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## LOCKDOWN IS PAYING OFF

**Swift measures, excellent scientific advice and a supportive community spirit mean that the Bailiwick is succeeding in 'flattening the curve'.**

But there's a long way to go yet said Alderney President William Tate in his QuayFM broadcast on Thursday (April 16). "We are in a marathon, not a sprint," he said.

"I think we still have some way to go before we can begin to start any significant release of any restrictions. But it is important that we start to think about how this might work."

Although the island has no positive test results for Covid-19 at the time of going to press, he called on residents to remain vigilant – "be patient, trust the science and trust the politicians and when the time is right we will be able to start getting our lives back."

He thanked everyone who is working hard for a positive outcome. "There are a lot of people, particularly the health experts and politicians in Guernsey, who are carrying a lot on their shoulders right now."

"We'll make sure they understand what Alderney needs and we'll have to trust in their judgement. So we'll keep talking, keep thinking this through and keep making adjustments where we can. It will inevitably be slower and not as easy as we think."

He made a special mention of the effort put in by Liz Bowskill and her team at The Connaught Care Home for their handling of such a difficult human challenge – you can read more about what they are doing on pages 6-7.

## Maintain social distancing

Maintain at least a 2 metre distance between yourself and other people, particularly those who are coughing, sneezing and have a fever.

**Why?** When someone who is infected with a respiratory disease, like 2019-nCoV, coughs or sneezes they project small droplets containing the virus. If you are too close, you can breathe in the virus.



## LOCKDOWN NEWS ROUND UP

### Superfast broadband making a difference

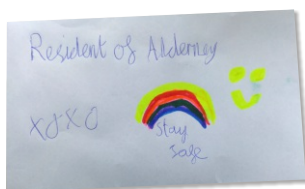


The States of Alderney's two-year superfast broadband initiative, which came to a conclusion in December, couldn't have come at a more opportune time just prior to this period of lockdown and isolation.

As a result of the initiative, 1,100 households now have the capability of upgrading to superfast broadband with many hundreds of households also taking advantage of a free broadband upgrade that was on offer.

This is having real benefits during lockdown in terms of broadband capacity for home working, home schooling and the use of the many social media apps which are now available and so important at this time.

Phase Two of the project is now being planned. This will be looking at all the economic and social benefits from the development of Digital Alderney.



### Alderney Spirit in Action

Alderney Spirit, the volunteer support programme launched by William and Gabrielle Tate, is working well.



"We have provided volunteers to deliver meals on wheels, provide support when needed in the hospital and for the Connaught and Jubilee residents," said Gabrielle.

"We also provided IT support to enable one of our senior residents to use a video link when problems arose.

"There are a number of volunteers providing telephone contact and we have also provided shelf stackers and pickers for deliveries, as well as outdoor essential work."

Anybody who is at home on their own who needs some help should ring 820003. Even if it is only to hear another voice for a chat.

Gabrielle adds: "Don't worry if you volunteered but have not been asked to do anything yet. You have not been forgotten but we need to maintain a good level of backup for when we need it."

### Net Widened for Business Grants

Alderney Chamber of Commerce is reminding members that grants are available for smaller businesses and the self-employed.

On Wednesday (April 15), Guernsey States released further information that widened the net for those in need of financial help. It now includes the following:

Gardening, window cleaning, cleaning services, pet care services, waste services (commercial & building work), estate agents, architects & building design services, office & facilities management, security & cash transfer activities, freight & goods transfer (excluding food), dental & dental hygienists and other non-essential health and hygiene roles.

*More about business support on Page 3*

### ALL SMILES

Barbara Benfield's project to get children writing to the older generation is putting smiles on many faces. Most letters are accompanied by pictures.

To make somebody's day, email [barbb@cwgsy.net](mailto:barbb@cwgsy.net), pop it under the door at the Charity Shop or send it to 1 Butes flats, Butes Rd, Alderney, GY9 3UN.

# UNDERSTANDING THE ECONOMIC IMPACT

**Not for the first time in its history, Alderney is facing massive social & economic disruption.**

The question now being raised is how the Island can return to prosperity once the lockdown has been lifted and life begins to return to normal.

The States of Alderney in conjunction with the Alderney Chamber of Commerce is seeking information about the impact on businesses and organisations, including charities and social enterprises.

This information will not only identify the economic impact of the current crisis on the Island but also help guide policy and priorities in the short and medium term.

A survey being conducted among Chamber members, to be collated by the States civil service in the next few days, will show the effect so far on

business performance and employment.

A follow up survey is planned for next month, depending on how the COVID-19 emergency evolves in terms of business activity.

Meanwhile, States Members will be starting to think about the Covid-19 'exit strategy'. Policy & Finance Committee Chairman James Dent said: "To date, we have rightly concentrated on the protection of human life. When the time comes to exit the current restrictions, we shall have to balance the protection of health against the protection of our economy. We will not be alone in this task. The UK and most other jurisdictions in the world will be answering the same question."

## States of Guernsey Business Support



At the outset of lockdown, Guernsey's Policy & Resources Committee announced three measures to help local businesses and self-employed workers. There are three main areas of support:

- **Guernsey Coronavirus Payroll Co-Funding Scheme:** This is designed to help businesses retain their staff or workers during the crisis, with support based on the minimum wage and the States paying 80% of the gross figure.
- **Grants for Small Businesses & Self-Employed:** A flat sum of £3000 to support business in certain sectors for three months.
- **Loan Guarantee Scheme:** Operated by the clearing banks, this scheme applies only to trading companies with the States guaranteeing 80% of loans and overdrafts of between £5,000 and £500,000.

### Businesses with financial concerns

01481 743803 or email  
business.support@gov.gg  
(Monday to Friday 09:00-17:00)

### Guidance for critical businesses and workers

01481 743803 or email trade@gov.gg  
(Monday to Friday 09:00-17:00)

### Individuals with financial concerns

01481 732516 or email  
hardshipfund@gov.gg  
(Monday to Friday 08:30-16:00)



## Every Little Helps

**Alderney's President William Tate has set up a hardship fund, with the support of the civil service, to help those facing financial difficulties.**

"Although financial resources have been made available by the States of Guernsey to support our community through these difficult times, we do need to recognise that there may be circumstances when we need to step in and provide short-term support, to ensure everybody has the wherewithal to sustain themselves on a daily basis," he said.

Called the Helping Hand Appeal, donations can be made by bank transfer or cheque posted to Island Hall or left in the letter box outside the entrance (no cash please).

Thanking donors in advance, William added: "We are all in this together and we will get through it together. At the risk of plagiarising, 'every little helps'."

Bank transfers to Helping Hand Appeal:  
Sort code: 60-09-20  
Account number: 49654136  
Ref: Donation - Helping Hand Appeal (name of donor, or anonymous)



# VIRTUAL GOVERNMENT

## Policy & Finance Chairman James Dent looks at the serious and not-so-serious aspects of States business.

The last few weeks have seen a huge shift in the way States Members are communicating.

We are all learning new IT skills and being patient with one another like never before. Yesterday, a colleague participating in a virtual meeting accused me of showing “too much nostril” and my wife has taken to tidying the room (quite unnecessarily in my view) before these virtual meetings take place.

In the last few weeks I have been introduced to two new friends: 'Microsoft Teams' and 'Zoom'. Both of my new friends are not without their own problems: I have had to deal with unwanted feedback, exceeding bandwidth limits and, most exasperatingly, how to find the (very) hidden on-screen buttons that allow you to do what you want and not what the machine tells you that you want.

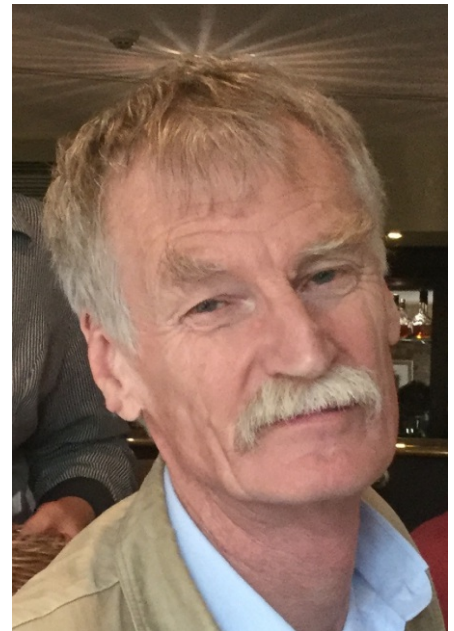
At one memorable first meeting, no one actually knew how to finish it – “computer says no” had a whole new meaning.

More seriously, our meetings are probably more formal and we are developing new etiquettes, such as turning on and off our microphones when they are not needed. But all this is good – the new disciplines actually help you to better marshal your thoughts.

Even more seriously, we have also had to introduce formal new Rules of Procedure. Emergency Regulations promulgated by the Civil Contingencies Authority were in fact the first thing we needed. Without them we couldn't do any real work and we couldn't vote. Previously, remote participation in formal meetings was simply not permitted – you were required to be there in the room.

And no half-hearted social distancing: in the first week of the crisis, we thought that introducing proxy voting for full States meetings would be a neat reform – but now, much more cognisant of things (even States Members need to be reminded to 'Stay at Home'), both the States of Guernsey and States of Alderney intend to meet remotely. The Regulations for conducting committee meetings are already in place and the regulations needed for the full formal virtual States of Alderney meetings are being revised and should be finalised shortly.

My own introduction to this new virtual world began with the Civil Contingencies Authority. For the last three weeks we have been meeting using 'Microsoft Teams'. The Chair invites you to signal if you want to contribute to the debate. Then, when invited, you turn your microphone on and everyone else turns theirs off.



The software divides your screen into quarters and allows a visual of the Chair, the person speaking and two other members – usually the last two to speak. Amazingly, none of the nuances that come with face-to-face contact need be lost. So, be aware of any colleagues who can lip-read!

Other workstreams with Guernsey are continuing by old-fashioned email. The work of the Future Partnership Delivery Group is a case in point. This Group is fighting the Bailiwick's corner during the UK's negotiation with the rest of Europe. And these are negotiations which the UK still wants to conclude by the end of the year. I believe the work of this Group is particularly important for Alderney – our interests mostly align with Guernsey's, but this is not always the case. We have, for example, a particular desire to see our interests in the resources in our newly expanded territorial waters protected for our own benefit.

And what for the future? After the crisis is over, much of this brave new world may well continue. And I am finding that the family, too, is moving on: 'Facetime' is old hat, and Zoom is 'in'.



# Lockdown Wellbeing

**Coronavirus has radically changed our way of life and with most of us stuck at home every day, meditation and exercise have never been more important.**

Alderney's President William Tate and his wife Gabrielle understand the importance of maintaining a sense of wellbeing, both physically and mentally, especially in the current circumstances. After William mentioned this on one of his QuayFM broadcasts, several helpful people contacted Gabrielle to offer their services, by phone or online, many of them for free.

## Meditation

**Alderney Serenity** Relieve the stress of lockdown and sooth away anxiety by viewing free, relaxing, online meditations, Reiki healing therapy and wellness support.

Janine Page says: "If you have been curious about mindfulness and have wondered why millions of us take time out to de-stress on a daily basis, then now is the Ideal time to try it out in the privacy of your own home. Simply sit back, listen and let go – we will do the rest."

Please LIKE and FOLLOW the Alderney Serenity Facebook page to receive the meditation or contact Janine  
[janinep@cwgsy.net](mailto:janinep@cwgsy.net)  
 01481 823658 / 07781 422402

**Meditation Centre** Different techniques to help relax and combat stress from Mindfulness and Tai Chi through to prayers and meditations. Free via Skype and FaceTime. Roberta Roberts-Mapp can also email a suggested guided meditation three times a week and is happy to expand her list of recipients. The group meets online on Mondays, Wednesdays and Fridays at 2:15pm.  
[pookiealderney@aol.com](mailto:pookiealderney@aol.com)

## Mental Health

**Alderney Mind** is here for you at this very difficult time. The Alderney Mind Wellbeing Centre may not be open but can still offer support and information via telephone or email, or alternatively take a look at the Guernsey Mind website where you can get information and contact numbers for services. Please remember that if you need to seek help urgently or you know someone who might, then please contact your local GP or the Police.

"It's OK not to feel OK and you are not alone, so please reach out if you need us," says Lisa Millan.

01481 722959  
[lisa.millan@alderneymind.org.gg](mailto:lisa.millan@alderneymind.org.gg)  
[emily.litten@guernseymind.org.gg](mailto:emily.litten@guernseymind.org.gg)  
[www.guernseymind.org.gg](http://www.guernseymind.org.gg)

## Keep Fit

**Charlotte Newton**, Personal Trainer, on Facebook – online workouts for all ages and fitness levels with three live sessions a week. If you can't do them live you can access the workouts at a time to suit you. The service is free. Charlotte is also putting up Low Impact Workouts too for people who have not exercised for a long time or have health issues.  
[lottienewton@yahoo.co.uk](mailto:lottienewton@yahoo.co.uk)

## Yoga

**YogAlderney** Clare Evans has taken all her yoga and meditation sessions online through the Zoom platform (free download). Sessions £5 but free to those who are out of work or low on funds. Find out more on her Instagram page @yogalderney or email her on [eclare.evans@gmail.com](mailto:eclare.evans@gmail.com)

## Prayer

**Alderney Churches Together** have a rota for prayers to be said every half hour, 24-hours a day for the Island. Helen Arkwright is also willing to pray with anyone individually, via telephone.  
 01481 822253  
[helen1ark@yahoo.co.uk](mailto:helen1ark@yahoo.co.uk)

## Physiotherapy

Although **Lighthouse Physiotherapy** is closed for face-to-face routine physiotherapy, Charmaine Johnson is offering a new reduced-price service where patients can access 'remote' virtual services by phone or video link (Zoom). The emphasis is on self-management, support and encouragement. There is also a triage and filter service for urgent conditions. Initially Tues-Thurs 14:00-18:00  
 07839 165288  
[info@lighthousephysio.co.uk](mailto:info@lighthousephysio.co.uk) or FB





# THE CONNAUGHT

## Special People Caught In An Exceptional Time

**We go in search of a highly treasured generation to see how they are faring in lockdown.**

**T**hey're older and wiser and the resilient residents of The Connaught are handling lockdown just fine, thank you very much.

Yes it's tough not having visits from the army of people, locked down themselves, who want to see family and old chums.

But these are respected members of Alderney's community, some of whom have seen it all before including the few who are original homecomers. They're tough, and they also have a sense of humour. But before we delve into what's happening at Lockdown Connaught, here's a bit of background. It used to be called the Royal Connaught but lest you think it's for the Upper Crust only, it's been changed to

plain and simple The Connaught. So much more inclusive of all the community services that are delivered.

Here's the operations manager Liz Bowskill on the subject: "We provide all of the social care services for older adults across Alderney and we currently look after 40 residents within the residential care home, 28 domiciliary care clients (which can range from one or two visits per day to a full four visits per day), 20 meals-on-wheels and, up until the lockdown, we also provided day care, a bathing service and served as a community hub."

That's impressive and essential in a community with such a high

percentage of the older generation. "Unfortunately," adds Liz, "we have had to stop the older adults in our community coming into the Connaught and now offer more peripatetic services in people's homes. We have seen an increase in both Home Care and Meals-on-Wheels as local informal support arrangements are reduced or stopped where the friends and neighbours offering support were encouraged to lockdown themselves.

"I was surprised to find a number of cases of people not previously known to our services who had a robust team of informal carers already in place. Only in Alderney have I ever seen such a supportive community."

*Continued on Page 7 >>*



Beryl Le Poullain's message to Alderney

## How Lockdown Works

The Connaught has been working very closely with Age Concern, the Alderney-specific Social Worker from Guernsey, Alderney Spirit, IMC and MMH to try to ensure the right support and care is getting to right people at the right time.

This has meant converting offices in the Connaught to rooms to take admissions from the MMH, identifying Alderney's most vulnerable people, and either arranging telephone support from an Alderney Spirit volunteer or in a couple of cases secure funding from Age

Concern for meals-on-wheels or home care while awaiting benefit entitlements to come through.

Liz again: "We have been blessed with an overwhelming response and support from Alderney Spirit, incredible support from telephone contacts for the isolated in the community, dog walkers, meals-on-wheels drivers and we even have a volunteer who comes in and supports the housekeeping staff disinfecting door handles, pushing cleaning above and beyond infection control standards."

## And the Residents?

"This has been a challenging few weeks for the residents," says Liz, "some of whom don't fully appreciate why we are not advising them to go out as they are not able to keep themselves safe."

"One or two individuals are fully able to understand the risks, social distancing and the need to keep physically and mentally active, and therefore we do support them undertaking their daily 'constitutional', as my grandfather used to say!

"Despite the underlying anxiety and concerns the residents have when listening to worldwide news or speaking to their loved ones who live abroad, our community-within-a-community is a

resilient group.

"We continue to have daily activities (albeit two metres apart). Just in the past week we have had chair yoga, a visit from the Easter Bunny, chocolate cocktail making, bingo, Art Club, a sing-song, and both a 'virtual' book club and 'virtual' church service.

"Our activity co-ordinator and her team do everything they can to keep spirits up during this difficult time. Relatives both on and off island are supported and encouraged to use information technology to communicate, and most importantly see, their relatives as well as visit our Facebook site or website to see what their loved ones are up to."



***'Only in Alderney have I ever seen such a supportive community.'***

*Operations Manager Liz Bowskill*

## Keeping in Touch

The Connaught works closely with Barbara Benfield and Age Concern and has been amazed by the response to her appeal for letters to be written by children and young people; the residents will no doubt delight in receiving these letters and pictures.

"We will enjoy working with our residents to send replies to these young people and let them know what life is like for older adults locked down in Alderney," said Liz.

"None of this could have been achieved without an amazing and dedicated team

both in the community and within the care home facility. I am amazed when I watch them dance down the corridors respecting social distancing whenever they can, smiling and remaining upbeat even when they have their own concerns, anxieties and worries about the people they care for and their own loved ones.

"I write a managers brief every day to all staff to keep them in the picture locally, trying to allay any fears that are fed back to me, thank them wholeheartedly on behalf of the organisation and our clients, and I

always encourage them to take time off and get the rest they need. They are a truly amazing team of people."

And finally (as the news readers used to say) what about PPE? The Connaught has aprons, some masks and loads of gloves, but probably not enough masks. Liz is working with Sue Price at the States to rectify this.

Alderney doffs its collective cap to these remarkable team players and the residents. We are all in this together, and we want you to know that we treasure every one of you.



## GET IT DELIVERED

During lockdown, the following retailers and suppliers will offer home deliveries. Please check Facebook pages or Alderney Chamber of Commerce @alderneychamber for additional announcements.

### MEDICAL SUPPLIES

To order all prescriptions:  
call Island Medical Centre 822077  
Mon-Sat late morning.

**Boardman's Pharmacy** for prescriptions & queries:  
822126 Mon-Sat 9:00am-10:00am for delivery

### Alderney Animal Welfare

Alderney Animal Welfare Clinic 822616. No drop ins. Please call for procedure.

### FOOD SUPPLIES

**Jean's Stores and Farm Shop**  
07781 456333 alderneyfarmshop@suremail.gg

**Le Cocqs Stores** 824646 shop@lecocqs.com

**MJ Cosheril Meat and Delicatessen** 822291  
Mon-Sat 8:00am-1:00pm

**McAllister's Wet Fish Ltd** 823666 weekdays after 3:00pm or at 7:00am to order or FB

**The Butchers** 822234  
Stephen@thebutchersalderney.com (weekdays)

### BEVERAGES/ALCOHOL

Free delivery to your home  
**Barnstormers** 822537 Mon-Sat  
**Coronation** 822630 Mon-Sun 10am-8pm

### OTHER RETAILERS

(Subject to change/clarification)

**Alderney Centre, Pet Shop & Garden Centre**  
822646 Mon-Sat mornings, order online  
thealderneycentre.com

**Alderney Flower Shop** 822807  
alderneyflowershop@outlook.com  
thealderneyflowershop.com

**Alderney Wildlife Trust** (Gifts, games, toys etc)  
822935 admin@alderneywildlife.org  
alderneywildlife.org/shop

**Boardman's Pharmacy** 822126  
orders@alderneypharmacy.com  
weekdays 9am-10am

**Blanchards** 822722 sales@blanchard-ald.com

**Chrissie's DIY** 822510  
christinamichel2815@gmail.com Mon-Sat 9am-12:30pm for same day delivery

**Cycle & Surf** 07966 503694 or 07781154045  
kkissickvn@aol.com

**DHS Alderney** 07879 996 759 (emergencies only)  
dino@dhs.gg

**Les Salvagers** 07781 149 901 Monday to Saturday

**Little Island Leaves** 07781 419516  
littleislandleaves@gmail.com or FB  
littleislandleaves.wordpress.com

**London House** 822345 10:00am -12:00  
lhadmin@suremail.gg

**Longis Bay Garden Services** 07781 116790  
info@longisbay.com or FB

**SewMuchFun** 07781 423 495 email  
candggillingham@cwgsy.net or FB  
sewmuchfunalderney.co.uk

**Shabby Chic** Sara Fisher 07911 711397  
sarafisher42@hotmail.co.uk

**The Bookshop** 07911729174 (2pm-5pm)  
alderneybookshop@gmail.com  
thebookshop.gg

### POSTAGE STAMPS

**Post Office** 822644 will send a book by post at book price plus the stamp for posting

## Spotlight On Alderney Businesses

### THREADBARE BUSINESS FOR SEW MUCH FUN

Claudia Gillingham may be Alderney's facemask champion but her business has taken a big hit under lockdown.

Like many other retailers, Sew Much Fun had to close its doors and Claudia Gillingham's two staff members have since been on unpaid leave.

But she still gets orders for her beautifully handmade items, gifts, souvenirs and handmade clothing from her Facebook page, @clawsssewmuchfun. And she has made around 300 facemasks, mainly for key workers who get them at cost price.

"The facemasks started because people were contacting me to make them for business and personal use," said Claudia, who also sends masks and other useful kit to her sister-in-law who is a palliative care nurse in the UK.

After studying fashion and interior design, Claudia opened Sew Much Fun in 2014 and as the shop's fans are well



aware, it has blossomed in those six years. Ethical and environmentally responsible principles are her mainstay with reduced waste and a no plastics policy for all packaging.

She delivers Facebook page orders within 24 hours, always following the correct guidelines. "This has been invaluable in saving my business and enabling me to pay the rent and other bills," she adds.

"I'm also a Hermes courier and have noticed a massive drop in parcels coming in weekly – down by about three-quarters. So financially it has hit my businesses very hard."



Cross-stitch a hedgehog during lockdown!

## COVID-19 Coronavirus WHERE TO FIND INFORMATION

Your first port of call to get information about Coronavirus and how it might affect you is: [gov.gg/coronavirus](https://gov.gg/coronavirus)

If you have **any clinical questions** regarding the coronavirus please call 01481 756938 or 01481 756969 between 8am and 10pm daily.

If the information provided does not answer your non-clinical questions please email: [publichealth@gov.gg](mailto:publichealth@gov.gg)