

# Rural Links

with the Village Agents

Contact us: 01275 333 700 or [alison@wern.org.uk](mailto:alison@wern.org.uk)

## Welcome to our October issue

We hope this month's edition finds you safe and well.

When we first entered Lockdown in the Spring, little did any of us think that we'd still be living with restrictions in the Autumn. We thought that the cessation of our activities, such as Wellness Wednesdays, and the curtailment of home visits by the Village Agents would be a temporary thing. We have managed a few gatherings and visits, always in line with the ever-changing rules, and it's been wonderful to catch up with a few familiar faces, be it in person or via Zoom on the computer. Needless to say, we can't wait to see you all again and we're thinking hard about how we can facilitate more contact, even if it's just in small groups. Let us know if you've any ideas, or if you want to join us on a Zoom call at any time. In the meantime, we are thinking of you all and hope these newsletters go some way to keeping in touch.

Best wishes from Denise, Alison and the Village Agents

## Mini Age UK Rave in the Chew Valley!

Two sites in the Chew Valley received a visit from Age UK's Singing Bus recently. The bus, which has been travelling to various sites in the region, aims to bring some joy to these challenging times.

With singer, Paula Oakley, the bus dropped in to the Chew Chat group in Chew Magna and then on to Chew Valley Rugby Club for music, a sing-a-long and even a bit of outdoor dancing. We hope to

invite Paula back to other locations near you.

Jane Boss who was at one of the sessions says "We were all bopping away in our cars (social distancing at its best!). It was a

great experience and will hopefully be repeated. Thank you from all of us".

Thanks to Jane for these great photos – even Coco her dog was feeling the music!



**GET YOUR  
FLU JAB**



Don't forget...Flu Jabs are more important than ever this year. Look out for details from your surgery or call your GP to arrange an appointment.

See back page for more information.

# Your Mining Memories needed for new book

Some of you may have seen a copy of the recent local book, “**We Remember It Well: Stories of the Great Flood of 1968 from Pensford, Publow and Woollard**” which captured stories and memories of those impacted by the 1968 flood of Pensford and the surrounding areas. Following its success, the same project group is now looking at producing a book, on similar lines, on Pensford (Broadoak) & Bromley Collieries.

To assist the project group in bringing this together, they need stories and memories from people who worked at the collieries, or even handed down stories from family or friends. Together with these, any photographic images or written documents would be of assistance in the production of this book. All material will be returned following its compilation.

If you have anything to contribute, please contact the team on the telephone number or email below.

The project group needs your stories to make production of the book viable. If you know anyone who you think would also be able to contribute, please pass on this communication.

**Email:** [ppw.publishing@gmail.com](mailto:ppw.publishing@gmail.com)  
**Telephone:** 01761 490418



## Keep Active with Ketyn: Exercises for our hands, wrists, fingers and thumbs

When you think about exercising I bet you have never considered the importance of exercising your hands, wrists, fingers and thumbs?! In EXTEND we advocate exercise for ALL parts of body – literally from fingers to toes.

As we get older, it's a fact that we lose strength all over our bodies, including the hands and fingers which can have a negative impact on our daily living. We all know the feeling of frustration of not being able to open a jar or bottle! Whilst there are plenty of gadgets around to help with this, we should try not rely on them solely and try and keep our fingers and hands as strong as possible. Maintaining flexibility is important to ensure that our fine motor skills remain as accurate as they can be. This means that every day functions like getting dressed, preparing fruit and vegetables, carrying out craft activities such as knitting and crochet remain viable for you for the maximum amount of time.

There are a few exercises you can do to help with this:



1 Squeeze something. In my classes I used to use squishy “fruits” (balls) perhaps you have something similar lurking in a cupboard somewhere you could use? Alternatively, you could try scrunching up a chunky sock or similar to create a ball shape that fits into your hand which you can squeeze tightly? I suggest squeezing and holding to the count of 5, then release. Repeat 3 times and then rest. Try and do this every day and building up your repetitions and hold for longer.

2 Using a resistance band (if you have one). If not you can use a tea towel, large duster or a silk scarf. Fold if necessary and roll it up into the shape of a large cigar. Place one hand on top of the other and



hold it tight between your fingers. Gently squeeze and turn your hands in opposite directions to make it more difficult and hold to the count of 5, release and repeat three times.

3 The next exercise should be familiar to you if you attend my sessions – finger tapping and thumb circles. Tap the tips of your fingers, one at a time, with your thumb; repeat, tapping the base of your fingers with your thumb. Then imagine drawing a circle across the palm of your hand using your thumb – more difficult than it sounds!

4 Finally, rotate the hands around in a circular motion which is great for wrist flexibility.

## Getting to know us: Lyndsay Newman



Lyndsay Newman is one of our colleagues in the North Somerset Village Agent service, covering the parishes of Barrow Gurney, Blagdon, Burrington, Butcombe, Dundry, Flax Bourton and Winford. Here we get to know a bit more about Lyndsay...

### What did you do before you became a Village Agent?

After a degree in Social Policy I worked in recruitment before moving into community work as Rural Services Officer for WERN many years ago. I have also worked as a freelance gardener and have for many years worked in the office for a local sustainable building company.

### What's the best thing about your job?

Meeting so many interesting people.

### And the most challenging? worst?

Coming up against bureaucracy, and not always being able to get a resolution for clients.

### How has your area been coping with the pandemic?

Response to the Covid 19 crisis has been truly amazing in the villages. In Blagdon, the local pubs and a catering company have taken over the meal preparation for lunch club which is delivered by the lunch club volunteer team. There is a great network of people in the village supporting those isolated and helping with shopping, collecting meds etc and Blagdon Stores has been fantastic. Dundry parish council instigated setting up a locality based team available to help with tasks, and the pub set up a local shop in the premises.

The Winford community shop and Post Office has gone from strength to strength and has become an invaluable community resource and has also offered a delivery service to those shielding and unable to get out. That's Just a snapshot of a few of the amazing community efforts to help others during this difficult time.

COVID-19
COMMUNITY SUPPORT

**Hello**

If you are concerned or need support we have people who can help.

**Helpline: 0300 247 0050**

We have a team of experts who can assist, and volunteers in your area.

<ol style="list-style-type: none"> <li>1 Delivery of urgent supplies</li> <li>2 A friendly phone call</li> <li>3 Collection of medication</li> <li>4 Money matters and work</li> <li>5 Mental wellbeing (including loneliness, low mood, anxiety)</li> </ol>	<ol style="list-style-type: none"> <li>6 Advice on keeping fit</li> <li>7 Housing issues</li> <li>8 Supporting your family</li> <li>9 Food and cooking</li> <li>10 Understanding public health advice</li> </ol>
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**#compassionatecommunity**

If you can safely get support from family or friends, or can order items online, then please continue to do so.

## Petanque at The Seven Stars



Ketyn and Alison recently met up with a small group in Timsbury for a game of socially distanced petanque - or French boules. Volunteer Colin Allen who was on hand to make sure we followed the rules!

DailyHOPE

A free phone line of hymns, reflections and prayers

Are you missing being able to attend Church or connecting with the spiritual side of life? Try this completely free service.



# Flu vaccinations

It is really important that all eligible patients are vaccinated against flu this coming Winter season. This will protect against seasonal flu and reduce the burden of an outbreak of flu on the NHS.

People aged 65 and over are automatically eligible. "At risk" groups aged between 18 and 65 are also eligible: this includes patients with diabetes, COPD, pregnant women and a number of other chronic health conditions such as asthma.

Also eligible are household contacts of those on the NHS Shielded Patient List, specifically individuals who

expect to share living accommodation with a shielded person on most days over the winter.

Health and Social Care workers and children from aged 2 to Year 7 (aged 11 & 12) can also receive the vaccination.

This year, due to the Covid-19 outbreak, the Government also announced they aim to further extend the flu vaccine programme to include the 50-64 year old age group subject to vaccine supply. All surgeries are currently awaiting further guidance on how these will be delivered but it will probably occur later in the year.

When you go to your appointment remember to:

- Follow any social distancing guidelines in place
- Wear a face covering
- Wear a short sleeved top, so that your arm is easily accessible

If you need any help in getting to a flu jab appointment, contact your Village Agent or give the office a call on 01275 333700 We may be able to help arrange transport with Chew Valley Community Transport or a similar provider in your area.

All the surgeries in our area are following their own procedures for getting people vaccinated. Check the list here, but please do call the surgery direct if you have any queries.

**Chew Medical Practice**  
**Chew Lane, Chew Stoke**  
**01275 332420**

Flu clinics on Saturdays and Wednesday evenings. Phone to book your appointment.

**Elm Hayes Surgery**  
**Clandown Road, Paulton**  
**01761 413155**

Flu vaccination clinics on weekdays, including early morning and evenings as well as Saturday morning surgeries. Call the surgery to make an appointment as they will not be able to send letters out.

**Hartree and Cameley Surgery**  
**Bristol Road, West Hartree**  
**01761 603200**

Flu clinics for the over 65s at the Hartree surgery site on 20th and 21st October. Call the surgery to make an appointment or book via Patient Access or the MyGP app.

**Hillcrest Surgery**  
**Wellow Lane, Peasedown St John**  
**01761 434469**

Call the surgery for information.

**Hope House Surgery**  
**The Street, Radstock**  
**01761 438438**

Available to book for patients that have received them in previous years, or if you have received a text message or letter asking you to book your appointment. Flu clinics will take place in the marquee that is situated in the surgery car park (to the rear of the building)

**Somerton House Surgery**  
**79a North Road, Midsomer Norton**

**01761 412141**

Eligible patients will receive an invitation to attend a flu clinic.

**St Chads & Chilcompton Surgeries**  
**Gullick Tynning, Midsomer Norton**  
**01761 413334**

Eligible patients will receive an invitation to attend a flu clinic.

**St Marys Surgery**  
**St Marys Close, Timsbury**  
**01761 470880**

Eligible patients will receive an invitation to attend a flu clinic.

**Westfield Surgery**  
**Waterford Park, Radstock**  
**01761 436333**

Eligible patients will receive an invitation to attend a flu clinic

## West of England Rural Network

Registered charity 1146165  
Copoly number 7956 732

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