

NEWSLETTER

A NOTE TO OUR READERS

If you have contacted us following our first leaflet distribution in the middle of March, thank you.

We're sure that there are lots of things that people will need help with over the next weeks as we continue to stay at home and restrict our shopping, travel and exercise.



If you need help please get in touch using the phone numbers and email address on page 4.

We want this leaflet to inform you of the help that is out there for you at this unsettling time.

Often it's just knowing who to contact that makes all the difference, particularly if you live on your own or your family are self isolating.

We are organising our voluntary efforts so that we can provide people who need help with all the following:

- Prescription collection from Boots and Touts in Street and delivery to your home
- Food shopping and food packages, delivered to your home
- Phone 'buddy' for regular chats
- Dog walking
- Posting letters and other daily tasks

Thanks to everyone for your support, it is much appreciated.

SOME THINGS TO REMEMBER

In this time of social isolation many of us are craving human contact as most of us are social beings.

For some this is a scary and confusing time. Many of us are watching or listening to the news and hearing reports that make us feel even more worried. Know that you are not alone in those feelings.

- If you can, pick up the phone and talk with a friend about good memories you share.
- Turn off the news reports, only listen once a day.
- Look at the beauty that is all around you.
- Explore your gifts of creativity by taking up a new hobby.
- If you can take your daily exercise and smile at the people you see at a distance, they will appreciate it and smiling is good for you too.
- Don't be embarrassed to ask for help, we are all in this together.
- If you are a spiritual person try the techniques that you know from your own tradition; prayer and meditation is well known to calm us.

"Worrying does not empty tomorrow of its troubles, it empties today of its strength." ~ Corrie ten Boom

USEFUL CONTACTS

Please keep this safe

NHS 111

Do not go to a GP, pharmacy or hospital if you are displaying Coronavirus (Covid-19) symptoms.

Check your symptoms online at 111.nhs.uk or if you don't have access to the internet call 111 for the NHS non-emergency and speak to a highly trained adviser, supported by healthcare professionals.

YOUR HEALTH

Vine Surgery

Hindhayes Lane, Street BA16 0ET
01458 841 122

Boots Pharmacy for prescriptions

Hindhayes Lane, Street BA16 0ET
01458 441 522

Touts Pharmacy for prescriptions

82 High St, Street BA16 0EN
01458 442 448

Dental Emergencies

If you are not registered with a dentist and you are in pain, email dentist4u@sompar.nhs.uk or call the dental helpline on 0300 123 7691



PRESCRIPTION DELIVERY

If you would like the Street Community Support Group to collect and deliver your medicines, please ask your chemist to arrange this free service for you.

Collections are made every day from Boots and Tout's then delivered to your doorstep on the same day.

Boots Pharmacy | Vine Surgery 01458 441 522

Tout's Pharmacy | High Street 01458 442 448

If you have an urgent prescription please try your chemist's own delivery service first, and please note that controlled medicines cannot be delivered by our volunteers.

The volunteers and delivery vehicles are kindly provided by Millfield School and the service is available on weekdays (except bank holidays).

POLICE

Avon & Somerset Police | Emergencies dial 999

Please report non-emergencies online at [avonandsomerset.police.uk](https://www.avonandsomerset.police.uk). If you are unable to report online call 101

YOUR LOCAL COUNCILS

Somerset County Council | Adult Social Care, Children's Services, Highways | Coronavirus Hotline (open daily from 8am-6pm) 0300 790 6275. Alternatively, call 0300 123 2224 | [somerset.gov.uk/contact-us](https://www.somerset.gov.uk/contact-us)

Mendip District Council | Council Tax, Benefits, Business Rates, Housing | Contact 0300 303 8588, Mendip Housing Options on 0300 303 8588, Emergency Duty Team on 0300 123 2327 or [mendip.gov.uk](https://www.mendip.gov.uk)

Street Parish Council | Local services for Street | Contact the Clerk on 07539 414 205 or [street-pc.gov.uk](https://www.street-pc.gov.uk)

Somerset Waste Partnership | For latest updates on waste and recycling collections see [somersetwaste.gov.uk](https://www.somersetwaste.gov.uk) or phone Mendip District Council on 0300 303 8588 (Monday - Friday)

EMERGENCY FOOD BANK

Can you help?

The Salvation Army is setting up an emergency food bank to help those who are self-isolating or struggling due to job losses and having children at home. They are asking for anyone who thinks they may be able to donate some food to drop it off at The Salvation Army on Goswell Road during the times below.

**DONATIONS WILL BE
GRATEFULLY RECEIVED**

**Drop off times are
Monday, Wednesday and Friday
from 10am-1pm**

To comply with current Government advice,
please leave any donations on the table by the
front door.



FOOD PARCELS

Do you need help?

If you need help with food at this difficult time The Salvation Army can deliver food parcels to your doorstep. For those using this service, please keep an eye on your food and plan ahead. Where possible The Salvation Army will only deliver Monday-Friday in order for stocks to be organised at the weekend.

Please phone before 1pm for same-day delivery:
07511 313 339

ABOUT US

The Street Community Support Group is made up of local organisations and individual volunteers, providing support to the local community in these unprecedented times.

We are supported by your Parish, District and County Councils.



STREET COMMUNITY SUPPORT



SOMERSET
County Council



MILLFIELD



SUPPORT ORGANISATIONS

TOPPING UP ENERGY KEY/CARDS

If you're having trouble topping up your energy, there is a helpline for you.

Centre for Sustainable Energy
Phone **07498 575 826**
Or email **Deb.G@cse.org.uk**

HELPLINES

MENDIP HEALTH CONNECTORS

Support offered on home equipment, services, emotional support.

07538 546139 | fen.bagias@nhs.net
healthconnections mendip.org

MINDLINE SOMERSET

Mindline is offering a special Coronavirus emotional support helpline. **01823 276 892**

Monday - Friday 9am - 11pm
Sat & Sun 8pm - 11pm

SAMARITANS

Whatever you're going through, a Samaritan will face it with you. Call anytime, 24 hours a day, 365 days a year. Call **116 123** | samaritans.org

CITIZENS ADVICE MENDIP

If you're having concerns about your tenancy agreement, your finances or anything affecting your life or your family, the Citizens Advice is often the best first contact.

Their offices are closed at present but they are able to help you by phone or by email through their website.

For advice contact **03 444 889 623** or
citizensadvicemendip.org.uk

For advice on claiming Universal Credit call
0800 144 8444

COLLECTING YOUR PENSION

If you usually collect your pension from the Post Office and you are staying at home, please do not give your card and PIN to anyone else.

Phone the Post Office helpline for advice on how you can appoint a trusted person or carer to collect your pension for you - **0345 722 3344**

GET IN TOUCH WITH US

Liz - **07968 838 204** or **01458 441 550** | Heather - **07918 760 789**

Diana - **07921 858 094** or **01458 446 838** | Michaela - **07814 793 611**

If you leave a message, please speak slowly and repeat your telephone number so that we can respond quickly.

streetcommunitygroup@gmail.com | streetcommunitygroup.org | Find us on   

Supported by The Salvation Army, Millfield School, Crispin Community Centre Volunteers, Street Baptist Church, Street Mission Church, Street Parish Council and Carly Dutton Design & Photography