

## Coronavirus – COVID-19

New updates on the Coronavirus were issued by the UK government yesterday, which included avoiding any “non-essential” travel and contact with others and avoiding pubs, clubs, theatres and social gatherings. They didn't mention church towers but news out today confirms that church services will also be cancelled so, **if you haven't already decided to cancel ringing activities, now is the time to do so.**

The demographics of the ringing community has a large proportion who fit in to the over 70 year old and/or medically vulnerable category, and ringers can be quite stubborn when it comes to continuing ringing, insisting that we “keep calm and carry on”. However, under the current circumstances, we have a duty to be responsible for ourselves and towards others we ring with. If you fit into a category that has been advised to socially distance yourself, please heed that advice. If not for you, then to help prevent putting other people at risk.

Having said that, socially distancing yourself can create a sense of isolation, and we must ensure that we maintain contact with our ringing friends and offer any help and support where we can. Please check in with those who are advised to stay at home, phone them for a chat to ask how they are, drop them a quick text, WhatsApp or social media message to let them know they haven't been forgotten.

We have also decided today to cancel the AGM on Sat 18th April but, all is not lost, you can at least update yourselves with all of the magnificent achievements of 2019 by reading the Annual Report.

Signed  
The Executive of The Suffolk Guild of Ringers.

17/3/2020