

# Withycombe and Rodhuish Newsletter

March 2020

## Special coronavirus edition

We are living through a strange period in the world's history. Temporarily at least the coronavirus pandemic is putting an end to normal life as we know it. We are all having to adapt to a very much more restricted existence and this will cause all sorts of problems for us, both practical and emotional. This newsletter attempts to explain some of the local help available and gives villagers the opportunity to both ask for assistance and to offer it. As they keep reminding us, "We are all in this together."

### Key points of government advice:

#### Stay at home if you have coronavirus symptoms:

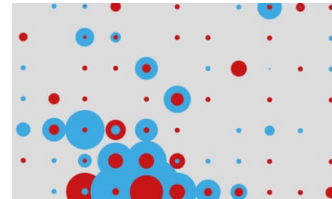
Either:

- a high temperature – this means you feel hot to touch on your chest or back (you do not need to measure your temperature)
- a new, continuous cough – this means coughing a lot for more than an hour, or 3 or more coughing episodes in 24 hours (if you usually have a cough, it may be worse than usual)

Do not go to a GP surgery, pharmacy or hospital.

Use the 111 [online](#) coronavirus service to find out what to do.

Only call 111 if you cannot get help online.



#### How long to stay at home

- if you have symptoms of coronavirus, you'll need to stay at home for 7 days
- if you live with someone who has symptoms, you'll need to stay at home for 14 days from the day the first person in the home started having symptoms

If you live with someone who is 70 or over, has a long-term condition, is pregnant or has a weakened immune system, try to find somewhere else for them to stay for 14 days.

If you have to stay at home together, try to keep away from each other as much as possible.

#### How to avoid catching and spreading coronavirus (social distancing)

Everyone should do what they can to stop coronavirus spreading.

It is particularly important for people who:

- are 70 or over
- have a long-term condition
- are pregnant
- have a weakened immune system

#### Do

- wash your hands with soap and water often – do this for at least 20 seconds
- always wash your hands when you get home or into work
- use hand sanitiser gel if soap and water are not available
- cover your mouth and nose with a tissue or your sleeve (not your hands) when you cough or sneeze
- put used tissues in the bin immediately and wash your hands afterwards
- avoid close contact with people who have symptoms of coronavirus
- only travel on public transport if you need to
- work from home, if you can
- use phone, [online services](#), or apps to contact your GP surgery or other NHS services

#### Don't

- do not touch your eyes, nose or mouth if your hands are not clean
- do not have visitors to your home, including friends and family



# Withycombe Memorial Hall

Regular activities in the Memorial Hall have ceased for the time being.

## Book stall

The book stall in the hall is being moved into the foyer. The outside door will be left unlocked through the day so that villagers can access the lobby and help themselves to books (they can either be bought or swapped). Suggested prices are listed and there will be a box to leave money in.

If you wish to return a book after reading it there will be a box on the floor to leave it in. Returned books will be disinfected before they are put back on the shelves. Sue Maynard has also kindly offered to put some of her home made cards on the stall.

## Plants and produce

Once the growing season is underway we plan to have a table on the patio outside the hall where plants and excess garden produce can be left. Villagers are welcome to help themselves to anything there. There will be a box for donations.

## Help for isolated villagers

Many villagers are vulnerable in one way or another but some more so than others. We have tried to identify those who might feel particularly isolated and a number of people have offered to help in various ways. In some cases this help will simply be regular telephone contact but we may also be able to help with such things as shopping, collecting medication, ordering deliveries, dog walking.

**If you have already been identified:** someone will contact you very soon.

**If you would like help** but have not been contacted: please let us know by phoning either Roger Hurst and Carol Wright (640060) or Bob and Anne Rivett (641656).

**If you would like to offer to help** in any way: please also contact one of us on the numbers above.

## Local businesses offering a delivery service

**Stuart Lowen's Farm Shop** in Minehead is open Monday to Saturday. They will deliver a wide range of products and you can pay over the phone. Phone 01643 706034.

**West Country Foods** in Wellington will also deliver a wide range of products. Phone 01823 653900.

The supermarkets will also deliver of course although you will need to check as some have temporarily suspended deliveries. Ordering is usually done online:

**Tesco** – [www.tesco.com](http://www.tesco.com)

**Morrisons** – [www.groceries.morrisons.com](http://www.groceries.morrisons.com)

**Sainsburys** – [www.sainsburys.co.uk](http://www.sainsburys.co.uk)

**Waitrose** – [www.waitrose.com](http://www.waitrose.com)

**Glenmore Bakers** will make next day delivery of bread if ordered by 2pm. No minimum order. Free delivery. Phone 01984 633477.

**Richard Little Butchers** in Williton offer a delivery service after 5.30pm. Phone 07376 425055.

**West Somerset Garden Centre** offer free delivery of food (cakes, bread, milk, eggs, sausages, bacon and gin!) as well as compost, plants and seeds etc. (£20 minimum spend on food, £10 minimum spend on garden products.) Phone 01643 703612 or [wsgc@btconnect.com](mailto:wsgc@btconnect.com).

**Seaview Takeaway** in Minehead is open daily. They will deliver to your home and you can pay by contactless machine on delivery. Phone 01643 708800.

**Torre Cider Farm** is open between 4pm and 10pm for pizzas, cream teas and cider. For collection only at the moment. Phone 01984 641416.

**Masons Arms** in Williton provide a takeaway service from their menu at 20% discount and will deliver for a charge. Phone 01984 639200.

**Bengal Spice** Williton provide takeaway and delivery service. Phone 01984 632169.

**Smugglers Arms** Blue Anchor provide takeaway. Collections only. Phone 01984 640385.

**Luttrell Arms** Dunster provide takeaway for collection or delivery (within 3 miles) for £5. Phone 01643 821555.



## From the Hills

I woke very early a few mornings ago thinking I had heard a gaggle of children outside our bedroom window - but no, it was geese; the first that have flown over since autumn; a waymark of the year: a year that will unfold as it should - whatever else weighs on our minds.

The 5-30 am blackbird is singing too; so beautiful, expectant and hopeful. Bumblebees stumble noisy and clumsy among the celandines; the fields are full of lambs, chasing and racing and taking off on all-fours: gangs with no leader and no rules - only being glad to be here; to be here now.

This winter we have been excited to discover two large hedgehogs hibernating in our garden. Soon they will wake up and leave, and though in Scotland we have watched their slightly bad tempered courtship rituals, here - where they are more strictly nocturnal - we are unlikely to see them go.

We don't get to see in advance the script of how the year will proceed and though now there are banks heavy with primroses these may be buried under deep snow in a week or two. Hedge sparrows are hopping about with wide whiskers of nesting material, the moorland streams are running clear as glass and edged with mint. One day I may see a dipper bobbing on a boulder. And soon, swallows...

There is comfort in the tapestry of the year unrolling as it always has - nature floods the stage set ready for it; and however tough things seem we are still part of the play, part of the story; we are all one, we still belong.

Ben



For an uplifting musical message from the Rotterdam Philharmonic Orchestra (working from home) go to: <https://youtu.be/3eXT60rbBVk>

**Note to all Dog owners from White Lodge Veterinary Surgery:**  
**Alabama Rot is in the local area. One dog has died and two other cases have been confirmed.**

**Areas these dogs have been: Horner Woods, Tarr Steps, North Hill, Dunster & Porlock Beach/Marsh.**

