



UPDATED 21st May 2020

ADDITIONAL INFORMATION

CORONAVIRUS OUTBREAK
PORLOCK COMMUNITY INITIATIVE SCHEME
(Supported by Porlock Parish Council and Porlock Visitor Centre)

PORLOCK COMMUNITY HELPLINE

1. Phone the Visitor Centre – 01643 863150 between **10am to 12.30pm Monday to Saturday**.
2. The Visitor Centre will contact a volunteer who will then contact you.
3. You and the volunteer make the arrangements between yourselves

*Please help the volunteer, if they deliver to your home, **to minimise physical contact** by following the latest government guidelines. If you wish to volunteer or need to be taken off the list for any reason, please email visit@porlock.co.uk*

WELCOME TO MINDFUL PORLOCK

Join Mindfulness for Porlock sessions on Zoom at 10am on Mondays and Wednesdays. Enjoy 30 minutes of meditation in your own home or garden, with partners, children and pets!

www.mindfulporlock.com

To join:

1. Download Zoom to your smart phone, tablet or computer desktop
2. Send your name and email address to mindfulporlock@gmail.com
3. You'll receive an email link to join the free meditation

WEST SOMERSET FOOD CUPBOARD

For families in times of hardship, West Somerset Food Cupboard can offer a lifeline. If you need help or if you wish to donate goods, email Coordinator

Ann Gibbs - 07795 080637 Email - foodcupboardws@outlook.com

CITIZEN ADVICE WEST SOMERSET

The CAB can offer a wealth of information – call their advice helpline on 0800 802 1808. Lines open 10am to 5pm or use the contact form www.westsomersetadvice.org.uk

COMMUNITY COUNCIL FOR SOMERSET

We are working with the Community Council for Somerset to ensure that every resident in Porlock has all that they need.

The community council advise that this situation is going to be a marathon and not a sprint and some families and individuals may be coping well now, but in a few weeks things could become much more difficult. This is a time when we need to be more vigilant than ever, to ensure that even our most reclusive neighbours don't "slip through the net".

Your local Village Agent for Porlock, Allerford, Bossington and Selworthy
Mark Shields - 07535 277261

The local Village Agent for Exford and surrounding area
Jane Lillis - 07958 415270.

CCS Village & Community Agents provide confidential, practical community-based solutions for people, wherever they are in Somerset, often when others don't, won't or can't.

The new Somerset Coronavirus Helpline: 0300 7906275

- Personal Care and support
- Support for the homeless
- Transport to medical appointments
- Waste Collection and disposal
- Financial support

A HELLO PLUS

Raj Singh, Deputy Chief Executive, Community Council for Somerset and, more importantly, concerned local resident, shared the following message:

*"Our health and social care system is under immense pressure at the moment and access to food and medication are two major concerns. We have all looked out for people in our immediate circle, we now need to reach out to those that maybe haven't come forward for help or cannot because of their circumstances. We all say hello when taking our daily exercise in the village, we now need to do a **"Hello Plus"**. If we come across anyone in the village we should follow social distancing protocols and say:*

"Hello, hope you are well. Do you have your food and medication in hand?"

If the answer is that someone could do with some assistance then please try to assist yourself in a safe way or seek guidance from Porlock Visitor Centre. I am very proud to live in a village that cares for each other so much, stay safe everyone."

COUNSELLING SUPPORT

Support is available for those in Porlock Vale suffering psychological/mental health problems as a result of the Coronavirus outbreak.

The counselling is confidential, short-term, free of charge and offered to people of all ages.

For more information or to arrange an appointment please contact:

Tracey on 07763 004198 or email tracey@bsacounselling.co.uk

Chris on 07866441323 or email Chrisacbt@aol.com

STAYING IN TOUCH

If you need help using video calling apps, please see the following links:

SKYPE

<https://www.digitaltrends.com/computing/how-to-use-skype/>

ZOOM

<https://www.youtube.com/watch?v=-ik5o6WptX0>

FACETIME

<https://support.apple.com/en-gb/guide/iphone/iphc4774d8d8/ios>

MIND IN SOMERSET SERVICES

Call the helpline for Mindline Somerset on 01823 276892

Open Monday to Friday 9am-11pm; Saturday and Sunday 8pm-11pm.

A small team of counsellors have offered their services to people who are suffering very high levels of anxiety due to the Coronavirus outbreak. This is not a counselling service, but they will offer free advice in ways to help you manage your anxiety.

MIND also offer a debt and money advice project Wisermoney at www.navigatecharity.org.uk/

This service is normally a home visiting service for people who are not able to access the CAB, maybe due to their mental/physical health.

Contact Maria Taylor - Wisermoney Mental Health Caseworker for West Somerset

Monday-Thursday 9am-5pm

Email maria.taylor@mindinsomerset.org.uk or maria.taylor@wisermoney.org.uk

JIGSAWS

If you are looking for something to keep your mind occupied, how about a jigsaw? The book stall outside the Visitor Centre and Library has a good selection of donated jigsaws that are available for you to take home for a suggested minimum donation to the honesty box next to the book stall. The stall would also welcome the donation of more jigsaws so you have some you no longer want to keep then consider donating them! Complete jigsaws only please.

KNITTING/SEWING SUPPLIES

If you are in need of knitting wool, fabric or other sewing supplies, these can be bought online and delivered direct to your doorstep by Porlock resident Jackie Jago. No order is too big or too small be it a couple of metres of elastic, a few balls of wool, knitting needles, sewing patterns, curtain fabrics, net curtains and even a sewing machine. Contact Jackie on 01643 708372.

TAKEAWAY OUTLETS

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OUTLET	TIMES	CONTACT	NOTES
The Chippy Porlock (next to Ziangs)	Tuesday to Saturday, 5-8pm	07920 409007	A 'chippy' style take-away and limited Chinese offerings. www.tcporlock.com

Bramdowns (aka Victorian Tea Rooms) Porlock	Phone before 5pm for next day collection 10-11am, or local delivery	01643 863400	Full menu including meals to cook at home, on website: www.bramdowns.co.uk
Dunkery Beacon Country House Hotel, Wootton Courtenay	Friday & Saturday, orders can be placed from Monday until noon on Thursday	01643 841241	Freshly made dishes available as a chilled product to collect or for free Delivery (£2.50 delivery to Porlock). Two choices of main course and a steak option together with desserts www.dunkerybeaconaccommodation.co.uk
Cross Lane House, Allerford	Cream Teas 7 days a week; weekend takeaways Fri-Sat, 5-8pm	01643 863403	Cream & afternoon teas require pre-ordering. Weekend takeaways (main course and dessert) pre-ordered by 3pm on day of collection. Drinks available. Menus at www.crosslanehouse.com
Bake Me Crazy, Porlock Weir	Open 7 days a week	07944 750712	Full range of cakes for every day eats or special occasions. Birthday, wedding, anniversary cakes on commission. www.bakemecrazy.co.uk
Piggy in the Middle, Porlock	Thursday, Friday & Saturday, 5-9pm	01643 862647	Fish & Chips plus wide variety of pies. Call for a time slot, correct cash on collection please, to minimise contact.
Kitnors Tearoom, Bossington	11am-4pm	01643 862643	Deliveries of freshly made cream teas. www.kitnors.com
The Castle Hotel, Porlock	12.30-8.30pm	01643 862504	Some local home deliveries available. Payment will be taken over the phone

SHOPS

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SHOP	OPENING TIMES	TELEPHONE NUMBER	NOTES
Porlock Pharmacy	8.30am-6pm Mon-Fri; 9am-1pm Sat	01643 862455	Home delivery available
OneStop, Porlock	7am-9pm, 7 days a week	01643 862396	Home delivery available
Clive Downs Butchers, Porlock	7.30am-3pm Mon-Weds; 7.30am-4pm Thurs & Sat; 7.30am-5pm Fri	01643 862667	Home delivery available
Spar, Porlock	7am-8pm Mon-Thurs; 7am-9pm Fri & Sat 7am-1pm Sun	01643 862515	Home delivery preferred
Squires (pet supplies), Porlock	9am-4pm, Mon & Fri, 9am-2pm, Tues, Weds, Thurs, Sat	01643 863444	Home delivery available
Porlock Home and Hardware	9am-2pm, Mon-Sat	01643 862427	Home delivery available
Porlock Post Office	Open 10am-4pm, Mon-Fri (from May 11 th)	01643 862429	
Allerford Post Office	Open 9am-noon, Mon, Tues, Thurs, Fri	07791 915877	

COMMUNITY AID

SUPPLIER	SERVICE	CONTACT
Alan Leonard	Emergency Electrical work	07770 760597 / 01643 862831

If any information contained in this document is incorrect or needs updating, please email visit@porlock.co.uk