

# Stay at Home Tarpорley

Tarpорley Parish Council



## Stay Supported.



**Tarpорley Helpline:** 01829 833069 – 9am–6pm. 7 days a week. Basic necessities and medications delivered to your door. **We have a team awaiting your call now.**

**St Helen's Church:** To receive a daily prayer, scripture, music and a 'thought for the day please email [revgeorgina@me.com](mailto:revgeorgina@me.com) or call 01829 732491.

**Tarpорley Chapel:** Sunday service is available live 10.45am visit and click online service. [www.tarpорleychapel.org.uk](http://www.tarpорleychapel.org.uk)

**Chester Cathedral:** Live services (5:30pm weeknights), communion, music and services [chestercathedral.com/stream/](http://chestercathedral.com/stream/)

**Tarpорley Parish Church:** Online services and Link Magazine from [www.tarpорleyparishchurch.org](http://www.tarpорleyparishchurch.org)

**The Post Office:** Shielding but need a cash withdrawal? Get a single-use voucher. Please call Sandra at Tarpорley Post Office on 01829 732440.

## Stay Poetic.

**Send your poems in:** We are looking for our own Tarpорley "Lockdown" Laureates. All age groups and styles wanted. Featured poems will receive £5 Tarpорley High Street Voucher\*. For inspiration and details visit [www.tarpорley.org.uk/lockdown-poetry-challenge](http://www.tarpорley.org.uk/lockdown-poetry-challenge)

\*to spend at participating retailers/ hostelrys once lockdown is lifted.

## Stay Well.



**Played on Demand:** (visit [www.played.co](http://www.played.co)) – provides hundreds of videos and exercise routines by health, age, interest & activity to help keep you moving during Lockdown. Developed by Tarpорley local Tom Marley

**OceanWave of Cheshire:** Mat, our local Fishmonger (delivers fresh fish to Tarpорley every Thursday 12pm – 2pm at the Lychegate) has linked with Cheshire Chef Gemma Wade to inspire us with tasty, healthy recipes [www.yousaytomatocooking.com](http://www.yousaytomatocooking.com)

## Stay Challenged.

**Tarpорley Anagrams** – the answers are all businesses on Tarpорley High Street. [www.tarpорley.org.uk/anagrams](http://www.tarpорley.org.uk/anagrams)

Answers to [helpline@tarpорley.org.uk](mailto:helpline@tarpорley.org.uk). All correct entries will be entered into a weekly prize draw for a £5 Tarpорley High Street Voucher\*. Prize draw winner & answers published next week.

## Stay Local.

A big Thank You to all our local businesses and services who are going the extra mile to ensure that we can Stay At Home. The first nomination for Local Heroes is...



**Rose Farm Shop, Utkinton** – A family run farm shop right on our doorstep offering home grown award winning meat and high quality local produce. To John Johnson, his family & staff we say a very big thank you.

visit [www.rosefarmshop.co.uk](http://www.rosefarmshop.co.uk).

## Stay Entertained.



**Tarpорley U3A:** Curious about Stargazing? Theatre Studies? Photography? Creative Writing? Now offering a "Lockdown" membership for £5 (expires 31/08/2020) [www.u3asites.org.uk/tarpорley](http://www.u3asites.org.uk/tarpорley)

**Weds 22nd April at 7pm:** Quarantine Karaoke with Chester Storyhouse's Georgie West. Do you like to sing your heart out when no-one can hear? You can be seen but not heard (except by your neighbours) as you belt out some classics in time (but maybe not in tune) with Georgie West leading the songs. Visit [www.storyhouse.com](http://www.storyhouse.com) to take part.

**Tour of Tatton Park gardens with Head Gardener:** Download app Candide and take an audio tour of Tatton Park with Simon Tetlow.

## Stay Young.

Suggestions for our younger readers.

**Mindfulness** is a valuable tool that can help children through these difficult and uncertain times. [positivepsychology.com/mindfulness-for-children-kids-activities](http://positivepsychology.com/mindfulness-for-children-kids-activities)

**Wish Jar:** as a family you think of all the things you would like to do once social distancing is over and travel restrictions have been lifted. These wishes are then written onto pieces of paper and placed in a jar. We have found this to be a great way of getting children to open up and talk about the things that are causing them concern or that they are missing and it also helps them focus on the future with optimism and hope.

