

The Spring Equinox on 20th March beckons, but what difference does this make?

Learning to 'number our days'.

The spring equinox marks a moment of seasonal change when - at last - the days of light outgrow the nights of darkness. How good does that feel: to begin to sense the warmth of the sun on our skin, to not have to hurry home at closing time, to take the time to stop for longer on the street to chat about nothing in particular!

Last year, when Hugo was so small, I realised I had hardly spent a day outside simply soaking in the rays of the sun. The relentless pattern of feeding him, providing for my family and devoting myself to my work meant I just didn't make the time. As the sun has always been a source of deep joy and restfulness for me, I came to reflect how daft that was and vowed that 2020 would be different! When a warm and sunny day comes, I will mark it and, wherever possible, be in it!

Psalm 90 in the Bible says:

*Teach us to number our days,
that we may gain a heart of wisdom.*

I guess what this really means is that rather than living in dread that time is running out for us ('our days are numbered!'), we could wisely choose to make the most of each day we have as if it were our last. What would we do differently today were that the case? We would be wise to begin to act on some of those things perhaps.

Last week, I visited someone at the Bradgate Unit at Glenfield. I was humbled to discover that, although people in residence there have reached a point of crisis, they spur one another on to think of 10 things they are thankful for across the course of the day. It often literally gets them through the day. Perhaps for some of us, the Spring Equinox could mark a moment where we start replacing '10 moans a day' with '10 thank you's a day' or 'acts of kindness a day'.

I'm going to try it - starting with thanking God for each one of you.

Coronavirus Action Plan

This is just to inform you about Coronavirus and the measures The Well is taking to keep all users safe.

We continue to monitor the situation regularly and to follow the advice of Public Health England (PHE). We are encouraging all members of the Well - Staff, Volunteers and Customers - to help in slowing the spread of all germs, including Coronavirus, and protecting themselves by:

- carrying tissues and using them to catch coughs or sneezes;
- placing the tissue in the bin;
- to kill the germs, washing their hands with soap and water, or using a sanitiser gel.

Posters will be placed around the building to encourage this.

Public Health England (PHE) and Leicestershire County Council have today (9 March) confirmed that a second Leicestershire resident has a confirmed case of COVID-19. PHE and Leicestershire County Council say the risk to the general public remains low.

Public Health England, Leicestershire County Council and the local NHS continue to work closely together in Leicestershire to respond and Public Health England is currently contacting people who may have had close contact with the second confirmed case.

Close contacts will be given health advice about symptoms and emergency contact details to use if they become unwell in the 14 days after they had contact with the confirmed case. This tried and tested method will ensure that any risk to them is minimised and the wider public is protected.

PHE and the NHS are well-prepared to deal with coronavirus and the priority is to safeguard local communities which sometimes involves taking preventative measures to help reduce the risk of further cases.

Based on current evidence, Coronavirus COVID-19 presents with flu-like symptoms including a fever, a cough, or difficulty breathing. The current evidence is that most cases appear to be mild. Anyone who is concerned about health symptoms is advised to follow the advice about what to do on the Government's website (www.gov.uk/guidance/wuhan-novel-coronavirus-information-for-the-public) and nhs.uk.

If any Staff member, Trustee or Volunteer comes into close contact with a confirmed case, then PHE may also advise that the person would also need to self-isolate until they have remained symptom-free for 14 days.

In the event of any member becoming unwell with symptoms (i.e, high temperature, cough, difficulty breathing), please do not come into The Well to complete your shift. Please advice one of the managers ASAP if you have recently been in contact with any other members of The Well.

- Equally, if anyone were to become unwell during a shift, the advice is to return home immediately and self isolate, calling for medical assistance if required. If this is not immediately possible, the unwell person is required to isolate themselves behind a closed door, preferably in a well ventilated area (Prayer Room would be ideal on all sorts of levels!!!).

We will continue to monitor the situation and keep in touch with you as it develops.
Thank you for your support in protecting the health and wellbeing of all.



Easter 2020

Bishop Guli's Lent Pilgrimage

The Well has traditionally placed an **Easter Garden in the Window** at the start of Holy Week - which the year falls on Sunday 5th April.

If anyone would like to re-create this lovely symbol of the Easter Story this year, please speak to Emma or Sian to confirm.

Bishop Guli's Visit 31st March

On Tuesday 31st March, Bishop Guli, Bishop of Loughborough will be visiting Kibworth as part of her Lent Pilgrimage, exploring and engaging in social action projects around the region. As well as visiting the esteemed Narnia Day for school children at St. Wilfrid's Church, the Bishop will come for lunch at The Well and participate in activities supporting our connection to The Jubilee Foodbank in Market Harborough.

On Saturday 4th April in the afternoon (time TBC) Lucy Bloomfield and Isaac Ford (Novice from the Community of The Tree of Life) will be organising an **Easter Themed prayer walk** for All Ages entitled 'Rebellious Kibworth', based on a Pilgrimage Walk masterminded by Rev'd John Rackley, who is a member of our Prayer Team at The Well. Do join us for crafts, cake and of course the walk which will incorporate visits to several interesting landmarks around the village.

Many thanks to all knitters who have once again produced such endearing **Easter chicks** to sell in aid of The Well!

Happy Spring Equinox and big thanks, from Emma, Sian & Qyan

