



HEBDEN BRIDGE
Twinning Society

Hebden Bridge Twinning Society: An update on HBTS members during Covid-19: 26th April 2020

Wilma Downs

Wilma is a dietician on the Stroke Team at Leeds General Infirmary (LGI). She reports that the WI in Hebden Bridge is doing a wonderful job making uniform bags for health workers. Nurses and health workers like Wilma can put their uniform in the bag at the end of the day then wash both when they get home so both are clean for the next day. The WI is also making head bands with buttons to which surgical masks can be attached. Wilma's colleagues are finding the bags and head bands very helpful!

The Stroke Department at LGI has changed in response to Covid 19. Patients no longer spend time in the Rehabilitation Ward as they begin to recover but are transferred to the local private Nuffield hospital for their final treatment where there is no Covid 19 work. The Rehabilitation Ward has been converted into a Covid 19 ward for patients with mild or suspected symptoms.

Val Stevens

Today Sunday 26th is my daughter's birthday. She lives in Manchester and no chance of meeting. We had a chaotic zoom get together that was supposed include a game that didn't work. We then tried a quiz on another platform. It seems as though zoom has taken over the world of work for a lot of people. I had 3 zoom meetings this last week. One an update on activities that are in place to help people and another an informal political meeting. The third one was our first practice meeting of the Town Council and we are trialling getting back to having meetings albeit online. No one knows how long these restrictions will last so we are preparing. It was good to see the family last night though. This year she wanted items for the garden.

It seems everyone is gardening and the garden centres are shut. I think they will be opening soon. The weather now is now getting warmer for me to sit on my balcony. This morning as I sat with a drink and my newspaper it was easy to forget about the problems of the world. The sun shone and people were exercising on the canal path and it felt very calm. Not so on Thursday. My flat is on the fourth floor and suddenly looming out of nowhere a large mechanical arm with a platform rested next to my balcony. We call them cherry pickers. No this wasn't a novel way of delivering my shopping but a man about to make a roof repair.

He remembered that he could get a cup of coffee here and he was right. So we talked, with him on the platform and me social distancing from my balcony door. Photo attached and you can just see the coffee cup



on the rail.

John Lemon

John has sent me some English language exercises for our friends in our twin and friendship towns which I will circulate later

Jane Jackson

I continue to be extremely fortunate! I walk Sampson the dog every day (when we see lots of neighbours and friends, at of course a 2m distance), and I carry out a lot of outdoor work (including gardening, wall building and my least favourite task, strimming). There's communications for the HBTS (always good) and facetime with family and friends. Zoom is brilliant for my yoga class.

Ingrid Burney

We are very lucky to live where we do as we are shielded from the worst effects of the Covid-19 situation. We live on the edge of beautiful countryside, so can take our daily walks in woods, through fields and over moors. As long as we avoid popular beauty spots, we can walk for 3 hours seeing only half a dozen people.

I'm lucky, as I am retired, and have few responsibilities. The thing I miss most is seeing friends and my family. In my street we have a community area, so people do still gather, but being aware of social distancing. Our communal bonfires have been put on hold. Though last night, we had a street party, with music and dancing up and down the street, everyone keeping distance. Zoom groups have taken off, so I can pursue all my normal interests through these groups. Lots of windows have pictures of rainbows, painted by children, a sign of hope. People on my street are busy with house repairs, and improving our communal area.

My neighbour is part of a volunteer group supporting people in crisis, and her son picks up prescriptions every day for those who cannot put themselves at risk by coming in person to collect. Neighbours on either side offer to shop for me. In my son's street in Manchester, and my partner's road in our next town, the arrangement is through a What's App group, but here it is more informal. Both systems seem to work.

Some local shops have started doing deliveries, though of course, they cost more, so while I can do it as part of a couple, it may be too expensive for families. In Hebden, the Co-op is practising social distancing, though our other little supermarket is ignoring this, and not limiting numbers of people who go into the shop.

Not many people wear masks, tho a 'make your own' group is growing, making individualised masks. No-one told me how hot the masks are...I get hot just wearing one in a shop. So think how uncomfortable it must be to wear one for hours. My son in Hong Kong has just sent me some masks...how ironic.

Philip Dean

Daily life seems to be settling into a routine which we are getting used to.

We find that everything in our day has moved to a later time. We are going to bed later after watching television in the evenings, usually we watch films or dramas and check BBC News before we go to bed. This means that we are also getting up later which affects meal times throughout the rest of the day.

Our newspaper is delivered and I usually read it over breakfast and for some time afterwards. The weather continues to be dry and sunny and we often have (a late) mid-morning coffee on the decking outside our dining room. We look at the crossword, sudoku or do the jigsaw at various times of the day. After lunch we go for a walk from our house along the canal and through the wood. We usually see 2 or 3 other couples on the way, everyone is careful to keep the 2 metre distance separation. It has become a frequent arrangement in the late afternoon that we sit on our drive and chat with our neighbours (in their garden) over a glass of wine before having our evening meal.

The Camera Club continues to have the usual weekly meetings by using Zoom conferencing. Our 'visiting' speakers share their computer screen to show their images while they talk about them. The revised programme of 'virtual meetings' has enabled us to have talks from people around the country who would not normally travel to us in person.

We haven't been shopping ourselves since early March, our daughter and husband have still been doing that for us and bringing it to our door. When we bring it inside we try to wash/ wipe what they have delivered before putting it away and then thoroughly wash our hands to try and minimise the possibility of infection. When they come we have the opportunity to exchange a few words but we miss visiting our children and seeing their families.

Two weeks ago we used Zoom to have a virtual meeting with all the family (17 including the grandchildren) – it was great for us all to see and chat with everyone. We plan to do it again soon. You should try it if you haven't already.

There is not currently any treatment for Covid 19 which means that, only those already infected possibly have any protection and the majority of the population remains at risk until medication or a vaccine is developed. This seems to be many months away and I think it will be a long time before anything like normal life returns. Fortunately we have the summer to look forward to but it seems very doubtful that we'll be able to go on holiday this year.

Chris Dellen

The routine of Lockdown Life hasn't changed much for us since we last reported. We are though going to the shops less frequently, and although we still haven't managed to get any supermarket deliveries we are now getting eggs and cream, with our milk delivery; a weekly veg box from Valley Organics, pies delivered

from The Secret Cafe, and cheese from Calder Cheesehouse in Todmorden. Daughter and Son in Sowerby Bridge both bring things we request from the larger supermarkets and we mostly restrict our own shopping to Mytholmroyd Co-op at the 'elderly and vulnerable' hour between 8 a.m. and 9 a.m. I had my 75th birthday this week, so now feel fully justified for putting myself in that category. The main thing we have difficulty in buying is bread flour and yeast, though we have enough for the moment. We have thought about trying to get a sourdough starter going, but haven't got round to it yet.

We managed to 'attend' our friend David's funeral via the crematorium webcam. It really helped us to feel we had, in some sense, been there. Dory, the granddaughter who only had a 3 week gap year is now back at home in Salisbury. My son (her Dad) has been unwell on and off for weeks, initially with a fever, tight chest and reduced breathing capacity, but no coughing. Then a few weeks later with a cough and extreme tiredness. He isn't sure if he's had Covid-19, and to date no test has been available for him. Mostly he's been working, though mainly from home, but feels exhausted.

John has had plenty to do in the garden, though he has had to order seeds, fertiliser etc. on-line instead of buying locally. It has been necessary to water everyday as there has been no rain. We are going for walks most days and extra jobs have been done around the house. Our U3A French lessons are now via Zoom. We're in touch with lots of friends and family, by email, phone calls or FaceTime, and somehow we don't seem to have found time to do much artwork. We're scrupulous about cleaning anything that comes into the house, so on days of a vegetable or grocery delivery that can be very time consuming. Generally though, apart from not being able to be with family and friends, and the prospect of that continuing for some time, life in many ways feels fairly normal.

Joyce Newton

Joyce reports that she wisely self-isolated early. Friends did shopping for her – and she was able to use her garden for exercise. Plants ordered online from a local garden centre gave her plenty to do. She also spent time feeding the birds and squirrels that visited her garden. Sadly however she reported that she had heard of the death from Covid 19 of a friend, Andrew Mattingley. He was the leader of the Elland-Riorges Association's Youth Association and also a member of the wine group in Hebden Bridge (which is where she used to see him).

Jane Jackson

26th April 2020