

Rural Links

with the Village Agents

Contact us: 01275 333 700 or alison@wern.org.uk

Welcome to our February issue

Welcome to our first newsletter of 2021; we hope you are keeping safe and well.

Hopefully you're also feeling positive that we can get through the next few months and look forward to brighter times ahead.

Good News: Vaccines under way!

We know that many of you are pleased to have already received your first vaccination, mostly at the Midsomer Norton venue, and we've been hearing about how well organised and friendly it is. Our local group of surgeries, the 3 Valleys Health Primary Care Network, have immunised over 4,000 people since starting the vaccination programme and this will continue. Meanwhile, as the Oxford Astrazeneca vaccine is issued to local surgeries, more of you will

have appointments nearer to your home.

Meanwhile, your local GPs ask "Please be a patient patient". Practice staff are working at capacity contacting people on the priority list. Please don't turn up at the surgery or the vaccination sites if you do not have an appointment; this only adds to the weight of logistics and you will be turned away. If you receive a letter asking you to go to Aston Gate and you know you cannot get there, please

don't panic. You will remain on your GP's list awaiting vaccination.

We know there has been some confusion about how you will know when it's your turn and people are understandably fearful of being missed out or forgotten. Please don't call your GP about the vaccine yourself, but be reassured that your own surgery will continue to contact patients directly and they are doing so in order of priority of people for the vaccine.

Support for ongoing medical conditions

Bear in mind that whilst the vaccines are now a huge part of regaining more freedom, people are still becoming unwell with other medical conditions. Whilst the hospitals are very busy, many of the screening services are still running appointments for very important scans.

If you are asked to attend, please do not hesitate. It is vital that if you have complications of an existing condition or you develop new symptoms that are of concern, you must call your GP practice for advice. Many appointments are over the phone but some face to face examinations can be arranged very safely. The NHS helpline 111 is still available for patients and will listen to your concerns so never feel that you should not bother or soldier on - your overall health is still very important.

- 1) Isobel Crawford arriving for her vaccine
- 2) John Skinner and Nurse Practitioner Liz Teall
- 3) The Somer Centre clinic



Be Aware of Scams!



COVID-19 VACCINE FACT CHECK



The COVID-19 vaccine will always be available free of charge.



The NHS will never ask you to share bank details to confirm your identity.

Getting to know us



Alison Farrar works mainly on the Rural Links project – helping run and organise our various activities in pre-Covid times, but most recently producing this newsletter. Here we get to know a bit more about Alison...

What did you do before you joined WERN?
I was a Museum Curator and worked at some amazing places including Hampton Court Palace, the Russell-Cotes Museum in Bournemouth and more recently for Bristol Museums, helping to create M-Shed. I took time off work (ten years!) to become a full-time Mum to my two children. People who go to my reminiscence sessions will know that I still have a love of history and it's been great to be able to bring that to my work with Rural Links.

What's the best thing about your job?
Chatting to and being inspired by some amazing people – I'm always happy to chat about the old days!

Do you have any hidden talents or hobbies?
I loved pottery at school and have recently taken it up again – so I can (just about) throw a decent pot.

What's your claim to fame?
I've published two books for a Local History publisher – one was "Bournemouth in Old Photographs" and the other was "Bristol Then and Now"

Have you always lived in this area?

No. I grew up in the South-East but moved to Bristol in 2000, and have lived in the Chew Valley for six years now.

Keep active with Ketyn

ARM STRENGTH
Maintaining upper body and arm strength is important as it facilitates being able to carry out our everyday living activities – think of carrying shopping, lifting and moving wet laundry, driving and opening jars or prising lids off food items.

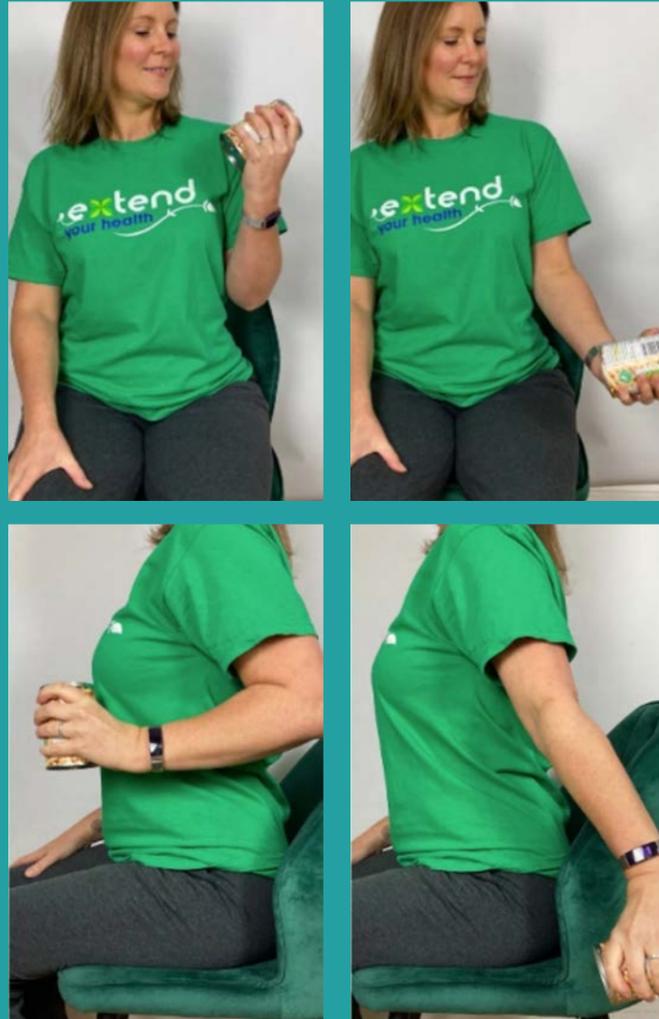
your elbow is glued to your waist. Raise the wrist up towards your shoulder (do not tilt wrist, keep it in line with the arm) and then fully extend the arm back down. Repeat this between 5-10 times on both sides and build up your repetitions over time.

Here are some examples of some simple exercises you can do with the option of using a light weight to make it more effective. If you don't have hand weights at home you can use a tin can of some description (like I have in the photos) or a small bottle of water which is full. I would recommend no heavier than 1kg.

TRICEP CURL
Again, with elbow locked into your waist, lift the lower arm up by 90 degrees so it's at a right angle with your shoulder. Change your hand position to facing into your body (your little finger is pointing down to the floor). Take elbow back slightly beyond your torso then extend the arm fully - you should feel the back of your top of the arm squeezing when the arm is fully extended. Then reverse the move and bring the hand up to the shoulder. Repeat 5-10 times on both sides and build up your repetitions over time

Standing or seated with tummy muscles engaged and a straight back:

BICEP CURL
Have your arms extended at the side of the body with your palms facing up towards the ceiling. Imagine



Do you know your APP FROM YOUR ZOOM?!

TECHNOLOGY – if your initial reaction is “not for me”, please don't stop reading this!

If you haven't grown up with technology (which most of us have not!) then it can be very daunting. Just the language used can be off-

putting. So if words like broadband, router and wi-fi and leave you scratching your head, we've compiled a brief glossary of the words you might hear people using. In future newsletters we'll explore some of the technology in greater detail, and hopefully get you thinking that

maybe, it could be for you after all...

The following glossary has been compiled with the help of Age UK. If you do have internet access, you can explore further at www.ageuk.org.uk/information-advice/work-learning/technology-internet/

APPS (SHORT FOR “APPLICATIONS”)
A type of computer program that you can get (“download”) for your computer, tablet, or mobile phone. There are hundreds of different apps available that do lots of different things, from playing games and puzzles, to allowing you to access your bank account. You download apps from Google Play Store if you have an Android phone or tablet, or the App Store if you have an Apple device.

WIRELESS NETWORK
Also known as Wi-Fi, this is a way for your device to connect to the internet without using wires or cables. You can access public Wi-Fi networks (perhaps at your local café or library), or arrange a contract with an internet provider who will provide you with the equipment needed to set up your own Wi-Fi network.

BROADBAND
Broadband is a generic term for the connection which allows you to access the internet. To get home broadband, you will need to set up a contract with a broadband provider (such as BT, TalkTalk or Truespeed) who will charge you for the equipment needed to connect your smartphone, tablet or computer to the internet.

OPERATING SYSTEM
The software that manages different programs on a computer, phone or tablet. Examples include Android for certain smartphones (like Samsung, Google, Sony, LG and Moto) and iOS for Apple devices.



DATA AND DATA ALLOWANCE
If you aren't connected to wi-fi, your device will use mobile data to access the internet, measured in megabytes (MB) and gigabytes (GB). Most phone and tablet contracts have monthly allowances for data usage. Once you use up your allowance, you might get charged for additional usage, or you might not be able to use mobile data until your allowance renews the next month.

BROWSER
The computer software or app you use to access the internet. Examples include Internet Explorer, Google Chrome and Safari.

ROUTER
A device that connects your computer, phone or tablet to a broadband-enabled telephone line and sends out your home internet signal.

DEVICE
A catch-all term for smartphones (mobile phones that can also connect to the internet), tablets (a hand-held device with a touchscreen, a bit like a portable computer) and computers (desktop or laptop).

EMAIL
These have become a quick way to keep in touch with friends, family and increasingly, official bodies, confirming delivery arrangements and many other organisations you interact with. A bit like marmite, you will love of hate them but they are very useful for important communications.

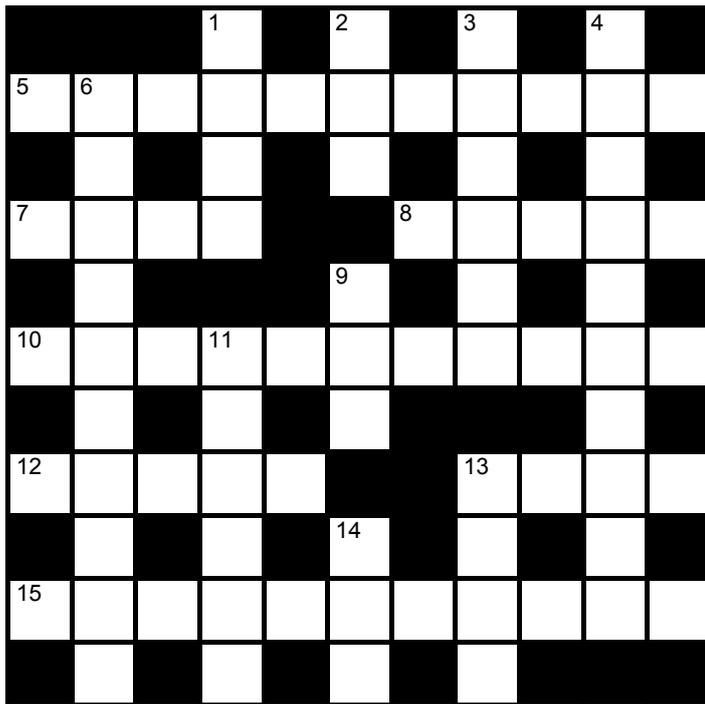
ZOOM
Zoom is a type of video calling software, so you can see and hear the person or a group of people in your “Zoom Meeting”. It uses a camera built in to your device. You can either install it as an app on your phone, tablet or computer, or you can access it through your internet browser.

WHATSAPP
An app that allows you to message friends and family, make phone calls and voice calls, and send and receive photos and videos. It uses your internet connection rather than your text or call data allowances.

TEXT
This is way to send a short message on a mobile phone to keep in touch. You can even add an emoji! 🙄 😊 😍 😬 💰

Crossword

Answers at the bottom of page.



ACROSS

- 5 Petty (5-6)
- 7 Stump (4)
- 8 Farm bird (5)
- 10 Degree of excitement during a debate (11)
- 12 Open space in a forest (5)
- 13 Central Chinese desert (4)
- 15 Unentitled (11)

DOWN

- 1 Thick slice (4)
- 2 Large flightless bird (3)
- 3 Open up (6)
- 4 Quantifiable (10)
- 6 Birthplace (10)
- 9 In favour of (3)
- 11 Dais (6)
- 13 Present (4)
- 14 Fenland cathedral city (3)

Do let us know what type of puzzles you prefer and we will try to include them in future editions.

We hope you enjoyed last month's puzzle supplement. Here are the answers to the crossword and quiz:

CROSSWORD

Across: 9 Dramatist, 10 Tie up, 11 Chancel, 12 Allegro, 13 Messenger, 14 Puma, 18 Species, 20 Scalpel, 21 Lots, 22 Trumpeter, 26 Barrier, 28 Atlases, 29 Owllet, 30 Shortened.

Down: 1 Edict, 2 Management, 3 Sarcastic, 4 Violin, 5 Steamers, 6 Italy, 7 Berg, 8 Opposable, 15 Unpleasant, 16 Psalm book, 17 Satellite, 19 Surprise, 23 Meadow, 24 Sixty, 25 Aside, 27 Rely.

Down: 1 Slab, 2 Emu, 3 Unbolt, 4 Measurable, 6 Motherland, 9 Pro, 11 Podium, 13 Gift, 14 Ely.

census 2021



Ready, steady, census

Households across Bath and North East Somerset will soon be asked to take part in the nationwide survey of housing and the population. It has been carried out every decade since 1801, with the exception of 1941.

Information from the digital-first census will help decide how services are planned and funded in your local area. This could mean things like doctors' surgeries, housing or new bus routes.

Households will receive a letter with a unique access code in the post, allowing them to complete their questionnaire online. Paper questionnaires will be available on request. Census day is March 21st.

For more information, visit census.gov.uk

QUIZ

1. Christmas crackers
2. The Stone of Scone
3. Norway
4. The goose
5. Albert Finney
6. Aladdin
7. Indian Ocean
8. Mary's Boy Child
9. Yule log
10. Advocaat
11. 'We Wish You a Merry Christmas'
12. Candy (trimmed around the Christmas tree)
13. Blitzen (or Blitzer)
14. Cinnamon
15. "not necessarily in the right order"

Across: 5 Small-minded, 7 Stub, 8 Goose, 10 Temperature, 12 Glade, 13 Gobi, 15 Unqualified.
CROSSWORD ANSWERS

West of England Rural Network

Registered charity 1146165
Copany number 7956 732

Unit 2, The Barn, Lady Farm,
Chelwood, Bristol BS39 4NN

