



# on the PIER

March 2020 Issue 18

Anything missed? send your news to [wymers@eabc.org.uk](mailto:wymers@eabc.org.uk)

## GENERAL

- Next committee meeting Monday 6<sup>th</sup> April
- Many thanks to Ryan Brown and Robert Gingles who volunteered to support the club as General Committee members, they were co-opted at our February meeting.
- **Under Government guidance the Club is still closed, and activities have been ceased until further notice.**
- If you are self-isolating and need any support, please do not hesitate to contact me (Kathryn).
- Thank you to those who have volunteered to support other members.
- REMINDER: Although sailing and yard activities have closed, insurance declarations still need to be passed on to Alex Munro. A soft copy can be found on the website [www.eabc.club](http://www.eabc.club) and can be returned to me ([honsec@eabc.club](mailto:honsec@eabc.club)) and I will pass these on. There are still many dinghy owners who have not submitted these.

## SAIL AND POWER

### Virtual Regatta

- Virtual Regatta (an online sailing platform from the RYA and World Sailing) has been set up with several participants and the Covid-19 Super Series is well underway. If you would like to join in with this, please let me know and I can pass your information on to Ryan. The best news is you can't capsize!!!

- Big thanks to Ryan Brown for setting this up.

## COMMUNITY ACTION RESPONSE: COVID-19

5 things you can do to make a positive difference in your community

 <p><b>Think of others, consider your actions &amp; be kind</b></p> <p>People in every community will face the challenges of Covid-19 in some way – from needing basic provisions to help while they are unwell.</p>	 <p><b>Connect and reach out to your neighbours</b></p> <p>As self-isolation increases, we need to find new ways to stay connected and check in on one another for our physical and mental wellbeing. Share phone numbers and stay in touch.</p>	 <p><b>Make the most of local online groups</b></p> <p>Keep up to date, share information and be a positive part of your local community conversations.</p>	 <p><b>Support vulnerable or isolated people</b></p> <p>Different groups in our communities are at increased risk and social isolation and loneliness are key concerns for all ages. There are things you can do like volunteering for local support services or donating to food banks to help.</p>	 <p><b>Share accurate information and advice</b></p> <p>Support anyone who may be anxious about Covid-19. Sign post them to the correct advice from Public Health England and encourage people to follow the correct hygiene practices.</p>
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Next Edition: April 2020

If you have any news that you like to be included in the next edition, send to [wymers@eabc.org.uk](mailto:wymers@eabc.org.uk), [honsec@eabc.club](mailto:honsec@eabc.club)

Websites [www.eastantrimbc.clubmin.website](http://www.eastantrimbc.clubmin.website) & [www.eabc.club](http://www.eabc.club)