

Ruthin Community Update

Week 6 Saturday 2nd May

Welcome to the sixth Ruthin weekly community update on SATURDAY 2nd May from Yr Hen Lys in Ruthin. The update will be streamed live and recorded each Saturday at 5.30pm in Welsh and 6.00pm in English, with transcript and recordings then posted online at www.rhuthun.com

As the lockdown continues into its 7th week, it is important to re-emphasise the key reasons and messages about the need for social distancing and the current lockdown.

As noted previously advice please make use of the various websites from our governmental, public health and public protection agencies.

UK Government www.gov.uk

Welsh Government www.gov.wales

Clarity provided with regard guidance on when you are allowed to leave home to exercise.

www.nhsdirect.wales.nhs.uk

Denbighshire County Council

General enquiries - 01824 706000

Concerns about welfare of residents (SPOA) on 0300 456 1000

Out of Hours emergencies 0345 053 3116 www.denbighshire.gov.uk

and also DVSC - Denbighshire Voluntary Services Council. .

www.dvsc.co.uk

I have mentioned in past updated about the work of DVSC in co-ordinating the recruitment and contribution of volunteers and the third sector, charities, community groups etc, but I wanted to express our thanks to all the volunteers, officers and workers involved in this sector for their contribution on behalf of our community during this critical time.

Equally important is to recognise the strains and impact being on lockdown can have on us all, wether in terms of mental wellbeing, anxiety, loneliness etc, and also financially. Help and support is available via numerous organisations who either deal with a specific issue and provide direction to other sites or organisations for support.

As previously noted Citizens Advice Bureau

www.citizensadvice.org.uk

Mind

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

Samaritans

<https://www.samaritans.org/?nation=wales>

Refuge for domestic abuse

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

Gambling

Gamcare - Helpline - **<https://www.gamcare.org.uk/?cn-reloaded=1>**

and for online help for problem gamblers - Gambling Therapy

<https://www.gamblingtherapy.org/en>

Alcohol

Drink Aware

<https://www.drinkaware.co.uk>

Alcoholics Anonymous

<https://www.alcoholics-anonymous.org.uk>

And for general tips on mental wellbeing and

Public Health Wales **www.phw.nhs.wales**

& also

every mind matters - NHS England

<https://www.nhs.uk/oneyou/every-mind-matters/coronavirus-covid-19-staying-at-home-tips/>

- 1. Find out about your employment and benefits rights**
- 2. Plan practical things**
- 3. Stay connected with others**
- 4. Talk about your worries**
- 5. Look after your body**
- 6. Stay on top of difficult feelings**
- 7. Do not stay glued to the news**
- 8. Carry on doing things you enjoy**
- 9. Take time to relax**
- 10. Think about your new daily routine**
- 11. Look after your sleep**
- 12. Keep your mind active**

So if you are struggling or need some support please reach out to any of the organisations mentioned, family, friends or neighbours as we are all in this together and the support is available from many places.

Having **Hope and keeping positive** has been a key message with the rainbow symbol we see in so many places reflecting a vision of hope and a brighter tomorrow. There have been so many acts of kindness across the World, the UK and in our own community. We should be encouraged and proud that this challenge is bringing the best out in people, and also how so many organisations and services have adapted to help us through this challenging time.

As we are unable to visit the wonderful collection of National Trust properties, they are encouraging people to do things at home, with ideas on home baking using traditional recipes, to taking part in their 'No Mow May' challenge - to Not cut your grass during May to allow wildflowers to bloom and help bees and other pollinators thrive.

<https://www.nationaltrust.org.uk/things-to-do>

Friday is a special Bank Holiday to mark the 75th anniversary of VE Day. Unfortunately planned National events have had to be cancelled as we all stay safely at home, but the Royal British Legion are encouraging everyone to take part from home in some way to mark this important anniversary.

The Royal British Legion is calling on people across the UK to join in a moment of reflection and Remembrance at **11am on Friday 8th May**, the 75th Anniversary of VE Day, and pause for a **Two Minute Silence**.

an take part in the 'Nation's Toast to the Heroes of WW2' at **3pm on FRIDAY 8th May**, from the safety of your own home by standing up and raise a glass of refreshment of your choice and undertake the following 'Toast' – **"To those who gave so much, we thank you,"**

I have previously noted a variety of 'entertainment' or activities that have been made available online, and many of you will have seen both the Lady Gaga inspired fundraising concert recently online and the BBC, as well as last weekends BBC BIG Night IN with Children in Need and Comic Relief working together. Worth a mention for those of you who like musical theatre or Steven Sondheim was the Take me to the World: A Sondheim 90th Birthday Celebration last week which you can still watch online via YouTube. 2.5 hours of amazing performances from stars such as Meryl Streep at home singing classic Sondheim songs. It is amazing and I will play you out with "The Ladies Who Lunch"

<https://www.youtube.com/watch?v=A92wZlvEUAw>