

HIGHFIELD RESIDENTS ASSOCIATION

Update: Thursday 30th April 2020

Here is our fifth weekly update. As we are now getting so experienced in the art of lockdown, on how to get deliveries and how to call for help, etc, updates may be circulated less frequently.

This evening: Clap for Carers. To remind you, the weekly key workers' tribute is at 8 pm each Thursday, so let's again be on our doorsteps/at our windows this evening to show our appreciation.

Tomorrow morning: May Morning from our own homes:

An invitation to everyone in Oxford for May Morning
to join in with the



8am on
Friday 1st May

playing or singing along to

Somewhere
over the
Rainbow

At HOME from our windows, doors or gardens
To celebrate the arrival of Spring and express solidarity
with the NHS and everyone keeping us safe at this
difficult time

For words and scores

see: <http://www.hornsofplenty.co.uk>

Please circulate to friends, neighbours and other networks...



Scrubs for Oxford NHS: as has been widely reported, there is a desperate shortage of scrubs for our NHS. Janie Hampton, from Cowley, is crowd funding through GoFundMe to purchase material for her group of 50 volunteer sewers to make scrubs for our own Oxford NHS, including doctors' surgeries and hospices. The goal is £8,000, and at the time of writing, this has reached £6,544. If you would like to help her achieve this goal, the link is <https://www.gofundme.com/f/Scrubs-for-NHS-Oxford?>

Headington GPs' Surgeries: both the Manor Surgery and Bury Knowle Surgery are encouraging people to contact them if they need medical treatment. There is concern that people who should be consulting their GP are not doing so during the crisis.

HMRC Tax Refund Scam: Thames Valley Police have sent us the following alert about the ongoing tax refund scam: *when you get a text message telling you are entitled to some money back, you will be asked to click a link to enter your bank details to claim the rebate. This is a SCAM. Please stay vigilant and not become a victim of fraud.*

Weekly pub quiz run by the Masons Arms, Headington Quarry, is live online on Saturday nights - visit their webpage for details <https://www.themasonsarmshq.co.uk/events>

Headington Homewares, Windmill Road, currently closed, have bedding plants they will deliver locally for a minimum order of £12 (ie 4 packs of plants). Further details from Robert Ford on 01865 775271.

Banana skins: this is not humour, but in earnest. Banana skins have many uses, from skin care, to First Aid, health care, and work wonders in the garden. You can remove the hard end-pieces and labels and dump them in the compost heap, chop them up and bury them (a temptation for wild life?), or better and infinitely more fun, dry them, pulverize them, store in a jar and use as required. For further details (but skip the ads!):

<https://www.youtube.com/watch?v=VT0u5qy5bLY>



Still on a gardening theme: how to make good use of twigs, branches, any old wood that's not been treated and end up with a bed that sequesters carbon and will stay nourished for 15 years! Make your own permaculture bed. Follow either link:

<https://www.permaculture.co.uk/videos/how-make-hugelkultur-bed>

<https://www.permaculture.co.uk/readers-solutions/small-scale-hugelkultur-raised-beds>

Community support is freely available in Headington: the current crisis has made everyday life more challenging. There is much support available locally in Headington, for example: collecting prescriptions/medications, picking up or organising groceries, checking people are ok, advice on services provided by local agencies. If you or someone you know in Headington needs help with day-to-day matters visit www.headingtonaction.org/ where there are details of local support contacts. For more complex needs or for emergency support get in touch with the Oxford City Council contact centre at 01865 249811 or www.oxford.gov.uk/CommunityAssistance

Headington News website: <http://www.headington.org.uk/news/items/coronavirus.html>

HRA Committee:

Chair: hrachair@gmail.com

Admin: hracttee@gmail.com

HRA website: <https://highfieldresidents.weebly.com/>

HRA Covid-19 support group: hra-covid19-support@googlegroups.com

Disclaimer: the information we give each week, as far as we can tell, is correct at the time of circulation but be aware that it can change.