



11th November 2020

COMMUNITY INFORMATION

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

The Porlock Community Initiative will be re-instated from the 5th November and will continue for as long as is needed, to help those in need during this second lockdown. Please find details of our shops and takeaway food outlets who will be open, along with their contact details. Please find additional contact details for organisations who are also there to provide assistance for those in need.

PORLOCK COMMUNITY HELPLINE

This is operating for those who are unable to get essential food supplies and medication or who would like a friendly chat.

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*

Please find details below of shops and food outlet takeaways that have advised us of their plans for opening from the 5th November 2020.

TAKEAWAY OUTLETS

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 by 5pm on Wednesday, for local delivery on Friday	01643 863400	Menu and freezer packs 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
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.
The Castle Hotel, Porlock	12.30-3.00pm 6.00 – 8.00 pm	01643 862504	Some local home deliveries available. Payment will be taken over the phone
Clare's Kitchen	Deliveries from Sun 8 th November	07799 066638 or email clairelynch@live.co.uk	www.clares.kitchen

SHOPS

SHOP	OPENING TIMES	TELEPHONE NUMBER	NOTES
Porlock Pharmacy	8.30am-6pm Mon-Fri; 9am-1pm Sat	01643 862455	Home delivery available
One Stop, Porlock	7am-9pm, 7 days a week	01643 862396	Home delivery available. Cash payments only.
Clive Downs Butchers, Porlock	7.30am-4 pm Mon- Saturday	01643 862667	Home delivery available
Spar, Porlock	7am-8pm Mon-Thurs; 7am-9pm Fri & Sat 7am-6pm Sun	01643 862515	Home delivery available
Squires (pet food), Porlock	9am-4pm, Mon & Fri, 9am-2pm, Tues, Weds, Thurs, Sat	01643 863444	Home delivery available
Porlock Home and Hardware	9am – 2pm, Mon-Frid 9am-1pm, Sat	01643 862427	
Porlock Post Office	9am-5.30m, Mon-Fri 9am-12.30, Sat	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

USEFUL TELEPHONE NUMBERS

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 Somerset Coronavirus Helpline: 0300 7906275

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

The helpline is available from 8am to 6pm every day, including weekends.

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:

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 24 hours a day, 7 days a week

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/

To talk to a specialist adviser call 01823 299050 or email enquiries@wisermoney.org.uk

This information will be updated and available on the Porlock Parish Council

<https://porlockparishcouncil.org> website and the Porlock website

www.porlock.co.uk