

Swimbridge Coronavirus Support Group (SCSG)

Phone:
07395 319378

Email:
swimbridgecsg@gmail.com

Website updates :
www.swimbridgejubileehall.com/

Swimbridge Parish Council Parish Clerk

Lee Wadsworth:
01271 830705
www.swimbridgepc.org.uk

Jack Rusell Inn
Paul Darch—01271 830366

St James Church
Matt Bluge — 01271 830764

Lyncroft Stores, Landkey
01271 830278

**Swimbridge Post Office in
Church** — every Tues 2-4pm

Swimbridge Jubilee Hall
07714 256379
www.swimbridgejubileehall.com

**f Swimbridge village
forum**

Ring and Ride Service
01271 328866

**Village defibrillator is
located at front shelter
of Jack Russell Inn**

Events

**Good Friday) No
Easter Sunday) Church
Easter Monday) Services**

**See overleaf for regular
weekly activities to be
continued after pandemic**

SWIMBRIDGE CORONAVIRUS SUPPORT GROUP (SCSG)

Dear Swimbridge Residents, In these difficult times, we are lucky to live in such a lovely village filled with caring people who are happy to help each other. Some residents have offered to support those in need from the village such as any over 70s, those with underlying health conditions and those that are self-isolating due to Covid-19.

Following a recent Jubilee Hall Committee meeting, with the backing of the Parish Council, a team is being set up to support the village through this situation, should any support be needed, in the coming days, weeks and months.

If you feel that you may require /are able to provide any kind of support from the list below or other, please contact the team so that we can coordinate the needs of our community with the support available.

- ♦ Picking up essential supplies
- ♦ Learning how to do an online shop
- ♦ Picking up medical supplies
- ♦ Posting mail / picking up newspaper
- ♦ Transport in vehicle
- ♦ A friendly phone call

Contact number: **07395 319378**

Contact email: **swimbridgecsg@gmail.com**

Website updates **http://www.swimbridgejubileehall.com/**

If you can spare surplus food (non perishables), toiletries, please leave at the front of the Jubilee Hall and we will give to those who are finding this time financially difficult. Also if you have DVDs, puzzles, games (only if in good clean condition) please leave at the hall.



Swimbridge –
our community
“pulling together”

IMPORTANT : If you want community updates and **DO NOT** have access to the internet please contact **07395 319378** with your name, address and tel no and we will do our very best to keep you updated.

COVID-19 is a new illness that can affect your lungs and airways. It's caused by a virus called coronavirus. The following information came from <https://www.nhs.uk/conditions/coronavirus-covid-19/> as of 20.3.20

Stay at home if you have either a high temperature: This means you feel hot to touch on your chest or back (you do not need to measure your temperature), **a new, continuous cough** – this means coughing a lot for more than an hour, or 3 or more coughing episodes in 24 hours (if you usually have a cough, it may be worse than usual). Do not go to a GP surgery, pharmacy or hospital. Use 111 online coronavirus service to find out what to do. Only call 111 if you cannot get help online.

How long to stay at home: If you have symptoms of coronavirus, you'll need to stay at home for 7 days. If you live with someone who has symptoms, you'll need to stay at home for 14 days from the day the first person in the home started having symptoms. If you live with someone who is 70 or over, has a long-term condition, is pregnant or has a weakened immune system, try to find somewhere else for them to stay for 14 days. If you have to stay at home together, try to keep away from each other as much as possible.

How to avoid catching and spreading coronavirus (social distancing): Everyone should do what they can to stop coronavirus spreading. It is particularly important for people who are 70 or over / have a long-term condition / are pregnant / Have a weakened immune system.

WEEKLY ACTIVITIES

Daily: Swimbridge Pre-school

9 am—12 noon, Old School Room

Sunday

St James Church Service

9.30 am Service of Holy Communion

Monday

Men's Skittles, Jack Russell Inn

Bell Ringers, 7.30pm, Church

Tuesday

Post office service, 2-4pm, Church

Pool + Ladies Skittles Jack Russ Inn

Parish Council 2nd Tues in mth, 7.30

Slimming World, 6.30pm, Jub Hall

07584 37263

Wednesday

Badminton Club, alt Wed, 6-9pm, JH

Crafty Crafters, 7.30 pm, Jubilee Hall

Acoustic Folk Music Sessions

(1st Wed of mth), Jack Russell Inn

Ladies Skittles, Jack Russell Inn

Steak Night, Jack Russell Inn

Thursday

Bloom Baby Classes—morning, Jub H

andrea@bloomwellbeing.co.uk

Mobile Library + DVDs, music -FREE

Village Sq 11.35-12.05 noon

Guides & Rangers, 6.30pm, Jub Hall

Phoebe 07795218579

Friday

Babies - under 5's, Pre-school, 2-3pm

Saturday

Swimbridge Parish Green Team

2nd Sat in mth, 10am, Village Sq

USEFUL CONTACTS:

Defibrillator located at front

entrance of Jack Russell Inn

Swimbridge Parish Council

Clerk: Lee Wadsworth, 830705

St James Church

www.swimbridgeparishchurch.org

Rev Shaun O'Rourke

Contacts: Christopher James 831075

& Matt Bluge 830764 (Churchwarden)

Friends of St James Church:

Mark Haworth-Booth, 07813 776349 /

markhaworthbooth@gmail.com

Food Bank Collection Point:

Back of St James Church

Upper Old School Room: 830587

david.netherway@btinternet.com

Jack Russell Inn:

Paul Darch, 830366

Swimbridge C of E School

Head Teacher Sandra Tibbles, 830437

Swimbridge CE School PTFA

swimbridgeprimaryPTFA@gmail.com

Swimbridge Pre-school, 830357

Swimbridge Jubilee Hall

Contact: 07714 256379

www.swimbridgejubileehall.com

Chair: Colin Wadsworth, 830705

Swimbridge Parklands

Chair: Colin Wadsworth 830705

Swimbridge Green Team

David Netherway, 830587

Swimbridge Feoffes

Mike Clift, 831188.

D&C Neighbourhood Police: PCSO

Marcus Jarvis & Lucy Robinson

non emergency: 101

www.devon-cornwall.police.uk

Station Hill allotments and Piano &

Flute lessons Lindsay Cooper, 830347

Avon representatives

Amanda Goldston, 07772484243

Salon at the Saloon Hairdresser

Melissa Darch, 079 7090 6421

Clean-Me Chimneys

Keith Clarke 01271 830602

Darren Knill, Rhino Contractors

(property maintenance and extns)

01271 831297 / 07928384916

Oliver Morrish Land & Garden

Services 07583641802

Swimbridge Book Swap - FREE

St James Church on back pew

Swimbridge Nursing & Res Home

Person in Charge, 830599

Riverton Fishery, 830009

Snow Warden: Mel Bartlett: 831200

Fremington Contractors plumber

Matt, Swimbridge: 07891534817

Chris Pavord, Gas Engineer 07766 334242

Additional support is also available from:

f Swimbridge Village Forum - this facebook page is free to join and a great way to keep in touch with neighbours and find out more. Just sign in and request to be a member.

Jack Russell Inn is closed for social interaction but is offering takeaways. Please support the pub at this difficult time. For details visit <https://www.facebook.com/thejackrussellswimbridge/> or Swimbridge Forum page or **contact 01271 830366**



Tony the Butcher can deliver meat to the Jack Russell Inn. **Contact Paul on 830366 or Tony on 07840 928243.**

Landkey Lyncroft Stores have items in stock. They are delivering free of charge to those in isolation. Items can be paid for by cash/card. Phone **01271 830278** Also if you have any unwanted puzzles, games, etc you no longer need please drop to the store and they will distribute to those in isolation.

Star Cross Farm always have fresh free range eggs for sale —open 7am to nightfall 7 days a wk

Stagecoach South West has announced as from Monday 23.3.20 their services will run on school holiday timetables. Please check their timetables before travelling. Keep updated here; Coronavirus (COVID-19) update <http://stge.co/GH3H50yQ1YP>

The Ring and Ride service by Go North Devon will continue to run as long as possible for those who are eligible and able to use it, the providing supported transport to Barnstaple town centre and supermarkets. **Contact: 01271 328866.**

Nick Little Swimbridge Taxi is willing to provide free taxis for people who need to get to hospital: **Contact: 07707612231**

Check out <https://chatterpack.net/blogs/blog/list-of-online-resources-for-anyone-who-is-isolated-at-home>—It is a list of free, online, boredom-busting resources!

Over and Above charity shop next to Tesco Rose Lane has a wide selection of DVDs for £1, books £1 and jigsaws (around £3) which I (Julie) can collect if anyone wants them (830311).

Please note the following have been POSTPONED until further notice:

The Jack Russell Inn has closed for drinks but are offering takeaways / Swimbridge Pre-school / Swimbridge Cof E School / Parish Council meetings / Skittles / Bell ringers / Pool / Swimbridge Slimming World group — Claire will continue to support members through Facebook/text / Church coffee mornings / The Friends of St James Church Spring talks / Parson Jack's Cafe / School art show in the Old School Room / Badminton Club / Crafty Crafters / Bloom Baby Classes / Mobile library / Guides and Rangers / Babies and Under 5's Group / Green Team / Acoustic Folk Music sessions / The Wyldwoods on 3 Apr / Race Night on 4 Apr / Roy's Big Breakfast on 5 Apr. The Church have said there are to be no services, and weddings and funerals can only be held under special restrictions. Churchwarden **Matt Bluge is their contact on 01271 830764.** On Good Friday the Cross will not be carried up Hooda Hill.

Everyone will need our support in these difficult times, including our community businesses and charities — the Jack Russell Inn, the Pre-school and Jubilee Hall all have staff to pay.

Make our older residents happy ... Swimbridge Nursing Home have asked for adults and children to send letters, drawings and cards to their residents to lift their spirits as they are unable to receive visitors. Thank you.



STAYING OPEN :

- ♦ **The JUBILEE HALL** will remain open for the Swimbridge Coronavirus Support Group and limited community use during this time.
- ♦ **The CHURCH** will continue to remain open as usual during the day. There is the **library** at the back of the Church recently restocked with books and available to borrow or take for others (replacement donations welcome. The **Food Bank Box** is on the back pew as donations for those in need in North Devon (even more now) and will be taken regularly to the Centre in Barnstaple.
- ♦ **POST OFFICE** For the time being a full postal service including cash withdrawals and pensions **is currently being offered every Tues, 2pm—4pm** at St James Church,
- ♦ **ALLOTMENT STALL** is on the gate on the Square for donations of surplus fresh vegetables, fruit and flowers, and for others to take for a small donation and enjoy.

Other news ... 1. The order has been placed for the installation of the play equipment on the Glebe Field. 2. The Parish Council want quotes from local tradesmen to repair the red telephone box. They will then try and find a grant for this work. There is still a real possibility it will be removed so please come forward. To find out more contact Colin Wadsworth on 830705. 3. Maintenance contract for Glebe Field : The Parish Council are inviting companies and self employed contractors to bid for the maintenance contract of the Glebe Field and Old Orchard. If you are interested please contact Cllr Olli Morrish on 075 8364 1802 or the Parish Clerk Lee Wadsworth on 830705 or e: leew_520@hotmail.co.uk.