

CORONAVIRUS SYMPTOMS AND TESTING

Look out for one or more of the key symptoms – * high temperature, * new persistent cough, * loss of sense of taste or smell – and only then get tested, or if advised to by a health professional.

Book tests at nhs.uk/ask-for-a-coronavirus-test.

SCAMS. There are still (and I suppose always will be) lots of scams doing the rounds and with the last bulletin we sent out the **Get Safe Online** leaflet which some people could not open so its copied out in a word document and attached to this bulletin too. It is so easy to be fooled so if in doubt please ask.

**Remember to think twice, because everything may not be as it seems
and if it seems too good to be true, it probably is.**

MESSAGE FROM NEIGHBOURHOOD WATCH. Following on from their successful burglary campaign last month, their partners ERA are generously offering NW members an amazing 50% limited offer on one of their simple home alarm systems. ERA tells us “this alarm system is great for homes that don’t want SMART necessarily and just want an alarm to go off if someone opens the door or window and works with a remote control. It includes a siren, a door/window sensor and a remote control All of which is upgradeable to larger systems if the customer would like to”. The discount will reduce the ERA-VALIANT-R kit to £64.99 (including VAT) on the Response site (RRP £129.99). The voucher code for offer is NHWVALIANT (expires 1st November 2020). You can find the product here:

https://www.responseelectronics.com/shop/home-alarm-systems/wireless-alarms/easyhome-alarm-range/era-valiant-wireless-solar-siren-starter-alarm-kit/?v=ERA-VALIANT-R_RE. Orders can also be placed by phone by calling: 0345 257 1000 and quoting the reference code (NHWVALIANT).

HALLOWEEN AND HEDGEHOGS! This is a reminder to everyone about disposing of pumpkins after Halloween. Please do not put these out where hedgehogs can get access to them. Pumpkin acts as a laxative and will cause hedgehogs to have serious diarrhoea and dehydration. At this time of the year it is vital that hedgehogs put on as much weight as possible to give them the best chance of surviving the winter and hibernation.

HEDGEHOGS hunt by snuffling through the undergrowth, using their keen sense of smell and hearing to catch any prey they disturb. While invertebrates are top of the menu, hedgehogs are opportunistic eaters. Carrion, fallen fruit and the eggs of ground-nesting birds may all be taken should a hog come across them. It’s thought a lack of food may be a factor in the hedgehog’s decline. This is because invertebrate numbers have been reduced by agricultural intensification and pesticide use.

WHAT TO FEED HEDGEHOGS. As opportunistic eaters, hedgehogs will readily consume food left out in your garden. The best foods to provide are: *Meat-based cat or dog food *Specially-made hedgehog food, *Cat biscuits. As well as providing food, you can put out a shallow dish of water to ensure any visiting hogs stay hydrated. **Contrary to popular belief bread and milk is not suitable as a feed.** More information can be found at <https://www.woodlandtrust.org.uk/trees-woods-and-wildlife/animals/mammals/hedgehog/>

Watch out for dates for our regular **WALKING** group and **NORDIC WALKING** sessions which are starting up again with an ever watchful eye on the restrictions and following the guidance demanded.

BARTER BOARDS (BB) attached, it’s your chance to pass on items, either free/ swapped or paid for, it is up to you. Clear details, cost and contact number required, items will be advertised for up to four weeks. **NFG is not responsible for any transaction as this is between the donor/seller and the recipient.** No electrical items please.

NFG Village Agents: Philippa Groves 016974 78555 **Helen Sturges** 016974 78556

Barbara Stoddart 016973 42452 **Gillian Skillicorn** 07874 241604

NFG Benefits Advisor: Dianne Bowes 07752 457513

NFG Mini Bus Coordinators: Carol Hickson and Antoinette Ward 016974 78787

NFG Lend a Hand Coordinator: Simon Braithwaite 016974 77196