forms of communication.

For that reason, we urge everyone to gain access to the village website if at all possible as that will be used to share the latest information. The address is www.badsworthvillage.com and it is already being updated regularly so we are in a great position to share current information. You can submit information or queries via the contact page (see next page for more information on our Webmaster).



We also hope to have the village Facebook page up and running again (possibly by the time this hits the letterbox) so please keep an eye on that. We can use Facebook for sharing useful information and tips and for staying connected. All posts should be constructive (or uplifting) and we absolutely want to avoid negative comments, so please think about what you post and ensure it will be helpful.

We now have open access to the Parish Council’s community noticeboard which is at the front of the school grounds. If government restrictions allow, and people are walking around the village, we can all use that as a “post-it board” for information, ideas and latest news, so please feel free to add anything and keep a look out if you are getting some exercise – but please don’t get physically close to anyone else and follow current restrictions on gatherings.

We know people are sharing phone numbers with neighbours and we are already trying to look after each other. If we can ensure that no one in the village feels cut off from the outside world then that will be great.

Village Website

Welcome to our new Webmaster

We are pleased to announce that the village website has a new webmaster. Jonathan Broadhurst, who recently moved to the village, reached out to us to offer his services and help bring the village up to date with current information and some additional features. “I am delighted to be able to offer something to the village community. Its sense of community is one of the things that makes Badsworth a special place and such a lovely place to live” said Jonathan.

Jonathan is keen to add more information, news and items of local interest to the website. He is especially interested in stories and photos of local interest and updates from local groups on their activities. If you have any ideas, suggestions, stories or local information, you can contact Jonathan through the village website.

In such uncertain times, the website is a valuable resource and communication channel that can quickly share news and information. We are very pleased the website will continue to play an important role in village life.

We will be using the website for all the latest news, useful tips and links to official guidance, so please check it regularly via www.badsworthvillage.com

Jonathan Broadhurst background

Jonathan moved to the village in October 2019 from nearby Ossett, where he ran his own business for 20 years as a leadership development specialist. Jonathan has had an eclectic career with very different jobs including professional squash coach, insurance salesman, shop manager and executive head of human resources for a national retailer. In 2017 Jonathan left everything behind to go travelling around South East Asia, Australia and New Zealand with Jane, his wife of 36 years. On his return they both knew it was time to make some lifestyle changes and have chosen Badsworth to make their new life. Jonathan spends a majority of his time volunteering. He is Chair of the local branch of the CIPD, the Professional body for HR professionals, and is a member of Badsworth Village Plan Committee. Apart from travelling - India is the next destination - Jonathan enjoys riding his motorbike. He has travelled around Europe on it, sometimes with Jane on the back and taken a spin around the Isle of Man TT circuit. He has a couple of acoustic guitars that get dusted down for a strum now and then and has four grandchildren.



News Updates

Cancellations

Needless to say, all social and leisure activities are currently cancelled or postponed until further notice. This includes the monthly coffee mornings, film nights, Disparate Housewives and the Parish Council's Easter Egg Hunt. The Lawson Hut and St Mary's Centre are both closed to normal business.

Badsworth and St Mary's Village Fete & Scarecrow Competition 2020

The committee has been working hard to organise both these events but unfortunately in light of the current situation we are all facing we are going to place both the Village Fete and Scarecrow Competition on hold and will make a final decision towards the end of April.

We will probably have to cancel the Fete Day due to social distancing but we can all hope the situation will improve. For the Scarecrow Competition we wouldn't have the same issue around social gatherings and it would be good to keep this going ahead.

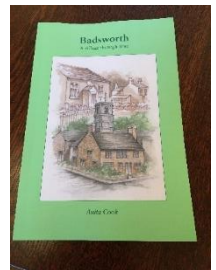
If we do have to cancel the Fete Day and/or the Scarecrow Competition we will look at rescheduling these later in the year. Once we make a final decision in April, I'll email all the regular scarecrow entrants, place a notice on the village notice board and on the village website.

If anyone has any comments or feedback on both these events then please let me know. What we wouldn't do is put anyone at risk.

Dean Parkin, 07952 494466, deanparkin70@gmail.com

Badsworth: A village through time

Many thanks to all those who have already purchased a copy of this book which provides an insight in to the life of the village over a thousand-year period. If you haven't already purchased a copy and are now looking for additional reading material then now is the time to purchase the book which costs £10. All profits will be split between various charities and indeed over £200 has already been donated or allocated to a number of causes – local and national.

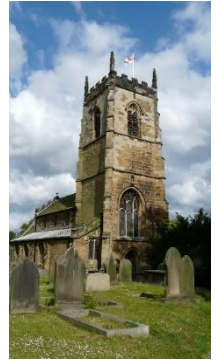


If you would like a copy please contact Anita Cook (the author) on 07715 748656 and we'll discuss the safest way for you to make a purchase.

Church News

Message from Nick Baines – Bishop of Leeds

Christians need no reminder of our common human mortality, nor of the fragility of life in a contingent material world. We preach this stuff in the good times; now we are given an opportunity to live it out when the pressure is upon us all. We are drawn by hope, not driven by fear. Our scriptures also call us to keep joy alive when the desert threatens to dry us out – looking for the songs of hope and singing them for all to hear.



It is natural for us to be worried about our own well-being and that of those whom we love. The threat to public health and the economy appears to grow by the day. We will also be conscious of those who are elderly, live alone, have underlying health problems or are isolated.

We now face both a challenge and an opportunity. The challenge has to do with how we worship, where we pray, how we share together, and how we care for those around us. The opportunity is, strangely, the invitation, when everything is stripped back to essentials, to rediscover what it is to be the church dispersed when we are unable to be the church gathered. We can also get back to the simplicity of praying without the hectic activity that often shapes our lives.

Finally, words matter in all this. We must not use the language of ‘social distancing’, but, rather, ‘physical distancing’. Social interaction is now more important than ever; we just have to be more creative about how we enable people to interact without touch, contact or, sometimes, physical presence.

Church Services

Official advice from the Church of England has been to stop all regular church services and of course this comes at one of the most important times in the Christian calendar as we run up to Easter. At the moment only very small-scale funerals are allowed. Of course this situation may change before we get this newsletter delivered to you so please look out for the latest information – including the Church of England website www.churchofengland.org or our village website www.badsworthvillage.com

Yew Tree Lights

The Village Plan Committee has agreed with Reverend Charlene Smith, that the Yew tree lights in the churchyard will be switched on from Saturday 11 April to Sunday 26 April to mark the Easter period.

Working from Home

Some tips to make home-working a more enjoyable and successful experience. Due to space restrictions we have published a slightly edited version of an article by Jonathan Broadhurst. For the full article please visit www.badsnorthvillage.com

More and more, people are being asked to work from home. It was already a trend, but with the Coronavirus outbreak, it's becoming almost a necessity. Working from home can be far more productive than commuting to your daily place of work. But there are plenty of traps and barriers that need to be managed to get the best from what is a great opportunity to be more productive in less time. Here are a few things to think about and some tips to help you make the most of working from home.

1. Technology

Home computers and laptops can be quick, but they will be hampered, especially by the internet. Your home broadband, however fast, is limited by bandwidth – the number of people using the internet at the same time.

Another issue will be your company's IT security. Gaining access to internal networks and storage may be excluded by default. Some companies' internal networks can be accessed via a remote access app. Your IT dept. will have to enable access and give you the login credentials, but once you are set up, your screen will be identical to the one you see at work and you will have access to all the files and apps you would normally use.

2. The home environment

Workplace environments are set up to help people work. That's not the case at home. Find a space where you can sit comfortably with no distractions. Be aware that working from home can create tension in the family – are you at work or at home and how would they know? Working from home requires everyone's involvement and agreement in setting the boundaries.

Furniture at work is designed to be used for long periods and specific activities without causing pain. While you may not want or be able to have ergonomically correct chairs and desks in your home, think about how you can create the next best thing.

Be careful how much coffee and tea you drink, unless you can switch to decaf. Drink plenty of water and take regular breaks – something not everyone feels comfortable doing in the regular work environment. And stop for lunch – nothing too grand though, or you'll be wanting an afternoon nap to sleep it off.

3. Staying engaged

The frustrations of technology aside, staying engaged is probably the biggest problem for people. There are four common issues that prevent people from maintaining focus and delivering on objectives.

- **Changing habits**

Working from home requires a different mindset, which is why creating a work environment at home plays an important part. Creating structure and boundaries keeps the focus on work and prevents it bleeding into personal time. Making business calls first thing can get you into the workday mindset, as can dressing for work.

- **Lack of resources.** This is often related to technology and lack of access. Forward planning is the key to this. Talk to the relevant people and organise the things you need in advance. Taking time out to plan is one thing people can find difficult, but it's actually key to success.

- **Communication.** A WhatsApp group is a simple way of holding group chats and keeping in touch; and it's far more personal than email. If you need to share files, consider something like Slack. It's a bit like Facebook for business but easier to share files, create separate topics of conversation and it integrates with MS Office. If you want to have face to face meetings Zoom offers the capability to hold group meetings and share your screen, to show a presentation for example (do remember to check what's behind you when using video!). There are plenty of alternatives out there offering similar capabilities and there's usually a free version that will probably meet your needs.

- **Isolation.** Even in the workplace isolation is an issue and working from home increases the risk. It's also something that creeps up on you and can be hard to spot. Technology like Slack and Zoom can definitely help, but it's important to look after your mental health and well-being. You can still go for a walk, do some exercise and ask other people to regularly check in with you. Have a virtual coffee over Zoom, FaceTime or Skype. Take your laptop or notebook and pen outside and change the environment. If you find yourself thinking you're burdening others by contacting them, it's likely that you are feeling the effects of isolation. Like stress, isolation is a slippery slope and can lead to more serious illness.

Working from home is a great opportunity to build more flexibility and improve work life balance. It's something that is being forced upon us, but it can change your life for the better in the long run.

Jonathan can be contacted at www.ignite-me.com or through the village website. Alternatively, you can post a note through his door at Village View, Main Street.

Parish Council Update

Badsworth Way Footpath

A maintenance programme of work has recently started on Badsworth Way footpath. A team of Parish Councillors and residents has cut back the overgrown hawthorn hedge and Wakefield Council have collected all the prunings – 10 builders' bags in total!

Additionally, it was arranged for Wakefield Council personnel to come and clear the weeds and grass from the sides of the path (which has now been completed) and some spraying of vegetations remains to be done over the next few weeks.

There will be ongoing repairs to the fencing on both sides of the path and this will be carried out in the medium term.



Defibrillator

Parish Council has now placed an order for the defibrillator and the Parochial Church Council has agreed to support the request for the defibrillator to be placed inside St Mary's Church porch. That request will now be formally made to the Archdeacon of Pontefract for his consideration.



Speeding

It has been agreed that Parish Council will buy in targeted police resources to deal with motorists who are speeding in the Village. An initial commitment has been made for 3 months and police officers will be in the Village with ProLaser equipment to detect anyone travelling in excess of the 20-mph limit. Anyone found breaking the law will subsequently receive a Notice of Intended Prosecution. The implementation of this initiative may be delayed due to the coronavirus measures currently being taken.



Parish Council Update

Parking

Parish Council has been in dialogue with the Diocese regarding the parking problems within the Village and has asked if a meeting could be arranged to progress this matter. In response, the Archdeacon of Pontefract has advised that the Parish is, at the moment, in vacancy (as a result of Father Stephen leaving) and when that has been sorted out, the Diocese will be in a position to continue discussions.

Dog Fouling



Since May 2019, over 3500 dog poo bags have been used from the dispensers on Badsworth Way and Chapel Lane but in spite of that, dog fouling is still evident throughout the Village. The initial reason for providing bags was to cater for dog owners who had occasionally forgotten a bag or realised they had insufficient but this level of usage suggests that some dog owners are abusing the situation. Additionally, it is clear that no matter how many bags are provided, there are still a small number of dog owners who are completely irresponsible and fail to pick up. On that basis, Parish Council will not be providing any further bags once the existing supplies have been used but will keep the situation under review.

Coronavirus

The Parish Council is monitoring the situation and any important information will be posted on the telegraph poles and noticeboards in the village.

Next Parish Council Meeting

Please note, April's meeting of the Parish Council has been cancelled.

Did you know?

As we all adapt to a new way of living over the coming weeks or perhaps months, it will be incredibly useful to share information.

We now have families in the village who are home-schooling, as well as trying to keep young children entertained and occupied while one or more parents try to work from home. We have people looking for ways of keeping fit, especially if greater restriction is placed on our ability to get out and about in the fresh air.

Many of us (myself included) are not necessarily up to date with You Tube, Podcasts, Skype, Alexa or Netflix – but maybe we will come to the point where we want to learn more about them.

The regular TV news is good for keeping up with the latest rates of infection and government advice on what we can or shouldn't do, but many people will come across more practical information about some of the issues mentioned above, as well as a whole host of others we haven't yet thought of.

More than ever we need to share the things we know and enable others to discover new information and resources.

If you have details of things you think someone else might find useful then PLEASE think about sharing – whether it's via the website, Facebook, telegraph poles or the Village Noticeboard. The volunteers in B.E.S.T. will also try to compile and share practical advice and information but please let us know if you find something out there that others could benefit from too.



Our Badsworth Way

The next issue will come out as soon as we have additional useful content, assuming restrictions allow us to distribute it to you. If you have information you think we could include in the next issue please contact: Anita Cook, email: acook3043@gmail.com or telephone: 07715 748656.