

manor mead school • thamesmead school • saxon school • st nicholas school • littleton school

jubilee centre food bank • manna foodbank • support4spelthorne • greeno centre • cameo

Thank you Shepperton Aurora Rotary for your help

“ Hi, I wanted to thank you for the Sainsbury's voucher given to my son from Manor Mead school Shepperton. It was a nice surprise and we are very grateful, thank you, Mandy ”



**Shepperton
Aurora
Rotary**

rotaryaurora.org.uk



During the Coronavirus pandemic, Shepperton Aurora Rotary have dug deep into their funds and directly supported over 250 school children, given vital financial support to three school's hardship funds, provided food and funds to two food banks and paid for 'Boredom Buster' packs for the elderly through Support4Spelthorne. We thank all those who have supported **Shepperton Aurora** locally, allowing us to help our community at this unprecedented time.



**Over £6,000
distributed by
Aurora in
Spelthorne**

Editor's Agenda



Unsurprisingly I use the previous edition of our Newsletter to start compiling the current one - so I don't intentionally duplicate what I previously reported. We had been looking forward to some of the major events of our year, including Race Night (a big fundraiser), the Cameo gig, and our first joint event with four other clubs to support the London Irish Mini-Rugby tournament promoting Rotary by giving sports bags with our logo to the young players.

When the physically socialised world stopped turning instantly in mid-March, Aurora promptly migrated to the virtual world of Zoom. With heavy hearts, we cancelled our breakfast meetings with the Holiday Inn which has supported us so well.

I have been a user of many video conferencing products over the past 15 years, from the early days of Cisco and Polycom, now the world is using Zoom, Microsoft Teams and recently, Google. I remember struggling with a barrage of consultants to get these to work. There always seems to be some one or some body that did not work, resulting in some rude words. So, it has been refreshing to see that we have had 10 to 15 Aurorians getting together every week on Wednesday evenings with comparatively few problems, especially with those who have not used these types of products before. Many thanks to Sue for arranging these Zoom meetings moving forward and Chris for taking the meeting notes and making them amusing!

I have been very fortunate with my clients in that I have been able to work from home normally. They have been busy, which means - so have I. As I am well used to working from home over the years, and this time I have supporting first-time home-workers, providing them with a daily structured routine. We have morning and evening meetings (called stand-ups in these agile days) and amazingly home working is breaking down the organisational barriers between departments - I have seen so much more wilful collaboration! A truly unexpected outcome for me.

So, while it is trite to say the world has changed, it is providing us all with a challenge to navigate the best way forward - in business the current mantra is 'pivot to where the money is'.

Stay safe everyone. We have had a few occurrences of the dreaded virus in Aurora with Jenny and Mark Steptoe and thankfully they have recovered. In our close of 15 houses, 4 people have recovered - we are not out of the woods yet.

Best wishes, Henry

Keep Connected with these links - Don't feel alone

Shepperton Aurora Zoom: Every Wednesday at 6:30 - meeting request issued by Sue

Shepperton Aurora Phone Tree support - contact Lyn Derrington

Aurora website: Please keep Bob informed of content and updated

Weekly District Zoom meetings, Thursday 7:30pm with a break for NHS hand-clap support

<https://zoom.us/j/525532809?pwd=VnJpT1phK052czU2YzVYL2RZVDV1Zz09>

District Whatsapp group: <https://chat.whatsapp.com/I2EgPx8J7xAK5py8ZNIQMQ>

District Service Seminars, register at

<http://www.123formbuilder.com/form-5408980/district-service-team-seminars>

Shepperton and Sunbury Matters digital copy:

<https://www.villagematters.co.uk/sunbury-matters>

<https://www.villagematters.co.uk/shepperton-matters>

Aurora Responds to Covid-19 Lockdown

1. Distributed over £6,000:
 - Directly supported over 250 school children with £10 vouchers, with very appreciative feedback from the recipients;
 - Given vital financial support to three schools' help with hardship funds;
 - Provided food and funds to two food banks;
 - Paid for 'Boredom Buster' packs for the elderly through Support4Spelthorne;
 - 25 carrier bags of food had been collected by Doreen with the help of Chertsey Club.
2. Jan and Bob have developed a poster which is being locally displayed, see the back page. The thinking behind the text is that rather than individual members' contact details and with advice from one of our councillors, we advertise both The Spelthorne Hub and Covid19welfare@spelthorne.co.uk. Also, have a look at <http://www.spelthorne.gov.uk/volunteer> and <https://spelthorne.isprepared.uk/volunteer/>. Please forward our poster to any friends or organisations which may benefit.
3. Shepperton and Sunbury Rotary and Shepperton Aurora Rotary are working for our community through the NHS volunteer group, the Greeno Centre and Social Services. Doreen has been liaising with staff at Greeno and offered our help in telephone support. Doreen, as a buddy, is already in regular contact with one of Greeno members. Doreen is our contact so if you feel able to help in this way please contact her.
4. Many Aurora members are donating their standing order (normally used for breakfast meetings but none being held due to COVID-19 restrictions), to support our COVID-19 response in the local community.
5. I am aware that some of our younger members are in regular contact and supporting others with calls and shopping. That is heartening news.
6. Ongoing activities include a list of recipients for the hardship fund has been proposed, a list of fundraising ideas is being developed and easyfundraising.com is being evaluated. Liaising with the established 'third party' eg headteachers and charity leaders, Aurora continues to identify and support those in the community experiencing hardship.

'When the dust settles we will realise how little we need, how very much we have and the value of human connection'

Ron Enticott Standing Down



It is with deep regret we announce that Ron Enticott is standing down as President Elect and resigning his membership. He says : It is with great sadness that I am writing to you. I know it is a difficult time for the club but I no longer feel able to carry out my duties as I would like.

Ron has been recovering from his operations, recorded with great humour in the Newsletter. He is also under pressure to keep his large portfolio of clients informed and deal with the problems posed by the epidemic. We all regret a member leaving the club, but in the circumstances we must respect Ron's decision and will hope that in due time he will feel able to re-join Aurora, when we can welcome him back with open arms.

Hats Off to Aurora - making over £50 in the virtual world



Ron's Bowling Bowler hat



Looks like Rushna's Easter Bonnet



NHS Bear - the star of the show! Worth a hand-clap!



Diana's daughter's hat with distancing poles



Gill - the owner of the NHS Bear



Sue looking forward to Ascot



Jan knows this makes sense



Doreen showing off all her hats

How we kept ourselves amused during the lockdown



Jan - Turning Old Pillow Cases into useful bags for NHS Nurses



Jan's last coffee on Diana's doorstep before the lockdown



Past-President Norma supporting our NHS



Bob Celebrating VE Day along Thames Meadow
https://m.youtube.com/watch?v=PQvs_3HUNhw



Orderly queues formed outside Quality Fruits, Julie keeping everyone happy, so Diana found out!

Building a Rainbow by Doreen Pipe



I never thought that I would hear our son Nick say these words! Tony was getting ready for one of our S.D. street parties for VE Day. We have had 3 so far, and he and 2 other musical neighbours have entertained our road, and I've sung too! It is great for those who have been in lockdown to safely come outside and see another face, chat, wave and smile! The children dance in the street with their parents, families come with their own playlists as they sit on the grass verges, others set up in their front garden on garden furniture. Glass of wine, all social distancing!

Our small community has come together so much, it is amazing! I put a food bank donations crate on the lawn, and so far our neighbours have donated 25 carrier bags full of food! Chertsey Rotary pick up the bags and deliver them to the Food Bank, and now Aurora is doing the same in Shepperton too for the local FB, wow!

So despite the terrible pandemic I think of these amazing positives, families clapping at 8 o'clock, fun and music in the street, sharing and getting to know new neighbours, zoom meetings, phone calls to friends, seeing my family on What's App, phone trees, growing Aurora's French Beans, and clubs charity donations giving so much help, the list goes on.....

Most of all I will think of The Rainbow at the end of my drive, our good health and thanks to The NHS and Key workers for just being there and helping us enjoy life in 2020!

A tough time for saying goodbye by Bob Noble

Saying a final farewell to our closest loved ones through a funeral ceremony is one of the hardest things any of us will ever have to undertake. The grief caused through a bereavement is top of the five most stressful life events any one of us ever has to experience. As humans, our entire life is marked by ceremonies. They bring us closer together, build bonds with close family members and strengthen friendships that we often treasure for life. A funeral is our final ceremony: a time to say goodbye.

In these strange and unfamiliar times, a time when a tiny invisible cell denies us the chance to be together, the poignancy of the loss of the chances to celebrate the milestones is devastating. Deaths, like births, are a particular defining moment – one the beginning of life and the other, the end. When the end comes, it is heavy with sadness and sorrow. It is the absence of presence, when a friend or loved one is no longer here to talk to, to spend time with, to cuddle. The majority of us when asked state we wish to die at home with our loved ones surrounding us. Coronavirus, for many, has now robbed us of that important moment and the grief endured is all the more painful.

When it comes to planning and running funerals, as a Celebrant, for many years, I have noticed things change. Families are often distraught at the loss of a family member, often in shock and despair, yet they still wish to ensure the final ceremony of farewell is appropriate, dignified and fitting. It is worth bearing in mind at this point that a funeral fulfils two basic requirements. Firstly, it is a procedure to dispose of someone's mortal remains. Secondly, we accompany the process with a ceremony, a communal celebration that recognises someone once lived. For a short focused period of time, we try to remember and relive the memories we have been able to share with the person who has died. When we do that, most of us want to do it with as many people as we can.

Under the current lockdown, funerals that I have arranged and led have been limited to no more than ten mourners. In theory, those ten close family or friends have had to sit two metres apart. The emptiness of chapels that have been designed to seat up to eighty or a hundred mourners when there are only ten, multiplies the feeling of loneliness. At the first ceremony I undertook during lockdown, there were only four relatives in attendance. One of those was the 15 year old granddaughter of the gentleman who had died. As I read through the eulogy and we listened to the chosen music for the service, the granddaughter, sitting totally alone, quietly wept – no one to comfort her. It was heart-breaking.

Rules are rules but what occurred to me after the funeral, and only after sadly, was the fact that the four mourners had all travelled in the same car to get to the crematorium, therefore there was no need for them to be seated two metres apart. I didn't let that situation happen again. Those who now arrive at any funeral I manage are offered the chance to sit with the same people they travelled with.

Many chapels in crematoria have webcast facilities, allowing services to be transmitted via the internet – accessed by a password. This allows for those unable to be in the chapel to view the whole ceremony and remember the deceased from the peace and tranquility of their own home, allowing them time to grieve and time for their own reflections. There have been some funerals that I have conducted where the family has felt uncomfortable about transmitting the key moment of their maximum grief to a wider audience. In some cases, I have propped up a mobile phone in place and linked it via a one-to-one Facetime call, which has proved to be more personal.

Most coffins are now wheeled into the chapel on a small trolley as this requires fewer bearers to be in close contact with each other or with mourners. It is not particularly dignified. Only the funeral directors are allowed to touch the coffin and that includes the placing of any personal mementos or flowers on top. At the end of the ceremony, all Celebrants are now required to close the curtains. In the past, many families preferred the curtains to be left open so they could come up and place a flower on the casket of their loved one or whisper their own personal farewell along with a gentle touch.

On leaving the chapel now there is an even more desperate emptiness with so few people in attendance and all of us outside standing the required distance apart. More often than not there is no wake as social distancing has put paid to any such gatherings for reminiscing.

Stephen Barbour from Child Aid by Lyn Derrington

'Today's limitation and circumstances for vulnerable, abandoned and disabled children in Eastern Europe can be transformed to one of opportunities and hope.'



Stephan's subject was very powerful and in many ways very shocking. He works for the Child Aid Charity which at first was set up to support disabled children in Russia and though now Russia has asked them to leave they are supporting children in Belarus, Moldova, Ukraine and other countries in that part of Europe. Many of the disabled children are badly abused and hidden away. They are also sold on for prostitution and organ harvesting. It is also known that many of these children and young adults are brought to this country to be in brothels.

Part of the charity's role is to support the children and parents to allow them to have a better improved life but they support those in the countries to inform and change views.

Their next project is to set up a day centre to support and help as many people as they can. The centre is going to be run on the same lines as the Tony Hawkes Centre in Moldova, which improves the life quality of chronically ill children from socially vulnerable families. By working with parents of young children, the Centre is able to give a hope to the family and prevent the child being abandoned to a life locked away in an institution. Through rehabilitation and parental education, the Centre facilitates the children's integration into society. The aim is to optimise the child's potential for the future through physical control and development of their young bodies. One parent says: "You are saving lives. You make tomorrow happy, especially for our children" Tony Hawks, writer and comedian, has sponsored the Centre from its very beginning"

A tough time for saying goodbye by Bob Noble - Continued

Our human instincts and deep-seated thoughts still see our mortal remains as the embodiment of our existence on this planet. Even though most families saw a complete change in their nearest and dearest on their last breath, as though a spirit or a soul had left them, we find it uncomfortable to think of the body of our loved one being left somewhere unknown until they can be buried or cremated.

The funeral ceremony, with the coffin slowly screened as the curtains gently close, is still the biggest moment of emotional release in an acceptance that a particular chapter in someone's life has finally closed and we who are left behind can start to move on. That moment of closure is still a powerful opportunity to grieve the deepest. When we are unable to do that in the company of our closest relatives, friends and colleagues, our hearts are robbed of the love and support we so desperately need.

One thing that the Coronavirus has done is made it quite clear to everyone who amongst us are the most critical at a time of such distress. It makes each one of us to treasure the most important people in our lives and what really matters. Apart from the family we are locked down with, those who chose a life of care as a profession have at last been recognised for their bravery, compassion, selflessness and skills. I for one, desperately hope they won't be forgotten when this crisis is all over.

Earlier last month I carried out a funeral ceremony for a young woman who had died at the age of just fifty-four. She had been a dedicated and highly trained nurse for twenty-two of her fifty-four years at one hospital, her whole skilled professional life dedicated to helping to heal and comfort others.

In the chapel, on a cold, windy and wet day were the young woman's parents, her husband, his parents and just two of her closest friends. Seven mourners to say farewell. When we left the chapel, in the car park, in the rain there were twenty or so nurses standing two metres apart. From under their umbrellas they gently applauded. They had come on the day to pay their respects to a much loved and admired colleague and to thank her family for the gift of her life.

The emptiness of bereavement we all felt at that funeral that day became just that little bit less suffocating. The love that exuded from those in that car park at the precious moment will stay in my memory for many years to come.

Rotary News



Corona Virus Update

Shepperton and Sunbury Rotary and Shepperton Aurora Rotary are working for our community through the NHS volunteer group, the Greeno Centre and Social Services.

We are also working directly with our neighbours.

If you know of someone who needs help please contact the Spelthorne Council Hub on the number below.

**or contact the Spelthorne Hub
01784 446446 or email Covid19welfare@spelthorne.gov.uk**



The Power of Plants - Raising over £100 by Chris Arnot

Just to let you know our green fingered, gardening gang raised a mega £109 for Twickenham Club for their cut price ex Squires plants. Massive thanks to Sue, Bob, Jenny, Jan & Henry/Diane for their generosity and of course, Jan at Twickenham, for organising it and bring them over. A great idea for raising funds that's both attractive & productive (bit like me!!).