

THE WHITSTABLE CLIPPER



ISSUE 1



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A very warm welcome to the first issue of The Whitstable Clipper.

This magazine was all set for launch at the beginning of April, and had been in the pipeline for a number of weeks "BC" (before COVID). The indelible mark that the pandemic has left on everyone meant that almost all of the content we'd put together – events, information, news and, of course, advertising, was (temporarily) rendered obsolete or irrelevant.

What we have in this first issue is a taster of what we hope to do more of when things are less challenging and this great town can get back to doing all the things it does best. We've used the launch to shine some light on some of the profoundly important work being done by local groups and organisations to provide support to those in need at this time.

Moving forward, please get in touch with submissions, ideas and stories. Let's make this a joint effort to promote fantastic things.

Thank you for reading, and stay safe.

Adam Robson
Hof Media

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A MESSAGE FROM ROSIE DUFFIELD MP

One of the things I'm most looking forward to when this is all over is spending an afternoon wandering down Whitstable High Street, looking in the shops, meeting some friends in the Twelve Taps, moseying about on the seafront. It's these small, normal things I'm sure we're all missing- the time with friends and family, being out and about in our communities. For the time being, however, keeping safe means keeping apart, staying home, and observing government regulations. The temptation to linger outside- particularly in the glorious sunshine we had last week- is one we all feel, but it's incumbent on me to remind everyone (at boring length, all the time- sorry guys!) how vitally important it is to observe lockdown as thoroughly as possible. It's quite literally a matter of life and death.

It's such a privilege to represent Whitstable and even in these beyond difficult times I've been so proud to see how people have responded. The work that Red Zebra and so many others have been doing to support those in need is wonderful, and proof that community spirit is alive and well. Many of the shops on Whitstable and Tankerton high streets are still open, providing essential goods



and services. Times are hard for small businesses and I would ask that if possible, people try to extend their community spirit towards these pillars of our high street and support local businesses wherever possible. From the casework my team has taken in over the weeks since this crisis began, I know many businesses are struggling, and I would hate to see even one of the shops on our high street go under.

It's wonderful to have a new magazine focussing on Whitstable, and I look forward to reading and engaging with the Whitstable Clipper - and hopefully reading a copy over a hot chocolate in the Umbrella Centre café when things are back to normal!



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Now firmly ensconced within Whitstable's thriving arts scene, Justin Gilday's work reconciles a profound respect for nature with an accomplished approach to woodwork and silver-smithery.

His work as a pest controller (Justin runs Pestatak) informs his art and delicately but demonstrably traverses the ground between the educational and the macabre. While the elegant simplicity of scorpions, wasps and various other insects cast in silver is aesthetically interesting in its own right, his work goes far beyond that, often asking questions of its viewers and telling a different story with each piece.

Justin uses an ancient technique to create the works of silver called 'lost wax'. It involves taking organic matter and investing it in a plaster silica compound and then exposing it to a high heat to burn out the matter, leaving a void into which molten silver is poured. The wood, in contrast, is naturally formed and the raw nature of it is not touched but instead arranged. All of the wood on to which the silver is set is a small portion of a much wider collection and passion for collecting.

Previous exhibitions of his work include "A Spring Nativity – A Time to Question All Things" – set in a secret subterranean location in Faversham and "An Entomological Experience" – an immersive display of Justin's castings.

Despite building a fine reputation through exhibitions in Whitstable and Kent, it was an impromptu trip to Margate with a horsebox during the Turner Prize week that Justin was particularly enthused about when we spoke with him recently:

The Horsebox Gallery - the rolling roving insect exhibition was a very profound, humbling experience. Designed and played like an old Victorian side show - from the outside, frivolous but, intriguingly, inside very deep and very emotive with messages and concerns to tell.

"The first piece was 'Upon the Plains', where everyone emotionally recognized the scene and message. It was felt that the second piece was deeper, as were the third and fourth. Within the experience, viewers began to become very exposed ; the emotional level of the work was creating a situation where 'masks' began to be removed.

For people bouncing in to see the 'insects', the experience was not at all expected and at times I had to step away ; their decompression was so

evident, I did not want to either break the spell they had fallen into, nor make them uncomfortable). Sharing such a small space in this situation, I knew what they were feeling through my work and I could feel it and see it in their eyes. I shared open flowing tears with 12 people and shared, gave or received over 15 deep hugs. I was honoured to be allowed to share in such human warmth love and vulnerability. I printed 250 cards that had all gone by the tenth day - all that was asked, was, if so felt, a few words in my book. It ended up, after 12/13 days, with 55 pages of comments such as "Disturb-ingly beautiful, an off world experience".

The moments of profound proximity with an unknown fellow human being will never leave me, and I fear in the light of today's 'brave new world' – the 'new normal' - our now, new found orchestrated fears - spacing breathing, interaction, touching, hugging, holding, it will be a long time before (if ever) this will occur again.

- I do now fear for the loss of humanities humanity

The nature of its intrigue/accessibility caught the imagination of all, not just those in the art world - all walks of life entered to see.

Just but one tale of many from the outing. My first hug of the day was with an old man, "slightly on-the-turn" according to his wife who entered, saw, felt and then came out and told him she thought he should go in... he had been listening to me talk of where my works influence came from. When he came out he was streaming, he leaned forward and told me he had once been in pest control - "he understood it all"- I saw his eyes, I took his hand with both mine , ... "do need a hug?" ~ "yes please"

- we shared tears and his wife smiled.

It was very emotional, it was very profound, it was very humbling, sharing... the interconnect-ed was of all things, including humanity.

The rolling roving insect show - 'here today, gone tomorrow'. Possibly it WAS about humanity"

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With a strong internet connection more important than ever at the moment, we look at how to boost the wi-fi signal in your home's weak spots:

Recently a friend of mine decided to convert his garage to a games room. The big screen TV was to be the main feature. We all gathered for the big turn on to experience Netflix in full ultra HD. But all we got was a blocky, stuttering, unwatchable excuse for entertainment.

It turned out that his wireless router (the bit that connects to his broadband) was plugged in at the opposite end of the house. The reception at this end of the house had always been poor, but the extra wall of the garage was just too much for the signal to push through. Result? No internet!

What to do? The router had to stay by the phone socket so moving that to the centre of the house wasn't an option. Running a network cable (a permanent wire) from the router to the TV was a non-starter because it would involve a lot of work. This meant he had to work out a different way to boost the Wi-Fi signal in the garage.

I'd had a similar problem in my home and had discovered Wi-Fi extenders and repeaters (different companies call them by different names, but they all do the same thing).

There were two options:

A Wi-Fi repeater is basically a second router. You put it where you receive a good signal and it then creates a new Wi-Fi area that connects to your broadband. He could have sited that in the centre of the house and thus improved the signal in the garage. There would be a bit of setting up to get this working as you have to log on to the repeater with a computer, but it's not hard if you know what you're doing. There are YouTube tutorials which can help.

The second option is the simplest, and ultimately the one he settled on – a powerline adaptor. This is a box that plugs into your router and then into a mains socket. It actually uses your house wiring to send your broadband signal around the house. All you need to do is buy a powerline Wi-Fi extender and plug it into the wall in the room where you need it most. It's like you're sitting right beside your Wi-Fi point.

After a quick visit to the shops – this was BC (Before Covid) - , he plugged in both devices. The set-up was quick and easy (literally pressing two buttons) and he was up and running with full broadband speed. His teens could now get Youtube in the garden as an extra bonus because he put an extra extender in a socket on the wall next to the patio.

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Whitstable-based Red Zebra are community champions, whose not-for profit organisation provides a programme of services that enable people to be involved and active in their communities, and to remain independent in their own home.

In this extract from a recent report, CEO Ewan Flack outlines the vital work the service has carried out during the pandemic. All figures are up to 23rd April 2020:

The COVID-19 crisis had been on our agenda since early February 2020. However, the rate of escalation and impact was not something anyone within our sector could have foreseen. The Community Services team noted an increase in dialogue around the Corona Virus, coming both from our Primary Health Care Partners and importantly from our clients and volunteers. This early indication suggested that we would need to prepare to adapt but continue our work. It was during the second week of March 2020 that we started to log an increased number of initial enquiries, mainly from older people, or people who had been identified (or more often self-identified) as part of the at risk group. These were mostly around seeking support with food and medication delivery. As the demand increased locally, we quickly acted to work with some of our existing networks and partners including:

- Local Councillors
- MP Rosie Duffield's Constituency Staff (who were at one point based within Red Zebra)
- Whitstable Umbrella Centre
- Food Friends
- Fare Share
- Age UK Herne Bay & Whitstable
- Mind's Revival Café
- Local food suppliers
- Riverside Church

This group of organisations formed the Whitstable Cares community support service.

Although demand was continuing to increase, we were managing on a day by day basis but as soon as lockdown was announced, the surge in demand increased by 200% from the week before lockdown. Whilst the vast majority of our staff were already working from home, we had a skeleton team of 6 people manning the office and Whitstable Cares.

We were working in shifts of two, AM and PM ensuring social distancing and time for appropriate clean down of contact surfaces etc. After another two weeks we had put in place the systems and resources to provide the following:

- We adapted our website to allow people to ask for help, or volunteer; we also put in place the facility for volunteers to provide us copies of their DBS (Disclosure and Barring Service) checks
- Managed 77 online enquiries for immediate support needs
- Responded to roughly 130 telephone enquiries for support
- Distributed 48 five-day supply dry food parcels
- Distributed 8 five-day meat supply boxes
- Distributed 10 five-day fruit and veg supply boxes
- Allocated £1650 of funds (to date) to other local groups including Umbrella Café and Riverside Church pantry project.
- Used roughly £850 of funds as a discretionary fund to purchase gas and electricity top up's, furniture, appliances and vouchers. Initially we released some of our reserves to do this; however, we have been successful in generating some donations to offset these costs
- Made 57 individual referrals to Food Friends for ongoing support
- Ensured every primary age school child in CT5 is in receipt of Food Friend support, working with all four local school liaison officers. Over 400 meals a week are now going out from Food Friends.
- Set up and stocked our own pantry project in partnership with Riverside Church.
- Engaged local businesses to provide fresh supplies of meat, fruit and veg to be given to residents who we referred to the supplier.
- Engaged with 44 volunteers who applied to assist us; we subsequently referred these onto the Canterbury City Council volunteer system. Just under 50% of these had a DBS check in place.

OUR MODEL

Whilst during the crisis our work had to adapt, sometimes on a day to day basis, our model of support remained fairly consistent. We focused with our partners on a 3-phase response of:

1. Responding to the immediate need i.e. food, medication, basics like gas, electricity dietary specific foodstuffs and medical needs.
2. Referring on to partners who would provide continued support around food access, distribution of food and hygiene donations and access to social prescribing.
3. Engaging volunteers to provide micro networks based on geographical location, e.g. a volunteer in the CT5 1 area would be linked with 3-4 other people in their area for softer support e.g. prescriptions.

We noticed some changes in the people asking for help; initially it was older people, but very quickly we saw a huge increase in families come forward to request some help.

CASE STUDIES

8th April 2020

We received a referral for a family of four (2 adults, 2 children under 9) who were in hostel accommodation out of the district. They were moved into a Housing Association property in West Cliff which was unfurnished, without food or even utilities. We were able on the day to get them plenty of food and a cooker plus crockery and cutlery. Using our existing network, funds and staff resources, on the 9th of April we were able to deliver beds for all the family, a sofa, family table, chairs, bikes for the children, a fridge freezer and referrals to appropriate support and advocacy.

24th March 2020

We received an online enquiry from a local mother of 3, who has a son with SEND (Special educational needs and disability) and some related health needs that made him at risk. She had just been visited by a Court Appointed Bailiff who had taken her last bit of money (KCC school fine debt) She was very concerned that she had no food left and no money until next week. We were able to meet the food need in a couple of hours and referred her onto the MP's case work team for on-going support.



18th April 2020

A family member of an elderly couple submitted an online support request. When we contacted them, they had only been eating dried food for the last few days, were both at risk due to health issues and self-isolating. We got fresh fruit, veg and meat to them the same day, plus linked them with a DBS checked volunteer who lived in their road. She now does shopping for them, calls every other day and acts as a safeguard should their struggle.

Whilst supporting them we discovered that the gentleman was 90 in a couple of days. With the support of social media, some good staff thinking and some great neighbours, he had cards and cake galore and the couple also have several free meals in town once they can get out to enjoy them.

SERVICE BY SERVICE

Community Development

Both the community development workers have consistently provided support to other managers and services within Red Zebra; this has taken the form of funding applications, document and policy support and highlighting funding opportunities.

Further to this, both have been working hard to continue to support Voluntary, Community and Social Enterprise (VCSE) sector groups. We are also working with Folkestone & Hythe Council to expand the support on offer from them to the VCSE sector.

Community Services

Community services has 8 members of staff (5 FTE) and 41 volunteers working with around 700 car service clients and around 50 new social prescribing clients per month besides existing clients. As lockdown commenced we made the decision to suspend the car service and suspend social prescribing face to face meetings. Initially we split the workload into 3 main streams; Social Prescribing, Car Service wellbeing calls, ConnectWellKent and social media.

We also assisted Whitstable Cares. From time to time additional RZ staff were able to give us some support with Car Service wellbeing calls. We have been organising the work streams in 4 week blocks so we can readily respond to the Covid19 situation. Initially all team members were involved in making wellbeing calls to social prescribing, car service clients and volunteers besides specific regular work. From lockdown until now Community services has made 590 wellbeing calls, looked after 103 social prescribing clients and 21 new referrals. Completed 66 bag runs and reached thousands of people through social media. Supported Whitstable Cares.

Social Prescribing Service, including PCN (Primary Care Network) Social Prescribing

The Social Prescribing Service has not only been integral to our crisis response but has been supporting Car Service clients with wellbeing calls, attending virtual MDT meetings, managing new and existing social prescribing clients with referrals and wellbeing calls. We have a WhatsApp group to support each other.

Our Social Prescribing team has 5 members of staff (just over 3FTE) and have, to date, made a total of 133 wellbeing calls to our Social Prescribing clients. We have 103 open clients and 21 new referrals this month. The team have been flexible in giving support wherever it has been needed within community Services. We are about to relaunch our community quilt project to provide an activity and bring people together through the challenge of lockdown.

Demoographics of social prescribing clients

Age Range	Clients	Postcode	Clients
20-29	10	Not Specific	5
30-39	6	CT1	19
40-49	7	CT13	1
50-59	19	CT2	10
60-69	9	CT3	3
70-79	19	CT4	4
80-89	13	CT5	25
90+	4	CT6	12
		CT9	1
		ME13	4
		ME9	3

COMMUNITY CAR SERVICE

W/C 16th March we made the decision to suspend the Community Car Service as the majority of our volunteers are over 70yrs and to keep both volunteers & clients safe. We contacted all clients with booked trips and all volunteers. Through this we became aware many were extremely anxious and made the decision to introduce wellbeing calls to all clients, approx. 700 and 41 volunteers. This has been a continuous and priority piece of work. Initially all the Community Services team were involved with making the wellbeing calls. We highlighted clients that would benefit from weekly or less regular calls and those that didn't want a further call. This has allowed us to organise and prioritise wellbeing calls for the next 4 weeks. We recruited 23 volunteers, from local churches, KCC libraries, South East Water and some of our own Car Service volunteers to make the wellbeing calls and allow us to release social prescribers from assisting.

Whitstable Medical Practice (WMP) asked if we could continue to support them with their twice daily bag run, moving documents between their surgeries. We have overcome several problems and have been able to continue this work. Recently WMP have asked for further help from the Car Service. They want to open pre-bookable appointments to elderly patients as G.P.'s are finding some cases are too complex to assess on the phone. Many of these patients do not wish to use public transport and have previously used the Car Service. We have been working with WMP to overcome issues to ensure volunteers & patients are kept safe and to get us into position to make this service a reality. We have set up WhatsApp groups for the bag run drivers and for any car service volunteers that want to join in. This has been a useful point of connection for this team and great to have their humour and experience. Occasionally we have identified a birthday or feelings of despair from Car service volunteers and we have been able to send a card which has been well received. This led us to identify Car Service clients with significant birthdays and we have a volunteer making beautiful felt based cards which we are sending out. We have a client who will be 104 yrs. old in June and over the next few weeks have 7 clients with big birthdays.

"Thank you for ringing me. It's so nice to know that there are people in the community that care, just talking to you has cheered me up."

The total number of wellbeing calls made to Car Service clients & volunteers is currently 457 in CT5.

CONNECTWELLKENT & SOCIAL MEDIA

It became apparent very quickly that like RZ, other organisations were having to adapt and amend their services. This was happening quickly with changes been made daily and sometimes several times a day. We decided to use the ConnectwellKent (CWK) website to record these changes. As Connect Well is public facing it meant not only professionals could access the information but also members of the public. To avoid sending daily emails with updated lists we directed all people to the website advising that the website was updated daily. We wanted to adapt the website to make it more user friendly during covid19 and highlight helplines etc. We amended a couple of the existing tabs and asked Simply Connect to help us adding some new drop down menus. Simply Connect recommended our adaptations to their other CW partners. Researching & double checking ever changing information before adding to CWK, was relentless in the first few weeks. The changes are still happening but at a slower rate. However as the present lockdown develops there is likely to be many more amendments to CWK. The website www.connectwellkent.org.uk/help has contained a host of useful information on helplines, mental health, home deliveries, and online activities etc. A very small team (approx. 75 FTE) has been working on CWK. We are grateful for extra hours given from additional RZ staff.

Statistics from 16th March - 27th April 2020 (42-day period)

Stats	Increase by %	Increase by number
873 hits to ConnectWellKent site	93% increase	421 more hits
507 individual users	69% increase	207 more users
2818 individual webpage views	21% increase	482 more page views

SOCIAL MEDIA

To reach members of the public and professionals as quickly as possible with ever changing information and support we have increased the time spent on our social media pages; Red Zebra Social Prescribing & Wellbeing services fb page and Twitter(BeWellKent). We have promoted CWK website, promoted a raft of other organisations and helpful information. We've also featured feel good news stories from around the country and more local community news. Recently we have been sharing some of the thank you's RZ has received and birthday wishes to our clients. Through our increased presence and local news sharing we have got to know some of our partners better and made new friends.

Community Services Social Media Statistics: 17th March - 13th April 2020

Stat	Number	Percentage Increase vs. Last Month
New Page Likes	53	960%
Post Reach	7,200	1301%
Post Engagement	2,000	1586%
Page Views	336	

ROMA AND INTEGRATED COMMUNITIES FUND (ICF)

The ICF project is due to end this month but the staff have been kept busy. Both the Roma and ICF staff have been supporting the local authorities in their respective areas; this has taken the form of translation support, information sharing and ad-hoc support. Two of the Roma staff have been re-deployed to support a partner organisation, Social Enterprise Kent, with their crisis effort in the Thanet area.

COMMUNITY NAVIGATORS

The community navigators continue to work under the direction of Age UK HB&W as part of the Aging Well East Kent (AWEK) project. They are currently working remotely, covering the phones at the Ashford hub.

Website: www.redzebra.org.uk Facebook: Red Zebra Community Solutions Instagram: @redzebra_wellbeing

BIG DATA IS THE KEY TO GETTING OUT OF LOCKDOWN

At the time of going to print, Public Health England confirmed that there has been 3481 confirmed cases of Coronavirus in Kent.

Tim Spector is Professor of Genetic Epidemiology at King's College London and a founder of Health Science Company ZOE. In this open editorial, he talks about the vital steps required to transition out of "lockdown": We are facing an unprecedented health emergency. So far, the UK has seen nearly 192,000 confirmed cases of the novel coronavirus, and over 29,500 deaths, with experts warning that the UK could become the worst affected country in Europe, not far behind the USA in proportions.

In an attempt to slow the spread of the disease and limit the strain on the NHS, the UK population has been living under restrictive lockdown measures for nearly four weeks.

The government mantra of 'Stay home – Protect the NHS – Save Lives' is getting through, with much of the population now working from home or furloughed, businesses shuttered and town centres left deserted.

Clearly, this state can't go on forever. All of us want to know when the lockdown will be lifted and we can start to get back to some semblance of normality, whatever that looks like. The big question is 'when?'

The simple answer is "As soon as it's safe". But it is difficult to know what that should look like in practice, and how to control the risk of new pockets of COVID-19 re-emerging as restrictions are relaxed.

The answer lies in tracking the early symptoms of COVID-19 in millions of people across the country. I believe that this is a more efficient way to track the early signs of coronavirus than testing for active infections, which is still not widespread across the country and may be inaccurate because of false negative results.

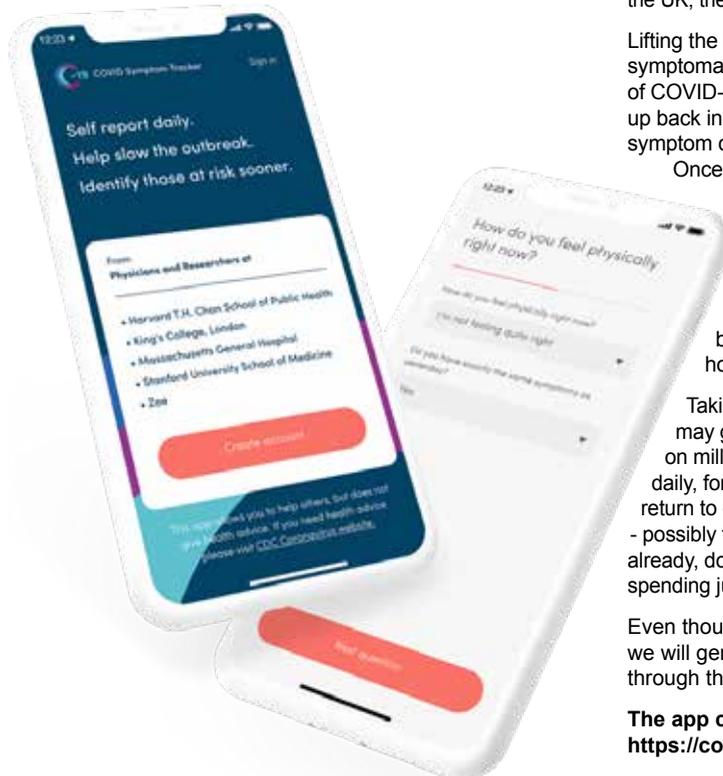
Hospitalisation or death rates also paint an inaccurate picture of the situation on the ground: because it takes several weeks from someone to progress from first symptoms to life-threatening illness, these figures will always lag behind our real-time data on early symptoms and mild cases out in the community. It also takes time for someone with symptoms to get tested and receive a positive result.

Predicting the spread of COVID-19 through a symptom tracking app

Three weeks ago, my team at King's College London and health data company ZOE launched our new COVID symptom tracking app, aiming to visualise how COVID-19 is moving through the country.

We have been stunned by the response to the app, with more than 2.2 million 'stay at home scientists' across the UK already using it to track their health and coronavirus symptoms, with support and adoption by many regions of the UK such as NHS Scotland and NHS Wales.

By focusing on data from a smaller subset of several thousand people who have been regularly reporting symptoms and had taken a test for COVID-19 (whether positive or negative), we were able to create a model that revealed which symptoms are most predictive of a positive test: anosmia (lack of taste & smell), fatigue, shortness of breath, fever, and persistent cough.



Using this information, we were then able to predict which people were likely to have COVID-19 based on their symptoms, without the need for a test.

When can we lift the lockdown?

The good news is that the lockdown in the UK is working, according to our app data, and we appear to have passed the peak of new infections.

Using our model to extrapolate to the wider population, the estimated number of people with symptomatic COVID-19 across the country has fallen significantly since the beginning of the month, from 2 million on April 1st to 1.6 million on April 5th, and down to around 300,000 on April 29th.

China, Spain, and Italy have all passed the peak of their outbreaks and, as a result, have begun to loosen their lockdown restrictions. So if we have passed the peak of new infections, will we all be returning to our normal lives soon?

Unfortunately, we're not quite there yet. Despite the fall in the number of people with coronavirus symptoms in the UK, there are still many with active infections.

Lifting the lockdown when lots of people are still symptomatic could result in a deadly resurgence of COVID-19 cases, and we would quickly end up back in lockdown. Again, we can use the app symptom data to inform the best exit strategy.

Once the number of people with symptomatic COVID-19 has fallen to a sufficiently low number, restrictions can be lifted.

Then we can use the symptom tracker app as an early warning system that locates likely local flare-ups, two weeks before this would be reflected in a rise in hospitalisations or deaths.

Taking this data-driven approach means we may get out of lockdown sooner, but it relies on millions of people reporting their symptoms daily, for many more months to come. Even as we return to our normal lives, we need to stay vigilant – possibly for a year or more. So if you haven't already, download the app and get in the habit of spending just a minute everyday checking in.

Even though we are apart, if we all work together we will generate the information we need to get through this and out the other side.

The app can be downloaded here:
<https://covid.joinzoe.com/>

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SHOP WITH US & SAVE A FORTUNE!

Most children love to draw or paint. While so many of us are stuck at home it's a great way to keep them occupied too. A few friends wondered if they should be encouraging more 'mind-improving' activities such as maths and English worksheets. Art tends to be viewed as a 'bolt-on' extra in school. But art is so much more, and along with music should be given a much more prominent role within education.

Drawing, painting and sculpting help mental, social, and emotional development. Creating art boosts our ability to analyse and problem-solve.

As a conscript teacher in the 'school of mum and dad' it's easy to fall into the trap of 'right and wrong' when we would be better to remember that art should be about the process rather than the product.

As children manipulate a paintbrush or pencil, their fine motor skills improve. As they mix colours they learn about proportions, and when they experiment with different media they dabble in science. Most importantly if a child feels good about being able to experiment while creating art, it boosts their self-confidence. Children who feel able to try things and make mistakes develop more creative ways to think which extend beyond their artwork.

Lots of parents don't feel comfortable with art, because unlike maths there isn't a 'correct' way to do it, or they feel they have to intervene to make things look 'right'. So, I've put together a list of art websites that offer tutorials aimed at the children themselves rather than at their parents. They all use real world art equipment, not digital platforms and have all been tested by my own 10-year-old artist-in-residence.

www.artforkidshub.com

This is a lovely art website for kids. It has hundreds of tutorials, mostly for drawing, but some painting and origami too. Mr Hub does the drawings in a slightly speeded up time scale, but the instructions are clear and easy to follow.

artprojectsforkids.org

This site is run by an art teacher who has put together lots of fun art projects for kids. There are drawing lessons and craft projects.

stepbysteppainting.net

A great site packed with online step-by-step canvas painting tutorials, suitable for all the family, with a complete section dedicated to kids. Older kids who are keen artists will love the more grown-up painting tutorials too.

thepaintrepublic.com on Facebook - This is our favourite site by a country mile. Lindsay teaches live sessions on Facebook a couple of times per week. The tutorials then stay on the page so that children can access them at any time. She's an encouraging, enthusiastic teacher and paints along with her sons, who are funny, lively and very normal, and this is the big bonus for my own son, who is missing his friends and the banter of the classroom.

We probably underestimate how much of the important stuff in a school day doesn't seem important at all. The silly incidents and funny anecdotes our children bring home are woven into the tapestry of their day-to-day existence, and at the moment that part of their lives is on hold. Lindsay and her boys are a breath of fresh air in our house. The art is great, and she also leads adult classes for when the kids are in bed. Cannot recommend this one highly enough.



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The importance of those little hits of happiness

At the time of writing most of us are still in quarantine. This makes us unwilling participants in a huge psychological experiment, unprecedented in history. Quarantine itself is not the problem for most of us. With online shopping, online seminars, online meetings, there are a myriad of ways we remain connected to the outside world via technology. But the recent rise in mental health issues suggests that something about self-isolation is a huge problem. Psychologists studying the effects of lockdown on our mental health have discovered is that being in isolation means we miss regular doses of 'micro-lifts'.

Micro-lifts are those pleasurable little incidents scattered throughout our day, which we usually consider so insignificant we barely remember them. It's someone smiling a cheery hello as you buy a morning paper, or the little accidental dance you end up doing with a colleague as you both tried to get through door at the same time and which made you giggle. These seemingly banal events lift our mood without us even realising.

If you're in isolation on your own these little micro-lifts don't happen naturally. We begin to go into micro-lift deficit after about two weeks and this can cause our mood to nosedive. Even if you are isolated with your family it seems that micro-lifts are in much shorter supply, as they seem to be more dependent on those little interactions and connections we make with a wider circle of people going about our daily business.

This means that while we're in quarantine we can improve our sense of well-being by generating our own artificial micro-lifts. To do this we need to create opportunities for small, real connections with others throughout our day. It might be smiling and waving at the postman each morning or exchanging a few words from a safe social distance with a neighbour. I mentioned micro-lifts to my 17-year-old son after he'd looked a bit down and complained that, '... every day is the same right now. I have nothing to talk about with my mates anymore.' After thinking about it for a while he came up with the idea of doing an online painting tutorial with a couple of friends. They all completed the same tutorial while chatting to each other on video call. It wasn't about the end result; it was about the process of creating a time and space to connect with each other over a shared experience. They laughed a lot and teased each other and sounded like normal carefree teens for a short while. He felt much better afterwards, and it boosted his mood for a couple of days. They are planning to do something similar at regular intervals, which also gives them things to look forward to in the short term.

Remember micro-lifts are not about the big stuff... this isn't about setting out to lose twenty pounds, or learn Italian, or the cello, though these things might present opportunities for micro-lifts if you're doing them with other people. They are about working brief meaningful connections with others into your day, and the beauty of micro-lifts, is that every time you connect and generate one for yourself, you are doing the same for someone else.



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CREATE A TIME CAPSULE

Over supper one night my husband said thoughtfully, "You know what we should do? We should create a family time capsule and lock it away, then re-open it a decade from now."

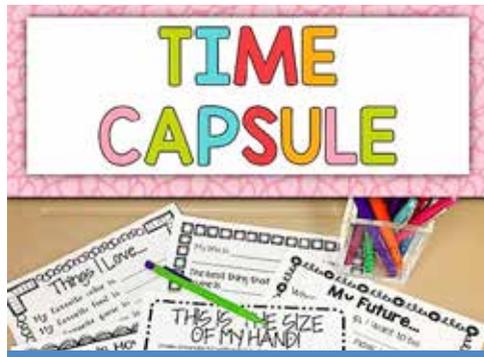
For once all three of us instantly agreed with him, which never happens so kind of took him by surprise! Once he'd recovered, he went off to research and design one.

A time capsule is simply a container which stores a selection of objects chosen as being typical of the present time, then put away or buried for discovery in the future.

We are in the middle of the most significant planet-wide event since The Second World War. Our children are living through a period which will be taught in schools in years to come. And when their own children have 'show and tell' it's kind of both cool and humbling to think of their classmates looking back in time through items, photos and notes deliberately selected by us, right now, as being representative of our hopes and fears and everyday life in lock-down.

It's relatively simple to design your own time capsule and if you're creative and have the time then go for it. But while looking on the internet for ideas my husband came across a Canadian company who had done it so well and so completely that he felt anything he did would be reinventing the wheel. The company is called Long Creations and they've kindly provided free digital downloads for both kids and adults, so the whole family can take part.

You can find the downloads here: <https://letsembark.ca/time-capsule>. Perhaps you could send photos of your creations in so we can feature them in future editions.



HALF A PAGE OF CALM

Sometimes life is overwhelming, and it's especially overwhelming right now. Sometimes we need practical things we can do in the moment to help, that don't involve learning yoga, a new language or the ukulele.

Restrict access to health-related news

It's important to keep up to date, but more than a few of us have found that the need to check and recheck has become compulsive, feeding our anxiety. It's better for our mental health that we if we limit the amount of time we spend reading or watching news to one or two periods per day.

Try not to seek constant reassurance

It's a natural human response to seek reassurance. Reassurance makes us feel calmer for a while. It's difficult to provide reassurance in a situation where no-one really knows all the facts and things change from day to day. In this situation our brain can create a feedback cycle where we seek reassurance then have to re-seek it as the news shifts and makes us anxious again. In this way we become reassurance junkies, needing more and more. If you feel like this, it's time to take action.

Exercise

Go for a walk. Jump. Dance. Shake your arms. Vigorous movement helps rid your system of adrenaline, which will help you feel calmer.

4-7-8 breathing

You can do this exercise either sitting or lying down. Place one hand on your belly and the other on your chest. Take a deep, slow breath from your belly, and silently count to four as you breathe in. Hold your breath, and silently count from one to seven. Breathe out completely as you silently count from one to eight. Try to expel all the air out of your lungs by the time you reach eight. Repeat until you feel calmer.



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What do you think of if I say 'clematis'? I think most of us would think of the large, purple-flowered, "Jackmanii" or the rampant, bronze-leaved, pink-flowered montana rubens.

They are both terrific plants, but I think they are a little over-used. My husband teases me that I tend to give my 'clematis lecture' when visiting friends' houses and see one scrambling over a trellis. For your benefit I've written it down here.

Clematis is known as the 'Queen of Climbers'. It can be utterly spectacular and should definitely not be relegated to trellis. It can be used for covering fences and arbours, old tree stumps, sheds and even in beds and borders. Choose wisely and you can have flowers from early spring until late autumn.

For beds and borders you don't want anything as vigorous as montana, which will smother everything it touches. Instead choose a daintier one such as a variety of texensis or viticella.

The flowers of the texensis hybrids look like finely cut bells. "Etoile Rose" is a beautiful dark pink edged with paler pink and "Princess of Wales" is a beautiful rosy red. Both of these will scramble through shrubs and flower all summer. They die back in winter so can be tidied up then.

Viticella hybrids produce flowers which look like little pixie hats as they open. "Minuet" has purple and white flowers suspended on fine stems while "Purpurea Plena Elegans" produces double blooms which open into little purple rosettes.

One of the most difficult sites to find climbers for is an east or north facing site. My absolute favourite clematis thrives in this situation and flowers in early spring. Clematis alpina "Pink Flamingo" produces nodding, semi-double, creamy flowers veined with deep pink. It has the added bonus of producing beautiful fluffy seed heads after the flowers fade.

Clematis prefers its feet in the shade and its head in the sun. Make sure the plant's roots are shaded: pieces of broken flagstone are ideal, or an old cracked upside-down terracotta pot with the bottom knocked out. When clematis is happy it will flower prolifically.

Large-flowered clematis tend to produce a second flush in the autumn, but others like tangutica and orientalis wait to flower until then.



Both of these are very vigorous and are great for covering unsightly sheds or old trees.

Finally, if you have a sheltered spot against a wall try cirrhosa balearica. This is a beautiful, winter-flowering variety with ferny foliage and pale-green flowers spotted with crimson.

So, there it is...my clematis lecture. Hopefully you took notes and are ready to branch out into a whole new world of climbers.

Happy gardening,

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The COVID-19 virus is affecting our families, our businesses, our communities and our way of life. Nowhere has felt the impact of this pandemic more brutally than the social care sector. Sally Wilse, Co-Owner of Seniors Helping Seniors, tells The Clipper about the work the company is currently doing in this era-defining situation:

The heartache is very real.

What's happening in residential care and seeing how traditional care models have struggled with social isolation has been a shock for many. The need to care for others and especially the elderly is on everyone's mind because shielding is set to continue for all of us.

People often ask us how we have continued to provide exceptional care all this time.

It's very simple – carers are at the heart of our organisation. The skillset of carers in and around Whitstable is amazing and we are truly humbled by their dedication.

Seniors Helping Seniors came to the UK seven years ago. We set out to shake up elderly care services. We have been clear about our priorities and we have shared everything we do, working closely with charities and other care companies

We employ experts with local knowledge, and we offer well paid local work with choice, respect and self-determination.

We never schedule back to back appointments in the name of 'efficiency', so everyone has time with clients – no one feels rushed. Carers only see one to a few clients, meaning we can always provide flexibility. One of the many benefits to providing the same carer to each client has meant we've been able to minimise the health risks.

Isolating at home can be frightening and incomprehensible. People need to weigh up the risks of loved ones heroically fending for themselves or accepting support from one experienced carer who lives alone or in small responsible family setting.

Carers who are close in age to clients, understand what its like to get older. They provide prompting with medication, meals, cleaning and other essential services and offer companionship, humour and respect. During the crisis we have combined shopping lists to reduce the number of



trips and we sanitise the shopping for the regular carer to deliver, unpack and cook a lovely meal with people. We have helped our clients engage with some of the many amazing initiatives like online seated yoga and singing.

We have been able to help new clients and council schemes at short notice and support out of 'our area' too, thanks to our carers literally going the extra mile and because we have capacity.

We have employed new carers throughout the crisis. We are proud to be a specialist employer offering work people love to do with pay above the real Living Wage.

Clients who are distanced from loved ones for weeks on end say:

"Where would we be without Seniors?

In this really troubled time they are a life saver. My mum hasn't seen us for weeks and it's likely to go on for a long time. We've been so anxious for her wellbeing both physically and mentally, but the incredible Seniors consistently go so far above and beyond the call of duty. My mum said yesterday she feels like the queen, she's so looked after! Meals, walks, real genuine companionship, FaceTime connectivity with us, shopping, empathy and love. Thanks so much all at Seniors"

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THE WOMEN OF WIMBLEDON

With Wimbledon 2020 sadly going the same way as so many sporting events this year, we take a look at the home-grown champions from the past:

The Championships, Wimbledon is the most famous tennis event in the British sporting calendar. It was first contested in 1877 and played on outdoor grass courts at the All England Lawn Tennis and Croquet Club (AELTC) in the Wimbledon suburb of London, United Kingdom.

The Ladies' Singles tournament began in 1884, and the women's game has developed massively over the last century. We are all familiar with the incredible Williams sisters, but our own Nation has a pretty impressive history in the Women's singles, which is often overlooked by the British media.

Dorothy Round Little won her first title in 1934 — the same year as her British male counterpart Fred Perry also won his first. She won her second Wimbledon title at age 29 in 1937.

A devout Christian, she often refused to play on Sundays. She published two books, *Modern Lawn Tennis* and *Tennis For Girls*. After her retirement in 1939 she worked as a coach, journalist, and president of the Worcester Lawn Tennis Club.

Florence Angela Margaret Mortimer Barrett beat another English player Christine Truman Janes to become Wimbledon's women's singles champion in 1961. She was aged 29 and partially deaf.

Ann Haydon-Jones had already won the French Open and U.S. Open twice before winning Wimbledon in 1969. She first showed her talent as a young girl. Her father was a table tennis champion and he encouraged her competitive spirit.

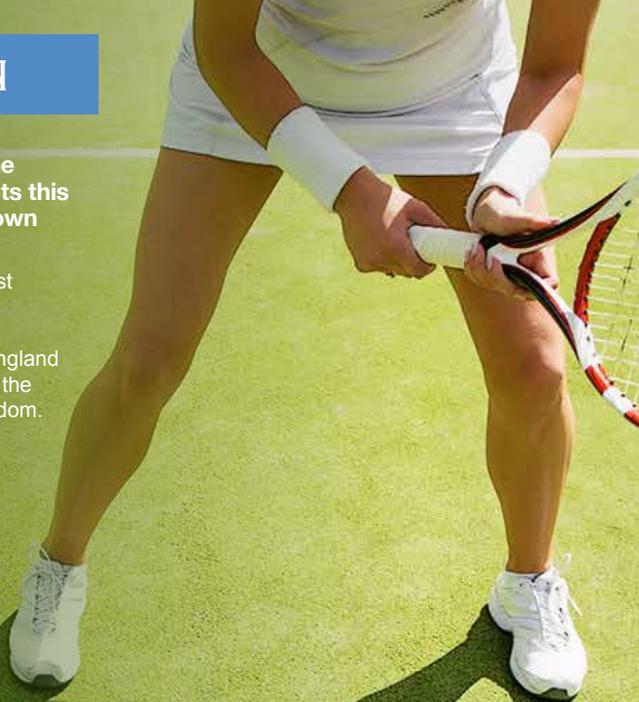
She played the famous Billie Jean King several times but never beat her until her win at Wimbledon. Haydon-Jones was also the first left-handed female singles player to win the championship.

Virginia Wade was a maths graduate, famed for her powerful serve. She defeated Billie Jean King at the US Open, earning her first Grand Slam title.

She went on to win the Australian Open in 1972, and in 1977, nearly a decade after her first victory, Wade would become Wimbledon's last British singles winner for 36 years.

The year she won, defeating Dutch player Betty Stöve at Wimbledon was the Queen's Silver Jubilee and Queen Elizabeth II herself was present to enjoy her victory.

It remains to be seen whether current British number one Johanna Konta can better her semi-final performance in 2017 to add her name to the list of amazing female British tennis players who have held the Wimbledon trophy aloft.



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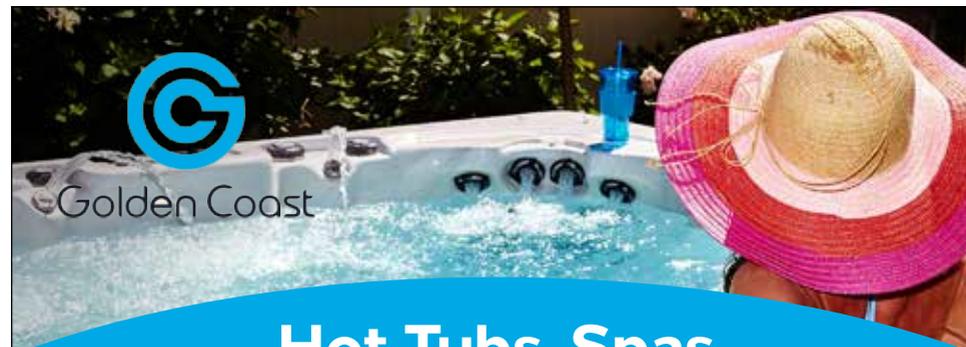
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PREPARATION TIME: 40 MINS | COOKING TIME: 2 AND A HALF HOURS | SERVES: 6+

Ingredients

- 3 tbsp vegetable oil
- 2kg beef shin or skirt, cut into bite-sized chunks
- 2 lemongrass stalks, bruised
- 2 x 400ml cans coconut milk
- 4 tbsp unsweetened desiccated coconut
- 2 kaffir lime leaves, torn
- 1 Beef stock cube
- 2 tbsp tamarind paste
- 1 tsp sugar
- ¼ tsp salt

For the paste

- 1/2 - 3 chillies chopped (depending on taste)
- 6-8 baby shallots
- 2 inch / 5cm piece ginger, chopped
- three cloves garlic

Method

For the paste, place all paste ingredients into a small food processor and blitz until smooth.

Heat the oil in a heavy-based flameproof casserole dish or large saucepan. Fry the paste for 5-10 minutes until golden. Add the beef chunks and the lemongrass and mix well. Once the beef has coloured, add the coconut milk plus 250ml water. Bring to the boil, then lower to a very low simmer, uncovered for 2 hours. Stir occasionally to prevent the rendang sticking, and more often towards the end.

Towards the end of the cooking time toast the coconut in a frying pan on a low heat for 5-7 mins until golden brown. Set aside to cool. Using a blender, coarsely blend it to finer pieces – but not too fine. Put to one side.

After 2 hrs, add the coconut, kaffir lime leaves, stock cube, tamarind paste, sugar and salt to the pan. Stir well and simmer for 30 minutes. The meat should be tender and falling apart when touched.

Serve with rice and green salad.



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