

Combs Parish Council

Info for our parish during the Coronavirus lockdown Issue #3: 23rd April 2020



Composting:

Now that the garden waste collection has been suspended indefinitely, have you thought about home composting? It's easier and less time consuming than you think.

Composting is great because it is a circular system. Waste from your garden and kitchen – weeds, prunings, lawn mowings, peelings, egg shells, coffee grounds, waste paper, torn up cardboard etc – is mixed and put into your compost bin. The worms and micro organisms do their work and after 6 months to a year you get compost that you can put on your garden to improve the plants for the following year!

Composting: helps reduce rubbish

is an environmentally friendly way of re-using organic material

makes nutrient-rich soil improver at the end of it

can save you money if you decide to continue and stop your brown bin subscription!

The Suffolk Waste Partnership have launched a great new scheme which gives Suffolk residents the chance to buy home composting bins for under £10 each! You can also get another compost bin of the same size for half price! Through the scheme you can buy a range of heavily subsidised items, which can help you to compost both your garden and kitchen waste at home.

It's important to know what you can and can't compost and how to get the best results from your compost bin. There's a wealth of information to get you started, as well as details of how to get your subsidised compost bin, on the County Council's waste website -

<https://www.suffolkrecycling.org.uk/reduce-your-waste/home-composting>.

So there's no better time to get composting!

There are possibly several 'Master Composters' in the village who can help if you have any questions or issues with your compost bin. Sue Reynard has offered her help, so if you have any questions about home composting you can email her on **sue.reynard@hotmail.co.uk**

If you decide not to home compost please do not throw your garden waste over the bottom of your gardens into the fields, as this is classed as fly tipping and will be reported to Mid Suffolk District Council. The alternative to home composting is storing your garden waste until the brown bin collection resumes or the recycling centres reopen.

School Travel September 2020:

Parents can now opt-in for Suffolk County Council funded school travel for 2020/2021

The process to opt-in for Suffolk County Council funded school travel for the 2020/2021 school year has opened.

If parents have a child who is already receiving Suffolk County Council funded school travel, they must opt-in by the 31 May 2020 to continue to receive it.

Families of children starting secondary school in September 2020 will receive an e-mail if they are eligible for Suffolk County Council funded school travel.

If parents have a child starting primary school in September 2020, they should not opt-in until they receive the offer of a school place (15 April 2020). If they are eligible for Suffolk County Council funded school travel they will be contacted by 15 May.

Parents whose child is not eligible for SCC funded school travel but who wish to purchase a spare seat, may do so. The application for spare seats opens on 1 July 2020.

To opt-in or for more information on the Suffolk County Council school travel policy please visit **www.suffolkonboard.com/schooltravel**

Central Heating Grant:

In Suffolk there are still a large number of houses that do not have a central heating system with a boiler and radiators. Cold homes are not just uncomfortable to live in, they can also have a negative effect on health. Are there any Combs Parish residents who could qualify for a grant towards first time oil central heating?

The funding comes from National Grid and Community Interest Company, Affordable Warmth Solution's Warm Homes Fund and is available across Suffolk until 2021 or until funding runs out.

Additional Council funding is available to cover up to 100% of the costs so residents could get a free system although landlords are required to contribute.

Residents must own their property or be privately renting (i.e. not a council house or housing association property) and must not have an existing central heating system (a boiler and radiators).

'Many thanks for all your help and enabling me to be warm this winter'

No central heating in your home?

- First time central heating systems available to Suffolk residents*
- Up to 100% fully funded
- For privately owned and privately rented households
- Council run scheme

Call local rate telephone
03456 037 686

For more information visit
www.greensuffolk.org/whf

*Eligibility criteria apply.

Combs & Battsford Fete 2020:

Due to the Coronavirus lockdown understandably but regretfully The Combs Fete and all fundraisers have been cancelled. Any help offered would still be gratefully received next year for Combs Fete 2021!

New things to do online:



Filmed versions of **Andrew Lloyd Webber's** shows will be uploaded to his YouTube channel each week where they can be viewed for 48 hours free of charge.

Stream Love Never Dies for Free

The Phantom returns this Friday at 7pm on **The Shows Must Go On** YouTube channel in Love Never Dies. The spellbinding sequel to The Phantom of the Opera will be available for 48 hours, so you can tune in whenever you like over the weekend <https://www.youtube.com/channel/UCdmPjhKMaXNNeCr1FjuMvag>



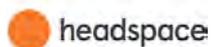
The Wildlife Trusts have live webcams up and down the country, viewing Owls, Badgers, Bats, Ospreys and many more. <https://www.wildlifetrusts.org/webcams>



BBC Bitesize have increased their education package and are now offering 3 daily lessons online and on IPlayer, in addition to Bitesize online. <https://www.bbc.co.uk/bitesize>



RHS Chelsea Flower Show 2020 will be virtual. To support the industry, the RHS will create a Virtual RHS Chelsea Flower Show, to celebrate our great horticultural industry and gardening heritage, the Virtual Show will run from Tuesday 19 May to Saturday 23 May. We will put the link in future newsletters but for now save the date!



Free meditation via Headspace and Calm apps/websites

These popular meditation apps normally cost £50 - £60/year for a subscription, but they've both released free content specifically to help those struggling with anxiety and stress at this time



Calm is offering 'soothing meditations', a 'calm masterclass', 'calm kids' and mindfulness resources. They're available via it's website - see Calm's free content.

<https://www.calm.com/blog/take-a-deep-breath>

Headspace has a collection called Weathering the Storm, which includes meditations, sleep and movement exercises. It's available on the app (for iPhone or Android), or you can access some of the content via the Headspace website.

<https://www.headspace.com/covid-19>



bandsintown

Bands In Town: Stay connected with your favourite music artists through live, intimate sets streamed directly from their homes to yours. Discover the best upcoming live streams from around the world - continuously updated so you'll never miss a thing.

<https://www.bandsintown.com/en>



The BBC has announced that it will celebrate **Glastonbury** over the June weekend when the 50th anniversary Festival would have taken place (24-28th June). They will bring the nation together and create a weekend of the best in music across radio, television and online with amazing performances for you to enjoy in the comfort of your home. We will put the link in future newsletters but for now save the dates!

All of these ideas are free and therefore do not require you to input any bank details.

They are not an exhaustive list and there are many different options online, but they are a few suggestions to get you started.

Combs Parish Council do not endorse them, they are just recommendations.

If you are unwell or feeling vulnerable and need help with medicines or shopping or need company via phone, please remember you can call our helpline

Tori Whitehead, Moats Tye: 01449 770488 or 07880 712175

David Thorpe, Park Road: 07867 521393

Tony Bamber, Bildeston Road: 01449 613255

Email: combsparishcouncil@gmail.com

Please look at the village website for the latest information

<http://www.combsvillage.org.uk/>