



TURNING BLUE IN SUPPORT OF OUR NHS

**Chef's Sardinian adventure**

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May 14, 2020

## School celebrates the NHS with week of projects and assemblies

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Epping St John's Church of England School, in Epping, held its own NHS Week

## Decrease in coronavirus deaths

JUST three coronavirus deaths have been recorded at the NHS trust which runs Princess Alexandra Hospital in the last week.

Between May 4 – 10, The Princess Alexandra NHS Trust (PAHT) has reported three coronavirus patient deaths, according to figures published by NHS England.

The two latest deaths, on May 7 and 8, were confirmed on Tuesday.

The week prior, the trust – which runs Princess Alexandra Hospital in Harlow, St Margaret's in Epping and Essex Hospital in Bishop's Stortford – reported seven deaths.

The latest care home deaths figures published by the Office for National Statistics (ONS) show 34 coronavirus deaths across Essex in seven days down from 47 a week earlier.

Hospital figures are revised every day to incorporate deaths that have taken several days or even weeks to be confirmed.

There is a small chance that revisions made in the next few days could affect those numbers.

However, it is clear coronavirus deaths at hospitals run by PAHT are slowing dramatically.

Starting May 3, the trust went four consecutive days without a Covid-19 related death for the first time since the middle of March.

The data for Covid-19 deaths across Epping Forest district matches the trend at hospitals run by PAHT.

The week beginning May 1 saw 12 recorded coronavirus deaths. There were 30 deaths the week beginning April 24 and 47 the week before that.

NHS England's most recent data shows across England a further 350 people who tested positive for coronavirus have died, bringing the total number of confirmed deaths in hospitals to 23,708.

# Public urged to wear face masks in shops

By Lewis Berrill

"I WOULDN'T go out without a mask and gloves" – this was one reader's reaction to the Government's advice to wear face masks in shops and on public transport as people begin to return to work.

New government rules, in place

from Wednesday, signalled a start to the easing of coronavirus lockdown restrictions.

Despite the relaxing of restrictions, people are advised to wear face coverings when they are in "an enclosed space where social distancing isn't possible and where you will come into contact with people you do not normally meet", for

instance in some shops or on public transport.

A government document states that while wearing a face covering does not protect the wearer, it may protect others if people are infected but have not yet developed symptoms.

Reader Lisa Hyams-Price agreed with the advice, saying: "I wouldn't

go out without a mask and gloves" as did Jane Ann Smith who said she was "all for it".

Martin Frankfurt added: "If we can be given a secure source to buy them then I am all for it. Too many scam sites out there."

The government is also now allowing people to spend more time

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Wed 20<sup>th</sup> May | Wed 3<sup>rd</sup> June

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# School spends a week learning about the NHS

A SCHOOL has devoted a whole week to learning about and celebrating the NHS. The nation has been focusing on the vital lifesaving work the NHS is carrying out in the fight against coronavirus. In response, Epping St John's Church of England School, in Epping, held its own NHS Week as a way of ensuring its children fully understand about the service's history and role. The school community has put together a film to thank the NHS, with students and teachers all sharing photos and videos of themselves showing their appreciation. The week started with a virtual assembly on the Christian value of sacrifice, looking at what we would do without the NHS. Tasks were set focusing on the NHS in PSHE (personal, social and health education) lessons, art projects completed over Easter were collaborated as part of the week and students invited to contribute videos and posters thanking frontline workers. A donation station was also set up outside the school by the PTA to encourage members of the community to contribute food, fabric to be turned into scrubs and items of entertainment for care homes. Head of school Michael Yerosimou said: "We are celebrating the NHS through our assembly and through projects and by sharing them on social media. "I think it is right for us to do our bit. We wanted to focus our children's minds on researching the NHS as they keep hearing about it; they keep hearing the words 'NHS' and 'saving lives'. They possibly go out to clap once a week, but might not know why. We want them to fully understand and so have set them work on the history of the NHS."



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## INSIDE THIS WEEK

### Freetime

Food writer Letitia Clark on the sweet and sour of Sicilian cooking

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### Concerns

Jobi McAnuff is worried about the safety of footballers. See Sport



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### READERSHIP

TOTAL COMBINED AUDIENCE	Source: Telmar
<b>133,596</b>	online and local print readership April 2016
READERS	Jicreg
<b>40,066</b>	people read the Guardian Series every week
WEB AUDIENCE	Omniture
<b>347,563</b>	unique users visit the site every month. Jan 2016
<b>1,328,823</b>	unique users visit the site every month. Jan 2016

### RECYCLING

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# Plea for safety after increase in speeding

By Lewis Berrill

THE number of vehicles breaking the speed limit by at least 15mph has nearly doubled in Essex since the start of the coronavirus lockdown.

On March 23, the UK government took steps to reduce the spread of Covid-19 by placing restrictions on non-essential movement.

Since then, speeding in Essex has increased dramatically - with some drivers hitting 145mph speeds.

Essex Police bosses have blasted speeders, saying the empty roads are no excuse for their behaviour.

Adam Pipe, head of roads policing, said: "Some of those people my officers have stopped

think emptier roads mean they can drive faster.

"We know this is a really difficult and challenging time for everyone, but it's not an excuse for road users breaking the law.

"In recent weeks, we've some drivers doing 100, 110, 120, even 130mph on our A-roads and motorways and that's just not acceptable.

"At a time when we're all doing our bit to protect the NHS and the emergency services, it's really selfish to put yourself and others in danger by speeding."

Sergeant Jason Dearsley, from the Stanway roads policing unit, added: "There's no excuse which justifies high speeds. We recently stopped a motorist on the M11 doing 145mph.

"The explanation given to my officers was that he was desper-

ate to put some space between himself and his family.

"These are trying times for all of us, but we ask that whatever the weather and however clear the road is you remain responsible.

"You cannot outrun Covid-19." Nicola Foster, chairman of The Safer Essex Roads Partnership, pleaded with speeding drivers to be more responsible.

She said: "Although you may not be driving as often or as far, there are many more cyclists and pedestrians on the roads at the moment. Now is the time to concentrate on your driving and the road ahead.

"Please, watch your speed, don't let yourself be distracted by a mobile phone or be tempted to use the road if you've been drinking or using drugs."

# Long waits for mental health therapies

MORE than a third of people referred for talking therapy in west Essex are waiting more than six weeks for their first treatment, the latest figures show.

Mental health charity Mind said patients across the country faced "unacceptably" lengthy waits for treatment before the coronavirus outbreak, and warned that social distancing measures have led to a fall in referrals.

Psychological therapy in-

volves clinical support for adults suffering with mental health problems.

Under the NHS Improving Access to Psychological Therapies (IAPT) programme, 75 per cent of people referred should access treatment within six weeks of their assessment, and 95 per cent within 18 weeks.

But NHS England data reveals that of the 320 people who received their first treatment in the NHS West Essex Clinical

Commissioning Group area in January, just 63 per cent had been treated within six weeks of their original assessment.

The situation was worse than in January last year, when 95 per cent of 385 people received their first treatment within six weeks.

In west Essex, only five people had been waiting longer than 18 weeks when they received their first treatment in January this year, meaning 98 per cent were seen within this time frame.