



# CARA Bulletin

10 April 2020

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## Local issues:

**CORONAVIRUS:** During the crisis, CARA is communicating more regularly with its members to ensure that everyone is aware of current guidance, volunteer support and other initiatives.

We hope that you are finding these Bulletins interesting & informative. Please also:

- keep an eye on our website <https://carabath.com/community-coronavirus-response> for updates and relevant news.
- follow us on Twitter at [@CARABATH1](https://twitter.com/CARABATH1) and retweet to your followers.
- **"How you can support someone with Coronavirus"**. Holland and Barrett has provided, on its website, guidance on how to support someone with Coronavirus. The article covers:
  - While appetite may be low - what sort of foods should we be including in our diet?
  - In terms of hydration - how much water should we be providing someone with symptoms?
  - What are the best things we can be doing to aid sleep and rest?
  - What can we do to ease the symptoms of a virus?

For further details, please visit:

<https://www.hollandandbarrett.com/the-health-hub/conditions/immunity/conditions-immunity-coronavirus-covid-19/how-can-you-support-someone-with-coronavirus/>

- **Government guidance on access to green spaces.** The Government's advice is that the best way to protect yourself and others from illness is to stay at home. However, it has added that, for physical and mental wellbeing, people can leave their homes for exercise once a day. The Government has issued guidelines on how to protect yourself and others from illness whilst outside of the home.

For further details, please visit:

<https://www.gov.uk/government/news/coronavirus-guidance-on-access-to-green-spaces>

- **Suspension of Lansdown Park and Ride bus service (number 31 bus).** First Group has advised that, due to lower passenger numbers, they are no longer running the Lansdown Park and Ride bus.

The Stagecoach 620 service will continue to provide public transport along the same route but this runs much less frequently.

For further details, please visit:

<https://bustimes.org/services/69620-stroud-minchinhampton-tetbury-westonbirt-old>

- **Bath Clean Air Zone (CAZ).** Due to the disruption from the Coronavirus, the implementation of the CAZ will be delayed until January 2021 at the earliest (from the original November 2020 date). We shall keep members updated of developments when we hear more.
- **CARA Writing Group.** In these days of lockdown and isolation, what better time to start an online writing group as an interesting way to come together and share our writing strategies and ideas and support each other in the writing process. Fay Stevens and Anita Tucker have initiated a CARA Writing Group, and both experienced and new writers (of any writing genre) are welcome.

The first meeting will be on Tuesday 21st April 7-8pm and will be held via Zoom (guidelines for setting up Zoom will be given to those new to this platform).

Please contact Anita via e-mail if you would like to take part at [anitapctucker@gmail.com](mailto:anitapctucker@gmail.com).

We look forward to gathering together on a weekly basis and meeting in 'real time' in the future.

**STAY SAFE...and remember to call us or e-mail us if you need support of any kind.**

CARA Committee 2019/20		Our email addresses are on our website <a href="http://www.carabath.com">www.carabath.com</a>	
Barry Gilbertson	Chairman	Bernard Horn	Secretary
Richard Brown	Vice Chairman/Traffic	Anne Love	Waste
Malcolm Baldwin	FoBRA	Mike Richardson	Treasurer
George Feiger	Traffic	Ron Temperton	City Centre Action Group