



# CARA Bulletin

17 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.
- **CARA Support for Residents.** With more than 50 volunteers poised and ready to help anyone living locally, we simply say "do not be shy, just ask". We have dealt quickly with all requests received so far, and we are trying to match volunteers who live on the same street with the person asking for support. In addition to more usual requests, such as, for help with shopping or prescriptions, or just a phone chat for company, we do have a new group of Italian speakers (at any level, but wanting to improve). Whatever support we can provide which may be helpful to you, contact our Chair, Barry, on [barry@barrygilbertson.com](mailto:barry@barrygilbertson.com) or our Secretary, Bernard on [bph@bernardhorn.com](mailto:bph@bernardhorn.com)
- **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).

- **Coronavirus in Easy English.** If you know someone who needs Coronavirus advice and guidance set out in Easy English, please visit Public Health England's Easy Read guide: <https://bathnes.us4.list-manage.com/track/click?u=d4b66021dfe971c98d4145331&id=d7ca604688&e=b696761418>.
- **Tips for time spent in isolation** – something most of us are obliged to do during the lockdown.
  - Many of our readers will know the name of William Beckford, if not the detail of his life, nor his fortune and misfortune. Bath Preservation Trust, in their publication Bath Matters, have a short article on Beckford's life, including these tips, gathered by Dr Amy Frost :
    - *Listen to Mozart not Beethoven*
    - *Read travel books (although it will never be as good as your own writing)*
    - *Move some objects around, decide they are not in quite the right location, and then move them around again the next day*
    - *Enjoy the view, whatever it may be.*
  - **How to protect your Mental Health.** A difficult subject to discuss, but one that may be affecting you, or someone in your family, or a close friend. The BBC has some helpful advice here <https://www.bbc.co.uk/news/health-51873799>
  - **How to protect your Physical Health.** Two links as a reminder about washing your hands. Firstly, the best practical advice we have seen, from UNESCO: <https://en.unesco.org/news/how-soap-kills-covid-19-hands>. Secondly: from Oxfam: *"If you can do one thing, please keep sharing the life-saving message about good hand washing! Our brilliant hand washing demonstrators from around the world show you how in this video."* <https://www.facebook.com/oxfamGB/videos/232236621474044/>  
NB: you do not need to be a member of Facebook to view the video.
- **Tips for when out for your daily exercise** – whether walking or running or biking.

A recent Belgian-Dutch Study suggests the need to avoid other people's slipstream. *"Social distancing of 1-2 metres seems effective when standing still or in a low wind."* The study investigated how long the virus droplets stay in the airspace from their emitted source. *"The risk of contamination is the biggest when people are just behind each other, in each other's slipstream"*. Read the full article here <https://medium.com/@jurgenthoele/belgian-dutch-study-why-in-times-of-covid-19-you-can-not-walk-run-bike-close-to-each-other-a5df19c77d08>

The article concludes that, *"...on the basis of the results, the scientist advises that for walking the distance of people moving in the same direction in one line should be at least 4-5 metres, for running and slow biking it should be 10 metres and for hard biking at least 20 metres."*

**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