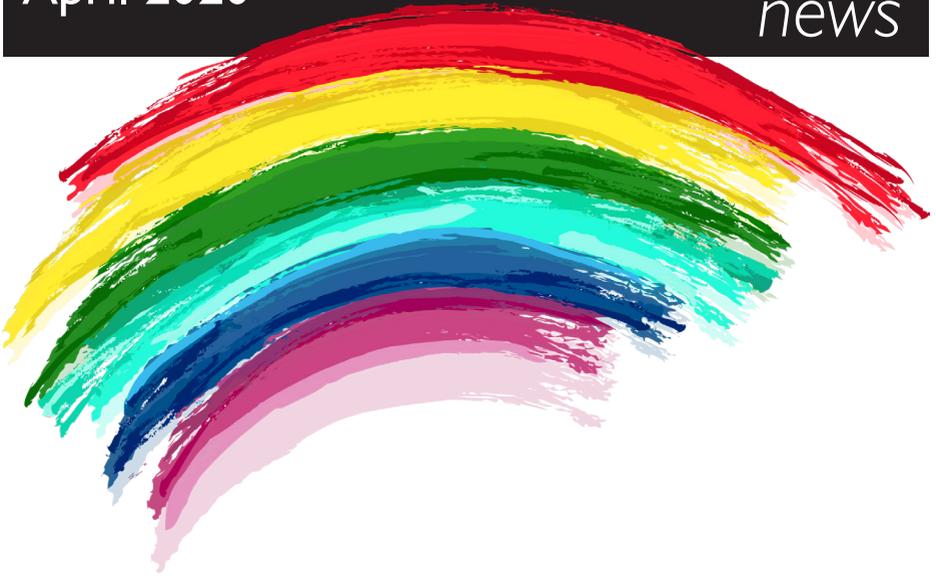


MID-MONTH UPDATE

April 2020

from the:
PITCOMBE
news



Welcome to this special mid-month update from the Pitcombe News. In these unprecedented times, we will be bringing you these special issues for the foreseeable future - hopefully they are helpful.

The purpose of these updates is to collate reliable, useful information with links to find out more in one place. We believe all information in this issue to be correct at the time of printing (14 April) but please check online for the most up-to-date info and for much more detail.

We hope you are safe and well.

CURRENT RULES

The current Government rules everyone must follow are still:

Stay at home:

- Only go outside for food, health reasons or work (but only if you cannot work from home)
- If you go out, stay 2 metres away from other people at all times
- Wash your hands as soon as you get home

Do not meet others, even friends or family.

For more information, please check the Government post sent last week or the websites below.

USEFUL WEBSITES

This is a very fast-changing situation so, if you can, please check the websites below for up-to-date, reliable information.

[gov.uk](https://www.gov.uk)

[nhs.uk](https://www.nhs.uk)

[who.int](https://www.who.int)

[pitcombepc.org.uk](https://www.pitcombepc.org.uk)

[brutontowncouncil.gov.uk](https://www.brutontowncouncil.gov.uk)

[castle-cary.co.uk](https://www.castle-cary.co.uk)

GOVERNMENT WHATSAPP CHATBOT

The GOV.UK Coronavirus Information Service is an automated 'chatbot' service which allows you to get answers to the most common questions about coronavirus direct from government.

The service provides information on topics such as coronavirus prevention and symptoms, the latest number of cases in the UK, advice on staying at home, travel advice and myth busting.

To use the free GOV.UK Coronavirus Information Service on WhatsApp, simply add +44 7860 064422 in your phone contacts and then message the word 'hi' in a WhatsApp message to get started.

PHONE NUMBERS AND LOCAL HELP

Bruton Coronavirus Local Resources line - 01749 717002

24 hour ansaphone and call back service, which aims to give people the information they need to get help with the practical difficulties that arise from social isolation. This is an information service, not an emergency service and it does not offer health advice or continuing support.

Bruton Phone Buddies - 01749 321742

Telephone support for those who are feeling isolated, lonely or worried. Leave a message and someone will call you back.

Cary Cares - 01963 351362, carycares@btinternet.com

Phone line available 09:30 - 16:00 every day

Will help with delivering medicine and grocery shopping.

Spark Somerset - 01460 202970, sparksomerset.org.uk/covid-19

Provides advice and support to the voluntary sector - call or visit the website if you need help, or if you want to volunteer.

LOCAL SUPPORT GROUPS

Local groups using services such as WhatsApp are great for ensuring neighbours are all okay and for providing help to those who need it.

Pitcombe email group: Robin Currie - email arctheduke@gmail.com

Cole WhatsApp group: Richard Waller - message 07741464850

Hadspen Upper Valley WhatsApp group:

email ceedysunday@gmail.com

If you want to help but are not part of a local WhatsApp group, please consider setting one up. A calling card to photocopy and post through neighbours' doors is included at the back of this issue. Alternatively, cut it out to post to a specific neighbour if you don't wish to create a group.

GOVERNMENT SUPPORT

If you need help and don't have access to a support group, find out about Government support here:

gov.uk/find-coronavirus-support
gov.uk/coronavirus-extremely-vulnerable

LOCAL HEALTHCARE

SURGERIES

Bruton Surgery - 01749 812310. Only contact if you have a medically urgent concern. All routine/non-urgent care (e.g. annual review) is postponed until further notice. Repeat Prescriptions: Please order by NHS App or online patient access if you already have it, phone us or email bruton.surgery@nhs.net stating name, address and date of birth and which medications you require.

Millbrook Surgery - 01963 350210. In order to safeguard our patients and staff, entry to Millbrook Surgery is now restricted. As per our usual appointment booking system the Doctor will telephone you first to assess whether or not you need a face to face appointment. Please request your repeat prescription online via Patient Access where possible or phone the prescription line (01963 359354) Monday - Friday 11:00 - 16:00.

PHARMACIES

Bruton Pharmacy - 01749 812342 or bruton.pharmacy@gmail.com. Deliveries to people who do not have local family support who are self-quarantining and in vulnerable/at risk groups under 70 as well as those over 70.

Boots Castle Cary - 01963350263.
Monday - Friday 09:00 - 17:00, Saturday 09:00 - 16:00.

DENTISTS

Bruton Dental Practice - 01749 812461

Closed. If you have an urgent dental issue then please call us and we will be able to discuss your problem and advise or signpost you accordingly to the appropriate care. Urgent dental care hubs are being established in a few locations in Somerset for the most serious cases.

Bramcote Dental Practice - 01963 350 123

NEWSPAPER DELIVERIES

'Anyone of a vulnerable age' can have their newspapers delivered by Papertrees of Wincanton. Deliveries outside Wincanton cost £0.55 per day. Call 01963 32356 to be added to their rounds.

FOOD DROP

Each Sunday for the foreseeable future, volunteers will be bagging up food packages and household essentials to deliver to people and families in need in Bruton. This is for people struggling on low and zero incomes. As demand is uncertain and resources are limited it may not be possible to meet every request but those most in need in the Bruton postcode area will be prioritised.

Full details are on the Bruton Town Council website.

FOOD BANK

Open Fridays 08:30 - 09:45 at the Unionist Hall in Bruton. Extra times will be coming. Donation point for non-perishable dry goods at Bruton Wholefoods.

LOCAL SHOPS AND DELIVERIES

Please note, opening times are changing quite often, with shops varying their hours to cope with making up deliveries. Check online or call for the most up-to-date information.

BRUTON

Bruton Convenience Store - 07402 326301 or Facebook Messenger
Monday - Saturday 06:30 - 21:00, Sunday 08:00 - 21:00, free deliveries available to people who are self-isolating and people who cannot leave their homes if needed. This is especially for the elderly.

Budgens - 01749 812167
Monday - Saturday 06:00 - 22:00, Sunday 07:00 - 22:00

Church Bridge Stores - 01749 812339
Monday - Saturday 09:00 - 18:00, Sunday 09:00 - 17:00, deliveries to self-isolating people. Post Office open whenever shop is open.

Spar - 01749 812388
Monday - Sunday 08:00 - 19:00, deliveries available

Akbar's Kitchen at the Sun Inn - 01749 813777, akbarskitchen.com
Monday - Friday 12:00 - 14:30, 18:00 - 22:00,
Saturday - Sunday 12:00 - 22:00
Deliveries and takeaway

Matt's Kitchen - 01749 81202, mattskitchen.co.uk
Available for collection Thursday - Saturday 17:00 - 19:00
Deliveries and takeaway to self-isolating people. See website for menu.
Also doing deliveries to those who genuinely need it.

Many more options are available, please check the Bruton Town Council website.

CASTLE CARY

Co-op - 01963 350482

'Vulnerable customers, those that care for them and NHS workers':
priority Monday - Saturday 08:00 - 09:00, Sunday 10:00 - 11:00.

Castle Cary Post Office

Thursday 09:00 - 13:00

George's GreenGrocer - 01963 351551

Deliveries available.

Fruit and vegetables, bread, dairy.

McColl's - 01963 350953

Monday - Sunday 07:00 - 20:00

The Deli - 01963 351000

Deliveries available.

The Market Garden - 01963 350650, 07738524254

Deliveries available.

Fruit and vegetables, dairy products, wholefoods.

Will also collect prescriptions from Boots.

Levant - 01963 350248, 07779 093020, levantcatering.com

Available for collection Wednesday - Saturday 17:00 - 18:00

Deliveries and takeaway: home cooked meals

See website for menu

The George Hotel - 01963 350761

Open Monday - Sunday 12:00 - 15:00, 18:00 - 21:00

Deliveries and takeaway: pub food menu

Many more options are available, please check the Castle Cary Town Council website.

SUPERMARKETS

Aldi - Shepton Mallet

Monday - Saturday 08:00 - 20:00, Sunday 10:00 - 16:00

For the elderly (over 70) and vulnerable: opening 30 minutes early Monday - Saturday (for browsing). 'Key workers in the NHS, Police and Fire Service': 30 minutes access before opening on Sundays.

Asda - Gillingham

Monday - Saturday 08:00 - 22:00, Sunday 10:00 - 16:00

'NHS and care workers': priority Mondays, Wednesdays and Fridays 08:00 - 09:00 and Sundays (for browsing) 09:00-10:00

Lidl - Wincanton

Monday - Saturday 08:00 - 21:00, Sunday 10:00 - 16:00

Morrisons - Wincanton

Monday - Saturday 08:00 - 20:00, Sunday 09:30 - 16:00

With 'NHS badge': Monday - Saturday 07:00 - 08:00, Sunday 09:00 - 09:30.

Sainsbury's - Frome

Monday - Saturday 08:00 - 20:00, Sunday 10:00 - 16:00

'Elderly customers, disabled customers and their carers' priority: Mondays, Wednesdays, Fridays 08:00 - 09:00. 'Anyone with NHS ID' priority: Monday - Saturday 07:30 - 08:00.

Tesco - Shepton Mallet

Monday - Saturday 08:00 - 22:00, Sunday 10:00 - 16:00

'The elderly and most vulnerable' priority: Mondays, Wednesdays, Fridays 09:00 - 10:00. 'NHS ID' priority: Tuesdays, Thursdays and (for browsing) Sundays 09:00-10:00.

Waitrose & Partners - Gillingham

Monday - Saturday 08:00 - 19:00, Sunday 10:00 - 16:00

'Elderly and vulnerable shoppers, and those who look after them': priority first hour

WASTE AND RECYCLING

Collection dates remain as in the main *PN*. Coronavirus-related staff shortages mean that if recycling collections are missed, we cannot make return pick-ups. If you are missed, do not leave containers out or report it; take everything in and put it out again the following week. Bulky waste and garden waste collections have been suspended. Recycling centres are closed.

somersetwaste.gov.uk

HELP COVID-19 RESEARCH

Researchers have developed an app called COVID Symptom Tracker. Prof Tim Spector, a genetic epidemiologist at King's College, originally came up with the idea. He said it could potentially help the NHS learn how fast the virus is spreading in a particular area, as well as highlighting high-risk parts of the country, better understand the symptoms, including the differences between those of the virus and the common cold and explain why some people develop a mild illness while others become critically unwell. Search COVID Symptom Tracker on your app store to contribute.

TIPS FROM PN

If you want to volunteer helping participate in real research, check out zooniverse.org. There are various different projects that you can help with, like identifying effective antibiotics or digitising old rainfall records. It's a great way to fill some time - all you need is internet access!

This is a nice site - glaslynwildlife.co.uk/live. You can watch a pair of ospreys enjoying their 17th spring nesting in Wales.

This publication has been put together by Max Doughty and Lucie Donahue, both of whom have gone to considerable effort to research and publish very thorough coverage of all the available information relating to the coronavirus in general and in particular about local services around Castle Cary, Bruton and Pitcombe.

On behalf of us all we would like to express our gratitude and thanks to Max and Lucie that they have taken the initiative to provide us with such a comprehensive, meticulously researched and useful document.

Ant and Jane Hodges

We really want to make these updates as useful to as many people as possible. If you have any corrections or suggestions on what we should include next time, please contact Jane Hodges on 01963 351429 or janepamelahodges@hotmail.com. Please also send in any rainbow art (preferably on a plain white background) for the next cover!

If you require this in a larger format, please contact Jane Hodges on 01963 351429 or janepamelahodges@hotmail.com This issue is also available as a PDF at pitcombepc.org.uk.



Coronavirus

All across the country, people who are well and not at risk are playing their part in supporting their friends and neighbours who need to stay at home because of Coronavirus.

Can I help you?

Hi, my name is: _____

I live at: _____

You can reach me on: _____

- I'm free to:
- | | | | |
|--------------------------|----------------------------------|--------------------------|--------------------------------|
| <input type="checkbox"/> | Phone for a chat | <input type="checkbox"/> | Pick up medicines for you |
| <input type="checkbox"/> | Connect with you on social media | <input type="checkbox"/> | Do any shopping or run errands |

Give me a call or text to let me know if I can help.

Find out how to isolate your household at nhs.uk/coronavirus



HM Government



How to stay safe when accepting help from others

- If you are receiving voluntary help do not share financial details like credit/debit card numbers or personal information.
- If someone you don't know calls at your home, always ask for ID and always ensure you are comfortable sharing details like your phone number or address.
- Only provide information on a need to know basis and if you have seen ID. Do not feel pressured into providing information.
- If you have doubts about those who are approaching you, and are concerned, it is advised that you don't engage, and report serious suspicious behaviour to the police.
- Remember that genuine volunteers have been instructed not to enter your home and should all have documentation proving their status.

CORONAVIRUS

PROTECT YOURSELF OTHERS & THE NHS



HM Government



Coronavirus

Looking out for each other

All across the country, people who are well and not at risk are playing their part in supporting their friends and neighbours who need to stay at home.

You can help by:

- ✔ Phoning them for a chat to keep them company
- ✔ Connecting with them on social media
- ✔ Doing their shopping or running errands for them
- ✔ Picking up medicines for them
- ✔ Shopping responsibly and only buying what you need

For more information about how you can help others safely, go to [gov.uk/safehelp](https://www.gov.uk/safehelp)

CORONAVIRUS

**PROTECT
YOURSELF
OTHERS &
THE NHS**