

CAYNHAM NEWS

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www.caynham.eclipse.co.uk

March 2022

Produced and published monthly by Caynham Village Hall.
If you are organising anything and would like it to be listed here,
please contact David Faulkner at least one month in advance.



Local Health Champions want to hear about NHS psychological services

Depression and anxiety levels in Shropshire have increased since the start of the pandemic. The Shropshire Primary Care Psychological Therapies Service (also known as IAPT) is at the forefront of support and therapy to help people to deal with mild and moderate depression and anxiety. People who want help contact the service directly themselves. The NHS is looking at how these services are organised and are keen to understand people's experiences. Healthwatch wants to hear from people who have used the service or are waiting for therapy, what went well, what didn't go so well and any suggestions for improvements.

Lynn Cawley, Chief Officer of Healthwatch Shropshire, said, "We want to ensure that the patient voice is at the centre of any service development and would encourage anybody who has used the service to get in touch. All experiences will be shared anonymously."

People can share their experiences with Healthwatch Shropshire through a short online questionnaire

www.healthwatchshropshire.co.uk/shropshire-psychological-therapies-service

or alternatively by ringing 01743 237884.



New online coaching service for people who struggle with reading

It's taken for granted that we all learned to read and write at school, however there are many local people who struggle with this essential life skill. Just imagine how your life would be if you couldn't read forms or letters, follow medicine instructions, or read a new recipe?

Free, confidential, one-to-one help

Read Easy Shropshire Hills matches up adults who want to learn to read with a trained reading coach and they work together through reading manuals, in private, at a time to suit them both. It's as easy as that and its free!

What's important is that everyone can learn at their own pace without feeling rushed. There's no pressure or targets or exams to worry about and no reminders of what it was like at school.

Before the pandemic all coaching sessions were held face-to-face in quiet locations such as cafes and libraries, but out of necessity we have had to find new ways to keep on coaching.

Online coaching, using Zoom, has been so successful and convenient for many reading pairs, that we have decided to use it to reach a much wider population. New readers are provided with a tablet if they don't have access to a computer. It is set up by Read Easy beforehand so it can be used without any computer knowledge or keyboard skills. However, Zoom isn't for everyone and for some of our readers coaching by WhatsApp or phone are better options.

We will continue to offer face-to-face coaching to people who would prefer to meet in person if there is a suitable local venue.

Jay Blades proves it's never too late to learn

Jay Blades, presenter of BBC's Repair Shop, finds reading a challenge. He concealed his inability to read until he was in his 30s, after he struggled to learn to read as a child and compares looking at words on a page to a 'book of ants'. Jay, 51, has been learning to read online with Read Easy in Birmingham and his story was shown on BBC TV earlier this year.

How to get in touch

Learning to read can literally be life changing. People grow enormously in confidence, self-esteem and independence as well as being able to navigate the world of the written word.

If you would like to find out more, or you know someone who would like to learn to read contact Amana Winchester on 07707 762653 or email her

shcoordinator@readeasy.org.uk.



South Shropshire Climate Action is delighted to have secured funding for a 3 year appointment to develop and promote their 'Next Steps' programme, building on work already underway towards achieving net zero. There's a lot to do and not very much time before 2030! The job spec can be found at:

<https://www.environmentjob.co.uk/jobs/86186-project-coordinator>

The **closing date for applications is 9 am on Monday, March 21st** and interviews will be held on Tuesday April 5th 2022.

The environmental crisis and us - part 5 'stuff'

BBC Dragons' Den: "you could get it made in China"

You may recall, from the first article in what has turned into a series, that a significant chunk of your carbon footprint is attributable to 'purchase of goods'. Carbon offset calculators often refer to this, pithily, as 'stuff': it's all the non-food manufactured things that you buy, ranging from toiletries and clothing, through electrical/electronic equipment and furniture, to cars. All manufactured items require energy for their production and so have an inherent carbon footprint independent of any emissions that might arise from their use. This is known as embedded (also called embodied) carbon, and it is this that contributes to your carbon footprint whenever you buy 'stuff'.

Fifty or so years ago, before we became a service economy, much of this 'stuff' would have been UK made. Now most is imported so the CO₂ emissions associated with manufacture have been exported and don't appear in official UK statistics (which are based on *territorial* emissions, not *consumption*). This makes the UK's performance appear better than it really is. Unfortunately, it also often means that the energy used is more carbon intensive than would be the case in the UK - so the embedded carbon is higher than it could be, further increased by transport emissions. Thus our imported 'stuff' carries a low monetary cost but a high price in embedded carbon. There's a welcome recent trend in some sectors to bring manufacture back onshore.

Calculating the embedded carbon for an item is complicated - it has to include sourcing and transporting all the raw materials as well as the production process itself and the manufacturer's carbon overheads. You can find more about this in Mike Berners-Lee's book '*How bad are bananas*', where he gives some examples:

1. A pair of leather shoes 15 kg
2. A pair of men's cotton jeans 19 kg
3. A carpet 5 to 18 kg per square metre
4. A laptop computer around 500 kg
5. A new car (including electric models) 4 to 25 tonnes

[if coming from China or SE Asia the embedded carbon could be much higher]

Our economy is based on continuous (unsustainable) growth. You are encouraged to buy more and more 'stuff' by, for example, precisely targeted advertising, built-in obsolescence (including retrospective downgrades in performance), and lack of support or repair facilities for aging products.

If our attempt to reach 'net zero' by 2050 is going to succeed, we need to reduce our carbon footprint due to 'stuff'. Some 'stuff' simply gets used up (eg toiletries) or worn out and recycled (eg fabrics). Other 'stuff' is replaced whilst the original item is still functional, so a common suggestion is to buy second-hand instead of new. The argument is that the embedded carbon in a second-hand item is a 'sunk cost' (ie has all been assigned to the original purchase) so second-hand = zero embedded carbon. I'm not entirely convinced by this economists' argument and hope to revisit the topic in a later article. But I am convinced that, one way or another, we need to wean ourselves off our desire for more 'stuff' - even if it does mean the economy needs to change dramatically to achieve this.

Events in March and April (Caynham Village Hall unless noted)

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| Tues 1 st March | Gardening Society: talk by Barney Martin 'The Flower Garden at Stokesay Court' 7.30pm |
| Weds 9 th March | WI: talk "Willow Work" by Cathy Preston 7.30pm (Ashford Carbonel VH) |
| Sat 12 th March | Caynham Walkers - details from organiser |
| Mon 14 th March | Caynham Book Exchange 10.30am |
| Sun 27 th March | Mothering Sunday 1.15pm St Mary's Church, Caynham |
| Tues 5 th April | Gardening Society: AGM 7.30pm |
| Sat 9 th April | Caynham Walkers - details from organiser |
| Mon 11 th April | Caynham Book Exchange 10.30am |
| Weds 13 th April | WI: social evening 7.30pm |
| Sun 17 th April | Easter Sunday 11.15am St Mary's Church, Caynham |

Contact details (area code 01584 except where noted)**Caynham Ashford Women's Institute** (<https://sites.google.com/site/caynhamashfordwi/>)

Meets monthly 7.30pm 2nd Wednesday at Caynham or Ashford Carbonell village halls

President	Mrs Christine King	876819	
Secretary	Mrs Jane van Duijvenvoorde	891396	janevanduij@gmail.com
Treasurer	Mrs Ann Morris	831692	

Caynham & District Gardening Society (<http://caynhamgardening.blogspot.co.uk>)

Meets monthly 7.30pm 1st Tuesday Caynham Village Hall

Chairman	Mrs Christine King	876819	
Secretary	Mrs Jean Faulkner	879515	jeanmfaulkner@btinternet.com
Treasurer	Mrs Ann Morris	831692	

Caynham Book Exchange

Meets monthly 11am 2nd Monday Caynham Village Hall

Contact	Mrs Paula Spencer	875419	
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Ashford & Caynham Butterflies Pre-school Playgroup

Every weekday in term time, 9am to 3pm Bishop Hooper CE Primary School

Committee Chair	Ms Julia Harmen		
Leader	Ms Leigh Turner	07779171674	

Caynham Parish Council (<http://www.caynhampc.org.uk>)

Meets bimonthly 7pm 1st Monday usually Knowbury Memorial Hall, occasionally Caynham or Clee Hill Village Hall

Caynham Councillor	Mrs Barbara Ashford (Chairman)	874402	
County Councillor	Mr Richard Huffer	891215	richard.huffer@shropshire.gov.uk
Clerk	Mr Eric Williams	874661	cewilliams1@btinternet.com

Caynham Walking Group

Meets monthly 2nd Saturday: walks are 4 to 6 miles starting about 10am. For details please contact Catherine Newcombe (891225 or cathnewcombe@btinternet.com).

Caynham Village Hall Committee (<http://www.caynham.eclipse.co.uk/vhall.html>)

Chairman	Dr David Faulkner	879515	davidjfaulkner@btinternet.com
Hall Bookings	Mrs Jean Faulkner	879515	jeanmfaulkner@btinternet.com

St Mary's Church Caynham

Rector	Revd Lynn Money	831203	ashfordsrector@gmail.com
Churchwardens	Mrs Ann Reid	875519	
	Mr Stephen Ashford	874402	sjashford@hotmail.com

Friends of Bishop Hooper CE Primary School

Contact	Mrs Anna Gittins (Headmistress)	831110	
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