

THE

Parish Pump

St Mary's • Hemyock
All Saints • Culmstock
St Andrew's • Clayhidon
Culm Davy Chapel

STAY AT HOME
PROTECT THE NHS
SAVE LIVES

A practical guide
to what is available
locally to support
the community
without leaving
your home.

April 2020



Dear Friends

Because of infection and delivery concerns we were not able to print the usual April/May issue of the Parish Pump. However, the lock-down has now come into being and many new and ingenious systems of getting essentials to those who need them have sprung up. So this Mini Parish Pump has been produced to give details of how to access supplies if you are shut in for the duration of this emergency. It has in mind especially those of our community who do not have internet access and so cannot look up on line what is available out there.

Please keep and refer to your previous printed Pump for details of our usual local advertisers. We will resume the printed Pump as soon as the crisis is over.

The Blackdown Support Group (BSG), Blackdown Practice, local Churches and the local Parish Councils are working together to support everyone in the area. A network of volunteers now covers every street or estate in our villages and a flyer will have been delivered to you from your local volunteer ten days or a fortnight ago. Your local volunteer is there to help in picking up shopping, posting mail, helping order medication or to be on the end of a phone for a friendly chat, especially if you are shut in or feeling isolated. Please make use of him or her. It is your local street volunteer who has delivered this Mini issue to you.

We hope you will find here some helpful local tips on how to manage, and how to keep safe.

The Mini Pump Team

What to do if you have symptoms

Stay at home for 7 days if you have either:

- ☞ A high temperature a new continuous cough
- ☞ Do not go to a GP surgery, pharmacy or hospital.

Use the NHS 111 online coronavirus service if:

- ☞ You feel you cannot cope with your symptoms at home
- ☞ Your condition gets worse your symptoms
- ☞ Do not get better after 7 days

GROCERIES AND PROVISIONS

The following offer home delivery of groceries if you cannot get to the shops:

Hemyock Post Office: 01823 680 259. phone with your list 9am-5pm.

Groceries delivered by BSG volunteers. You will need a smartphone or email to pay, or arrange with your BSG volunteer to pay in cash.

Hemyock Spar: 01823 680 408. variable opening times, but phone between 7am – 10pm.

The Half Moon, Clayhidon: 01823680 291. Fruit/veg box (£15), Dairy box (£15), Meat Box (£25), delivered by BSG volunteers. Order by 6pm on Monday for Tuesday delivery, or by 6pm on Thursday for Friday delivery.

Kingsmead Centre, Clayhidon: 01823 421630. Groceries and dried goods eg sugar, pasta, rice, flour, tinned food, crackers, tea, coffee, jam, cereal etc, and household items eg toilet rolls, bin bags, tin foil, shampoo, washing up liquid etc. If you are also ordering from The Half Moon, Kingsmead will add their goods to your Veg/Dairy/Meat Box, so that they are delivered to you together.

Ellises Farm, Hemyock: 01823 680 814 / 07854-783733. Free range, pork, bacon, sausages, roasting joints, salami and chorizo. Free delivery in Hemyock.

Gundenhams Dairy, Wellington: 01823662704. Phone between 9am -3pm Monday -Friday, and 9am-1pm. Saturday: Home delivery of milk, cheese, cream, butter, eggs, bread, vegetables, tea and coffee, fruit juice.

Stentwood Farm, Dunkeswell: 01823 681 213. Home-baked bread.

Veseys Butchers, Cullompton: 01884 33442. £30 family box, delivery to Hemyock on Tuesdays, Thursdays and Saturdays.

Stillmans Butchers, Taunton: 01823-27266: beef, pork, lamb, poultry and game, free delivery within 20 miles if you spend £50, otherwise £5 delivery.

Local food banks: If your circumstances mean you cannot afford to buy food at present the Mid-Devon foodbank is here for you; you do not need a voucher, simply give them a call on 01884-255606 between 10am- 12 noon and they will find a way to help. They can also arrange to deliver items to you.

Taunton Foodbank delivers in the area on Thursdays. To access that Foodbank you need to be referred by the Citizens Advice Bureau, health visitor or social worker if you have one. For further information call 07761-624216.

Government Food Parcels: These are available for the clinically vulnerable who have received a letter to tell them they must stay indoors. If you think you qualify and have not received a letter contact your GP for further help.

HOME DELIVERED READY-MADE MEALS

Hemyock Post Office and Hemyock Spar (see above) stock some ready-made meals, fresh and frozen, for home cooking.

The Catherine Wheel Hemyock: 01823 680 224. Evening meals cooked ready for you to collect or can be delivered to your door if in Hemyock. Tues/Wed/Thur/Fri/Sat: 5pm- 8.30pm. Please order as early in evening as possible. Menus include: Chicken wings, Burgers, Fish and Chips, Scampi, Home-made pizza – phone Geoff to discuss. Also desserts – eg Baked Brownies, Cheesecake. Prices approx £10 per person.

The York Inn, Churchinford: 01823 601 333. Midday meals cooked ready for you to collect, or can be delivered to your door. Phone by 11.00am to get the menus of the day and place order. Meals delivered between 12.00noon and 1.00pm. Price: £5.50 for 2 courses.

Soul Food: 07488 370314. (take away, so needs to be collected for you by someone) Operate from Longmead on a Tuesday evening. Phone by 1.00pm for the evening's menu choices and to place evening order. Typical dishes: Curries, Burgers, Fish and Chips, Crispy pork and noodles, Butternut squash and grain croquettes with salad. Typical price: £7.50 - £9.50. Also do a 'Heat at Home' option: collect today to cook tomorrow.

The following National Companies deliver ready meals delivered to your door:

Parsley Box: 0800 612 7225. A 10 meal bundle for £29.90, eg cottage pie, lasagne, lamb hot pot, sausage and mash, beef stew. No freezing required, so easy to store. Also puddings and bakery items. You can call the number to request a catalogue. Payment by card over the phone.

Wiltshire Farm Foods: 0800 077 3100. A wide range of main meals and desserts, also catering for special diets. Frozen foods ready for cooking. Payment by card over the phone.

PETS AND VETS

Pets Corner at the Blackdown Garden Centre, Wellington, will deliver items. Phone 01823 660 334 to place your order, and pay by card over the phone. No delivery charge.

New Street Vets: 01404 42750. The Hemyock branch is closed during Covid-19 lockdown. Video Consultations and essential care is available from the Honiton Branch.

HOUSEHOLD ESSENTIALS.

Perry's hardware store, Wellington: 01823 662085

Currently operating a delivery service for essential items only, and some garden items : Order over the phone and pay by card. Delivery charge of £8 unless you are classed as a 'vulnerable' resident who is not permitted to leave the house. In that case delivery is free.

The Old Well Garden Centre: 01884 840 873

Come to Hemyock once a week. They can supply the following: a bedding plant box (£30), or a veg plant box (£25), compost: 2 for £10, Gro bags: 2 for £8. Orders over £50 are delivered free of charge, otherwise a small delivery charge is made.

BLACKDOWN PRACTICE

PLEASE DO NOT ENTER THE SURGERY IF YOU THINK
YOU HAVE CORONAVIRUS.

Telephone: 01823 680206

Routine Appointments

Due to the current public health situation, the surgery is no longer booking routine appointments for non-urgent matters. This is because they need to keep appointments available for patients who are acutely unwell and also to prepare for the possibility of there being less staff available to run clinics in the practice. If you have a more urgent problem that may require being seen sooner, please ring the surgery and ask to book a telephone appointment with a clinician.

Prescriptions

Hemyock Dispensary - The dispensary and the dispensary phone line is open to patients between 10am and 12pm, and 2pm to 4pm, Monday to Friday. Saturday remains the same hours - 8am to 11am.

From 6th April the majority of prescriptions will be dispensed and delivered to our patients at home. Repeat medication will be dispensed where possible within 7 days of the request being received, and delivered within 10 days. If you are going to run out of medication within 10 days of putting in your request, then please let us know on the repeat request form, via you on-line repeat request, or if absolutely necessary by telephone.

GENERAL GUIDANCE AND SAFEGUARDING ADVICE FOR PEOPLE WHO ARE SELF-ISOLATING

The Blackdown Practice, Blackdown Support Group, your Local Parish Council, Church and Community Groups are working hard to coordinate activities to support people in the area who are self isolating. You may have received a flyer through your door offering support and assistance, these flyers have been coordinated by the above groups and distributed by volunteers.

Your local volunteer is available to support you to STAY AT HOME. They can help with shopping, errands or talk to you about any questions or concerns you may have.

Here are some tips on how to manage and stay safe:

KEEP IT LOCAL

- ☞ Shop locally where you can and avoid cash if possible. There are many local shops and business' listed in this guide that can deliver to your door.
- ☞ Many local people will have eggs, vegetables or other produce for sale – ask a volunteer or friend to find out what's around.
- ☞ If you need to use a bigger supermarket, your volunteer may be able to shop for you when they go themselves
- ☞ Try to think about what you need in advance, keep a list and group your requests for shopping so volunteers are not going more often than necessary
- ☞ DO NOT TRY TO BULK BUY OR STOCKPILE

KEEP IT SECURE

- ☞ Do not advertise the fact you are self-isolating with a sign on windows or doors
- ☞ Do not give out your card or pin number
- ☞ Do not give out cash to people you don't know or trust
- ☞ If you don't know the person who is offering help, make sure they are introduced by someone you do know and trust. If you are unsure call the BSG.
- ☞ You will be able to pay over the phone for many of the services mentioned above, please do so wherever possible
- ☞ If you have telephone banking you may be able to pay a volunteer via a BACs transfer for any supermarket shopping
- ☞ If a volunteer or friend is helping you regularly with small purchases you may be able to agree a "tab" system with them and make a weekly or fortnightly bank transfer payment

- ☞ Blackdown Support Group or your local Church may be able to cash a cheque for you or arrange an IOU, please ask if you are in difficulty
- ☞ If you need to use cash, please leave it in a pre-arranged safe place agreed with a friend or volunteer, this should be outside your property
- ☞ When you receive change avoid handling it for 72 hours if possible.
- ☞ Always ask for a receipt with your change, trusted volunteers and friends will always give you one.

KEEP IN CONTACT

Phone friends or your volunteer contact regularly, keep in touch with others you know are self-isolating. If you do not have a volunteer contact please call BSG.

KEEP MOVING

- ☞ Go for a short walk if you can in a quiet location, get some fresh air outside or open the windows
- ☞ Do some gardening, cleaning or outdoor jobs
- ☞ Do some gentle exercise or stretching
- ☞ If you need advice on what exercise you can take please ask your GP.

KEEP BUSY

Ask a volunteer or friend to get you books, craft or knitting supplies, jigsaws or puzzle books, seeds or plants.

KEEP IT HYGIENIC

- ☞ Always follow NHS hygiene guidance (if you are not sure what to do please ask a friend, a volunteer or the BSG)
- ☞ If you are getting help it is important that you wash your hands before and after exchanging cash or supplies and as often as possible on an ongoing basis
- ☞ Volunteers will ring or knock to let you know they have delivered something and will then step away from the door
- ☞ If you see or speak to anyone please remain at least 2 metres (3 paces) from each other
- ☞ This is to protect you and your volunteer or friend so they can stay healthy and continue helping you and others

IF YOU ARE CONCERNED FOR YOURSELF OR FOR SOMEONE ELSE PLEASE CALL A TRUSTED VOLUNTEER OR FRIEND, CHURCH OR PARISH COUNCIL CONTACT OR THE BLACKDOWN SUPPORT GROUP. WE ARE HERE TO HELP.

KEEP IN TOUCH WITH THE CHURCH...

Keep in touch with church life by the Link Sheet, Sunday worship sheet and monthly prayer diary. For a regular copy of any or all of these please phone:

HEMYOCK: David Bawler: 0777 3579809 or Hazel Partridge: 01823 680 069

CULM DAVY: Mark FitzGerald: 01823 680 564

CLAYHIDON: Stephen Bullett: 01823 680 561

BLACKDOWN SUPPORT GROUP

BSG Number: 01823 681 036

Office hours are normally - Monday-Friday 9-11

If we are on the phone or you are calling outside of these hours please leave a message and they will get back to you.

WHERE TO SEEK HELP

Upper Culm Valley Mission Community: If you would value a personal conversation with the Rector or other members of the Ministry Team, please call:

Rector: Rev Becky Totterdell: 01823 681 520

Rev John Stone: 01823 681 459, Rev Chris Hudson: 01823 680 170,
Dr David Major: 01884 841 253.

Blackdown Support Group: 01823 681 036 Office hours are Monday to Friday 9-11, if we are on the phone or you are calling outside of these hours please leave a message and we will get back to.

Mid Devon Community Support Hotline: 01884 234 387

Refuge: 0808 2000 247 24-hour National Domestic Abuse Helpline

Childline: 0800 1111

Age UK Mid Devon: 01884 255 369

Samaritans: 116 123

Citizens Advice Bureau: 03444 111 444