



# St Edmundsbury Life Saving Club

e-Newsletter

April 20 [www.stedmundsburylifesavers.org.uk](http://www.stedmundsburylifesavers.org.uk) 35 Issue; 34

Hi everyone, from the committee and trainers, we hope this finds you all well and managing during these very difficult times, three weeks in and at least another three weeks to go!! We thought you might like to hear how we are all spending our time and our Sunday evenings and would welcome you sharing with us how you are spending yours.

Lets start with **Richard**, well he spends the majority of his time in the garden. When he's not balancing on the patio table practising his swim strokes, he's digging a pond, although we are not convinced it will be big enough for him to swim in!! The pictures he has shared of the garden would suggest he's preparing for the Chelsea flower show, so maybe he will open the garden up to the public in the future. When he's not in the garden he's shopping for neighbours and family who are self-isolating.

**Nigel** is keeping busy walking the dogs and visiting the allotment where he is currently cropping asparagus. He is also collecting prescriptions and shopping for elderly neighbours and clapping for the NHS every Thursday. He is very thoughtfully keeping the local microbreweries in business, collecting flagons of beer every week.

**George** is not only working full time, but his days have got longer and longer during the past few weeks, which has involved driving to Colchester everyday, on very quiet roads. He is currently coordinating an incident management team within health and social care across Suffolk and North East Essex. This includes coordinating health resources across the area, providing solutions, to ensure everyone has the PPE and equipment they require, updating NHS leaders on the current situation and raising concerns for national attention. *"I am pleased to say that across our area we have been able to manage the demand in all areas to date, and without wanting to sound like Boris Johnson, that is because you have all been great at staying home, protecting the NHS and saving lives"*. On his way home in the evenings he often calls in to his parents in law living in Sudbury, dropping off vital supplies i.e. a bottle of red wine!!

**Julian** continues to work his shifts at the fire station and has had to respond to a couple of house fires recently, where social distancing wasn't easy. He is carrying out welfare checks on vulnerable people in the community and just about to start ambulance driving training, which will increase the number of ambulances available in our area. He's got a birthday coming up next week which we will all celebrate with him via HOUSEPARTY.

**Elaine** is still working, albeit from home, supporting schools to navigate their way round the constantly changing guidance from the government. At other times she is supporting three elderly neighbours who are self-isolating, with their shopping and other errands and she reports hardest of all is "home schooling Harry"!!

**Sarah** has spent some time this week finalising the Lifesaving end of year accounts, ready for, she suspects, a virtual AGM in June!! Much of her time is spent keeping in touch with her grandchildren, having set up a delivery box system where a box gets filled up with goodies and left on respective doorsteps, then a ring on the bell and running away!! She has also turned the spare bedroom into a yoga studio.

**Jodie** starts her day with Joe Wicks, then she turns to home schooling the boys, which she says is "hard, teaching swimming is much easier". She is supporting her extended family which enables her sister, another Lifesaving Mum, to continue working as a nurse at West Suffolk hospital.

**Jonathan** is working seven days a week, five as an emergency care assistant for the East of England Ambulance Service, working alongside a paramedic and responding to 999 calls and two days a week as a volunteer district logistics officer for St John Ambulance, providing equipment to the volunteer ambulance crews so that they can support the NHS. “ Going to work is a little scary at the moment, you don’t know what’s going to happen and who you are going to see and worry that you might catch the virus and pass it onto others, but the job is also rewarding when you get to hear that patients are recovering or are able to stay at home with family”. Evenings are spent relaxing and watching TV.

**Charlotte** is making the most of this time to catch up on her reading for both pleasure and university, she goes on daily walks but sadly without any dogs in tow, as they are all in their respective homes self-isolating. Charlotte is also supporting a local lifesaving family, which has enabled the parents to continue working as key workers.

**Sam** has used this time to concentrate on college work and keeping fit, he is about to start volunteering at a special needs school, running outdoor sessions for the children of keyworkers. Sam has been out clapping for the NHS on a Thursday evening.

**Millie** has been involved with the dry swimming sessions in her garden, being coached by Richard and has started a takeaway service for raspberry cookies, exclusively for committee members!! She reports that she’s making pizza tonight, so let’s hope there will be a takeaway service for that too. Millie is also catching up with her online studying in animal behaviour.

**Neve** is learning how to knit, her first challenge was to knit a pair of socks WITHOUT a hole in the heel, which was unsuccessful but she has now progressed to knitting personalised cushion covers, whilst enjoying the sunshine.

**Erin** regularly starts her day with Joe Wicks and then manages to fit an hours walk in during the day. At Easter, she shared photos of some yummy crème egg chocolate brownies she’d made and joins in with a weekly quiz on HOUSEPARTY, as well as clapping for the NHS on a Thursday.

**Mollie** has been furloughed from work and has applied for a retail job but is still waiting for a response.

Sunday nights at eight o’clock see a few of us meeting up on HOUSEPARTY for a quiz, this week’s subject is food, we’ve already had general knowledge, films and animals. It’s a great way to while away an hour or so and just lovely to see everyone, although invariably at some point during the evening the subject of Lifesaving comes up.

## Events/ Diary Dates:

*To be confirmed we look forward to seeing you all soon*