

# HEDDLESTONE VILLAGE

*We're in this together. Create rather than React. Take care of y-our Health.*

*Be present with what is. Pay attention. Stay curious and humble.*

## **COVID-19 - Heddlestone Preparedness & Response**

With a rapidly changing world around us, it is important to take proactive measures and decisive action during this global pandemic. As our Common House and common areas are community gathering spaces, we have a responsibility to ensure we help avoid COVID19 transmission. This responsibility is especially important to seniors and those with compromised immune and/or respiratory systems in our immediate and extended community.

A group of 9 residents from Heddlestone met March 14th to start to discuss a response that comes from an educated, compassionate, courageous, and proactive stance. Such an effort requires us to hold multiple perspectives and integrate multiple feelings. The conclusion of this conversation (and discussions that have followed) is captured in this summary:

### **1. Social Distancing**

- Effective immediately, and for the foreseeable future, use of the Common House for the following activities shall be **discontinued**:
  - i. Common House meals
  - ii. Guest Room bookings.
  - iii. Kids Play Room use.
- Friends and neighbours fitting the following descriptions should **not use the Common House** at all (including laundry):
  - i. Those returning to the community from travel abroad and following the Self Isolation recommendations of the Federal Government.
  - ii. Those exhibiting Cold &/or Flu-like symptoms - esp. Fever, Cough or Shortness of Breath.
  - iii. Those who have had contact with a likely or confirmed case of COVID-19 in the last 14 days

- Only small gatherings (½ dozen or less folks) should occur in the Common House, with 2m spacing between individuals maintained.
- 2. Maintaining Common Areas**
  - Anyone using the Common House should assist the Common House committee with the extra cleaning and sterilization measures currently being implemented.
  - Extra care must be taken when using the Common House laundry.
- 3. Current Communication**
  - Up to date contact info. for every resident must be available on the [Heddlestone Village Residents](#) (please **click link NOW**, and ensure yours is current)
  - Zoom or similar video meeting technologies should be used for Community Meetings.
- 4. Community Wellness**
  - Outdoor activity - a foundation to strong immunity - should be encouraged.
  - Electronic social contact - phone, email, chat etc. - should be encouraged.
  - Helping neighbours - particularly those who are taking extra caution to isolate themselves - should be encouraged.

For details / rationale on the above, please see below.

#### Social Distancing

Evidence from past pandemics, and from countries whose COVID-19 infections are “ahead” of Canada, make it abundantly clear that success or failure of Social Distancing measures now widely “recommended” (likely soon to be “mandated”) will have a dramatic effect on the death toll from COVID-19 in our region. For more details, consider:

- [Our World in Flux — Coronavirus and Our Ability to Respond](#)
- [www.flattenthecurve.com](http://www.flattenthecurve.com)
- [Coronavirus: Act Today or People Will Die](#)
- [Interior Health Authority](#) - COVID information for the Public and Health Care Providers
- [Public Health Agency of Canada](#) - up to date information and guidelines regarding coronavirus
- [World Health Organization](#)
- Government of Canada
  - [Risk Informed Decision Making for Mass Gatherings](#)
  - [Information for Travellers](#)

Our Common House is a perfect environment for the spread of the Virus. Common meals do not meet “food safe” standards at the best of times, and many jurisdictions world-wide are shutting down restaurants that do. Management of our Guest Rooms, both in terms of their cleanliness and guests use of the rest of the building, is problematic. Those fitting a higher risk profile for disease transmission must not use the Common House at all, including common house laundry.

### Maintaining Common Areas

Daily sanitization of the Common House by volunteers (those still willing to use the Common House) and in keeping with best practice cleanliness standards, including wagon handles and use of the compost and garbage box in parking lot, has begun. Help in this effort would be greatly appreciated. (Contact Bonnie or Lynn)

Use of laundry facilities : Cleanliness of the Laundry room is more important than ever. Dirty clothes should not be left in the laundry room awaiting an empty machine. Do not leave laundry in machines. Use sticky notes to let people know you are doing laundry with your name and phone number. Please use your own lines to dry laundry as it is safer and more effective at cleansing.

### Current Communication

Supporting each other within community requires that we are able to be clear on who is where. We ask that every owner / resident please ensure current contact info on the: [Heddlestone Village Residents](#) document is up to date. It is particularly important that any Owners who have renters/homesitters/petsitters/guests in their homes at the moment, provide all their info so we all know who is here. If any guests have come from out of the country recently - let us all know what we need to be aware of.

In alignment with Social Distancing measures, and our desire for any residents taking extra precautions re. isolation to still be able to engage in community life, any community meetings should take place using video meeting technologies.

### Community Wellness

Community responses to COVID-19 opens a world of opportunity for unnecessary fear and suffering. The pandemic, and the Social Distancing measures we are implementing at Heddlestone and throughout our region, will cause anxiety for many. It is up to us, individually and collectively, to balance these prudent and reasonable changes to behavior with similarly prudent and reasonable counter-measures that build resilience, spaciousness and connection.

Consider the following options:

- Heddlestone's friend [Miriam Martineau's article](#) covers this territory well.
- Those returning from outside of Canada, those exhibiting symptoms, and those who have had contact with others infected, may find the self isolation expected of them difficult. How can we reach out to these individuals and offer support, contact, grocery shopping, etc...?
- Elders, and others choosing greater degrees of isolation, will appreciate similar reach-outs.

- Not only is the Outdoors a safe place to socialize with friends and neighbours, enjoying it boosts your immunity. Get Outside People!

## The Road Ahead...

We know that there will be many more questions and concerns to address as this evolves. Some questions and observations raised (and as of yet unanswered) by the Saturday group include:

- How can we build on the ways we support our community to ensure food access and food security, and protect and support vulnerable populations?
- What are the best ways to communicate essential information regarding the pandemic to community members?
- Necessity of ongoing review of pandemic protocol as pandemic evolves.
- Since everything is changing so quickly, frequent updates to all our approaches will be necessary.

We look forward to responding to these questions together for the health and safety of our community, and our neighbours in the Koots.

## Heddlestone Social Distancing Suggestions

This page being a light and playful location for mundane through inspiring things to do while spending a bit more time at home than one might be used to... ;)

For Everybody	For Kids
<ul style="list-style-type: none"> <li>● Defeat your loved ones at board games and gloat</li> <li>● Reach out to your friends and neighbours.</li> <li>● Write and share poetry.</li> <li>● Be in Nature.</li> <li>● Call up long lost friends.</li> <li>● Choose "slow cooking" recipes.</li> <li>● Watch good films.</li> <li>● Start your seedlings!</li> <li>● Knit, needlepoint, paint, create</li> <li>● Join the "Nelson Helps" Facebook group and see how you can help those who need to be isolated</li> <li>● Donate to your local food bank to make sure that low-income folks have what they need to get through the quarantine</li> </ul>	<ul style="list-style-type: none"> <li>● Let your kids defeat you at board games and gloat</li> <li>● Create the perfect breakfast cereal by mixing up all of your faves and make a cool name for it</li> <li>● See bottom of document for free online learning resources for homeschooling</li> <li>●</li> </ul>

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| <ul style="list-style-type: none"><li>• Bake a cake and eat the whole thing (no one will know because you are isolating)</li><li>• Do your taxes</li><li>• Read:<br/><a href="https://www.mindbeacon.com/your-healthy-mind/healthy-s-strategies-for-uncertain-times">https://www.mindbeacon.com/your-healthy-mind/healthy-s-strategies-for-uncertain-times</a></li><li>• Visit online museum (so many) like this one:<br/><a href="https://www.si.edu/exhibitions/online">https://www.si.edu/exhibitions/online</a></li><li>• Go for a walk and take beautiful pictures of this coming spring</li><li>• Birdwatch - keep track of species you are seeing</li><li>• Deep dive into studying something you want to know more about.</li><li>• Go through your household possessions and create a donation box for when quarantine is over.</li><li>• Host a virtual dinner party over Zoom, complete with quarantini's</li><li>• Have conversations about things other than cova with people</li><li>• Hang out with a little person</li><li>• Start to plant seedlings for your garden</li><li>• Sign up for an online class in whatever you love to do</li><li>• Go for a walk to the creek, or top of the mountain</li><li>•</li></ul> |  |
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## **FREE online education resources**

A non-exhaustive list that might help those affected by school closures due to coronavirus, compiled by home educators.

Feel free to share.

Khan Academy

<https://www.khanacademy.org>

Especially good for maths and computing for all ages but other subjects at Secondary level. Note this uses the U.S. grade system but it's mostly common material.

BBC Learning

<http://www.bbc.co.uk/learning/coursesearch/>

This site is old and no longer updated and yet there's so much still available, from language learning to BBC Bitesize for revision. No TV licence required except for content on BBC iPlayer.

Futurelearn

<https://www.futurelearn.com>

Free to access 100s of courses, only pay to upgrade if you need a certificate in your name (own account from age 14+ but younger learners can use a parent account).

Seneca

<https://www.senecalearning.com>

For those revising at GCSE or A level. Tons of free revision content. Paid access to higher level material.

Openlearn

<https://www.open.edu/openlearn/>

Free taster courses aimed at those considering Open University but everyone can access it. Adult level, but some e.g. nature and environment courses could well be of interest to young people.

Blockly

<https://blockly.games>

Learn computer programming skills - fun and free.

Scratch

<https://scratch.mit.edu/explore/projects/games/>

Creative computer programming

Ted Ed

<https://ed.ted.com>

All sorts of engaging educational videos

National Geographic Kids

<https://www.natgeokids.com/uk/>

Activities and quizzes for younger kids.

Duolingo

<https://www.duolingo.com>

Learn languages for free. Web or app.

Mystery Science

<https://mysteryscience.com>

Free science lessons

The Kids Should See This

<https://thekidshouldseethis.com>

Wide range of cool educational videos

Crash Course

<https://thecrashcourse.com>

You Tube videos on many subjects

Crash Course Kids

<https://m.youtube.com/user/crashcoursekids>

As above for a younger audience

Crest Awards

<https://www.crestawards.org>

Science awards you can complete from home.

iDEA Awards

<https://idea.org.uk>

Digital enterprise award scheme you can complete online.

Paw Print Badges

<https://www.pawprintbadges.co.uk>

Free challenge packs and other downloads. Many activities can be completed indoors. Badges cost but are optional.

Tinkercad

<https://www.tinkercad.com>

All kinds of making.

Prodigy Maths

<https://www.prodigygame.com>

Is in U.S. grades, but good for UK Primary age.

Cbeebies Radio

<https://www.bbc.co.uk/cbeebies/radio>

Listening activities for the younger ones.

Nature Detectives

<https://naturedetectives.woodlandtrust.org.uk/naturedetect.../>

A lot of these can be done in a garden, or if you can get to a remote forest location!

British Council

<https://www.britishcouncil.org/school-resources/find>

Resources for English language learning

Oxford Owl for Home



<https://www.oxfordowl.co.uk/for-home/>

Lots of free resources for Primary age

Big History Project

<https://www.bighistoryproject.com/home>

Aimed at Secondary age. Multi disciplinary activities.

Geography Games

<https://world-geography-games.com/world.html>

Geography gaming!

Blue Peter Badges

<https://www.bbc.co.uk/cbbc/joinin/about-blue-peter-badges>

If you have a stamp and a nearby post box.

The Artful Parent

<https://www.facebook.com/artfulparent/>

Good, free art activities

Red Ted Art

<https://www.redtedart.com>

Easy arts and crafts for little ones

The Imagination Tree

<https://theimaginationtree.com>

Creative art and craft activities for the very youngest.

Toy Theater

<https://toytheater.com/>

Educational online games

DK Find Out

<https://www.dkfindout.com/uk/...>

Activities and quizzes

Twinkl

<https://www.twinkl.co.uk>

This is more for printouts, and usually at a fee, but they are offering a month of free access to parents in the event of school closures.