



## Neighbourhood Buddies back on track



The Ross Good Neighbours Buddy scheme, which was due to be launched in April 2020, has been on hold for the last few months. Responding to all the new community needs that Covid and lockdown created had to be our top priority this Spring. But we are now delighted to be back on track and at last are ready to launch the buddy scheme.

Details of how to contact the volunteer neighbourhood buddy team in your area are on the back page of this newsletter. Get in

touch if you, or a neighbour, need help with things like errands, small household tasks like changing lightbulbs, light gardening or pet care. The buddy team will help you if they can - and will know who else you can ask if they cannot.

The 11 Neighbourhood Buddy team areas in Ross



**Want to get involved?** We are growing the buddy network at the moment and not all areas have a full team. So if you have a few hours to spare each month and would like to help your neighbours, please see the back page of this newsletter to find out more.



### Green garden waste bags

Ross Good Neighbours is working with Ross Lions Club and Enviroability to make sure Herefordshire Council green waste bags can be bought by those who are not able to access the internet.

The bags are being sold at cost - £4.00 for a roll of 5 bags and you can buy them from:

- Ross Lions shop on the junction of Gloucester Road and High Street: Thursday from 10am to 4pm or Friday and Saturday mornings.
- Enviroability, Brookend Street: Monday, Tuesday and Thursday from 9am to 3pm.

If you are over 70, isolating or shielding, phone Ross Good Neighbours Message Line on 01989 313002. We will take your order for delivery to your door.

If you have internet access you should order bags directly from the Herefordshire Council website  
[www.herefordshire.gov.uk/xfp/form/269](http://www.herefordshire.gov.uk/xfp/form/269)



### Ordering library books

If you do not have access to the internet and want to order library books, Ross Good Neighbours can help. Just leave a message on **01989 313002** and one of our friendly volunteers will call you back - we will just need your library card number to place the order. You can choose books from a selection of categories for adults and children and once your order is placed, the library staff will choose suitable titles for you and let us know when they are ready. Ross Good Neighbours will then phone you back to let you know when you can go to the library to collect the books. If you are unable to go to the library yourself, we may also be able to deliver books - just ask our Message Line volunteers when placing your order.



### Household recycling passes

If you are not on the internet you can request passes for the Ross-on-Wye Household Recycling Centre, located on Station Approach, by calling the Ross Good Neighbours Message Line on 01989 313002. The team will call you back to confirm your requirements and order the pass for you.

The recycling centre is open from 8am to 6pm Monday, Thursday and Saturday and from 10am to 5pm Sunday and Bank Holidays.

## Loaves & fishes

A healthy and very welcome initiative has been launched by the Ross Baptist Church to help families in Ross create delicious family meals using vegetables that may otherwise go unused. Karen Berry, who leads the Families Ministry Team at the Ross Baptist Church, would love to hear from anyone who has a surplus of garden veg and who would be happy to contribute their produce to the scheme. *"Our new venture - Kingdom Crew 'Loaves and Fishes' Summer Suppers - will make available to families, a bag of ingredients with a recipe card, to help them prepare a family meal once a week during the six weeks' summer holiday."* If you can help at all, you can do this in two ways:



1. **Sponsor a meal** - donating whatever you can afford to the programme; for example, £5 will provide a veg box for one family.
2. **Donate your veg** - if you have the following fresh vegetables available from your garden or allotment:
  - ◆ **August 5<sup>th</sup>** : Carrots and onions
  - ◆ **August 12<sup>th</sup>** : Runner beans

If you think you can help, please email  
Karen, [karen@rossbaptist.org](mailto:karen@rossbaptist.org) or  
Steph, [admin@rossbaptist.org](mailto:admin@rossbaptist.org)

*Thank you!*



## 'Knock & Natter' with CarerLinks

Are you a carer and finding it hard to cope with the pressures of caring for loved ones? Herefordshire's CarerLinks and Crossroads Together are there for you and the team is still delivering support to unpaid family carers during the COVID-19 pandemic. Although the team can't visit carers in the home, they are offering 'Knock and Natter' appointments where they can talk at a safe distance outdoors on carers' properties to offer support (weather permitting). They also continue to offer support via phone, text and email and soon hope to offer 1-2-1 virtual sessions via Zoom.

Understanding the overwhelming isolation and stress carers may experience, the Carers Support Line is available on **01432 663057** (Monday to Friday 9am-5pm) and is manned by a designated Carer Advisor who is available to answer queries, offer advice and support or simply provide a listening ear for carers finding it hard to cope. Carers can self-refer to the service or be referred by other organisations and partners. New referrals always welcome - call the above number for details. Additional information can be found on their Facebook pages, [www.facebook.com/groups/CarerlinksHerefordshire](http://www.facebook.com/groups/CarerlinksHerefordshire).

## Caring for our young carers

Herefordshire Young Carers Club (HYCC) supports children and young people from 8 to 25 years old who are caring for a family member with an illness, disability, mental health issue or addiction to drugs or alcohol. The team runs clubs and activities so that young, and young adult, carers can have a break from their responsibilities and meet others in similar situations. In addition, they also provide help, advice and one-to-one support. During the COVID-19 crisis they had to suspend their usual face to face groups however they are still running weekly clubs online. If you are, or know of, a young carer then it's really easy to get in touch and access support by emailing [susan.brace@hyccclub.co.uk](mailto:susan.brace@hyccclub.co.uk) in the first instance.



Further information is also available on the HYCC website, their Facebook pages, Twitter and Instagram:

- <http://hyccclub.co.uk>
- [www.facebook.com/herfordshireyoungcarers](http://www.facebook.com/herfordshireyoungcarers)
- [www.twitter.com/HerefordshireYC](http://www.twitter.com/HerefordshireYC)
- [www.instagram.com/herfordshireycc](http://www.instagram.com/herfordshireycc)

## Keep Ross safe: wear a mask!

From 24 July, face masks became compulsory to wear in shops. Dr Simon Lennane of Alton Street Surgery, and PCN Clinical Director, confirmed that covering the mouth and nose **can** reduce spread to others. A study in Germany showed that regions adopting face masks reduced the spread of Covid-19 by up to 40% so wearing a face mask or covering in public indoor spaces is therefore advised, alongside the usual social distancing and handwashing measures.

There is no evidence that face coverings are harmful, which is reassuring for key workers, who have been wearing masks throughout this outbreak. Dr Lennane commented. *"Anything we can do to reduce spread while keeping our shops and businesses open is to be welcomed."*

Ross Good Neighbours - thanks to the support of the Safety Shack and Hereford Freemasons - has been able to provide over 1,000 free face masks to the community. The team still has a small quantity available for distribution to those who are over-70 or vulnerable.



*Daniel Lister, Ross-on-Wye Mayor, encourages the community to wear face masks or coverings to keep Ross safe*

## Ross Good Neighbours - news in summary:

Photo competition:	Shopping service:	Prescription deliveries:
Well over 200 excellent entries in five categories were received in the Ross Good Neighbours' Lockdown Photo Competition - a great response from our community - making it really difficult for the judges to decide on the winners. Finalists can be found on our website <a href="http://www.rosscdt.org.uk">www.rosscdt.org.uk</a> - further details of a local exhibition displaying all entries will be posted online as soon as a venue is secured.	The Ross Good Neighbours volunteers are continuing to provide a shopping and delivery service for those in isolation or who are unable to shop for themselves. Orders can be placed online using the form on <a href="http://www.rosscdt.org.uk">www.rosscdt.org.uk</a> or you can call the Message Line for help with your shopping list (full list of contact details can be found on the back page of this newsletter).	Ross Lions and Rotary Clubs have been busy since the end of March, delivering medication and prescriptions to people in isolation. Shortly after their 2000th delivery, the lockdown restrictions started to ease off and demand for this service dropped considerably. The team has now temporarily suspended deliveries but remain on standby ready to react if the service is needed in the future.

Ross Good Neighbours' Message Line has changed! The new number is 01989 313002.

## Volunteer transport services

Worried about the cost of getting to your next dentist or hospital appointment? Royal Voluntary Service (RVS) is a volunteer-run organisation that can take you to your doctors', dentists', clinic and hospital appointments throughout Hereford, Worcester, Gloucester, Birmingham, Cheltenham, South Wales and further afield. The friendly team of volunteer drivers, based in Ross-on-Wye, give their time freely and simply charge mileage to cover their costs.



They can be contacted on 01989 765595 every morning from 9.30am to 12.30pm, Monday to Friday. Wheelchair accessible vehicles are available.

## Herefordshire's community lifelines

Herefordshire's Talk Community Hubs are a great way to help you stay better connected with the services, groups and activities taking place in your local community, which can help you stay independent, happy and healthy for longer.

The aim of the Hubs is to build on the great work already taking place in communities by supporting local groups and organisations, providing information and signposting them to local and county-wide services. Over the last few months, Ross Good Neighbours (RGN) has been working in partnership with Herefordshire Council's Talk Community Team to ensure that anyone not already connected to the RGN scheme was linked in so they received the support they needed during lockdown.

Prior to this, the Talk Community team had been working closely with the RGN scheme providing further support to help their volunteers with the work they were doing in the local community, including an introduction to 'WISH', Herefordshire's health and wellbeing website, enabling volunteers to provide information and guidance to their local community where needed. For further information on Talk Community:

- Visit [www.wisherefordshire.org/hubs](http://www.wisherefordshire.org/hubs) or
- Contact the team directly at [talkcommunityhubs@herefordshire.gov.uk](mailto:talkcommunityhubs@herefordshire.gov.uk)



## There's something about St Mary's

St Mary's, your Parish Church, is open daily from 9am to 5pm, offering a space to be still and to pray. Services are currently taking place in church and online, evolving as guidance changes. Prayer groups and Bible study groups run virtually and pastoral care is provided by the ministry team, led by Sean the church's Rector.

**Remembrance:** an online space is available for people to remember those they have lost - please visit <https://rossremembers.org>.

**Recreational:** exciting activities take place during the week, particularly Toast (for younger children and parents) and LEAF (youth club).

**Community larder:** the church also plays a part in running the community larder from St Mary's Hall, from which they also run the Community Café and Job Club (Covid-19 permitting).

The newly reordered church and hall are available for a whole variety of community uses with many resources available, including Wi-Fi and AV facilities.

Further information available at <https://rossparishes.uk>.



## Events

Date & time	Event	Location	Further information
Sunday 9 August at 10am	Walk & Talk - Mental Health Mates	The Royal Hotel, Ross-on-Wye (meet outside)	Please email <a href="mailto:mentalhealth-matesrossonwye@gmail.com">mentalhealth-matesrossonwye@gmail.com</a> to confirm your attendance
Saturday 23 August at 3pm	Joint CTiRD (Christians Together in Ross District) service (all welcome).	Bandstand, Wye Street, Ross-on-Wye	Email: <a href="mailto:neil@rossbaptist.org">neil@rossbaptist.org</a>
Every Sunday at 9.30am	St Mary's Church Service	St Mary's Church Ross-on-Wye with live streaming if unable to attend	Further details: <a href="https://rossparishes.uk">https://rossparishes.uk</a>

If you would like to advertise your group's event in the October newsletter, please email details to [comms@rosscdt.org.uk](mailto:comms@rosscdt.org.uk)

## Volunteering opportunities

### Ross Good Neighbours

Interested in volunteering as a Neighbourhood Buddy? Please give our Volunteer Co-ordinator, Paul Cummings, a call on 07970 315630 or check our volunteer vacancies at [www.rosscdt.org.uk/how-to-get-involved](http://www.rosscdt.org.uk/how-to-get-involved)



### CarerLinks Herefordshire

Local volunteering opportunities available for carers and ex-carers, including Befriending, Office Administrator, Community Champion. Please contact CarerLinks on **0333 323 1990** or email [volunteer@crossroadstogether.org.uk](mailto:volunteer@crossroadstogether.org.uk)



### St Mary's Church, Ross-on-Wye

We are keen to hear from people available to join our happy band of church cleaners on a rota basis, for an hour on Friday afternoons. We are also looking for people to welcome visitors to the church during the week with a smile. Please contact [admin@rawchurch.org.uk](mailto:admin@rawchurch.org.uk). All offers of support gratefully received (please note you don't need to be a member of the worshipping community).



### How to request help

Phone our Message Line or email your Neighbourhood Buddy team (see map on page 1):

[Archenfield@rosscdt.org.uk](mailto:Archenfield@rosscdt.org.uk)    [Brampton@rosscdt.org.uk](mailto:Brampton@rosscdt.org.uk)  
[Central@rosscdt.org.uk](mailto:Central@rosscdt.org.uk)    [Greytree@rosscdt.org.uk](mailto:Greytree@rosscdt.org.uk)  
[Hildersley@rosscdt.org.uk](mailto:Hildersley@rosscdt.org.uk)    [Merrivale@rosscdt.org.uk](mailto:Merrivale@rosscdt.org.uk)  
[Overross@rosscdt.org.uk](mailto:Overross@rosscdt.org.uk)    [Romanway@rosscdt.org.uk](mailto:Romanway@rosscdt.org.uk)  
[Smallbrook@rosscdt.org.uk](mailto:Smallbrook@rosscdt.org.uk)    [Threecrosses@rosscdt.org.uk](mailto:Threecrosses@rosscdt.org.uk)  
[Tudorville@rosscdt.org.uk](mailto:Tudorville@rosscdt.org.uk)

### Get in touch!



Call 01989 313002 - leave a message and we'll call you back



Email us : [help@rosscdt.org.uk](mailto:help@rosscdt.org.uk)



Log on at [www.rosscdt.org.uk](http://www.rosscdt.org.uk)



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