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**Have a chat**

If you are feeling a bit lonely and want to have a chat, please use the **Tunstall call system** and we will arrange for someone to call you back.

If you have any ideas how to help each other at this time, please let us know.

**Thank you for your lovely emails about this newsletter and your contributions.**

A weekly newsletter to bring our community together during these challenging times. Please send anything for this newsletter to [denise.tucker@rockdale.org.uk](mailto:denise.tucker@rockdale.org.uk) or post to The Lodge, labelled 'For Newsletter'.

# Rockdale

## **Congratulations to Peter Binstead ....**

the winner of the photography competition! Thank you for your incredible photo, Peter, and to everyone who took part with their fabulous pictures and voted for their favorite picture. Peter will be receiving his gift voucher prize. Well done Peter, great shot!!



## BW Common Room and activities – an update



The Government have now issued further guidance for the safe use of Community Facilities. Whilst we understand the facilities in Beatrice Wilson supports a wide range of activity, including dining it also makes it a place that is vulnerable to the spread of coronavirus (COVID-19).

The guide confirms that service providers have discretion over when they consider it safe to open for any activity and may remain closed if they are not able to safely follow the advice and make the space COVID-19 secure.

The guidance confirms strict adherence to a social distancing of 2 metres where ever possible and outlines groups using the facilities should not interact with anyone outside of the group other than in a group no larger than 2 households or 6 people if outdoors.

As we are currently unable to accommodate the required numbers within the common room Paula has agreed to continue with the takeaway service. We are keen to re-open the dining facilities and commence activities but need to ensure that it is a safe environment for all residents and prevent the spread of the virus and are looking at ways we can accommodate residents, even if numbers are limited as soon as practically possible. It may be possible to commence some activities, such as exercise classes outside but we would need to limit numbers and this would be dependent upon weather conditions and identifying a suitable location. Where we can accommodate this a schedule of such events will be drawn up and shared with residents over the coming weeks.

**Thank you for your patience, while we work through this. We know that this is a very frustrating time. Please be assured that we are working to offer this facility as quickly as is safe to do so, in our Rockdale environment.**

**If you have any questions, please contact Claire Billis or Leanne Waters.**

# PUB QUIZ

Marie (a volunteer) has put a 'Pub Quiz' together for you. The Quiz can be found on our website – [www.rockdale.org.uk](http://www.rockdale.org.uk) in the **What's On calendar**.

Marie is also very keen to talk to any residents who would like to chat. Please let the Duty Team know if you would like to take this offer up and they will put you in touch with Marie.

**We will be producing this newsletter for another two weeks, with the last edition being circulated on 24<sup>th</sup> July 2020.**

If you would like a similar newsletter to continue in the future, please let us know by emailing Denise, on the usual email [denise.tucker@rockdale.org.uk](mailto:denise.tucker@rockdale.org.uk)

### **A 'Thank you!' from Val Riches to you ...**

I was overwhelmed with my send off last Friday and would like to thank you for your kind messages and cards, many of which mentioned me smiling. Spending time with you and the lovely team at Rockdale made me happy, but I am also pleased to have some time to spend with my family, in my garden and taking up a new hobby - yet to be decided!

Many thanks for my socially distanced leaving song and reception and, borrowing the words of this song, I hope that 'we'll meet again some sunny day when the grey clouds are far away'.

Val

### **Article contribution by Jean Smedley**

The present National Emergency made me think of what happened in the seventeenth century in a small Derbyshire village to the west of Sheffield. It was just after the time of the Black Death in London. Unfortunately, a roll of cloth was delivered from there to a tailor in the said village of Eyam, and in that cloth were fleas which brought the infection with them. This led to the exodus from Eyam of villagers fearful of the consequences.

About this time, in 1664, a new Vicar was appointed to the village who persuaded his flock to stay put and not spread the infection. The local landlord, the Earl of Devonshire, helped by providing to help supply food.

Thus the plague did not spread to nearby Chatsworth and Sheffield. The Church and churchyard were closed. The villagers met to worship God in separate family groups in a field on the edge of the village, called Cucklet Dell. There are examples in the records of whole families being interred in nearby fields and gardens.

We are faced with some of the same problems: there is yet no vaccine, we have more scientific knowledge and research methods are confident that eventually a cure for infections will be found.

In 1664, death was acceptable as inevitable, so to stay put was a very noble thing to do. Similarly, noble today, are the people who are dealing with those who have the virus in the attempt to make them well again. Records show there were approximately two hundred and sixty villagers who died, as did the Vicar's wife.

If interested, a computer will give access to a BBC documentary with pictures of memorial windows to illustrate the period. <https://www.bbc.co.uk/news/uk-england-derbyshire-51904810>



Eyam Church.

The whole village is remembered for this time, with a museum and National Trust managed area.

## Dogs quiz

- |  |                                    |
|--|------------------------------------|
| 1. Was Hamlet one?                           | 11. Liquorice Allsort              |
| 2. Did it bark at Nell Gwyn                  | 12. Origin of a British species    |
| 3. Good heavens! You yanks                   | 13. Over a ton of black spots      |
| 4. Spoken in Chinese capital                 | 14. Fetcher and carrier of bullion |
| 5. Mums squabble                             | 15. Scottish mountain dog          |
| 6. Gassy Beer                                | 16 .Quick movement from a sausage  |
| 7. Does he pile stone on stone ?             | 17. Does he bounce up Snowden      |
| 8. Not quite from Lorraine                   | 18. What breed of dog is Snoopy    |
| 9. Chu Chin needs half a Chinese dish        | 19. Sounds like he loves to fight  |
| 10. Little Red Riding Hood met him in Dublin | 20. This dog does not bark.        |

## The answers to the Just one or two letters Quiz from Issue 14

- |       |        |
|-------|--------|
| 1. I  | 11. IV |
| 2. T  | 12. XS |
| 3. J  | 13. EC |
| 4. P  | 14. LC |
| 5. B  | 15. SA |
| 6. Q  | 16. KN |
| 7. U  | 17. XL |
| 8. C  | 18. NV |
| 9. Y  | 19. CD |
| 10. D | 20. IC |

Quiz by Sybil

Answers in next week's newsletter

## Sudoku

(answers in next week's newsletter)

		9			1			
	8	1			7			5
				2		6		7
					8	5		
				7	5			
	6		3	9				
	1		5					8
		4					7	
						1		3

## Mary Berry's scone recipe

450g/1lb self-raising flour  
 2 level tsp baking powder  
 50g/1¾oz caster sugar  
 100g/3½oz butter, softened, cut into pieces  
 2 free-range eggs  
 a little milk  
 handful sultanas (optional)

### Method

Preheat the oven to 220C/200C Fan/Gas 7. Lightly grease two baking trays.

Put the flour, baking powder and sugar in a large bowl. Add the butter and rub in with your fingertips until the mixture resembles fine breadcrumbs.

Crack the eggs into a measuring jug, then add enough milk to make the total liquid 300ml/10fl oz. Stir the egg and milk into the flour – you may not need it all – and mix to a soft, sticky dough.

Turn out onto a lightly floured work surface, knead lightly and work in the sultanas, if using. Roll out to a rectangle about 2cm/¾in thick.

Cut into as many rounds as possible with a fluted 5cm/2in cutter and place them on the prepared baking trays. Brush the tops of the scones with a little extra milk, or any egg and milk left in the jug.

Bake for 12–15 minutes, or until the scones are well risen and a pale, golden-brown colour. Lift onto a wire rack to cool. Eat as fresh as possible.

To serve, split the scones and serve with strawberry jam on the plain scones along with a good dollop of clotted cream!