

QUANTOCK for Nether Stowey & Over Stowey



Online Edition July 2020

COMMUNITY DIRECTORY

Local Police (emergencies: 999 or non-emergency: 101)

Email somwestnptsedgemoor@avonandsomerset.pnn.police.uk PC Tony Freeman, PC Claire Allen, Kim Wrixon, Jason Wyatt, Sue Marks (Hinkley issues only). @avonandsomerset.police.uk

Antisocial behaviour 0800 298 2009 Vandalism on the Quantock Hills call 101 Household noise problems (Environmental Health) 0845 408 2540

County Councillor: Michael Caswell 01278 652 043

MCaswell@somerset.gov.uk

<u>District Councillors:</u> Michael Caswell 01278 652 043

michael.caswell@sedgemoor.gov.uk

Julie Pay 01278 732 956

julie.pay@sedgemoor.gov.uk

Nether Stowey Parish Council Over Stowey Parish Council

Clerk: Caro Slaymaker 733 779 Clerk: Amanda McMurren 734 689 clerk@netherstowey-pc.gov.uk clerk@overstoweyparishcouncil.co.uk

Bookings Secretaries

N/Stowey Church Centre Pat Stacey 732 518 (9am—9pm)

N/S Village Hall Jan Miller 733 436 O/Stowey Village Hall Wendy Hill 732 194

Quantock Medical Centre (if closed call NHS on 111)

Reception: 732 696 Dispensary 733 385

Email: quantock.mc@quantockmc.nhs.uk

https://quantockmedicalcentre.gpsurgery.net/#

Cannington Health Centre (if closed call NHS on 111)

Reception: 652 335 Prescription line: 651 311

Other Community Facilities

Citizens Advice Consumer Helpline 03454 040 506 Thomas Poole Library 732 741 *Currently closed*

Quantock Website Teresa Youe 733 223 www.guantockonline.co.uk

Quantock Hills AONB Georgie Grant 01823 451 884

quantockhills@somerset.gov.uk https://www.quantockhills.com/

Community Car Scheme (Stowey Shuttle) - 07943 923 742 - 48 hours in advance.

CHURCH CONTACT POINTS

ST. MARY'S, Nether Stowey with ST. PETER & ST. PAUL, Over Stowey

Rector Revd. Eleanor King Tel: 734 777

The Rectory, 25 St Mary St. Nether Stowey TA5 1LJ

eleanor.king@hotmail.com

Associate Priest Revd. Kate Sax Tel. 671 168

The Vicarage, Church Road, Spaxton TA5 1DA

kate.kinkiizi@gmail.com Working days: Sun, Tues, Wed

Church Wardens - Nether Stowey

Mr. Alan Simson Tel: (01984) 632 773

Weacombe Gate, West Quantoxhead, TA4 4EB

Mrs. Gerry Wright Tel: 734 584

25 Theillay Close, Nether Stowey, TA5 1JY

Church Warden - Over Stowey

Mr. Peter Higginson Tel: 732 102

Bincombe Tops, Over Stowey

Church Centre Contact:

Mrs. Barbara Beer Tel: 732 412

Benefice Office: Benefice Administrator Tel: 732 855

Mrs. Rebecca Tinnelly

Church Centre, 27 St. Mary Street, Nether Stowey TA5 1LJ

Email: qv.benefice@gmail.com

www.achurchnearyou.com Facebook: Quantock Villages Benefice

For safeguarding concerns, please see the church website at:

https://www.guantockvillagesbenefice.org.uk/

Services

As with many churches, we are worshipping by virtual services via the Internet:

Online Sunday service lasting around 30minutes is available during the week on YouTube

Celtic Morning Prayer on a Wednesday morning at 9:30am via Zoom.

For those without access to the internet, we offer a weekly service on paper.

Please contact Revd Eleanor or the Benefice Office by email or Eleanor via phone (01278 734777) if you would like further details about these or other services.

St. Mary's Church, Nether Stowey, is now open for private prayer: Mondays 10am-12noon and Thursday 3-5pm.

Cover photos: Under 9s back at socially distanced football training; The Women's Walk from around 1950 (thank you, Dave Harrison); and a message from The George.

July 2020

Dear All,

A very warm welcome to Annabelle Whitlock, who joins The Quantock Messenger as co-editor with me. We don't usually produce an August edition, but we will be doing one this year and Annabelle will be putting it all together.

With the lack of events and certain logistics issues, this month's magazine is only being produced online. The August edition will be printed for our subscribers and will also be online.

The recent relaxation of lockdown rules has been a blessing for many, with grandparents able to see their children / grandchildren again, those living alone finally able to create a 'bubble' and all of us able to meet up with 5 friends (at a social distance) after a long 3 months! We're still a long way from being back to our usual social selves, but at least it's a start.

Football training for the Seniors and Under 9s teams has restarted under strict Football Association guidelines. For my 9-year old son, this was his first proper interaction with any other children in 13 weeks! More children have returned to school in Reception, Year 1 and Year 6, but all the other year groups won't be back until September, at the earliest it seems.

Our Churches in Nether Stowey and Over Stowey are now open for private worship, respecting the distancing rules. Hopefully our village pubs will also be able to open in the coming weeks and preparations can start to be made for restarting the wonderful calendar of weekly and monthly clubs and events that makes our community so special.

If you are feeling lonely or in need of any help, please contact our volunteer coordinators (as detailed in the following pages) as there are lots of people in the village who are signed up to offer help or a friendly chat.

Take care, Ruth x

Your Messenger Team

Please email articles to editor@quantockmessenger.org.uk
Please email adverts to advertsing@quantockmessenger.org.uk

Ruth Richardson	Editor	229 682	Annabelle Whitlock	Editor	By Email
Sally Dymock	Advertising	732 298	Richard Beer	Printer	732 412
Sally & John Dymock	Collating	732 298	Molly Bradner	Assembly	732 166

We are always pleased to receive articles in any form (by phone, handwritten, typed or by email). Photos are appreciated and will be returned. You may leave articles for The Messenger at the Church Centre or at the Parish Council Offices, on the Cross in Nether Stowey.

Deadline for articles is the 15th of the preceding month.

DIARY DATES

All village clubs and societies are currently closed, but fingers crossed the following events will still be taking place!

November / December - Quantock Players' Christmas Pantomime

Fri 4th December - Christmas Bingo - OSVH - 7pm for 7:30 eyes down

Sat 12th December - Christmas Market - NSVH

Sun 20th December - **Christmas Words & Music** - Exclusive for TA5 residents - Aisholt & Merridge Village Hall

NS CC - Nether Stowey Church Centre
NS VH - Nether Stowey Village Hall
OS CC - Over Stowey Cricket Club
OS VH - Over Stowey Village Hall
TPL - Thomas Poole Library, Nether Stowey



Dear All,

'This is the first time I have done this since lockdown' is one of the many new phrases we are hearing around us. As lockdown eases, we are doing things for the first time. Maybe driving, or being a passenger in a car, visiting a favourite shop, having a haircut, leaving the house, or having a small gathering outdoors or in our gardens. Things that we would have just done without comment before lockdown, are now acknowledged and celebrated. We are seeing the normal with fresh eyes.

I had a small committee meeting in the Rectory garden for the first time this week. It was great to see people rather than do business via Zoom, Skype, Teams or Facetime. But we are not quite able to offer the hospitality that we would have done before lockdown. There are no cups of tea or glasses of wine, cakes or crisps – well, unless you bring your own! We will have to wait a little longer for that.

God offers us his hospitality now and constantly, 24/7, and with love and refreshment. We do not have to arrange to meet him – he is always there, everywhere. But sometimes we find it easier to meet God, to pray to God, to share our feelings with God in the places we associate with God; in a church or a cathedral or a particularly spiritual or 'thin' place. Sadly, since lockdown, church buildings have been closed, although the church has still been very active.

This month we will be able to visit churches for the first time since lockdown as we see the reopening of churches for individual private prayer. We can come and be in God's presence in the church, in a special place. St Mary's Church in Nether Stowey will be open on Mondays from 10am to 12noon and Thursdays from 3pm to 5pm and I will let you know as soon as I can about St Peter and St Paul's Church in Over Stowey. For the safety of all, please do follow the guidance in the churches.

We now look ahead to the first time we can worship in the church and receive the physical hospitality of Christ in the form of the Eucharist, the bread and the wine. Let us hope and pray this first time isn't too far away, with an awareness that some may not be able to re-join worship in church in person immediately.

As we step out for the first time into our new freedoms, we pray for the safety for all and a continual diminishing of the virus.

Please keep safe and well,

Eleanor

Over the last few weeks, on a Monday morning, we have collected food donations for the Quantock Foodbank. I am very grateful to all who have donated food - thank you.

If you would like to donate, please leave your donations in St Mary's Church Centre porch from 9:30am on a Monday and they will be collected at around 11:00am. Every so often the Foodbank sends out a list of the 'Top Ten Items Required' which may help you with ideas, but I do stress all food is welcome.

Rev'd Eleanor



Tel: 07483 815122 Email: quantockfoodbank@gmail.com

I would like to take this opportunity to thank you all so much for your amazing response to the Quantock Foodbank's appeal for specific items in order to enable us to restock our shelves during this time of hardship for so many individuals and families in our beautiful corner of Somerset.

During the period of complete lockdown, the Quantock Foodbank supplied 1045 people with food, toiletries and household items. Sadly, we can only expect the numbers to rise as furloughed workers face an uncertain future and businesses reduce their workforce. We are also coming up to the school holidays when, in the past, the Foodbank has responded with Holiday Hunger projects.

We are truly grateful for every item and cheque donated; it seems that your generosity knows no bounds! Who could have foreseen that we would be in this situation today?

However, our reliance on prayer and Christ's teaching encourages us to embrace the future with confidence, for he says, 'Truly I tell you, whatever you did for one of the least of these brothers and sisters of mine, you did for me.'

Kathryn Flenley Chair

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LOCAL SERVICES AVAILABLE DURING THIS TIME

INFORMATION CORRECT ON 25TH JUNE.
THESE ARE ALL SMALL LOCAL BUSINESSES - PLEASE SUPPORT THEM.

Faun & Co, Butcher, Nether Stowey

732 270

You can call and pay over the phone, either a neighbour can collect for you or they will deliver to your house. Offer meat, fish, vegetables, bread (at weekends) and sauces / marinades.

Little's Stores, Supermarket, Nether Stowey

732 249

You can call and pay over the phone, either a neighbour can collect for you or they will deliver to your house. Also accept cash or cheque on delivery. Full range of foodstuffs and non-food items.

Current opening hours: 7am-7pm Monday-Saturday, 8am-5pm Sunday

Post Office, Nether Stowey

732 235

Cannot take payment over the phone. Will deliver to you if possible, hope to continue to have their delicious quiches, sausage rolls and more available.

Current opening hours: 9-11am & 2-5pm Mon-Fri, 9am-12:30 Sat

Blackmore Farm, Cannington

651 154

You can call and pay over the phone, either a neighbour can collect for you or they will deliver to your house. Offer ready meals, milk, frozen food, bread, vegetables, dry foods as well as logs and kindling. Also have take-away cakes and hot drinks. Café re-opening outside from July 4th. https://www.facebook.com/BlackmoreFarm

Croft Farm Butchers, Cannington

652 230

You can call and pay over the phone, either a neighbour can collect for you or they will deliver to your house. Offer meat, fruit, vegetables, dairy products and can also deliver bakery items from the bakery next door.

The Village Bakery, Cannington

651 047

You can call and pay over the phone and a neighbour can collect for you. If you are buying food from the butcher's, you can add your bakery order and pay for it all in a single payment.

Spar, Cannington

653 224

You can call and pay over the phone and a neighbour can collect for you or they can deliver. Full range of foodstuffs and non-food items.

Spar, Stogursey

732 304

You can call and pay over the phone and a neighbour can collect for you or they can deliver. Full range of foodstuffs and non-food items.

Plowright Organic Farm

https://www.plowrightorganic.co.uk/

Veg boxes from your local organic farm are available for home delivery. See website or email plowrightorganic@gmail.com

Chef's Country Cuisine

enquiries@chefscountrycuisine

Local chef, Sam Salway, cooks healthy ready-made meals (fresh or frozen) that can be collected or delivered to your home. Card payment by phone, BACS transfer or cash / card on delivery. Menu on website https://www.chefscountrycuisine.co.uk/. Tel. 07596 488 438

Quantock Steamers, Stogursey

07794 663 942

Local business producing freshly made steamed sponge puddings and meat suet puddings. Suitable for microwaving or freezing. Either collect or they can deliver. Card and cash payment available. https://www.quantocksteamers.co.uk/

Keystone Pizzeria

07496 039 472*

New online order service for home delivery:

https://keystonepizzeriaonlineorder20.square.site/

*Only phone if you have no online access please! Card and cash payment.

Purplespoon Café, Bridgwater

726 011

Boxes of Magic (antipasti, cheese, sandwiches and more) available for home delivery Thursday-Sunday 12pm-9pm. See Facebook page for full details. Order by phone or FB Messenger. https://www.facebook.com/Thepurplespoon

Paisley's Café and Farm Shop

732 207

Home delivery of fruit and veg boxes, bread, cheese, milk and other essentials. Takeaway burger, wrap & pizza night on Fridays (5:30-8pm). Call and pay by phone. Walk-through take-away breakfast, burgers and wraps (plus fruit, veg, bread and gifts) Thurs, Fri & Sat 10am-3pm. https://www.facebook.com/paisleysfarmshop

The Cottage Inn

07379 520 552

Takeaway and home delivery available on Wednesday (pie night), Friday (cod & chips night) and Sunday roast dinner. Email thecottage-inn@btconnect.com or text the above number. Pay by card or BACS. https://www.facebook.com/homeofhomemadefood

Greenway Farm

https://lifeatgreenway.com/delivery/

Weekend collection or delivery of 3 course dinners. Sunday lunches and afternoon teas. Menu is at the above website. Order by email lifeatgreenway@aol.com or call 07557 449591. Pay by card over the phone or BACS.

Yellow Door Cottage

https://www.yellowdoorcottage.co.uk/

Honesty shop open every day 09:30-20:30. All items are locally grown and made. Cake, jams, chutneys, eggs and pork scratchings. Tues, Thurs & Sat also have weekly specials in the fridge. Sourdough bread available Thurs-Sat. Cash or BACS. Can deliver locally.

Foxy Bean Café, Adscombe

https://www.facebook.com/thefoxybeans/

Open 10-4 Weds-Sun. Takeaway drinks, ice-creams, cakes and savoury snacks. Contactless payment only.

Meditation Classes with Julia https://www.sophiasways.co.uk/

FREE meditation / relaxation classes with local yoga teacher, Julia, on Sundays 5pm-5:45pm via Zoom. See website for full details of these classes plus online yoga classes, email jmseaton1@btinternet.com or message via Next Door Nether Stowey.

Grandfield & Son 732 219

Open for collections and local deliveries, please ring in advance for large timber orders. Temporary hours 8am-4.30pm Mon-Fri and Saturday 8.30am-12noon. [The Funeral Directors operates a 24hr emergency service]. http://www.grandfieldandson.co.uk/



Somerset County Council has commissioned end-of-life charity Marie Curie and mental health charity Mind in Somerset to provide bereavement support for people in Somerset in response to the COVID-19 pandemic.

Somerset Bereavement Support Service

0800 3047 412 (Monday to Saturday, 9am to 5pm)

In the first instance, for those over 18, telephone support calls will be provided by Marie Curie Companions, specially trained volunteers who can offer emotional support to bereaved people or support in some cases pre-bereavement. The service can also provide support to professionals in Somerset dealing with bereavement in their work setting. Where further support is needed, the Marie Curie Companion volunteers will carefully link people to specialist Mind in Somerset bereavement support workers who will deliver up to six bereavement counselling sessions. This service is available to adults and children over 12 years.

Susan Hoyle, Bereavement Lead, Mind in Somerset, said: "We would like people to know, including professionals and young people, that we are here for you to help and support if you have experienced a loss during these very difficult times."



https:// www.mindinsomerset.org.uk/



NETHER STOWEY PARISH COUNCIL



The Parish Office remains closed until further notice but we are still working and you can reach us by e-mail (clerk@netherstowey-pc.gov.uk) or you can leave a message on the office telephone (we pick up messages remotely) You can also call or text to **0744 403 2311**. If you need help you can also contact the Somerset Coronavirus Support Helpline number on 0300 790 6275 who can provide multi-agency help and advice. Our website has links to up-to-date and reliable information sources. http://netherstowey-pc.gov.uk/

PLEASE BE AWARE THAT THERE ARE NUMEROUS SCAMS TAKING ADVANTAGE OF THE **SITUATION** including fake NHS calls offering virus tests or claiming that you have been fined for leaving your house. There is also the usual run of subjects about your bank, broadband, TV licence, etc. NEVER give-your bank card or bank details to people you do not know and trust. Never follow links on texts or e-mails. If in doubt hang up, or delete the texts/e-mail as appropriate.

Meanwhile the Parish Council has been in contact with the Police and District Council about the outbreak of graffiti in the village and the thefts from gardens and sheds in the wider area. Please report incidents to the Police so they get a picture of the frequency/location of such incidents as they probably do not monitor Facebook or Nextdoor groups.

Complaints about dog fouling once more are on the increase. Lockdown has not changed the situation: it is still anti-social, still a health risk, and still a legal requirement that you pick up after the dog, whether that is on the street outside someone's house or on the Playing Field. If the dog is off the lead you must keep an eye on it so you know what it has done and where. And PICK IT UP and BIN IT!

Although less than ideal, the Parish Council continues its meeting schedule by holding them on Zoom, and as ever all are welcome. The next meeting is on Monday 13 July and there is a Planning Committee meeting on Monday 29 June. Details of both will be on the website nearer the meeting dates.

Caro Slaymaker, Clerk to the Parish Council

QUANTOCK MEDICAL CENTRE

We would like to thank all the volunteers who have come forward to help deliver medications to those patients who are self- isolating and shielding due to the coronavirus, this has been enormously helpful and greatly appreciated.

We would like to also thank patients for their support whilst we have had to change

the way we run the Medical Centre. We are trying to reduce rates of cross-infection for patients and staff and these changes will be in place for the foreseeable future.

We are, and always have been, open for business. However, we are unable to let patients just walk into the practice.

Appointments

We ask that patients call 01278 732 696 for a telephone triage appointment with an appropriate clinician first, they will then be able to help on the phone or may ask you to come in to the practice to be seen.

You can also go to our website (Google search: Quantock Medical Centre or www.quantockmedicalcentre.gpsurgery.net) where we have an eConsult facility which you can use to contact us and we will get back to you as soon as possible.

When you call in we will ask you a few questions. Please be honest with our team about your symptoms; we will not refuse to see you. Your health is our main concern, but it is helpful to know what we are dealing with.

If you have an appointment with the Nurse or Doctor please <u>do not</u> come to the surgery before your appointment time. You will not get seen any quicker and we would like to reduce the amount of people in the waiting area for your own safety, maintaining social distancing.

New requirement: YOU MUST WEAR A FACE COVERING WHEN YOU ATTEND THE HEALTH CENTRE.

If you have a medical condition you might wish to purchase your own Blood Pressure monitor (approx. £25), thermometer (approx. under £5) and/or pulse-oximeter (approx. £20) to keep with your first aid box. Your doctor or nurse may ask you for these readings and it would save you regular trips to the Medical Centre if you could do these at home and have the results available for your telephone appointment.

Medication

Prescriptions can be ordered by phone 01278 733 385 Monday to Friday 10am-12 noon or 4-5pm or by email: guantock.mc@nhs.net

You can **collect** your medication: Monday to Friday 10am–12 noon and 4–6pm.

We currently have someone to help hand over your medication at the door but will try to change the door system to allow 'one in and one out ' during these hours only, reminding people to maintain social distancing with respect and kindness to one another at all times.

Testing for COVID-19

If you feel that you do have COVID-19 symptoms (a high temperature, a new continuous cough, a loss or change to your sense of smell or taste) you can refer

yourself for an antigen test via https://111.nhs.uk/covid-19. There is another type of test (antibody test) that checks if you've already had the virus; this test is not available yet.

To keep up to date with what is happening and the latest news on COVID-19 please use the official government website: www.gov.uk

Take care and do contact us if you need medical care, we are open to help you.

Helen Stacey, Practice Manager Quantock Medical Centre

Government food parcel no longer needed?

If you received an NHS letter and if you have <u>registered as shielding</u>, you may have received a weekly food parcel. This will contain enough food for one adult for one week. If you want to cancel this, do one of the following:

- refuse the parcel when it is delivered, this will then cancel it and remove you from the government distribution list
- go to GOV.UK where you registered as shielded, go to the question 'Do you have a way of getting essential supplies delivered at the moment?'. You previously answered 'no' to this question, please now reply as 'yes'. You will then be removed from the government distribution list
- call 0800 028 8327 and make sure you have your NHS number (this will be on the top of your NHS letter). This is an automated phone line and you will need to follow the instructions. You will be asked the question 'Do you have a way of getting essential supplies delivered at the moment?'. You previously answered 'no' to this question, please now reply as 'yes'. You will then be removed from the government distribution list

Please note that deregistering from the food parcels will not cause you to lose your priority status slot for supermarket delivery.

Donating unwanted food parcels / food donations

EITHER Bridgwater Foodbank: 01278 434636 or 07804 119273

W: http://bridgwater.foodbank.org.uk/ E: info@bridgwater.foodbank.org.uk

OR the Quantock Food Bank collects food donations every Monday from the Church Centre porch in Nether Stowey at 11:00am – donations can be dropped off anonymously from 9:30am.

Photo shows 1 day's worth of food donations ready for delivery to those in need.



NETHER STOWEY FLOWER SHOW

Sadly, Nether Stowey Flower Show has been cancelled this year, due to coronavirus; however, the committee would like to collect all the cups up and keep them safely for next year.

If you were awarded a cup at last year's show, please would you return it to Martin and Kerry Trout, 2 Bishop Road, by 1st August. A box will be left by the form 1st July.

If you are not able to do this, please contact Martin and Kerry on 01278 732112 or Robin Brierley on 01278 732574 to arrange collection. Thank you.

Kerry Trout

OVER STOWEY NEIGHBOURHOOD WATCH

There is a network of volunteers in place to collect emergency supplies and prescriptions for residents of Over Stowey Parish.

Contact Tam Weeks.

Mobile: 07841 866 596 (between 8am-8pm only please)

Email: tam.weeks@yahoo.co.uk

If you want to contact outside of 8am-8pm, please contact using text message, Facebook Messenger, Nextdoor or WhatsApp.

CYCLISTS

It is usually fine to cycle on public bridleways and byways (roads used as public paths) but not on public footpaths, such as through our local woods. Generally, use of public footpaths for bikes is not only illegal but dangerous, being narrow and also sometimes steep, rutted and otherwise unsuitable - as well as posing a threat to walkers!

Thank you, cyclists, for your cooperation and consideration. Thank you also to our Parish Path Liaison Officers (PPLOs) for their advice.

YESTERDAYS ... in Nether Stowey - in the Old Gaol on The Cross

News from the village over the years, including murder, stoned squirrels, valuable treasure and Tom Poole's celebrity guests will be on display in the Old Gaol from the end of May to July, with thanks to Dave Harrison at the Old Bakery, Castle Street.

HONESTY SHOP AT YELLOW DOOR COTTAGE, SHURTON.



Here at Yellow Door Cottage it's all about the food, from hand picking the caterpillars from the veg we grow to spending time scratching backs and noses at feeding time, everything we do is built on a passion for ethical, quality, local food.

5 years ago, we moved to the smallholding and started to pour care back into the land. Last year, after over 20 years working as a project manager, Amanda got her opportunity to step off the corporate tread mill and take time to get the business up and running. Things have evolved through trial, error and sometimes accident. Our handmade pork scratchings came about in a bid to eat nose to tail on our first pigs, everyone liked them so much that I cook a batch weekly using pig skin that would otherwise go to waste.

Before lock-down, fortnightly supper clubs were a great way for people to come and enjoy our food and 'social eating' but as the world changed, so did our approach. We have always had an honesty box selling preserves and surplus veg and, with a little help from our friends, the best thing to do seemed to be to extend this to a self-service 'honesty shop'.

The shop is open every day from about 09:30 to 20:30, the stock changes depending on what's in season, but there is generally homemade cake, pork scratchings, eggs, Somerset apple juice made by Herby4, sponge puddings and suet pies made by Quantock Steamers – both are also small food producers based locally.

Tuesday is Takeaway Tuesday and from about midday each week, there is a hearty, hug in a bowl, homemade meal available to grab from the fridge and take home to re-heat. Thursdays are savoury treat days and Saturdays often also hold a little treat for the weekend. Handmade sourdough bread is available Thursday – Saturday but can also be ordered outside of these days. I post every menu on Next Door, Facebook and Instagram.

If you'd like to know more about me and the rest of the team here, please visit https://www.yellowdoorcottage.co.uk/ or just pop by and visit!

Amanda Stanley

NETHER STOWEY PLAYING FIELDS RAFFLE CLUB

The PFR Draw winners will be announced next month as there will be a 'double draw' in July - allowing 8 lucky people to win some (suitably sanitised) CASH.

If you have not yet joined the PFR Club to support the new Stowey Centre project on the playing field, it is not too late! Just contact Jane on 732025 or Sharon on 732311 who would be happy to sign you up. Thank you.

LISTENING CHAPLAINCY PHONELINE



- Call 0330 229 1700
- 8am-11pm
- 7 days a week

Serving Bristol, Somerset and South Gloucestershire

We are a faith-based service offering chaplaincy support for people of all faiths and none in times of emergency. Are you recently bereaved or concerned about end of life issues? Are you a key worker overwhelmed by what you are facing or dealing with at work? Are you worried about someone who is seriously ill, especially if you can't visit them? Are you anxious about the effect that the COVID 19 crisis is having on your life? Maybe you would just like someone from the faith communities to talk to.

If you live in the Bristol, Somerset or South

Gloucestershire area:

Call 0330 229 1700 • 8am-11pm • 7 days a week

CARING and CONFIDENTIAL

The Faith Communities Major Emergencies Team serving Bristol, Somerset and South Gloucestershire

GARDENING NOTES WITH NICK RIGDEN

Writing this in mid-June, we can reflect on an extremely dry May with empty water butts and the carrying of heavy watering cans (who needs to go to the gym?!) Providing water was given to get seeds and young

plants, established growth has generally been good. Last week the rain fell and my rain gauge measured 100 mm (4") of very welcome rain. Already the weeds have started to grow, and time is well spent keeping the hoe moving between your plants and vegetable crops.

When the soil is dry, it is important to be sensible and not waste water. Priority should be given to crops such as courgettes and squashes and those which are responsive to extra moisture at the flowering and pod swelling stage such as peas, runner and French beans. When applying water, it is important to give plants a good drink rather than just a splash of water which encourages shallow rooting.

Vegetables: July weather can often be warm and damp and a watchful eye should be kept on potatoes and outdoor tomatoes for any sign of potato blight. Foliage affected with brown/black markings should be removed and burnt and not put onto the compost heap. There are currently no recommended chemical sprays for the home gardener.

Carrots, lettuce, spring cabbage, turnips and oriental leaves together with mangetout peas can still be sown to maintain a succession of vegetables up until early August. Ensure that brassicas (e.g. cabbage, kale, cauliflower, sprouts etc.) already planted are protected from cabbage white butterfly by using small mesh netting (5-7 mm) supported **above** the crop and not resting on the foliage.

Fruit: once strawberries have finished fruiting it is an opportunity to rejuvenate the crop. Old straw should be raked out and composted and the foliage cut down to about 2 to 3 inches (50-75mm) and any weed removed. Apply a liquid feed or general fertiliser and water in and in no time quality new foliage will appear. This all helps to remove pests and diseases and unwanted runners. Interestingly next year's flowers are initiated within the plant in the autumn. After four or five years strawberry yields do start to deteriorate and it is sensible to establish a new planting on a fresh piece of ground. Once fruiting has finished main crop raspberry canes can be cut down to ground level leaving the new canes which can be tied in.

New growth on cordon and espalier apples and pears should be summer pruned to restrict size and build up fruit bud for next year. This can also apply to wall trained shrubs such as Pyracantha and Chaenomeles (Japonica or Japanese quince).

Ornamentals: Ensure that new growth on climbing and rambling roses is tied in to avoid being damaged by wind. This year wisteria has made strong new growth and should be pruned. The new whippy growth cut back to a bud about 150mm (6 inches) from the base to encourage the build up of flower bud for the following year.

It is important to regularly deadhead blooms for continuity of flower and with some such as lupins, poppies and delphiniums they can be cut back hard down to the basal cluster of leaves to produce new growth and some late flower. Bearded iris that have flowered can be lifted and old rhizomes cut out and young vibrant sections replanted with their foliage cut down by half and apply a fertiliser dressing or mulch and water well in to ensure good growth and bloom next year.



NETHER STOWEY PRIMARY SCHOOL

Nether Stowey Primary School has been open to key worker and vulnerable children throughout the lockdown period, including during school holidays.

On June 2nd, we were thrilled to be able to welcome back students from Reception, Year 1 and Year 6 and we currently have around 50 children attending school. The children have been amazing at following all the new rules around social distancing, hand washing and other hygiene measures. It is a real pleasure to see how happy they all are to be back with their teachers and their small 'bubble' of friends. Our only sadness is that, due to the ongoing restrictions and our limited space, we haven't been able to

invite years 2, 3, 4 and 5 to come back for any period of time.

Children are extremely resiliant and adaptable, but all of us at the school are concerned for children who will have missed almost 6 months of school by the time they return in September. Throughout this time, the class teachers have been providing daily lessons to their classes through an online system called Google Classroom and giving regular feedback to the children. I would like to thank all the parents who have been required to take on the homeschooling role, whilst often maintaining their full-time jobs as well. Our focus in September will be on the emotional and social wellbeing of our pupils as they readjust to the structure (and noise) of a busy school.

As a relatively new Head Teacher, this year has been a real test of patience, but I have had wonderful support from all the team, including teachers, teaching assistants, admin staff, maintenance staff, kitchen staff and the school's governors. Everyone has stepped up to meet this unprecedented challenge and I am so proud of all the hard work and care that has been shown by everyone in the school.

I look forward to the school fully reopening after the summer and to reestablishing the broad, balanced, exciting and enjoyable curriculum that is our hallmark.

Wishing you all a very happy and healthy summer,

Chloe Holt, Headteacher

EDUCATIONAL PSYCHOLOGY SERVICE (EPS) TELEPHONE HELPLINE

During these unprecedented times, we all find ourselves facing new challenges. For many, this will bring about new anxieties, for others, it may worsen existing worries. Where children and young people are affected, you may notice that they react to uncomfortable feelings and thoughts by changing their behaviours and demonstrating behaviours you have not seen from them before. In turn, these behaviours can add to an already stressful home situation.

If you are a parent/carer of a child in Somerset or North Somerset and would like to speak to a Psychologist with any concerns arising for you, or your family during this time, then The Educational Psychology Service is here for you. We are able to offer an initial 30 minute telephone consultation (discussion) and a potential follow up call, of another 30 minutes if appropriate. Calls will be offered Monday-Friday, during usual working hours.

If you would like to access this service, then please email EPSHelpline@somerset.gov.uk with the following information: • Your name • The name of your child's school (or 'EHE' if Electively Home Educated) • Times and dates that you are not available for consultation. If email is not possible, then call 01823 357000. Please understand that we are likely to be slower to respond to phone calls. Our aim is to offer a consultation within 5 working days of receipt of email.

Love Musgrove Launches Covid-19 Response Fund



Love Musgrove, the official charity of Musgrove Park Hospital, has launched a campaign to raise money to support the incredible work of local NHS staff.

Love Musgrove is here to support the NHS and staff at Musgrove Park and will continue to do so during this difficult time. Staff are working incredibly hard to keep us safe; their dedication, commitment and passion to continue to deliver exceptional care during this unprecedented period is truly inspirational and the Charity are extremely proud of them.

In light of their hard work, and the challenges facing the community, the Charity are encouraging everyone to rally behind Musgrove as well as saying thank you to staff during this extremely difficult time. The best way to say thank you is to donate to *Love Musgrove's* brand new Covid-19 Response Fund, where money can be used where it is most needed, which includes:

- Funding wellbeing packs/gifts for staff and volunteers on wards/ departments (this could include food deliveries, high energy/protein bars/drinks, snacks, refreshments, wash kits, overnight stay kits, furniture for rest rooms, etc.)
- Purchasing food to make meals for staff during shifts, kindly being supported by Taunton School and Somerset Larder.
- Equipment and support for the busiest departments, like ITU (Intensive Therapy Unit) and A&E.
- Items to support patients in isolation like DAB Radios and iPads.
- Cost of travel, parking, accommodation for NHS staff and volunteers.
- Volunteer expenses.
- This list is not exhaustive

There are several easy ways to donate:

Donate online at www.lovemusgrove.org.uk/covid19

Text MUSGROVE followed by your donation amount (between £1 & £20) to 70085

Send a cheque, made payable to 'Love Musgrove Covid-19' to Fundraising Office, Musgrove Park Hospital, Taunton, Somerset, TA1 5DA

To keep up to date with those members of the community who are taking on fundraising challenges and actively supporting our work, and to support them directly, head to the *Love Musgrove* website at www.lovemusgrove.org.uk/covid19.

If you would like to get involved in supporting the Covid-19 Response Fund in a more active way, please get in contact with the *Love Musgrove* Fundraising Team at fundraising@tst.nhs.uk or on 07557 012 467.



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CHER STORE

THANK YOU to so many for their work during this time of crisis:

- NHS staff in general, but in particular the team at our medical centre and dispensary
- Care workers in care homes and in the community

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- Paramedics and Armed Forces
 - Police and Fire Brigade
- Staff across all our local shops
 - Delivery staff and posties
- Teachers (especially at our school) who are working hard to keep our children's learning on track through home schooling and who are in school caring for key worker children (including over school holidays)
 - Bin men
 - Farmers and all food producers / suppliers
- Volunteers across the community who have helped deliver medicines or shopping, telephoned the lonely and generally kept an eye on their neighbours
 - All the other key workers who are keeping our country and villages going just now!

NETHER STOWEY FOOTBALL CLUB

Football in the community is back!

After almost three months not being able to get together for training, the recent government relaxations have meant that football can

resume. In line with government guidelines the Football Association has permitted grass roots training to recommence subject to compliance with a number of regulations.

Training sessions have been tailored so social distancing is maintained for all involved and risk assessments have been done to ensure we have catered for possible risks which may arise. With plans in place it's time to get back out there and let the kids and coaches blow off some steam.

Initially the U9's have taken to the fields to dust off their boots and see how it goes -

can we maintain compliance with the requirements to ensure the safety and well-being of those involved whilst having fun? In short, following a couple of sessions, the answer is a resounding **YES!** The kids had a great time, able to mingle (socially distanced) with friends again and play a sport they love. Over the coming weeks we hope to be able to get other age groups back out there too.

'Phew' scream some parents, while others may take a more cautious approach to getting back to some kind of normality. Given everything that has happened over the last few months, both approaches are understandable.

A big thank you to everyone who has helped to support and make it happen.

Simon Richardson

STOWEY GREEN SPACES

Our regular local Stowey Maintenance Group, Litter Picking activities and collaboration with our Primary School are still on hold, as are the wider volunteer group visits. You may be able to add value to your exercise outings though, as we have been doing on an individual basis, armed with protection and suitable tools - gloves and secateurs can achieve wonders - and always alert to the bird nesting season that is at its busiest until the end of July and also the breeding season for small mammals:

- Stowey Wood snip off any brambles encroaching on the paths and keep an eye out for chiffchaffs, brimstone butterflies and more ...
- Millennium Wood nettles and bracken removal
- The Mount bracken removal.
- A39 Bypass Path cut bramble back to last year's grass line (apparent because of the dead grass visible still) between Lime Street and the entrance to the Village Hall car park
- Recreation Ground pull the nettles from beside the stream, and keep an eye out for the goldfinches
- Litter we can supply bags and lend picker sticks and hoops. Thank you to all who pick up litter as a matter of course anyway!

OR with binoculars, if you have them, and mobile phone camera: listen and look, identify and photo birds, flowers, butterflies and plants - common or rare - and let us have a list, pictures and even sound as well, with place and date of your findings for our database. Have you tried an identification app, such as iNaturalist?

OR if you can't get out in the fresh air, would you volunteer to collate the database for us so that we can put on a show at the Thomas Poole Library when these peculiar times come to an end?

Contact: Judith Greig, mrsjudithgreig@gmail.com, 01278 732 483





A free phone line of hymns, reflections and prayers

Daily Hope offers music, prayers and reflections as well as full worship services from the Church of England at the end of a telephone line.

The line – which is available 24 hours a day on 0800 804 8044 – has been set up particularly with those unable to join online church services during the period of restrictions in mind.

RECIPES WITH JULIA



In this difficult time, we can still get out and enjoy the warm, if not always sunny, weather. We can now invite a few people round for a drink in the garden.

By special request, I am giving you one of the nicest and easiest cooling drinks (only very slightly alcoholic) Elderflower Champagne. I hope that by the time you read this the elderflowers have not all gone over, but you might still just find the four heads that are required for this most delicious drink. My children loved this - and for adults it tastes even better with a little gin in it!

ELDERFLOWER CHAMPAGNE

Gather 4 large heads of elderflowers (fully open, and preferably, still warm from the sun). Wash 2 lemons and using a potato-peeler take the rind off as thinly as possible. Remove any insects, leaves or other unwanted objects from the elderflowers. Squeeze the lemons and put the juice into a large plastic bucket with the lemon rind and flowers. Add 2 lbs. sugar and 4 tblsp. white wine vinegar. Pour on 10 litres cold water. Leave for 24 hrs, stirring at intervals, if you remember. Sterilise enough bottles to take the liquid and using a funnel, strain it into the bottles. Put caps on the bottles and place somewhere not too warm. (The first time I made this I left the bottles near the boiler and forgot them, with explosive results!) After two weeks the champagne is ready for drinking, however the taste does improve with time and can be left for up to two years.

STRAWBERRY YOGHURT CHEESECAKECHOCOLATE

Lay a sheet of baking paper over the base of a 9- inch round springform tin. Whizz **6 oz. gingernut biscuits** in a processor until finely crushed. Add **3 oz. melted butter** Pulse and press into the base of the tin. Chill until needed.

Mix together 15. fl. oz strawberry yoghurt and 14 oz. full fat cream cheese. Whip up 10 oz. double cream and fold it into the cheese mixture. Spoon on top of the chilled base, level and chill until set. Meanwhile, toss 11 oz. strawberries (tops removed and sliced) in 2 tblsp. icing sugar. Arrange the sliced strawberries around the edge of the cheesecake and serve.

STRAWBERRY CURD

Puree **8 oz. fresh ripe strawberries** in a food processor, then push them through a sieve to remove the seeds. Beat **4 free range eggs** and strain them into the bowl. Add **finely grated zest of 2 lemons and the juice of 1 lemon, 10 oz caster sugar** and **4 oz butter**. Place the bowl over simmering water (do not let the bowl touch the water). Cook for 30 – 35 minutes until the mixture thickens, and a spoon leaves a trail for a couple of seconds. Make sure it does not get too hot or it will curdle. This will keep in the fridge in sterilized jars for two months.

Julia McWillliam



CONGRATULATIONS to all the children who took part in the World's Largest Ever Online Art Lesson on 21st May 2020.

Guinness World Records confirmed that 45,611 people took part in the lesson, which SMASHED the previous record of 10,000 participants!

So everyone who took part is a WORLD RECORD HOLDER!!!

£51,970 was also raised to help fight Covid-19 and prevent future pandemics.





Some of the pictures drawn by World Record Holding children from Nether Stowey Primary School: Amba, Freddie, Meg, Jake, Ava, Livia, Savannah, Tilly and Charlotte.

















THE SUMMER READING CHALLENGE 2020 JOIN THE SILLY SQUAD





Join *The Silly Squad* for the 2020 Summer Reading Challenge!

This is a digital activity and is free to access.

The Challenge features games, quizzes, digital and downloadable activities for the whole family......it is a lot of fun!

To join the challenge, click on this link: https://summerreadingchallenge.org.uk/

Books For life Appeal SHOP-12 St Mary St. Nether Stowey, TA5 1LJ As You Cannot Come to Us, We Will Deliver to You!

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We will deliver these to your door at a time of your choosing. Minimum order £15.00.

To contact us please ring mobile (07507) 237483 or margaretepatel@gmail.com

All money raised will be used as donations to the local organisations that we regularly give to yearly.

THE NETHER STOWEY WOMEN'S WALK



The Nether Stowey Women's Walk started as the Club Day of the Nether Stowey Female Friendly Society, founded by local benefactor Thomas Poole in 1806. This year would have been the 214th anniversary and, apart from a few years' gap during World War II, this village event has continued every year. Sadly this year due to the Coronavirus pandemic we will be unable to have the Women's Walk.

Whilst it is called the Women's Walk, it is really a procession. The ladies and girls of the village process through the main streets in their best dresses with bunches of flowers picked from their gardens. The procession is led by a marching band, usually the Watchet Silver Band, and the banner of the Female Friendly Society is held aloft by a young girl. There is a story that the original banner was made by Dorothy Wordsworth and the banner's motto was written by Samuel Taylor Coleridge.

"Foresight and Union linked by Christian Love Helped by the Good below and Heaven above"

Upon arrival at St Mary's Church, there is a service honouring Thomas Poole and a prayer said beside his family grave just in front of the door to the church. The procession then returns to the village for afternoon tea at the Village Hall.

Originally there were many Friendly Societies for both men and women. In 1865 there were 565 in Somerset alone. Their purpose was to assist poor families to help themselves in times of financial hardship such as the birth of a child, illness, or death. The Nether Stowey female members paid a subscription in proportion to the number of children they had under 8 years of age. If they became widowed for example they could claim 1 shilling per week for each child. This was a way for poor families to avoid the work

house or a pauper's funeral.

The men's friendly societies had a reputation for being somewhat rowdy social clubs with drunkenness and bawdy entertainments. In Thomas Poole's report to the House of Lords enquiry in 1817 he stated: "Womens' societies are less subject to the common expenses that men are apt to fall into. The women are satisfied with a dish of tea as entertainment instead of an expensive feast annually." He also described the annual club day as a 'gala', providing a welcome break to the hard lives of poor agricultural families.

The Nether Stowey Female Friendly Society was disbanded in 1975 but we have continued with the tradition of the Women's Walk on the annual Club Day, the nearest Saturday to mid-summer. In 2006 we celebrated the 200th anniversary of the Women's Walk. I seem to remember the tea was replaced by Champagne that day, Thomas Poole would turn in his grave! At that point there were only a handful of Women's Friendly Societies left in the country, three of which were in Somerset. The Nether Stowey Women's Walk may well be the only such event left in the country. It is therefore essential that we keep the tradition going as part of our village's heritage.

Hope to see all you ladies next year at The Cross in your finery with your bouquet.

Lynne Abbott

Photos

The photo on the front cover is a Women's Walk from the 1950s. At least one of the little girls is still alive and well in the village... although not so little now! Apparently the girl at the front with the cheeky smile is Nicky Flay! I am sure current villagers will recognise mothers and grandmothers.

The photo with this article was taken way back in the Edwardian times (thank you, Penny Rumary).



The first meeting since February was held on Wednesday 17th June 2020. It was arranged within the guidelines – held outside with a maximum of six attendees. The meeting was primarily to re-establish face to face contact and sign off the Annual Governance and Accountability Return. The return had been audited and signed off with no issues to report and was subsequently agreed by all members present. The documents will be published at the end of August (there has been an extension of time allowed due to COVID-19) and will be available for the general public to review if they would like to. All documents will also be published on the website.

An additional discussion was held regarding the proposed Local Government Reorganisation. Requests for responses from Parish Councils have been made from

various bodies, including Somerset County Council, The Society of Local Council Clerks and The Somerset Association of Local Councils. To ensure all members are able to contribute fully to the response, this will be deferred to the July meeting and further information sought from the areas District/County Councillor.

With regards to the ongoing COVID-19 situation, if anyone needs any help or support from the Parish Council, please contact the Clerk. Alternatively, if you require more specific information or advice, the Clerk can signpost you to the relevant group or agency, to ensure you get the correct and appropriate response.

Over Stowey Parish Council wishes everyone the very best in these difficult times.

Website: https://www.overstoweyparishcouncil.co.uk/

Email: clerk@overstoweyparishcouncil.co.uk

Phone: 01278 734689 (please feel free to leave a message if there is no reply)

Amanda McMurren, Clerk to the Parish Council



Please remember as we continue to have this lovely sunshine, that fires and BBQs are **NOT PERMITTED** on the Quantock Hills due to the risk of fire.

Also, take all litter home with you and pick up your dog's poo!!

THE NETHER STOWEY VILLAGE HALL AND RECREATION GROUND CIO

Who owns the Village Hall and Recreation Ground?

These facilities are owned by a charity. In 2017 the Nether Stowey Village Hall & Recreation Ground Charitable Incorporated Organisation Reg 1176413 (NSVH&RG CIO) was formed to run both these facilities.

Volunteer Trustees, who act on behalf of the local community were elected during the charity's first Annual General Meeting in June 2019. The trustees are a mixture of people who have been involved with the Village Hall and Recreation Ground for many years and a project team of trustees who are driving the new project forward to relocate the Village Hall.

The Village Hall and Recreation Ground are operated by a team of dedicated volunteers, ensuring the day to day running of the sites, fundraising and running events. Full details about the Charity and Trustees are on our website:

http://www.netherstoweyrg.co.uk/index.php/pavilion-community-centre-project

Where will the new Village Hall be relocated and why?

Sadly, the Village Hall, having been built nearly 100 years ago is no longer fit for modern usage. This is evident in the reduced number of village hall hires over recent years. It does not have disabled access, has poor insulation/heating, lack of

outdoor space, poor kitchen facilities, no licensed bar and inadequate parking. Unfortunately, it is not economically viable to adapt the current Village Hall to meet the needs of the community. It is too expensive to keep maintaining the building, especially when income generated by hiring the hall is low and often runs at a loss.

Therefore, as the charity owns the land of the recreation ground and coupled with the fact the portacabin on the recreation ground also has a limited lifespan, it is logical to move the village hall to the recreation ground, replacing the portacabin and providing facilities for the various sports activities that take place, as well as a new Village Hall. The project is known as the "Stowey Centre Project".

Why is there planning permission to demolish the current Village Hall and to build new dwellings?

The charity needs to sell the site of the current Village Hall to release the equity (money) in the land. It commands more value with planning permission. The money raised from the sale will be placed straight into the Stowey Centre Project. Without the money from the sale of the current Village Hall, a new centre will not be built as it accounts for approximately 35% of the new build cost. The remaining funds to build the new centre will come from community fundraisers and grant providers. Grant providers, such as the Somerset Community Foundation, insist the charity provides *match funding*. For example, if they gave the project £10k towards the cost of a new kitchen at £20k, the charity would have to find another £10k to build the kitchen.

When the charity decides to sell the Village Hall, it is hoped that alternative temporary venues for current user groups can be found to ensure a limited impact whilst the new centre is built.

What will the new "Stowey Centre" look like?

The building is planned to be a long, two story building with a veranda and balcony overlooking the recreation ground. It is planned that there will be a set of changing rooms/showers/locker rooms at one end of the building to provide facilities for recreation, such as the football club. There will be a main hall that will have a modern kitchen, bar, toilets, foyer and storage. Upstairs will be a smaller function room with a bar, dumb waiter to the kitchens and a balcony. The space upstairs will provide smaller meeting rooms, offices and conferencing facilities for education and training. The centre will have a lift to provide disabled access upstairs.

The new Stowey Centre has to be commercially viable, in other words, it has to sustain itself financially. It cannot rely upon sporadic income from hall hire by the community and grants and cannot be operated solely by volunteers.

What is the difference between the Village Hall and Church Centre, and why do we need both?

We are fortunate to have a wealth of community assets such as the library, Stowey Bears Pre-school and the Church Centre all providing different services for different community groups in Nether Stowey. The church centre is owned by the church and can be used for any purpose for the advancement of religion, including use by organisations connected with the church & in some circumstances can be used for non church purposes; it does not have a large commercial kitchen, a licensed bar, outside space, changing rooms, conferencing facilities or performing arts space as this was not its purpose, unlike a community centre.

How can I get involved or express my opinion?

The charity has a membership base of approximately 150 community members and will always welcome more!

Who can be a member?

Anyone who:

- is over 18;
- lives in the Parish of Nether Stowey or surrounding areas; and
- agrees to exercise his or her powers in good faith to further the purposes of the CIO – the provision and maintenance of a community centre, sports field and recreation ground for the Village; and
- pays the annual subscription of £2 per person.

There is a virtual Annual General Meeting via Zoom on Thursday 9th July 2020 at 7.30pm, all are welcome.

https://zoom.us/j/94972906260

Meeting ID: 949 7290 6260 Eleanor Jones, Trustee

REDS UNISEX SALON REOPENING

Firstly, we would like to say how much we have missed seeing you all, the salon's not the same without the clients filling it with laughter and chatter. Rachael has been busy behind the scenes decorating and tweaking the salon ready for your return. All staff have completed training courses during lockdown to freshen up on health, safety & hygiene to help put our clients a bit more at ease on their next visit to us. These training certificates will be displayed around the salon.

Following government advice we will be re-opening our doors from Monday 6th July. To be able to open, we have to follow strict guidelines otherwise we could face prosecution.

Following is a compulsory list of what the new normal is to be:

• Clients to arrive precisely on time to their appointment, if you arrive

early, please wait outside until we come out;

- Upon arrival you will have your temperature taken (staff alike) and asked to wash your hands thoroughly and sanitise;
- Only the person who has an appointment booked can attend (no accompanying children or relatives please);
- Please bring limited items (such as keys or a phone) with you;
- We can only make appointments via our phone. No popping in to make an appointment (this is to reduce numbers within the salon);
- All clients must come to the salon wearing a mask;
- All hair has to be washed in the salon prior to cutting, gents included.
 No dry trims will be available for the short term;
- We can only offer refreshments in disposable cups;
- We ask that all payments, if possible, be made by BACS or contactless.
 Account details will be sent to clients upon request;
- We have to take all the relevant contact details from you at your appointment in case tracking and tracing is required;
- We please ask that anyone displaying symptoms after your visit to us notify us immediately, as we will have to trace clients that we have been in contact with that day to let them know to self isolate for the required time period;
- Please inform us ahead of your colour appointment if you have used the dreaded box dye.

Your hairdresser will be wearing a mask, gloves (when the service can be carried out doing so) with hands washed and sanitised between each client. Aprons will cover our clothes. All gowns will be either disposable or single use for each client. Alike, towels and plastic capes. The salon will be thoroughly cleaned between each client, individual styling stations tools and equipment thoroughly washed and sanitised in the correct solutions.

This may seem extremely regimented, but it's what we have to do to keep everybody safe. We simply cannot social distance within our industry. Some of our services may not be available until we hear more from the government. Staff will be working slightly different hours and days to pre-Covid-19, but this will be displayed on the salon board.

We can assure you all that we will do our utmost to make your return visit to Reds as uplifting as possible. We look forward to making you all feel like humans again.

Take care & stay safe!

Rachael & Staff at Reds Unisex Salon

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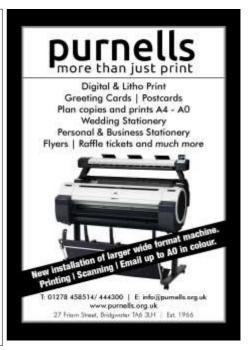
Pilates in Nether Stowey

Wednesdays at 4.45pm and 6.00pm Nether Stowey Village hall Everyone Welcome

First session Free!



To Book or for more information contact Fiona: fiona@pascallfitness.com 07711296116



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Contact Emma - 07988 418033 emmavickery@outlook.com



Private Care Available in Nether Stowey and Surrounding Villages

Below is a list of qualified, independent, sole traders offering a variety of care services, both occasional and daily. These include; personal care, assistance with medication, cooking or re-heating meals, sitting (or going out) service, shopping and light cleaning.

Paul Bateman Tel: 07736 679025. Email: tyranosaur@hotmail.co.uk

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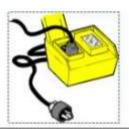
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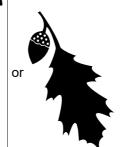
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