

Semington, Little Marsh & Littleton

Community Support Group

Newsletter 27th March 2020



Please, please, please, stay at home if you can.

It will save lives, our NHS and ensure that we all can get back to normal life as quickly as possible.

We hope you are all keeping well and are getting used to this new way of life for us all. These are challenging times for everyone, and whilst things are changing on a daily basis, the one constant is that we have a fabulous network of help in place and great village who are so appreciative of all the efforts being made to look after them.

We would also like to say a big thank you to everyone who came outside and took part in the cheer for the NHS on Thursday 26th March at 8pm.



Your Village Network

Every resident in the village should have received the leaflets offering help and assistance. If you have not received one, please contact Emma on 07895 455673.

Nearly 100 volunteers have come forward and now we are contacting them to find out how they are able to help. This information is being collated so we can best match up the offers of help to those in need.

We are gathering information on those needing help. Those who are vulnerable, in self-isolation or have been advised that they should be in 'Shielding' by the Government.

We particularly need to identify those residents who do not have access to the internet. If you know of anyone who falls into this category, please can you pass on the information to your Road Lead or one of the Core Team.

Government Guidance & Information

Please be aware of scams!

Whilst this crisis is bringing out the very best in people, unfortunately it is also bringing out the worst in some. There are already scams being circulated and please be extra vigilant when dealing with anyone new, unannounced or any unsolicited emails or texts.

Government Advice from 23rd March 2020.

Gatherings of more than two people not from the same household are banned.

People are only to do one form of outdoor exercise a day on their own or with a member of their household.

The other acceptable reasons to leave the house are:

- shopping for basic necessities, although this should be done as little as possible
- medical needs or to provide care for a vulnerable person
- travel to and from essential work that cannot be done from home. But only where this is absolutely necessary.

The government has also said that key workers may leave the house to take their children to school and that children may move between the homes of separated parents.

Shops & Services that remain open include:-

Supermarkets & Food Shops, Petrol Stations, Pharmacies, Newsagents, Bike shops, Home/Hardware shops, Laundrettes/Dry Cleaners, Garages, Post Offices, Off Licenses, Pet Shops & Banks

Social Distancing is important and should be practised by everyone because coronavirus spreads when an infected person coughs small droplets packed with the virus, into the air.

These can be breathed in, or can cause an infection if you touch a surface they have landed on, and then touch your face with unwashed hands.

The less time people spend together, the less chance there is of this happening.

Self-isolating means staying at home and not leaving it, other than for exercise. Don't go to work, school or public areas during this time. If possible, you should not go out even to buy food or other essentials.

If you are self-isolating and need ANYTHING then please contact your Road Leader or Core Team for help.

Who should self-isolate? Everyone who shows coronavirus symptoms.

- a fever of above 37.8C
- a persistent cough or breathing problems
- everyone who lives in the same house or flat as someone with symptoms.
- If you live alone, you must stay at home for 7 days from the day symptoms start.
- If you, or someone you live with, develop symptoms, the entire household needs to isolate for 14 days to monitor for signs of coronavirus.
- If someone else does become ill during that period, their seven-day isolation starts from that day. For example, it might run from day 3 to day 10 - when that person's isolation would then end. It would not

restart if another member of the household fell ill

- But anyone who fell ill on day 13 would see their seven-day isolation begin then - for their illness rather than to monitor for symptoms - meaning they would spend a total of 20 days at home

The person with the symptoms should stay in a well-ventilated room with a window that can be opened, and keep away from other people in the home.

People are being advised **not** to ring NHS 111 or their GP to report their symptoms unless they are worried due to symptoms worsening.

Shielding

People with very serious health conditions have been contacted by the NHS and urged not to go out at all for at least 12 weeks. This is being referred to as Shielding.

Others in the same household, and carers, can go out as long they observe proper social distancing.

This most vulnerable group includes:

- Certain types of cancer patients
- Organ transplant patients
- People with certain genetic diseases
- People with serious respiratory conditions such as cystic fibrosis and severe chronic bronchitis
- People receiving certain drug treatments which suppress the immune system
- Pregnant women with heart disease

If you fall into this category and need ANYTHING then please contact your Road Leader or Core Team for help.

Food, Supplies & Services

We have linked up with some local businesses and The Somerset Arms via Facebook and this means that information or problems can be quickly communicated and passed on.

- Steeple Ashton Dairy for direct phone orders
- Padfield Porkies for direct phone orders

- Ashtons Farm, watch out for their new online ordering service coming soon. www.ashtonfarms.co.uk.

Your Local



The Somerset Arms is a big part of our community but they have been forced to close by the new Government restrictions.

However, they are offering a Lock-Down Menu, drinks and a limited pantry for supplies for delivery or take-away. Drinks take-away available in pitchers holding up to 4 pints. The menu will be posted outside the pub, so you can take a look when you are out on your daily walk.

Service is available from
Monday – Saturday from 6pm – 8pm :
Order by 6pm
Sunday 12noon – 4pm :
Order by Friday 8pm
Give them a call on 01380 870067 or
07774 192874
[#supportthelocal](https://twitter.com/semingtonvolunteers)

Local Directory - If anyone has recommendations of any essential services run by people in the village, e.g electricians, plumbers, teachers etc, please let us know and we will compile a list of them. Government guidelines say that *“Work carried out in people’s homes, for example by tradespeople carrying out repairs and maintenance, can continue, provided that the tradesperson is well and has no symptoms. Again, it will be important to ensure that Public Health England guidelines, including maintaining a 2 metre distance from any household occupants, are followed to ensure everyone’s safety.*

No work should be carried out in any household which is isolating or where an individual is being shielded, unless it is to remedy a direct risk to the safety of the household, such as emergency plumbing or repairs, and where the tradesperson is willing to do so. In such cases, Public Health England can provide advice to tradespeople and households.”

Home Schooling & Keeping your children (of all ages!) amused

We’d love to hear from the families in the Village with your ideas and stories to keep the children occupied. Do get in touch with any good websites or resources you have found to help you with home schooling and we will publish them in future Newsletters.

Here is an idea to get to you started <https://youtu.be/8BRevK9d3GQ>. NitroJen, Science for Primary School Children.

Also, let us know what you’ve been up to. We’d love to feature some art projects. Send your pictures through to semingtonvolunteers@gmail.com

Home Schooling Assistance : There are a number of people in the village who may be able to help if you need assistance and ideas for home schooling. Please look at our facebook page to see who is offering assistance.



Easter Windows : As people will be out walking, if not isolated, to get exercise and fresh air, we thought it would be nice if people could make Easter window displays. More details on this to follow.

Keeping in Touch

Stuart Taylor has been working on a sign up for the newsletter which can be found on the main Semington Village website.

<http://www.slmlsupport.co.uk/> - Please sign up there to ensure that you receive all the latest updates in the future.

Everyone will therefore have two places to access information, either on the Semington, Little Marsh and Littleton Support Group Facebook page or via the Website. We will print and deliver copies of the Newsletters to those without internet access, so again please can you help us to identify those residents.

Useful Numbers & Contacts

Semington, Little Marsh & Littleton Community Support Group Core Team:

Vicky Bodman : victoriabodman@gmail.com – 07815 015470

Emma Putnam : emma@askmelocal.co.uk – 07895 455673

Siobhan Chown : s.chown@bearly-there.co.uk – 01380 870197

Road Leads

These are now your main points of contact for each road and their contact details can be found on your “Help at Hand” leaflet. They are as follows:

Highfield Close - Tania Bray, George Evans & Cameron Evans

The Hunt Close - Alison Shires

The Orchard & Palmer Grove (inc. The Conifers) - Mark Rollinson

Turnpike Close - Rachel Sweeney

Pound Close - Emma Day

Canal Bridge - Ian Williamson

Pound Lane - Robbie Reed

St Georges Road - Cindy Wyllie

St Georges Place - Cindy Wyllie

St Georges Court - Diane Walker & James Walker

The Knapps - Kirsty Coetzer

Somerset Way - Stuart Taylor

Church Street - Emma Putnam & Siobhan Chown

High Street - Paul Randall

Wessex Place - Sharon Adams

Manor Close - Margaret Marsh

Little Marsh - Vicky Bodman & Darcy Green

Littleton - Julia Wade

If you are unable to contact your road lead, or need their contact details, please call:

Vicky on 07815 015470

Emma on 07895 455673

or

Siobhan on 01380 870197.

Finally, please remember you are not alone.

No matter how strong, capable or bullet-proof we feel, we are all at risk from this virus and the ripple effect of the restrictions on our daily lives.

There is no shame in asking for help, whether that be for something practical or just because you need to talk to someone.

Together we can make this better for everyone and strengthen the village bonds even more.

Stay safe everyone,

Vicky, Emma, Siobhan & Laura