

EPHING FOREST Guardian

eppingforestguardian.co.uk



RAF VETERAN'S DISTINGUISHED CAREER

Page 2

SPECIAL FEATURE: FOUR PAGES OF KIDS' ACTIVITIES

Inside



75p

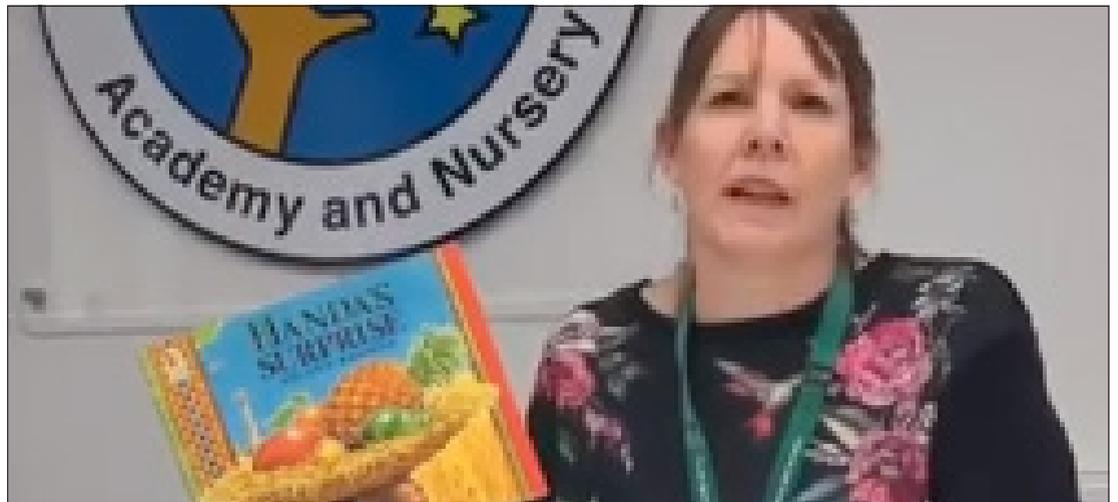
Trusted news read by 57,259 people every week

April 23, 2020

School launches online storytelling sessions

Page 6

A teacher reads to a class online



Plea for more testing after six deaths in care home

By Lewis Berrill

ESSEX Labour councillors will hold a one to one meeting with the man in charge of social care in the county in the wake of one care home reporting a high number of deaths in just a few weeks.

The emergency meeting comes

following news that 17 care home residents and a staff member at one Essex care home died in the space of a few weeks.

The care home said six residents died in hospital, but a lack of testing meant "it was not clear" if the others had Covid-19.

Quantum Care, which operates the site, called on the Government

to increase coronavirus testing at care homes.

The government will need to provide coronavirus tests across 402 registered care homes in Essex if it is to fulfil its pledge to test all residents and staff with symptoms.

Health Secretary Matt Hancock said testing was "key" in the battle against the disease, and that every-

one who needed a test would have access to one.

With more than 15,000 care homes across England, the National Care Association warned there is "no room for complacency or excuses".

Essex's emergency meeting will take place being behind closed doors, however Labour group leader Cllr Ivan Henderson said it will

be made clear that any information gathered in the meeting with Cllr John Space will have to be allowed to be made public.

Cllr Henderson said there had to be detailed scrutiny of PPE allocation in care homes, the testing process and staff mental wellbeing to ensure Essex County Council

■ Continued on Page 3

STILL OPEN ONLINE ORDERS ONLY, COLLECTION AVAILABLE



LOSS OF PRIVACY?



Before



After

King & Co
The Tree Nursery
Call: 01376 340469

BUY ONLINE: kingco.co.uk

Pay us a visit | Mon-Fri: 9am-5pm | Sat: 10am-4pm | Sun: By appointment only

RHS CHELSEA GOLD MEDALLIST Watch Interview with Alan Titchmarsh at kingco.co.uk

King & Co The Tree Nursery, Dunmow Road, Rayne, Nr Braintree, Essex, CM77 6WF

ACCESSORIES

Everything for a successful planting scheme.

CANES / TREE GUARDS / STAKES TIES / WIRE MESH / PAVERS IRRIGATION



Footfall in parks on the rise

PEOPLE in Essex have been tempted back into parks despite the continuing lockdown, data from Google suggests – but visits are still below normal levels.

In the second report of its kind, Google used location data to chart trends in people's movement in the home, retail and recreation establishments, grocery stores and pharmacies, public transport hubs, and parks.

In Essex, footfall increased in all five of the categories outside of the home in the six weeks to April 5 compared to the six weeks to March 29.

Both reports used the five-week period between January 3 and February 6 as a baseline to compare people's movements against.

The biggest change was in parks and natural spaces, with politicians and police urging the public to only use outdoor spaces for exercise and not sunbathing or meeting friends.

Are you sitting comfortably? Teachers read to classes online



At Cooks Spinney Primary Academy in Harlow, teachers have launched the Spinney Stories website

CHILDREN are getting to enjoy daily story time sessions with their teachers from the comfort of their own homes.

While schools are closed due to the coronavirus pandemic, teachers are finding new ways to keep in touch with their classes.

At Cooks Spinney Primary Academy, in Harlow, teachers have launched the Spinney Stories website, featuring stories read by the school's teachers.

Deputy head teacher Jen Pearce said: "My idea was to provide access to free audio stories for children to listen to if they do not have access to books, cannot read or have no one to read a bedtime story to them. It also gives parents a bit of respite during these uncertain times. They could put on a story and have a few minutes to themselves while their children listen. "Those who have already recorded a story have said how therapeutic and fun they have found it and even that it has taken them back to their own childhood. So, it has many purposes: stories for children, therapy and nostalgia for adults and a bit of a laugh. All for free!" Teachers have recorded stories, poems, rhymes, novel chapters and extracts suitable for children of all ages.



Citizens Advice Waltham Forest announces emergency changes to services

Citizens Advice Waltham Forest has announced that face-to-face advice services in Waltham Forest will be suspended for the foreseeable future from Monday 23rd March 2020.

People who have already booked appointments should not attend and will be contacted by telephone for advice.

There are a number of ways people can continue to get advice during this time.

- General advice will be given via our Adviceline which people can reach by calling 0300 300 1175. This is open Monday to Friday from 9am to 5pm, calls are charged at local rate.
- People can chat online to an advisor by visiting our website at citizensadvice.org.uk/contact-us.
- People looking for advice on consumer issues (e.g. issues related to products or services you've purchased) can contact the Citizens Advice consumer helpline on 0800 223 1133 or chat online to an advisor on our website.
- Anyone seeking to make a new claim for Universal Credit should call the Universal Credit Help to Claim line on 0800 1448444.
- For information, advice and support about Direct Payments, contact our Direct Payment Support Service on 020 3233 0275.
- SENDIASS (Special Educational Needs and Disability, Information, Advice and Support Service) can be contacted by calling 020 3233 0251 or visit www.walthamforestsendiass.org.uk
- Fee Paying Immigration Service – call 020 8509 6432
- Pension Wise – call 0203 3233 0250 or book online via www.pensionwise.gov.uk

Waiting times for these services may be slightly longer than usual as we adapt to our new patterns of working.

Suna Panayiotou, Chief Executive of Citizens Advice Waltham Forest, said:

"Citizens Advice is here to give people the knowledge and confidence they need to find their way forward in these difficult times. You can find frequently updated advice on a range of issues related to the Coronavirus (Covid-19) outbreak at citizensadvice.org.uk/coronavirus.

"Unfortunately, we have taken the decision to suspend face-to-face services for the foreseeable future to support the government's latest guidelines.

"We'll continue to offer advice over the telephone on our Adviceline. People looking for advice can also chat to an advisor online at the Citizens Advice website.

"We are looking into other ways in which we can help people to get the advice that they need during this period."

Britons spend extra £160m on alcohol

Warning over increase in harmful drinking

By Piers Meyler

SOCIAL distancing could lead to a surge in harmful drinking, a charity has warned.

The necessary social distancing measures in place to slow down the spread of coronavirus mean many people are staying at home and becoming more socially isolated.

Data from the drug, alcohol and mental health charity We Are With You shows that 80 per cent of the older adults it supports drink at home alone, citing loneliness and lack of social contact as key reasons.

Higher risk drinkers are much more likely to drink on their own at home, with 50 per cent of people in this category citing a loss of a sense of purpose as a reason for increasing their alcohol use.

And now We Are With You has warned that increased social isolation could lead to a surge in harmful drinking across the population.

A study by market research firm Kantar found alcohol sales increased by 22 per cent in



Self-isolation may lead to a rise in problem drinking

Photo: Pixabay

March, with Britons spending an extra £160 million on alcohol in the first three weeks of the month.

Harmful alcohol consumption is defined by Public Health England as someone drinking more than 14 units per week, equivalent to six pints of beer or six glasses of wine.

If people exceed these limits they are at increased risk of developing health issues such as liver disease, high blood pres-

sure, cancer and strokes.

Increased drinking could also put extra strain on the NHS through alcohol-related hospital admissions, while regular alcohol use can lower people's immune systems.

Figures from Public Health England show that 22 per cent of adults in Essex regularly consume more than 14 units a week – lower than the national average of 26 per cent.

Meanwhile 1.1 per cent of people in Essex are estimated to have an alcohol dependence.

Laura Bunt, acting CEO at We Are With You, said: "These are really difficult times for everyone. Our experience shows that social isolation is a big factor in why people may drink more heavily.

"Coupled with the huge anxiety of living through a pandemic, this means we could see a big rise in people drinking more alcohol at home.

"Our services are still available. Look up the treatment service in your local area or you can talk to a trained advisor via our online chat at www.wearewithyou.org.uk."