Have they ever heard of social distancing?

Of course not, we have so very much to be thankful for.

From the NHS and healthcare workers in hospitals and residential homes, to volunteers and those essential and key workers who are all helping to support our community.

Our doctors and nurses are on the front line, saving lives and tending to very sick patients.

Together with carers and others working with the vulnerable, they are working in very difficult and often distressing circumstances. We must support them by ensuring we all follow Government advice and stay indoors except for essential reasons.

-shopping for groceries, for example food and medicine, which must be as infrequent as possible.

-one form of exercise a day, for example food and medicine, which must be as infrequent as possible.

-except for essential reasons:

-our exercise can be as infrequent as possible.

-our exercise can be as infrequent as possible.

-Are these words big enough?

Of course not, we have so very much to be thankful for.

It will be as infrequent as possible. We have therefore produced our our post is still being delivered, our bins are not have access to the internet

Our doctors and nurses are working in very difficult and often distressing circumstances. We must support them by ensuring we all follow Government advice and stay indoors except for essential reasons.

-shopping for groceries, for example food and medicine, which must be as infrequent as possible.

-one form of exercise a day, for example food and medicine, which must be as infrequent as possible.

-except for essential reasons:

-our exercise can be as infrequent as possible.

-Are these words big enough?

Of course not, we have so very much to be thankful for.

It will be as infrequent as possible. We have therefore produced our

Our doctors and nurses are working in very difficult and often distressing circumstances. We must support them by ensuring we all follow Government advice and stay indoors except for essential reasons.

-shopping for groceries, for example food and medicine, which must be as infrequent as possible.

-one form of exercise a day, for example food and medicine, which must be as infrequent as possible.

-except for essential reasons:

-our exercise can be as infrequent as possible.

-Are these words big enough?

Of course not, we have so very much to be thankful for.

It will be as infrequent as possible. We have therefore produced our

Our doctors and nurses are working in very difficult and often distressing circumstances. We must support them by ensuring we all follow Government advice and stay indoors except for essential reasons.

-shopping for groceries, for example food and medicine, which must be as infrequent as possible.

-one form of exercise a day, for example food and medicine, which must be as infrequent as possible.

-except for essential reasons:

-our exercise can be as infrequent as possible.

-Are these words big enough?

Of course not, we have so very much to be thankful for.

It will be as infrequent as possible. We have therefore produced our

Our doctors and nurses are working in very difficult and often distressing circumstances. We must support them by ensuring we all follow Government advice and stay indoors except for essential reasons.

-shopping for groceries, for example food and medicine, which must be as infrequent as possible.

-one form of exercise a day, for example food and medicine, which must be as infrequent as possible.

-except for essential reasons:

-our exercise can be as infrequent as possible.

-Are these words big enough?

Of course not, we have so very much to be thankful for.

It will be as infrequent as possible. We have therefore produced our

Our doctors and nurses are working in very difficult and often distressing circumstances. We must support them by ensuring we all follow Government advice and stay indoors except for essential reasons.

-shopping for groceries, for example food and medicine, which must be as infrequent as possible.

-one form of exercise a day, for example food and medicine, which must be as infrequent as possible.

-except for essential reasons:

-our exercise can be as infrequent as possible.

-Are these words big enough?

Of course not, we have so very much to be thankful for.

It will be as infrequent as possible. We have therefore produced our

Our doctors and nurses are working in very difficult and often distressing circumstances. We must support them by ensuring we all follow Government advice and stay indoors except for essential reasons.

-shopping for groceries, for example food and medicine, which must be as infrequent as possible.

-one form of exercise a day, for example food and medicine, which must be as infrequent as possible.

-except for essential reasons:

-our exercise can be as infrequent as possible.

-Are these words big enough?

Of course not, we have so very much to be thankful for.

It will be as infrequent as possible. We have therefore produced our

Our doctors and nurses are working in very difficult and often distressing circumstances. We must support them by ensuring we all follow Government advice and stay indoors except for essential reasons.

-shopping for groceries, for example food and medicine, which must be as infrequent as possible.

-one form of exercise a day, for example food and medicine, which must be as infrequent as possible.

-except for essential reasons:

-our exercise can be as infrequent as possible.

-Are these words big enough?

Of course not, we have so very much to be thankful for.

It will be as infrequent as possible. We have therefore produced our

Our doctors and nurses are working in very difficult and often distressing circumstances. We must support them by ensuring we all follow Government advice and stay indoors except for essential reasons.

-shopping for groceries, for example food and medicine, which must be as infrequent as possible.

-one form of exercise a day, for example food and medicine, which must be as infrequent as possible.

-except for essential reasons:

-our exercise can be as infrequent as possible.

-Are these words big enough?

Of course not, we have so very much to be thankful for.

It will be as infrequent as possible. We have therefore produced our

Our doctors and nurses are working in very difficult and often distressing circumstances. We must support them by ensuring we all follow Government advice and stay indoors except for essential reasons.

-shopping for groceries, for example food and medicine, which must be as infrequent as possible.

-one form of exercise a day, for example food and medicine, which must be as infrequent as possible.

-except for essential reasons:

-our exercise can be as infrequent as possible.

-Are these words big enough?

Of course not, we have so very much to be thankful for.

It will be as infrequent as possible. We have therefore produced our

Our doctors and nurses are working in very difficult and often distressing circumstances. We must support them by ensuring we all follow Government advice and stay indoors except for essential reasons.

-shopping for groceries, for example food and medicine, which must be as infrequent as possible.

-one form of exercise a day, for example food and medicine, which must be as infrequent as possible.

-except for essential reasons:

-our exercise can be as infrequent as possible.

-Are these words big enough?

Of course not, we have so very much to be thankful for.

It will be as infrequent as possible. We have therefore produced our

Our doctors and nurses are working in very difficult and often distressing circumstances. We must support them by ensuring we all follow Government advice and stay indoors except for essential reasons.

-shopping for groceries, for example food and medicine, which must be as infrequent as possible.

-one form of exercise a day, for example food and medicine, which must be as infrequent as possible.

-except for essential reasons:

-our exercise can be as infrequent as possible.

-Are these words big enough?

Of course not, we have so very much to be thankful for.

It will be as infrequent as possible. We have therefore produced our

Our doctors and nurses are working in very difficult and often distressing circumstances. We must support them by ensuring we all follow Government advice and stay indoors except for essential reasons.

-shopping for groceries, for example food and medicine, which must be as infrequent as possible.

-one form of exercise a day, for example food and medicine, which must be as infrequent as possible.

-except for essential reasons:

-our exercise can be as infrequent as possible.

-Are these words big enough?

Of course not, we have so very much to be thankful for.

It will be as infrequent as possible. We have therefore produced our

Our doctors and nurses are working in very difficult and often distressing circumstances. We must support them by ensuring we all follow Government advice and stay indoors except for essential reasons.

-shopping for groceries, for example food and medicine, which must be as infrequent as possible.

-one form of exercise a day, for example food and medicine, which must be as infrequent as possible.

-except for essential reasons:

-our exercise can be as infrequent as possible.

-Are these words big enough?

Of course not, we have so very much to be thankful for.

It will be as infrequent as possible. We have therefore produced our

Our doctors and nurses are working in very difficult and often distressing circumstances. We must support them by ensuring we all follow Government advice and stay indoors except for essential reasons.

-shopping for groceries, for example food and medicine, which must be as infrequent as possible.

-one form of exercise a day, for example food and medicine, which must be as infrequent as possible.

-except for essential reasons:

-our exercise can be as infrequent as possible.

-Are these words big enough?

Of course not, we have so very much to be thankful for.

It will be as infrequent as possible. We have therefore produced our

Our doctors and nurses are working in very difficult and often distressing circumstances. We must support them by ensuring we all follow Government advice and stay indoors except for essential reasons.

-shopping for groceries, for example food and medicine, which must be as infrequent as possible.

-one form of exercise a day, for example food and medicine, which must be as infrequent as possible.

-except for essential reasons:

-our exercise can be as infrequent as possible.

-Are these words big enough?
NOTICE FROM ST GEORGE’S CHURCH

T he coronavirus emergency has dropped down upon us like an invisible, heavy blanket. It has brought anxiety, sickness and death to our communities. It is a sobering and thought-provoking experience for all of us. But it has also brought a sharpening vision of what is really important in life.

St George’s Church has closed its building during this crisis. We no longer gather physically for the events we once thought were normal – worship, community meetings and dinners, the Greenwich Winter Night Service, the community lecture series and spiritual film night. But in closing, we have been reminded that the building is not the church. The church is the people who seek to follow the example of Jesus, who express their faith in the way they live their lives, and in the way they love one another through service and care.

Instead we meet electronically in front of small screens, through online gatherings, conference calls on the phone, and through simple live streaming our Sunday service from the vicarage garden. And something quite amazing is happening. Our average attendance at our 11 am worship service in the building was in the mid-50’s. But we get twice that now at the same time on YouTube. Our Easter Sunday service has been viewed more than 150 times in just 2 days following Easter Sunday. Viewers online are often in groups of two or three, so the total number of viewers is actually more than that. And our members have been forwarding links to our services to friends far away.

We miss the social aspect of coming together, of the hugs, the handshakes, the smiles, the sharing of bread and wine at the Eucharist. When we finally throw open the doors again, and the choir sings, and the organ roars, and we come together around the altar for communion, we will celebrate with new appreciation. But we will do so with a new understanding that our connection to each other is more than that. And we will have learned new ways of sharing our faith with our neighbours, which will continue in the post-virus era.

St George’s Church is offering worship services and study groups online. Sunday worship services are live streamed from the vicarage at 11 am each week on the St George’s YouTube Channel. For information on connecting with all the available services, please visit the church website: www.stgeorgeswestcombe.org.uk

If you need pastoral care, contact the Rev. Tim Yugec: 020 3633 5494 or tim@stgeorgeswestcombe.org.uk

PLANT SAVERS

O ut of the disappointments with the temporary closure of many businesses was the number of plants and sundries items that garden centres and nurseries would have to throw away.

To limit the loss, supply the community and raise money for ‘Meals for the NHS’ Plant Savers was initiated.

Using the link below, take a look at their website, especially as they deliver to many areas including SE postcode or if you have time and could support their cause. https://plant savers.co.uk/go

A HEALTHY INVESTMENT FOR US ALL

T he Royal Medical Benevolent Fund is a charity that raises money to support healthcare workers facing psychological, physical and financial distress due to the current COVID-19 pandemic. In these difficult times medical professionals are working long hours, in complicated situations with limited resources. We want to make sure healthcare workers on the front line have continued support so they can stay healthy and continue to protect the general public.

Subsequently, this fund has been set up to make sure that healthcare workers, and their families, have the support they need, when carrying out their life saving work.

I have been volunteering as a Volunteer for Medec Mentor, a non-profit national medical organisation, who have set a goal to raise £10,000 for the Royal Medical Benevolent Fund. We have set up sponsored online chess games, movie nights and “Pub Quiz” Zooms. I believe this is one of the many ways to show healthcare workers our ongoing appreciation and support. I understand that not everyone will be able to make a donation but you can still help by sharing this information with friends and family, online.

This is link to use as it goes directly to the donation page. THANK YOU. https://www.gofundme.com/f/covid19-testing-for-health-care-workers?l=stand_for_britain&l=stand_for_britain

Robert Dunn

NOTICE

Ms Mary Coughlan
2nd Floor, Post Office
Park Street
Strood
Kent ME2 3SY

Tel: 020 3633 5494
Email: tim@stgeorgeswestcombe.org.uk

We are very sorry to report the death of Richard Baglin on 22nd March. Richard was an active member of the Greenwich Society and had previously served as their Chairman.

He was committed to our local area and we had jointly worked on many environmental initiatives and issues. His views were respected and he will be missed.

KINDNESS IN THE FACE OF STRANGERS

The Blackheath Standard & Westcombe Park Mutual Aid group, along with 23 other neighbourhood groups in Greenwich, came together to mobilise over 900 volunteers who put themselves forward to help the community with everything from grocery shopping and food bank collections to prescriptions and cashless payments. Our neighbours and those needing any kind of physical or emotional support started reaching out to us almost immediately and the volunteers dealt with each request with the spirit of neighbourly friendliness.

We had volunteers with experience in the Calais jungle, along with data protection experts, lawyers, doctors and therapists who all jumped in to make the lives of our neighbours easier. While the Blackheath Standard & Westcombe Park group supports around 60 streets, the wider Greenwich Covid-19 group encompasses 24 community groups and a much larger geographic area. We have regular calls with the council to ensure our operations are truly supporting those in need.

We work closely with our community partners, the Royal Borough of Greenwich, MumsAid, Greenwich Foodbank and MoreYoga to ensure we can effectively support the requesters.

The MutualAid group has been a magnificent example of a group of people who came together with the common message of true resilience. None of this would have been possible without the support of the 900 volunteers who signed up to help the community. We thank everyone of you who has helped out and has given a shining presence in the lives of those who reached out for support. We could not have hoped for more!

info@greenwichmumaloud.co.uk

A lot of people have taken to cycling for exercise during lockdown, and the roads do look empty, but, “Please Take Care!”

L ate afternoon on Tuesday 14th there was an accident at the junction between Stratheden Road and the A2. A small car collided with a cyclist, who sus- tained serious injuries and was taken to hospital. The area was sealed off, and traf- fic was disrupted for upwards of three hours with four police officers remaining on the scene.

- Neville Grant

WESTCOMBE SOCIETY MEMBERSHIP

Please send this membership form to: Christine Legg, 69 Mycenae Road, London, SE3 7SE.

Name_________________________________________________________
Address________________________________________________________________________
Tel:________________________________________________________________________
Email:________________________________________________________________________
Please enclose payment as appropriate:
Family Membership £30
Individual Membership £15
Senior Citizens/unemployed £15

Membership cards A membership card is issued at the time you join the Westcombe Society, and should be retained.
Should you require a replacement card, please contact Membership Secretary, as above.
CONGRATULATIONS 100 YEARS OLD BIRTHDAY GIRL

Gwendoline Edith Spencer celebrates her 100th birthday this month on 4th May. Gwen will be celebrating this milestone with her family – two surviving children (sadly her eldest son recently succumbed to the coronavirus) four grandchildren, eight great grandchildren and one great, great grandson. The youngest and only child, her brother, Ernest, the second youngest died in his early 30s as a War hero (in the RAF) and is buried in Hither Green Cemetery in a War grave.

Gwen started work at the age of 14 and trained as a dressmaker. She eventually became a Court dressmaker, dressing famous men and women in the West End, as well as well-dressed, dressers, etc. She eventually gave up work in the 1980s.

During WW2 Gwen was bombarded five times, but has stayed in Greenwich since, residing first in Charlton, then Blackheath. The only time she left the area was when she evacuated to Carlisle, where her children were born, but she returned to London before the end of the War as she wanted to get “home”.

HAPPY BIRTHDAY GWEN.

COVID-19 MYTHS DEBUNKED

The World Health Organisation says:

-Hand dryers are not effective in killing COVID-19.
-Spraying alcohol or chlorine all over the body won’t kill the virus.
-Vaccines against pneumonia do not protect against COVID-19.
-Regularly rinsing your nose with saline won’t act as a preventative...although there is limited evidence that regular nose rinsing with saline can help people recover more quickly from the common cold.
-There is no evidence from the current outbreak that garlic has protected people from getting the virus.
-Antibiotics don’t work against viruses, only bacteria.
-All ages can be infected.
-COVID-19 cannot be transmitted through mosquito bites.
-Not taking hot baths will not prevent you catching the virus.
-Winter and snow cannot kill COVID-19.
-Drinking alcohol cannot protect you against the virus.
-Being able to hold your breath for ten seconds or more without coughing or feeling discomfort does not mean you are free from the virus.
-Catching the virus does not mean you’ll have it for life.
-You can catch the virus no matter how hot the weather, so exposing yourself to sunny temperatures higher than 25 degrees centigrade does not prevent you catching the virus.
-Always, according to the WebMD website, lemon juice cannot shield you from the virus. There’s no evidence that trying to alkalize your body through lemon juice or anything else offers protection.

DON’T BE DUPED....

WE have all seen in the press of those who advertise masks, protective gowns, and hand sanizers on the internet and on the phone – who collect the money, but don’t deliver. According to reports on the BBC, there’s been a lot of that going on – and there are hospitals that have fallen victim.

But for householders, the biggest threat is the phone call from people who call on the vulnerable claiming to help out with the shopping. They need the money in advance of course to pay for the goods required – and again they collect the money, but don’t deliver.

So if you have a caller at your door – even one with an official looking ID hanging round his (or her) neck, take care. Keep the door closed, ask for ID, and make that phone call to ensure they are genuine. And even if they appear to be genuine, and the phone call seems reassuring, only take up the offer if absolutely desperate. The best advice is only to accept such offers from someone you know or from the groups listed on page one.

Sad that this should be necessary. The good news is that in general, people are good and trusting – if we didn’t mainly trust each other, society would break down. But there are those who take advantage of that trust and this is not the time to take that risk.

Neville Grant

RECYCLE THIS!

Recycle, recycle, recycle has become the mantra for those wishing to do their bit to down. But there are those who take advantage of the vulnerable claiming to help out with the shopping. They need the money in advance of course to pay for the goods required – and again they collect the money, but don’t deliver. According to reports on the BBC, there’s been a lot of that going on – and there are hospitals that have fallen victim.

But for householders, the biggest threat is the phone call from people who call on the vulnerable claiming to help out with the shopping. They need the money in advance of course to pay for the goods required – and again they collect the money, but don’t deliver. So if you have a caller at your door – even one with an official looking ID hanging round his (or her) neck, take care. Keep the door closed, ask for ID, and make that phone call to ensure they are genuine. And even if they appear to be genuine, and the phone call seems reassuring, only take up the offer if absolutely desperate. The best advice is only to accept such offers from someone you know or from the groups listed on page one.

Sad that this should be necessary. The good news is that in general, people are good and trusting – if we didn’t mainly trust each other, society would break down. But there are those who take advantage of that trust and this is not the time to take that risk.

Neville Grant

Gree

C & A LANDSCAPES

Landscape Specialists

* Maintenance  * Site clearance
* Brickwork

Tel. 020 8318 2530

A & A LANDSCAPES

Landscape Specialists

* Maintenance  * Site clearance  * Turfing  * Tree surgery  * Fencing  * Patios  * Brickwork

Tel. 020 8318 2530

ADVERTISMENT

The Meaning of Education

It is not widely known that the meaning of the word ‘education’ changed in the 1980s to be the early (or late) learning of facts and processes the authorities regarded as needed by young people in their adult lives. (Unfortunately ‘learning’ has been widely interpreted in schools as ‘memorising’, something which usually only lasts for a few weeks.) Before 1960, the word ‘education’ referred to something much more spirited, elusive and less precise: a life-transformative initiation into the disciplines and knowledge which had sustained and grown the best culture of a country for countless decades. It was not, at that time, regarded as the same thing as ‘schooling’.

In those days a school might be put down as being ‘just a cram factory’, meaning that it tried to bully its students into learning facts and processes. In its place, the signifi -”

SANDSTONE LENS - https://www.selectric.co.uk/

Apple and Orange (07946475462).

Sparkes Butchers (020 8355 8597)
Apple and Orange (020 8355 8597)
Pravin Supermarket (0208 858 2623)
Brothers Bakery (020 858 0260)

Blackheath Locksmiths - https://www.blackheathlocksmiths.co.uk/
Neal’s Yard - https://www.nealseyremedies.com/shop/blackheathstore
Blackheath Locksmiths - http://www.blackheathlocksmiths.co.uk/
Brookliner Jade - http://www.boulanigerie.com/locations
Blackbird Boutique - http://blackbirdboutique.co.uk/
N&K News (0208 858 5163)
Pravin Supermarket (020 858 2623)
Brothers Bakery (020 858 0260)

And finally, according to the WebMD website, lemon juice cannot shield you from the virus. There’s no evidence that trying to alkalize your body through lemon juice or anything else offers protection.

The Meaning of Education

It is not widely known that the meaning of the word ‘education’ changed in the 1980s to be the early (or late) learning of facts and processes the authorities regarded as needed by young people in their adult lives. (Unfortunately ‘learning’ has been widely interpreted in schools as ‘memorising’, something which usually only lasts for a few weeks.) Before 1960, the word ‘education’ referred to something much more spirited, elusive and less precise: a life-transformative initiation into the disciplines and knowledge which had sustained and grown the best culture of a country for countless decades. It was not, at that time, regarded as the same thing as ‘schooling’. In those days a school might be put down as being ‘just a cram factory’, meaning that it tried to bully its students into learning facts and processes. This was not ‘education’, because it only impinged superficially and tem porarily on the child’s psyche, and actually impeded the lifelong initiation into common values, standards, norms, insights and perspectives.

And finally, according to the WebMD website, lemon juice cannot shield you from the virus. There’s no evidence that trying to alkalize your body through lemon juice or anything else offers protection.

The Meaning of Education

It is not widely known that the meaning of the word ‘education’ changed in the 1980s to be the early (or late) learning of facts and processes the authorities regarded as needed by young people in their adult lives. (Unfortunately ‘learning’ has been widely interpreted in schools as ‘memorising’, something which usually only lasts for a few weeks.) Before 1960, the word ‘education’ referred to something much more spirited, elusive and less precise: a life-transformative initiation into the disciplines and knowledge which had sustained and grown the best culture of a country for countless decades. It was not, at that time, regarded as the same thing as ‘schooling’. In those days a school might be put down as being ‘just a cram factory’, meaning that it tried to bully its students into learning facts and processes. This was not ‘education’, because it only impinged superficially and temporarily on the child’s psyche, and actually impeded the lifelong initiation into common values, standards, norms, insights and perspectives.

And finally, according to the WebMD website, lemon juice cannot shield you from the virus. There’s no evidence that trying to alkalize your body through lemon juice or anything else offers protection.

The Meaning of Education

It is not widely known that the meaning of the word ‘education’ changed in the 1980s to be the early (or late) learning of facts and processes the authorities regarded as needed by young people in their adult lives. (Unfortunately ‘learning’ has been widely interpreted in schools as ‘memorising’, something which usually only lasts for a few weeks.) Before 1960, the word ‘education’ referred to something much more spirited, elusive and less precise: a life-transformative initiation into the disciplines and knowledge which had sustained and grown the best culture of a country for countless decades. It was not, at that time, regarded as the same thing as ‘schooling’. In those days a school might be put down as being ‘just a cram factory’, meaning that it tried to bully its students into learning facts and processes. This was not ‘education’, because it only impinged superficially and temporarily on the child’s psyche, and actually impeded the lifelong initiation into common values, standards, norms, insights and perspectives.

And finally, according to the WebMD website, lemon juice cannot shield you from the virus. There’s no evidence that trying to alkalize your body through lemon juice or anything else offers protection.

The Meaning of Education

It is not widely known that the meaning of the word ‘education’ changed in the 1980s to be the early (or late) learning of facts and processes the authorities regarded as needed by young people in their adult lives. (Unfortunately ‘learning’ has been widely interpreted in schools as ‘memorising’, something which usually only lasts for a few weeks.) Before 1960, the word ‘education’ referred to something much more spirited, elusive and less precise: a life-transformative initiation into the disciplines and knowledge which had sustained and grown the best culture of a country for countless decades. It was not, at that time, regarded as the same thing as ‘schooling’. In those days a school might be put down as being ‘just a cram factory’, meaning that it tried to bully its students into learning facts and processes. This was not ‘education’, because it only impinged superficially and temporarily on the child’s psyche, and actually impeded the lifelong initiation into common values, standards, norms, insights and perspectives.
SPRINGTIME ON THE FARM

It’s not been a normal Spring for anyone or any business and that includes Woodlands Farm so, in line with PHE guidance, we closed to the public in mid-March.

Regardless though, whether the farm is open or not, our animals are all still there and need to be cared for every day. At this time of writing, it’s even more critical on the sheep front as the ewes are lambing. To make sure that the best care was going to be there, day in and day out (and beyond) the volunteers withdrew and our very small staff took responsibility for everything. Everything is in their capable hands. However, the volunteers, who really look forward to lambing time were disappointment ed that they had to stay away, but it meant that the working team could work safely, alone on the farm.

We started with 78 ewes resting in the barn, our manager decided that ten of the sheep weren’t in fact in lamb – there are always some empty ones.

Of our 68 that had lambed by 13 April and we have 75 lambs from our different flocks of Dorset Downs, Lleyns, Manx Laoghtans and cross-breeds. There are still 10 ewes left to lamb.

Quite a lot of singleton this year amongst the main flock, while the Manx Laoghtans produced more twins.

This photo shows a snap of day to day life at the farm. Our Manager has just brought these three ewes and their lambs out of the nursery pens and is about to walk them up to the lane to the field called Old Coals. As soon as they get outside the barn the ewes stop for a nibble. Time to take advantage of the grass and plants after over a month in the barn eating our home grown and very nutritious silage plus supplementary feed. The lambs are just a few days old and are looking around the big wide world with great interest, apart from the ones who have decided it’s time for a milk break. The numbers written on their fleeces are there to help the homesteader, obviously not the sheep. The ewes are numbered in the order in which they gave birth, here we have 13, 14, and 15 and their matching marked-up lambs. Green is for twins, blue for singleton and red for triplets. We need to know who’s who when checking the flock in the field twice daily.

We’re sorry that our Lambing Day in April had to be cancelled and this year the public are missing out on seeing the lambs, not to mention the cows, pigs and chickens (and Bob the pony). Of course this also means that Woodlands Farm is missing out on income from Lambing Day and regular school visits plus sales of our logs, honey and jam plus visitor donations. Our charity will be struggling, as will other charities and businesses throughout the country. Let us hope we can all survive for now and work to catch up later.

For up-to-date info on what’s happening on the farm and when we may open, see our website www.montswoodlandstrust.org. Regular Tweets on day to day activities are shown on there too, so you don’t need to be on Twitter yourself to see them.

-Maggie Jones

WE’VE BEEN HERE BEFORE……

F Scott Fitzgerald, during his quarantine in the South of France on the outbreak of Spanish Flu, 1920…

‘It was a limpid dreary day, hung as a basket from a single dull star. I thank you for your letter. Outside, I perceive what may be a collection of fallen leaves tumbling against a trash can. It rings like jazz to my ears. The streets are that empty. It seems as though the bulk of the city has retreated to their quarters, rightfully so. At least my hand. In the distance, from my brooding perch, the shoreline is cloaked in a dull haze where I can discern an unremitting penance that has been heading this way for a long, long while. And yet, amongst the cracked cloudline of an evening’s cast, I focus on a single strain of light, calling me forth to believe in a better morrow.’

Grant Saw Wealth Management Limited

INDEPENDENT PERSONAL AND CORPORATE FINANCIAL ADVISERS

Investments - Pensions - Estate Planning

2 Charlton Road, Blackheath Standard London SE3 (020 3417 9760)
email: enquiries@gswealth.co.uk

HELPING YOU PLAN YOUR FUTURE

Grant Saw Wealth Management Ltd. is authorised and regulated by the Financial Conduct Authority

MONTESSORI ADVICE: LOOKING AFTER THE YOUNG ONES

I hope that you are not trying too much to do ‘homeschooling’ especially with our smallest people. Taking a few months out of children’s usual routine will not have a lasting negative impact on their education.

Some of our children are already ‘edgy’ and unsure. The most important thing right now is to eat and sleep well, try to exercise each day, play board games, card games, memory games, jigsaws and puzzles and lots of moulding, arts and crafts and of course you must read to your child ren as often as possible – at times like this it is more important that you read to them, than they read to you.

Encourage your children to help you, toddlers love to sweep stairs, load dishwashers, sort laundry etc. - all the activities of daily living (we call these Practical Life activities at school).

Dr Montessori wrote about the child and the building of community, Now the child who manifests perseverance in his ‘work’ as the first constructive act of his physical life, builds upon this an internal order, equilibrium and the growth of his personality, at this age and in this manner in which the child renders himself valuable to his community.

Wendy Fuller, MEfA Academic Director/Founding Trustee MonDayFDFS) FBSA MEWI MCMC, MEd At DMS, APlE Expert

A few weeks ago, when Invicta Primary School said school would not be con tinued and that we would be supported to continue homeschooling, I was worried I wouldn’t be able to get anything done with my son. My friend talked about using PE with Joe Wicks and setting up an hour by hour schedule while I hadn’t done any of that. Lucky for me, my son was ready to go on Day 1 and said, “it’s a school day Mom, we have to do our work”. So, I logged on to Google Classroom, not expecting much, only to find the school had prepared well, and with a lot of work to do everyday, so much so, I couldn’t keep up with it all. They had English and Maths lessons and the elective Science, Religious Education, Art, and Computing. They had two videos each day of teachers reading aloud to the students, they had links to further educational websites and webcasts, they even had music and their own PE. All the school staff have been online, leaving positive messages for the children and keeping them busy with facts and riddles. I couldn’t be happier with the provision and think Invicta, Deptford have done a stellar job throughout, even logging on once a day and providing the video recordings for the students through this Easter holiday.

It keeps my son connected with the school and his friends and I have my one-on-one time with him has even improved his English ability, or at least given him more confidence in working with reading comprehension. An unexpected benefit in this difficult time for so many. I’m so thankful we have this online platform as I know some parents in other boroughs just received a stack of worksheets. So, I would just like to extend a warm thank you to all the staff and Invicta Primary School for all their help and hard work. We parents appreciate it so much.

-Kathy Cullen

Theodore Fjodorovs and Mum, student at Invicta Primary School, Deptford

Sanimated Educational Consultant Ltd

SPRINGTIME ON THE FARM

Google Classroom

How a mother and her son mastered the online classes

Grant Saw Wealth Management Ltd. is authorised and regulated by the Financial Conduct Authority

Google Classroom

How a mother and her son mastered the online classes

A few weeks ago, when Invicta Primary School said school would not be continued and that we would be supported to continue homeschooling, I was worried I wouldn’t be able to get anything done with my son. My friend talked about using PE with Joe Wicks and setting up an hour by hour schedule while I hadn’t done any of that. Lucky for me, my son was ready to go on Day 1 and said, “it’s a school day Mom, we have to do our work”. So, I logged on to Google Classroom, not expecting much, only to find the school had prepared well, and with a lot of work to do everyday, so much so, I couldn’t keep up with it all. They had English and Maths lessons and the elective Science, Religious Education, Art, and Computing. They had two videos each day of teachers reading aloud to the students, they had links to further educational websites and webcasts, they even had music and their own PE. All the school staff have been online, leaving positive messages for the children and keeping them busy with facts and riddles. I couldn’t be happier with the provision and think Invicta, Deptford have done a stellar job throughout, even logging on once a day and providing the video recordings for the students through this Easter holiday.

It keeps my son connected with the school and his friends and I have my one-on-one time with him has even improved his English ability, or at least given him more confidence in working with reading comprehension. An unexpected benefit in this difficult time for so many. I’m so thankful we have this online platform as I know some parents in other boroughs just received a stack of worksheets. So, I would just like to extend a warm thank you to all the staff and Invicta Primary School for all their help and hard work. We parents appreciate it so much.

-Kathy Cullen

Theodore Fjodorovs and Mum, student at Invicta Primary School, Deptford

Sanimated Educational Consultant Ltd

SPRINGTIME ON THE FARM

Google Classroom

How a mother and her son mastered the online classes

A few weeks ago, when Invicta Primary School said school would not be continued and that we would be supported to continue homeschooling, I was worried I wouldn’t be able to get anything done with my son. My friend talked about using PE with Joe Wicks and setting up an hour by hour schedule while I hadn’t done any of that. Lucky for me, my son was ready to go on Day 1 and said, “it’s a school day Mom, we have to do our work”. So, I logged on to Google Classroom, not expecting much, only to find the school had prepared well, and with a lot of work to do everyday, so much so, I couldn’t keep up with it all. They had English and Maths lessons and the elective Science, Religious Education, Art, and Computing. They had two videos each day of teachers reading aloud to the students, they had links to further educational websites and webcasts, they even had music and their own PE. All the school staff have been online, leaving positive messages for the children and keeping them busy with facts and riddles. I couldn’t be happier with the provision and think Invicta, Deptford have done a stellar job throughout, even logging on once a day and providing the video recordings for the students through this Easter holiday.

It keeps my son connected with the school and his friends and I have my one-on-one time with him has even improved his English ability, or at least given him more confidence in working with reading comprehension. An unexpected benefit in this difficult time for so many. I’m so thankful we have this online platform as I know some parents in other boroughs just received a stack of worksheets. So, I would just like to extend a warm thank you to all the staff and Invicta Primary School for all their help and hard work. We parents appreciate it so much.

-Kathy Cullen

Theodore Fjodorovs and Mum, student at Invicta Primary School, Deptford

Sanimated Educational Consultant Ltd
A s we go to print, parts of the world, including the UK, are still in lockdown and in these unprecedented times all face-to-face events have been cancelled for now. Thank goodness, then, we live in the digital age. Never before has digital connectivity been so important. Many of us are now busy on WhatsApp groups with friends, virtual coffee or pub chats with other friends and video connections with family and loved ones.

We’ve gathered some great experiences for you to get busy online at home, be it keeping fit, singing your heart out or watching a great play, lots to do with the kids, there’s so much to do and be entertained with, we are lucky – Enjoy! - Polly Morgan

**POLLY’S PICKS**

- **COMEDY**
  - The best stand up to stream at home bought to you by Ticketmaster: https://discover.ticketsmashuk.com/edm/the-best-stand-up-comedy-to-stream-at-home-49885
- **SINGING**
  - Join Local Musical Director Emma Bond’s The Singing Hour - choirs for everyone on Zoom. 10-11am, wkdays; https://www.thesinginghour.co.uk
  - TV choral conductor Gareth Malone, who premiered a first wave of the Classic Brits GCBO series, The Choir, has brought singers of all ages and nationalities together with his innovative Great British Home Chorus. Launched on the Decca Records YouTube channel on March 23, the first session included warm-ups and a performance of ‘You are my sunshine’. Eight episodes in, the virtual choir is reaching an average of 20,000 live viewers per rehearsal. https://www.youtube.com/channel/UC278JKP4RJBFp18Ww-TA

- **MYCENEA HOUSE**
  - The following are a selection of class- es/activities now running online. For the full programme: www.mycenaehouse.co.uk/update.html
  - Life Drawing
    - Tune in to a Live Streamed YouTube session with The Renaissance Workshop and follow a single life drawing session with guidance from Jon, www.youtube.com/channel/UC7HR4IlV
  - Citizens of The World Choir
    - The COTW Choir is a choir for people who are refugees, asylum seekers, migrants and friends. Whilst their ‘in-person’ rehearsals are on hold, they will rehearse some performances to keep the #refugee community vitally connected at this time. If any refugee or migrant wishes to join please email rachel@cotwchoir.org.uk for further details.

- **THEATRE**
  - The Royal Opera House https://www.roh.org.uk/streaming
  - The Deutsche Opera Berlin https://www.deutscheroperberlin.de/en/
  - Musical Theatre - The Shows Must Go On https://www.youtube.com/channel/UC0mpYkKsMxXeNChfTJmuMag
  - Cirque du Soleil https://www.cirquevideos.co.uk/cirqueconnect
  - The Hampstead Theatre https://www.hampsteadtheatre.com/
  - National Theatre https://www.nationaltheatre.org.uk/nt/at-home

**WESTCOMBE SOCIETY EVENTS**

Fri 29th September
- SaCoS Quiz Night Mycenae House

**MAN & VAN Collections Deliveries & House Clearances**

For a polite & prompt service please contact:

- Edwardon 0208 301 5303 or 07906 169705

**GREENWICH THEATRE CONNECTS**

An online-based programme designed to offer audiences, wr- iters, actors and theatre industry pro- fessionals opportunities to interact with one another:

Every Monday morning, a theme or a style is set and performers invited to send in self-taped monologues, all of which will stream across their social media channels the following day. An online monologue slam which anyone can watch for free. As well as publicizing this mini-glimpse of work to every- one who wants to check it out, they will invite casting directors and agents to take a look.

Every Wednesday, an expert from the theatre world will take over our Instagram account for a Q&A session. Submit your questions via Instagram and tune in every Wednesday for some words of wisdom.

Watch some of Greenwich Theatre’s greatest past performances, including acclaimed productions of School for Scandal and The Duchess of Malfi. Tune in to Facebook every Friday for an evening show at 7.30pm. Have a production you’d like our followers to watch? Share your show on social media or email it to marketing@greenwichtheatre.org.uk for the chance to share it with the Greenwich Theatre community!

Are you a budding writer? Every Sunday a theme for a piece of short writing is set, to be submitted by the following Sunday. The top picks will have the opportunity to be performed once the theatre is reopened in a shar- ing event or even an online table read- ing. Themes will range from connec- tions to memoirs to kinship and should last no longer than 15 minutes. Email to: marketing@greenwichtheatre.org.uk
**The Family Spirit**

**Keeping the Family Entertained in Times of Lockdown, Isolation and Quarantine**

Anastasia Panova

My first article in the April issue of *World* had the ironic working title, "How to survive the Easter holidays with four children?" Just a couple of weeks later, after submitting that first article, we found ourselves in a survival situation with no irony. And not just the个人及 family changed in an epic way.

I had no idea what a drama queen I was! The scale of my internal and external reactions three weeks ago, when the man of my dreams, my Mr. Darcy, husband and father of my children, asked me to self-isolate in our already isolated house. I had a cough.

I was transferred to a separate room. The feelings were mixed: first rage, then vengeance, and later - acceptance; that the father of the family had acted like the Lion King, (father-here), or as Bambi's 

"I suddenly had a strong feeling that I'd had no idea what a drama queen I was! The scale of my internal and external reactions three weeks ago, when the man of my dreams, my Mr. Darcy, husband and father of my children, asked me to self-isolate in our already isolated house. I had a cough."

"L", or as Bambi's "I suddenly had a strong feeling that I'd had no idea what a drama queen I was! The scale of my internal and external reactions three weeks ago, when the man of my dreams, my Mr. Darcy, husband and father of my children, asked me to self-isolate in our already isolated house. I had a cough."

"I suddenly had a strong feeling that I didn't want to just survive, with my children first of all, but also my partner, friend and often the decisions maker."

This article continues the first. I will...
Greenwich Park is one of eight London Royal Parks. In 2019 the Royal Parks began a consultation process designed to investigate and plan for the increased pressure they will face in the light of expected rises in visitor numbers, increased use of cars, higher pollution levels and possible reductions in income. A discussion paper about movement in and to the Parks was circulated and, following responses to this, a strategy paper drawn up. This suggests seven desired outcomes with an outline of how each will be achieved. The Westcombe Society has submitted a response broadly supporting the principles behind the strategy but with some concerns about ways of achieving them. Chief among these are ways of reducing traffic through the park and ways of promoting considerate cycling.

At the moment (outside of coronavirus pandemic) the Avenue through the Park is open for commuter traffic in the morning and evening. In the summer months it stays open until 8:00 or 9:30pm when the Park closes. Ideally we would like to stop all through traffic but appreciate the barriers at the narrow gates on Maze Hill so that cyclists have to dismount.

It might also be possible to re-design the barriers at the narrow gates on Maze Hill so that cyclists have to dismount. No further work parties are planned until the autumn, assuming continuing support.

GROW YOUR OWN

Getting started might seem daunting given the circumstances. Most garden centres have closed, so getting supplies is difficult. And is it not too late to start? In fact, May is an excellent time to grow seeds for many vegetables. The last frosts have passed: many plants wither and die in cold weather. Even if you only have a patio or balcony, you can grow tomatoes. You only need a Grow Bag, which has compost with the right mix of nutrients, and a couple of plants.

A good source is Alan’s Plants and Garden Centre, at the foot of Halstow Road, which has stayed open throughout the lockdown. At time of writing, they are asking customers to make appointments online using their Facebook page or by phone (07795 342282) as they are practicing social distancing and it’s a small space. Alan is hoping to keep compost, grow bags, and a range of tomato, strawberry, and herb plants in stock, as well as seeds alongside the propagating plants.

Online, there are many resources, including instructional videos on YouTube and the BBC’s Gardener’s World website. Seeds can be bought online, though some suppliers are finding it difficult to get supplies themselves. Try Vital Seeds or Real Seeds, both organic producers; Pennards and Franchi Seeds of Italy have a great range of herbs as well as beans, peas, salad greens, and courgette seeds.

Sainsbury’s has a rack of vegetable seeds for good producers. So you should be able to get started with ease, and enjoy the fruits – and vegetables – of your labours this summer.

If growing vegetables inspires you, an allotment might be an option, though our local space in Hither Green has closed its waiting list. It can take years to attain a plot though. The Royal Borough of Greenwich’s Parks and Open Spaces Department may be able to find you a plot elsewhere, though the department has closed for the time being. Its website says all plots are currently occupied, but once the council is back at work you should be able to join a waiting list for sites a little outside the immediate area.

**ENJOYING THE GARDEN IN MAY**

May is one of the best months in the garden. It’s brimming with freshness and beauty. I especially enjoy the irises, peonies, aquilegia, and early roses that burst into flower this month. The longer, warmer days encourage rapid growth of seedlings and established plants, so there is always plenty to do at this time of year. Here are a few jobs to keep you busy:

- Hoe to keep down weeds: choose a warm, dry morning so that weeds left on the surface dry out and die.
- Sow salad crops, beetroots, and carrots. Sow small amounts in succession to prolong the season and avoid gaps.
- Sow peas, French beans and runner beans.
- Plant out cress, courgettes, and broad beans.
- Plant out tender annuals such as cosmos, zinnias, nicotiana and tithonia. Plant out cabbages, dahlias and chrysanthemums.
- Stake tall-growing plants whilst they are still young. This avoids having to tie them up when they start to flop, which looks unnatural.
- Give container plants a liquid feed every 2-4 weeks. Feed tomatoes weekly once they start to set.
- Earth up potatoes to increase yield.
- ‘Do the ‘Chelsea chop’ on late-flow- ing perennials such as phlox, sedum, helenium, achillea (yarrow), and pheasant’s eye foliage.’

‘LOVE IS LIKE A BUTTERFLY...’

Charlton Community Gardens are planning to create a Wildlife Friendly Area in the Station Garden. They want to ensure their planting is butterfly-friendly. The plan is to add these new plants that butterflies, spotted locally, like to visit.

The Group have put together a little survey and are asking The Westcombe News readers for their help in answering the following:

- the street/garden where you saw it?
- if you are lucky enough to see a caterpillar or even an egg or pupa they also like to know about that.
- if you don’t know the name of a butterfly there are lots of websites to help e.g. https://butterfly-conservation.org/butterflies/identify-a-butterfly?
- Or if you can take a photo, please upload to Google Photos which may help with the identification.

Please send your findings to: charltoncommunitygardens@gmail.com

**WORK PARTIES ON BLACKHEATH**

Joe Beale

The Hyde Vale meeting went very well, we got a lot done (long overdue) and helped keep the open areas open - this should benefit the many butterflies and wildflowers that are found there. We left the brambles because it was well into early spring and the long-tailed tits and wrens advocate evening closure to through traffic at 6pm in both winter and summer. Families could then enjoy warm summer evenings away from cars. Whatever changes are proposed must be trialled to monitor the effects on residential streets. We are keen to encourage cycling as a safe, healthy and enjoyable activity and as an alternative form of transport. It is unfortunate that a few inconsiderate cyclists harm the reputation of all. The main problems arise on east-west routes during rush hours. We would like to see cyclists harm the reputation of all. The main problems arise on east-west routes during rush hours. We would like to see

May is one of the best months in the garden. It’s brimming with freshness and beauty. I especially enjoy the irises, peonies, aquilegia, and early roses that burst into flower this month. The longer, warmer days encourage rapid growth of seedlings and established plants, so there is always plenty to do at this time of year. Here are a few jobs to keep you busy:

- Hoe to keep down weeds: choose a warm, dry morning so that weeds left on the surface dry out and die.
- Sow salad crops, beetroots, and carrots. Sow small amounts in succession to prolong the season and avoid gaps.
- Sow peas, French beans and runner beans.
- Plant out cress, courgettes, and broad beans.
- Plant out tender annuals such as cosmos, zinnias, nicotiana and tithonia. Plant out cabbages, dahlias and chrysanthemums.
- Stake tall-growing plants whilst they are still young. This avoids having to tie them up when they start to flop, which looks unnatural.
- Give container plants a liquid feed every 2-4 weeks. Feed tomatoes weekly once they start to set.
- Earth up potatoes to increase yield.
- ‘Do the ‘Chelsea chop’ on late-flow- ing perennials such as phlox, sedum, helenium, achillea (yarrow), and pheasant’s eye foliage.’

‘LOVE IS LIKE A BUTTERFLY...’

Charlton Community Gardens are planning to create a Wildlife Friendly Area in the Station Garden. They want to ensure their planting is butterfly-friendly. The plan is to add these new plants that butterflies, spotted locally, like to visit.

The Group have put together a little survey and are asking The Westcombe News readers for their help in answering the following:

- the street/garden where you saw it?
- if you are lucky enough to see a caterpillar or even an egg or pupa they also like to know about that.
- if you don’t know the name of a butterfly there are lots of websites to help e.g. https://butterfly-conservation.org/butterflies/identify-a-butterfly?
- Or if you can take a photo, please upload to Google Photos which may help with the identification.

Please send your findings to: charltoncommunitygardens@gmail.com

**WORK PARTIES ON BLACKHEATH**

Joe Beale

The Hyde Vale meeting went very well, we got a lot done (long overdue) and helped keep the open areas open - this should benefit the many butterflies and wildflowers that are found there. We left the brambles because it was well into early spring and the long-tailed tits and wrens advocate evening closure to through traffic at 6pm in both winter and summer. Families could then enjoy warm summer evenings away from cars. Whatever changes are proposed must be trialled to monitor the effects on residential streets. We are keen to encourage cycling as a safe, healthy and enjoyable activity and as an alternative form of transport. It is unfortunate that a few inconsiderate cyclists harm the reputation of all. The main problems arise on east-west routes during rush hours. We would like to see cyclists harm the reputation of all. The main problems arise on east-west routes during rush hours. We would like to see