

Semington, Little Marsh And Littleton Community Support Group

3rd April 2020, Issue 2



We're now into our second week of the 'new normal' and we hope that in the midst of these challenging times life is becoming calmer and more orderly. We can only hope that all the sacrifices people like you are making means that we can all get back to normal life as quickly as possible.

Government Guidance and Information

To reiterate:

- Gatherings of more than two people from the same household are banned.
- People are only to do one form of outdoor exercise a day, either on their own or with a member of their own household.
- Contactless payment limits have been raised to £45 per transaction, aim to use this rather than cash.

Acceptable reasons to leave the house:

- Shopping for basic necessities and only one member of the household.
- Providing care for a vulnerable person or collecting medical needs.
- Travel to and from essential work that cannot be done at home.
- Key workers may leave to take their children to school.

Shops & services that remain open:

- Supermarkets & food shops – supplies are holding up well.
- Pharmacies
- Petrol stations
- Newsagents
- Post Offices
- Pet shops
- Banks
- Bike, Home & Hardware shops
- Launderettes
- Garages

Challenge Jacqui

Jacqui loves a challenge.... As part of her daily exercise Jacqui always takes her camera to capture the beautiful world we live in. So bearing in mind the constraint of our daily exercise routine – what photo would you love to see from Jacqui in next week's newsletter? Post your thoughts on the Community Facebook page and we'll pick the best one #challengejacqui



Keeping Fruit & Vegetables Fresh Longer

As we try to limit our trips to the supermarket we're all trying to be frugal with our food supplies here's some tips that may help.

Keep it cool

Keep your fridge temperature between 0c and 5c and your freezer between -18c and -20c. Be really mindful when unpacking your shopping to keep the fridge door closed more than open.

Keeping Salad Crisp

Salad keeps loads better if you transfer leaves into a bowl or container rather than leaving it in its packaging.

Lock in Moisture

Keep herbs in the fridge (with the exception of basil) even better pop them into a jar of water to keep them fresh longer.

Chop and Freeze

If you think you're going to end up throwing vegetables away, chop, blanch and freeze.

Separate Fruit and Veg

The ethylene gas produced by ripening fruits will speed up the ripening of other produce stored near by. The worse offenders; bananas, avocados and pears.

Keep Them in The Dark

Potatoes, sweet potatoes, onions and cabbages can all last a remarkably long time in dark airy space like garages.



Semington Easter Egg Hunt – Let's Go Easter Egg Hunting! 10th – 13th April

Easter weekend is fast approaching and with lockdown taking place let's try a different way to go Easter egg hunting!

When you are out on your daily exercise why not take a look in the windows and see if they have eggs inside! Make a note of the house on your hunt sheet (download a copy from the Community Support Group Facebook page) then upload it to our page to see if you have found ones that others haven't.

So here's what we need you to do – get those colouring pens out and design your Easter Eggs and get them up in your windows. Alternatively you can download some designs from

the community Facebook page and customize them. It would be truly fabulous if we could get as many people as possible to join in displaying eggs.

Please remember we must carry out our East Egg hunt while following the government guidelines around social distancing. Your hunts should take place during your one daily exercise allowed during lockdown and remember to keep your distance of 2m from other walkers

Prescriptions

Please bear in mind that if you need a repeat prescription picking up that pharmacies are requesting that you allow 5 days. In addition to this Boots in Melksham is now operating on reduced hours.

Canal and River Trust Update

The Canal and River Trust have updated their website. They have requested that use of the towpaths is limited and people should avoid walking down towpaths that have boats moored against them. Social distancing must be observed at all times.

Pensions

Peter Smith (Vice Chair Parish Council) is looking into ways we can support villagers who need to help collecting their pensions in cash. It would be helpful if we could collate a list of those needing help via the Road Leads.

Clap for Our NHS

It is simply the most humbling of moments when you stand on your doorstep and hear the cheers, whoops, banging and applause carry over the village on Thursday evening. Semington you make us all proud!



We Have Ways of Keeping You Entertained!

PE with Joe Wicks

Every weekday morning at 9.00am Joe Wicks hosts a 30 minute work out for all ages. Millions of children are using it as their PE class. Find him on Body Coach TV on YouTube

Home Work Out for Seniors

Also from Body Coach TV on YouTube search 10 Minute Workout for Seniors

Need a Giggle?

Head over to ents24.com and check out all of the love comedy streaming events happening in the next few weeks. This includes Sarah Millican's new tour for free!

Need a Quiz Fix?

Head over to moneysavingexpert.com search virtual pub quiz and it will guide you safely to a quiz that floats your boat.

Missing Music?

Where to start.... [Ticketmaster.co.uk](https://www.ticketmaster.co.uk) has a host of live streaming some free, some asking for donations. Also try IGTV by Instagram absolutely loads of musicians playing for free.

Science for the Kids

NitroJen Science is aimed at primary school children find out more at <https://youtu.be/88RevK9d3GQ>

Piece by Piece

There are jigsaw puzzles in the old phone box on the High Street, borrow one or swap one.



Jacqui's beautiful picture of the canal at sunset #lovewhereyoulive



During your daily exercise why not walk down to the Church and take the opportunity to pray, reflect or think of others that have been affected by this crisis. Simply take a ribbon from the porch and tie it to the railings to show you care.

Wash your hands of coronavirus scams!

Friends Against Scams aims to protect and prevent people from becoming victims of scams.

Be aware of people offering or selling:

- Virus testing kits - these are only offered by NHS.
- Vaccines or miracle cures - there is currently no vaccine or cure.
- Overpriced or fake goods to protect yourself from coronavirus such as anti-bacterial products.
- Shopping or medication collection services.
- Home cleaning services.

Protect yourself and others:

- Don't be rushed into making a decision. If it sounds too good to be true it probably is.
- Only purchase goods from legitimate retailers and take a moment to think before parting with money or personal information.
- Don't assume everyone is genuine. It's okay to reject, refuse or ignore any requests. Only criminals will try to rush or panic you.
- If someone claims to represent a charity, ask them for ID. Be suspicious of requests for money up front. If someone attempts to pressurise you into accepting a service they are unlikely to be genuine. Check with family and friends before accepting offers of help if you are unsure.

Be a good friend, help to protect your family, friends and neighbours from scams.

Read It.
Share It.
Prevent It.

#Coronavirus
#ScamAware

**NATIONAL
TRADING
STANDARDS**

Scams Team



Contact

For advice on scams call the
Citizens Advice Consumer Helpline on **0808 223 11 33**
To report a scam call Action Fraud on **0300 123 2040**
Contact your bank if you think you have been scammed.

To learn more about the different types of scams visit www.FriendsAgainstScams.org.uk

It is a sad indication of the times we live in that people seek to profit from a national crisis. Start with the premise that if it is too good to be true then it generally is. We have even heard of 'plain clothes police' trying to fine people on the spot when they are out on essential business simply ask to see their ID.

Useful Contacts – Road Leads and Community Support Core Team

Road Leads

Highfield Close – [Tania Russell, George Evans & Cameron Evans](#)
 The Hunt Close – [Siobhan Chown](#)
 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](#)
 High Street - [Paul Randall & Kip Airey](#)
 Wessex Close - [Sharon Adams](#)
 Manor Close - [Margaret Marsh](#)
 Little Marsh - [Vicky Bodman](#)
 Littleton - [Julia Wade](#)

Community Support Core Team

Vicky Bodman – victoriabodman@gmail.com 07815 015470
 Emma Putnam – emma@askmelocal.co.uk 07895 455673
 Siobhan Chown – schown@bearly-there.co.uk 01380 870197

To contribute to the newsletter please e-mail Gillian – gillian.roe1@me.com