

SUPPORTING EVERCREECH in ACTION APRIL - MAY 2020 **NEWSLETTER**

A COMMUNITY TOGETHER

If you have contacted us following our leaflet distribution in the middle of March, thank you.

We're sure that there are lots of things people will need help with over the next weeks as we all continue to stay at home and restrict ourselves to only basic shopping, travel and exercise.



If you need help please do get in touch and **telephone 01749 321 421** or email **evercreech.barry@icloud.com**, you will be connected to a local volunteer.

While life is different at the moment we wanted this leaflet to provide you with all the information you might need to seek help of maintain valuable independence in your own home. Often it is just knowing who to contact that can make all the difference, particularly if you live on your own or your family are self isolating.

The Supporting Evercreech in Action (SEA) team's voluntary efforts will continue so that we can provide people who need help:

- Prescription collection and delivery to your home
- Basic food shopping for the highly vulnerable and those isolating
- Phone 'buddy' for regular chats
- Dog walkers

A massive thank you to all the amazing volunteers who have been helping their neighbours through these unprecedented times. Their community spirit has been inspiring. From all of Evercreech and surrounding communities, thank you!

Sam Wilson, Volunteer Admin

BETTER BEGINS WITH EACH OF US

In this time of social isolation many of us are craving human contact as most of us are social beings. I understand for some this may be a scary and confusing time. Many of us are watching or listening to the news and hearing reports that make us feel even more worried, but we will get through these times together with our strong sense of community spirit and neighbourly friendship.

- If you can, pick up the phone and talk with a friend about good memories you share.
- Turn off the news reports, only listen once a day.
- Look at the natural beauty that is all around you.
- If you can take your daily exercise, smile at the people you see at a distance, smiling is good for you!
- If you are a spiritual person try the techniques that you know from your own tradition; prayer and meditation is well known to calm us.
- Don't be embarrassed to ask for help - we are all in this Together.

Please remember an email is always answered, help is a telephone call away - but by keeping apart, we can be there for each other.

BARRY O'LEARY, your District Councillor, Evercreech

USEFUL CONTACTS

Please keep this safe

NHS 111

Do not go to a GP, pharmacy or hospital if you are displaying Coronavirus (Covid-19) symptoms.

Check your symptoms online at www.111.nhs.uk or if you don't have access to the internet call 111 for the NHS non-emergency and speak to a highly trained adviser, supported by healthcare professionals.

YOUR HEALTH

Doctors Surgery - Park Medical Shepton

Call if you need an appointment 01749 334 383

Dental Emergencies

If you are not registered with a dentist and you are in pain, email dentist4u@sompar.nhs.uk or call the dental helpline on 0300 123 7691

Mental Health

Mindline is offering a special Coronavirus emotional support helpline. **01823 276 892**

Samaritans Whatever you're going through, a Samaritan will face it with you. Call anytime, 24 hours a day, 365 days a year. Call **116 123** samaritans.org



PRESCRIPTION DELIVERY

We ask that you have your prescription sent here to the village to Evercreech Pharmacy if you would like a volunteer to collect it for you. This can be done when placing your prescription request.

Evercreech Pharmacy | 01749 830 267

There is a government list of the 'extremely vulnerable'. If you have not been contacted by your General Practitioner or the government about shielding and you feel you should have done then please call your General Practitioner or Doctor immediately or register at www.gov.uk/coronavirus-extremely-vulnerable

POLICE

Avon & Somerset Police | Emergencies dial 999

Please report non-emergencies online at avonandsomerset.police.uk. If you are unable to report online call **101**

YOUR LOCAL COUNCIL CONTACT

Somerset County Council | Adult Social Care, Children's Services, Highways | 0300 123 2224 | somerset.gov.uk

Mendip District Council | Council Tax, Benefits, Business Rates, Housing | 0300 303 8588 | mendip.gov.uk

Evercreech Parish Council | Local services for Evercreech | 01749 830 265 | evercreech-pc.gov.uk

Somerset Waste Partnership | Waste & recycling collections seesomersetwaste.gov.uk or phone Mendip District Council 0300 303 8588

CORONAVIRUS - ONE NUMBER FOR SOMERSET - HOTLINE 0300 790 6275

FOOD BANK

Can you help?

The Salvation Army food bank helps those who are self-isolating or struggling due to job losses. To donate some food please drop it off at 21 Commercial Rd, Shepton Tel 01749 347 130 Mon-Fri 10am until 2pm

Ideas for the Kids

- **Rainbows & Teddy Trails** - please put rainbows or teddy bears in your windows for children to spot when out on their daily exercise!

<https://www.facebook.com/evercreechrainbowtrail>

- **Mendips Rock** - 50 Things to do with Children

<https://www.themendipsrock.co.uk/guen-at-home/>

Ideas to keep us in touch & for our well being

- **Facebook (Whats up in Evercreech)** page, local videos, music, humour, information & help <https://www.facebook.com/groups/400179943433667>

- **St Peter's Church, Evercreech** - Facebook page help people connect, offering prayer & support <https://www.facebook.com/alhamvale>

Vicar: Rev Helen Drever - Tel 01749 831 053

- **Barry's "Drop-off Dinners"** - every Wednesday, recipes on "What's up in Evercreech" Facebook



VILLAGE FOOD SAVING PROJECT

This local link organises delivery of food that has reached its use-by or best-before date, and can no longer be sold. It saves the food from being thrown in the bin and wasted!

Volunteers collect at 8pm each night and distribute on a rota to people who can use it. If you would like to be added to the list for a delivery, **please contact your Support Evercreech in Action group volunteer or Cllr. Barry O'Leary, Tel 01749 321 421 who will let me know, and I will then get in touch** (Jenny Newton).

LOCAL WALKING ADVICE

Home Farm, Stoney Stratton - "You are all welcome to use the footpath at Home Farm, Stoney Stratton. Looking beautiful at the moment with newly cut and laid hedges. However, please use gloves when opening the gates and climbing the stile. The first lambs have been born so please keep dogs under control." Lesley at Home Farm.

Rodmore Farm - "The footpaths on our land are currently still open. But please be aware that we have noticed a significant increase in the amount of people using them. With this in mind please use the appropriate care when touching gates etc. Also we must insist that there is no access through our farmyard itself. This is our home and workplace. By entering the farmyard you are putting us and yourselves at risk. We are a working dairy farm and are operating as usual for the well-being of all the animals under our care. So, please enjoy the footpaths responsibly and refrain from entering the farmyard."

IF YOU GO THROUGH A CLOSED GATE, PLEASE SHUT IT AGAIN BEHIND YOU

SUPPORT & SHOPPING

ENERGY CARD KEYS

If you are on a Key Card and having problems call the Centre for Sustainable Energy

Tel **07498 575 826**

Email **Deb.G@cse.org.uk**

VILLAGE SHOPPING

Co-op Current hours - 7am to 8pm. Priority shopping for vulnerable customers & their carers 8-9am Mon-Sat and 10-11am Sun

NE Motors Ltd - Delivery - Tel 01749 830 132.

Payment over the phone. Items available; milk, groceries, cleaning products, pet food, some pharmacy, tobacco & alcohol (subject to age verification)

Evercreech Pharmacy - Open, Mon-Fri, 9am-6pm, Sat 9am-1pm Tel 01749 830267

Evercreech Plaice - Open Thurs, Fri, Sat 5pm-9pm Tel 01749 830 395. [Note revised menu](#)

The Bell Inn - Take-away food service 7 days a week. Tel 01749 830 287

Nearby Supermarkets like Tesco, Sainsbury's, Morrisons, Aldi & Waitrose are nearly all offering priority internet shop & deliver slots to those over 70, vulnerable or shielding. Contact their customer services as some may & do take an order over the phone.

CITIZENS ADVICE

if you are worried about your tenancy, your finances, your Consumer rights, the Citizens Advice can help. Tel **0344 488 9623** www.citizensadvicemendip.org.uk.

Universal Credit Information Tel 0800 144 8444

COLLECTING YOUR PENSION OR CASH

If you usually collect your pension from the Post Office please do not give your card or pin number to anyone, and the volunteers will never ask for them. Phone the Post Office helpline or your bank for advice on how you can appoint a trusted person to collect your pension or cash for you. **Tel 0345 722 3344**

LOCAL FARM SHOPS

- John Thorner's Farm Shop - Delivery - supply of farm goods including ready meals Tel 01749 830 138
- Westcombe Dairy & Wild Beer Co & - Delivery - range of dairy and beer/spirits produce Tel 01749 838 033
- Gilcombe Farm Shop - Delivery - supply of farm goods including ready meals Min £25 Tel [01749 813 825](tel:01749813825)
- Greens of Mendip Country Store, Binegar - Delivery - pet supplies Tel 01749 841 293

NEARBY FOOD SHOPPING

- Market Garden, Fore St, Castle Cary - Fruit, Vegetables & Floristry, they will also collect and shop from other stores in Castle Cary for you - Delivery - Tel 01963 350 650
- George's Greengrocer & Fruiterer - Castle Cary - Delivery - Tel 01963 351 551 or 07483 890 119
- Denela's Bakery, Shepton Mallet - Delivery - Orders must be placed by 3pm, min £10. Tel 07849 139 968
- Somerset Hampers . Wells - Delivery Fruit Vegetables, Dairy, Meat & Wine www.somersethampers.com Tel 01749 372 007
- Browns & Daughters Fruit & Vegetables. Delivery - Email crofters05@gmail.com or Text 07715 866 335
- F. Griffiths & Sons Butchers, Glastonbury - Delivery - meat packs, min £30 Tel 01458 210 261
- Unwrapped Essentials, Castle Cary - Delivery - Tel 01963 359 159
- On the Brook - Bruton - Collection Only - vegetables, plants, & preserves Tel 01749 813 048
- Whitstone's Fish & Chips, Shepton - Take-away only Tel 1749 344 600 or 07398 091 714