



PARRETT TALK

COVID-19 SPECIAL EDITION

Kingsbury Episcopi Area Newsletter

March 2020

This is a special edition of Parrett Talk providing information about how the coronavirus (Covid-19) is affecting life in the parish. By now we hope you have heard the government's instruction that we must all stay at home to stop the spread of this highly infectious disease, especially older people and those with health problems, who should self-isolate. Please only go out if it is absolutely necessary. If you do have to go out, please follow social distancing rules.

These do feel like serious times, but if we are sensible we will get through. We are fortunate to live in a beautiful rural area with strong community spirit. If you need support with food shopping, collecting medication or just a friendly chat on the phone, please ask. There is a network of volunteers who are willing to help. Nevertheless, everyone will face moments of anxiety, boredom and frustration.

Many have already chosen to stay at home after recent holidays or travel overseas to protect others and we are grateful to them (see Annie White's tips on self isolation below). Now we are *all* being asked to stay at home to interrupt the spread of the virus and help the NHS to cope. We have tried to collect as much information as possible for Kingsbury and villages across the parish and the help available if you need it.

Coronavirus (Covid19): What you need to do:

- Stay at home, especially if you or others in your house are older or have health issues.
- Only go outside for food, urgent health reasons, essential work or exercise once/day.
- Keep journeys short and close to home.
- Stay 2 metres (6ft) away from other people.
- Do not touch your face when out.
- Wash hands thoroughly, ideally with soap, for 20 seconds as soon as arriving home.

If you feel unwell:

- If you think you have symptoms of coronavirus and they are mild, **please DO NOT** phone the doctor or visit a surgery or hospital. Go to 111.nhs.uk and follow the instructions.
- If you need medical help not related to coronavirus, please **DO NOT** go to your GP, pharmacy or hospital. Call your doctor or visit the NHS website. If it is urgent, phone 111. Of course if it is life threatening, dial 999.
- Dentists are carrying out emergency treatment only. Non-urgent and routine appointments have been deferred until further notice.

Who to call for assistance if you are self-isolating:

- Please use online home delivery services for shopping if you can.
- If you are not able to use online services, everyone in the parish should have received a note through their letterbox from someone nearby who is willing to help. Please call this person first.
- If you are unsure who to call, Tracey Harris is coordinating the village volunteers during the coronavirus crisis. Her numbers are 01935 592878 or mobile 09754 2245496. Thank you Tracey!
- On Facebook, there is a new group called "**Kingsbury Episcopi Helping Each Other**". Anyone can join and you can offer to help or post a request this way. It's a great way to keep in touch and have a few laughs as well.



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PLEASE SEE INSIDE FOR INFORMATION ABOUT TEMPORARY CLOSURE OF FACILITIES AND PARTY BY THE PARRETT UPDATE
STAY SAFE, STAY WELL



Reduced Shop and Post Office Opening Hours

Your community shop and post office are staying open, but we have reduced hours as a number of volunteers and staff are self-isolating. We are very sorry but the café is closed for the time being.



Monday-Saturday

SHOP 8.30am – 2.00 pm

POST OFFICE 8.30am 12.00 - noon

Sunday

SHOP AND POST OFFICE 9.00 - 12.00 noon

To reduce risk of infection there is a limit of **one customer in the shop at a time**. Please wait outside (chairs are available in fine weather) and use hand sanitiser on the way in. Stand well back from the till while your goods are being scanned and **please use contactless cards for payment** as much as possible as this is more hygienic than cash.

While we are getting regular deliveries, we may have to place a limit on purchases of some items, depending on availability. If you need food or groceries, please call the volunteer in your area. You can also phone the shop on 01935 824 159 and do check for updates on Facebook @kingsburycommunityshop



Kingsbury Community Centre and Recreation Ground

All classes, group activities, events, parties and film nights have been cancelled. The centre is closed but this will be reviewed on a monthly basis.

The recreation ground is open but following

government guidelines, all play and exercise equipment including the multi-use games area **must not be used**.

If you do visit the rec, remember to stay 2 metres apart and no more than 2 people in a group. Stay safe, keep our community healthy! For more information, please contact info@kingsburycommunitycentre.co.uk



Party by the Parrett

The Party by the Parrett committee very much hope that our 10th anniversary celebration will take place as planned on Saturday 4th July 2020 – we have everything crossed!! We will of course be following Government advice as it is announced, however we feel that at the moment there is still every possibility that the day will go ahead. Any updates will be communicated via our Facebook page, website and posters around the village and where possible in Parrett Talk. If we all follow the Government advice NOW then we will have a summer full of fun to look forward to.



Postal Services

Royal Mail deliveries are essential for all of us. To protect your postie and yourself, please stay inside when mail is being delivered. Your postie will sign for you if necessary. Wait until they have moved away before opening the door to collect your parcel or mail.



Waving to Gareth through the window!

Kingsbury Episcopi Primary School

We find ourselves in interesting times. In line with ever-changing advice from the government, our school is open for the children of key workers. We are operating a skeleton staff and currently supporting a maximum of ten children each day. This provision will continue throughout the Easter school holidays and for the foreseeable future, if required.



I would like to thank our wonderful school community for their support and understanding at this difficult time.

Stay safe and well everyone,

Mr Higgins (Headteacher)

Local pubs

This is a very tough time for our three local pubs, The Rusty Axe, Rose and Crown and Wyndham Arms who have all been ordered to close. The Wyndham Arms is offering a take away service but please phone ahead and pre-order call 01935 823 239.

Kingsbury May Festival has been cancelled but the Festival Committee has been able to keep costs to a minimum and is already thinking about next year. Special thanks to Chairman Chris McCullum and all the committee members for their hard work and having to make the difficult decision to cancel.

The 2020 theme of trees will be carried over to 2021, including supporting tree-planting plans this November. If you would like to help with next year's festival please get in touch via the website.

<http://www.kingsburymayfestival.co.uk/>

or Facebook @kingsburymayfestival.



Music in the Marquee

is also cancelled. If you bought tickets from Kingsbury Community Shop, please contact



Tim Gray on WhatsApp or phone him on 07701 024 821 for a refund. If you bought tickets online, you should have been refunded automatically.

Churches

St Martin's and St James's Churches have suspended all public worship.

1. Church buildings are closed for all visitors, public worship and for private prayer.
2. Emergency baptisms can take place in hospital or at home, though subject to strict hygienic precautions and physical distancing as far as possible.
3. There can be no weddings in church buildings until further notice.
4. Funerals can only happen at the Crematorium or at the graveside. Only immediate family members can attend (if the crematorium allows) - that is, spouse or partner, parents and children, keeping their distance in the prescribed way.
5. Live streaming of services are available. https://www.achurchnearyou.com/live-stream/?tags=Live_stream (search for Kingsbury Episcopi or South Petherton).
6. The Church Rooms are closed.

If anyone has questions about weddings, baptisms or funerals please contact the Benefice Office (St Martin's)

on Benefice.martock@gmail.com or call 01935 826113

Or for St James's

office@southpethertonchurch.org.uk or call 07831 982470.

The Methodist Church At this time of crisis, the Methodist Church in Kingsbury is closed until further notice for all services and activities. This decision has not been taken lightly, but is on instructions from 'Head Office', and we support this decision. We will be open again as soon as the situation allows.

Our Minsters are preparing a short service for 'home use' each Sunday, and we are very pleased to forward these by e-mail each week to anyone, **of any faith, or none**, who would like to read/use them. Please contact Edwin Guttridge 01935 823751 ejseldomin@gmail.com or Christine Weymouth. 01935 826578 chrismw746@gmail.com

Our Minister is always available for comfort, encouragement, and prayers, by either e-mail or telephone. Sadly no personal visits. Contact details 01460 72363: Mobile: 0770 200 3160 philip.wagstaff@methodist.org.uk

We have a Facebook page which we keep up to date, and the church details are on the Martock website.

Our network of pastoral care visitors is still

operating, but only by telephone and/or e-mail.
St James's, East Lambrook - There will be a printed prayer sheet in the church porch notice board.

United Reformed Church , Mid Lambrook

There is a website for United Reformed services - devotions.urc.org.uk

Somerset Waste Partnership

Recycling and refuse collections are taking place as normal but garden waste and bulky waste collections have been suspended until further notice. All recycling centres in Somerset are closed. Personal waste (like tissues) from anyone who is showing symptoms of Covid-19 should be double-bagged, tied up and put aside for 72 hours before collection. For the latest information and guidance on disposing of potential contaminated waste, please visit www.somersetwaste.gov.uk/coronavirus and follow @somersetwaste on Twitter and Facebook.

Parish Council

The Annual Parish Council Meeting scheduled for early April has been postponed. For latest information please visit the parish website. <http://kingsburyepiscopi.com/>

Self-isolating in the time of Covid-19

By Annie White

About a month ago we came back from a holiday in France visiting family members, to discover that there was a cluster of coronavirus in the town where we had been staying. As far as we knew we hadn't been in direct contact with anyone affected, but we put ourselves into two weeks' isolation.

The hardest thing was not seeing family or friends but we stayed in touch with WhatsApp and phone calls. We have just been introduced to the Houseparty App which looks as though it's going to be brilliant for video chats with larger groups.

The weather wasn't good but time passed. We did jobs around the house and garden. We watched films in the afternoon. Read loads of books. Kept up to date with the news. Baked. Had afternoon naps! Went for walks away from other people. Most of all, we did lots

of jigsaws - we're now addicted to jigsaws! We emerged healthy after two weeks, and still speaking!

In that short space of time things have moved on. Things are getting much harder now. We are in lockdown. People in the village are having to self-isolate because they have the virus themselves or in their household, or because they have returned from abroad. I know that the community is rallying around. Neighbours are shopping for them and offering support over the phone. The sun is shining and the birds are singing and we're so happy that the hedgehog which has been hibernating in our potting shed has woken up. Remember - you're not alone. We'll get through this somehow.

Don't be a Covidiot!



We have all seen pictures of people heading to the coast, the hills and parks in large numbers. Don't be tempted to join them. Please do not travel to second homes, campsites or caravan parks either for isolation or holidays. Doing so puts additional pressure on local communities and the health and care services available. These are exceptional times. Let's be smart, be safe and be kind by taking care of ourselves and thinking of others.

Parrett Talk

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