



Welcome to the January 2021 issue of the Parish Council's eNewsletter

Hello and welcome to the January enewsletter. As you know we are now in the third National Lockdown and the aim of this newsletter is to update you with details of the services available to support residents during this time from the Parish Council and also the other services from businesses locally. These include collection of prescriptions and shopping for those shielding, housebound or self isolating and also lifts to help people get to appointments for Covid vaccinations, as well as hot meal delivery and visits by mobile food vans.

There are more details inside this newsletter on how to access all of these services.

The full rules of the National Lockdown are available online www.gov.uk/coronavirus and are summarised inside.

Remember hands, face, space, stay home!

Despite the lockdown and the Parish Office and Devoran Community library being closed, the Parish Council staff are still working, just from home instead of the office and Councillors continue to work on local issues, including highways issues and planning and continue to meet monthly via Zoom.

The HAIRE wellbeing project is continuing and our friendly volunteers are having conversations with residents around health, wellbeing and the local area. If you are aged 60+, not working and live in the parish we would love to hear your views about living here and what you would like to see put in place. There are some really interesting views coming back, if you'd like to take part in the survey please get in touch with Bex, HAIRE Project Officer (contact details on last page), it takes around an hour and can be done over the phone or via video call, either in one go or several calls. Your views can help shape the future of the parish for the whole community.

If you would like to attend one of our Zoom Council meetings you can obtain the log in details by contacting the Parish Clerk via debra@feockparishcouncil.co.uk The next meeting is on Monday 11th January at 6.30pm.

Councillors contact details are on our website if you would like to get in touch with your local Councillor directly. I wish you a peaceful and healthy New Year.

Paul Lightfoot, Chairman, Feock Parish Council Email: lightfootuk00@aol.com

Summary: what you can and cannot do during the national lockdown

You must stay at home. The single most important action we can all take is to stay at home to protect the NHS and save lives.

You should follow this guidance immediately. The law will be updated to reflect these new rules.

Leaving home

You must not leave, or be outside of your home except where necessary. You may leave the home to:

- shop for basic necessities, for you or a vulnerable person
- go to work, or provide voluntary or charitable services, if you cannot reasonably do so from home
- exercise with your household (or support bubble) or one other person, this should be limited to once per day, and you should not travel outside your local area.
- meet your support bubble or childcare bubble where necessary, but only if you are legally permitted to form one
- seek medical assistance or avoid injury, illness or risk of harm (including domestic abuse)
- attend education or childcare - for those eligible

Colleges, primary and secondary schools will remain open only for vulnerable children and the children of critical workers. All other children will learn remotely until February half term. Early Years settings remain open.

Higher Education provision will remain online until mid February for all except future critical worker courses.

If you do leave home for a permitted reason, you should always stay local in the village, town, or part of the city where you live. You may leave your local area for a legally permitted reason, such as for work.

If you are clinically extremely vulnerable you should only go out for medical appointments, exercise or if it is essential. You should not attend work

Meeting others

You cannot leave your home to meet socially with anyone you do not live with or are not in a support bubble with (if you are legally permitted to form one).

You may exercise on your own, with one other person, or with your household or support bubble.

You should not meet other people you do not live with, or have formed a support bubble with, unless for a permitted reason.

Stay 2 metres apart from anyone not in your household.

Published 4th January 2021

The full rules of the Lockdown are available online
www.gov.uk/coronavirus



Help?



If you are self isolating, shielding or housebound, the Parish Council have a team of local volunteers who can help with ...

- ✓ Ordering and delivering shopping to you from Carnon Downs Spar - 07379 241780
- ✓ Delivering prescriptions from local surgeries - 07904 547822
- ✓ A chat on the phone to make sure you are ok and have what you need
- ✓ Transport to appointments at local Doctors Surgeries, Hairdressers or the Dentist - 07904 547822

Phone lines are manned weekday mornings between 9am & 12 noon.

If you know someone else who may need help please share this information with them so they can get in touch or if you are not self isolating and would like to volunteer to help others please email debra@feockparishcouncil.co.uk

The latest up to date information on Coronavirus can be found online
www.gov.uk/government/topical-events/coronavirus-covid-19-uk-government-response

We do ask for a voluntary contribution of £2 per delivery to enable us to reimburse our volunteer drivers for their petrol costs.



NEW!

Spar Snappy Shopper

Shopping delivery

As well as the Parish Council delivery service for shopping from Carnon Downs Spar, the Spar have just launched their own delivery service called **Snappy Shopper** which is available via a mobile phone app.

Deliveries are available from Carnon Downs Spar to your door in as little as 30 minutes! If you are isolating then please add that as a comment on the app and the Spar driver will call you when they're outside!

For those who do not have access to a mobile phone app you can still order from the Spar via the Parish Council by phoning 07379 241780 (deliveries for phone orders are generally made late afternoon).

GROCERIES DELIVERED in 30-60 Minutes

Get your Groceries, Snacks, alcohol and **MORE** delivered to your door, from your local store.



Download the SnappyShopper app now & get shopping!



Alcohol, Soft Drinks, Snacks, Groceries, Baby Care, Household, Cigarettes & Tobacco, Magazines & Newspapers & Petfood

Linden Hey Garden Tea Rooms Hot Food Delivery Service



01872 865106

Home Delivered Cooked Lunches

Thank you for supporting us through this pandemic by buying our home delivered lunches. I hope you enjoy your meals.

Produce is all sourced locally and the cost is £7.50 which includes a piece of fruit for pudding. Free Range Eggs available £1.40 half dozen.

Wednesday January 6th – Chicken Supreme with rice

Friday January 8th – Cottage Pie and green beans

Monday January 11th – Sausage and Mash with gravy and peas

Weds January 13th - Chicken Casserole with new potatoes & broccoli

Friday January 15th – AGA Roast Ham, parsley sauce, mashed potatoes and green beans

Monday January 18th – Ham & Leek Casserole with carrots

Wednesday January 20th – Chicken Stew with green beans

Friday January 22nd – Beef Stew & Dumplings with Cornish Cabbage

Monday January 25th – Sausage and bacon casserole with broccoli

Wednesday January 27th - Cottage Pie with peas

Friday January 29th - AGA Roast Ham, parsley sauce, mashed potato & Cornish Cabbage

February Lunches

Monday 1st - Chicken Supreme with Rice

Wednesday 3rd - Beef Stew and Dumplings with carrots

Friday 5th - Cottage Pie with peas

Monday 8th - Sausage and Mash with gravy and peas

Wednesday 10th - Chicken and Leek Casserole with broccoli

Friday 12th - AGA Roast Ham, parsley sauce, mash and green beans

Monday 15th - Cottage Pie with peas

Wednesday 17th - Pork and Apricot Casserole with new potatoes and green beans

Friday 19th - Beef Stew and Dumplings with Cornish Cabbage

Monday 22nd Chicken Supreme with Rice

Wednesday 24th - Cottage Pie with peas

Friday 26th - AGA Roast Ham, parsley sauce, mash and green beans

March Lunches

Monday 1st - Chicken Supreme with Rice

Wednesday 3rd - Sausage and Bacon Casserole with carrots

Friday 5th - Cottage Pie with peas

Monday 8th - Chicken Casserole with green beans

Wednesday 10th - Beef Hotpot with cauliflower

Friday 12th - AGA Roast Ham with parsley sauce, mash and green beans

Monday 15th - Sausage and Mash with gravy and Cornish Cabbage

Wednesday 17th - Cottage Pie with peas

Friday 19th – Pork and Apricot Casserole with mash and green beans

Monday 22nd - Chicken and Leek Casserole with carrots

Wednesday 24th - AGA Roast Ham with parsley sauce, mash and broccoli

Friday 26th - Cottage Pie with peas

Monday 29th - Chicken Supreme with Rice

Wednesday 31st - Pork and Apricot Casserole with new potatoes & carrots

Friday April 2nd - Beef Stew and Dumplings with Cornish Cabbage

Best Wishes

Nina Davey

Follow us on Social Media



Feock Parish Council



Wellbeing Feock



feock_parish_council



@feockpc

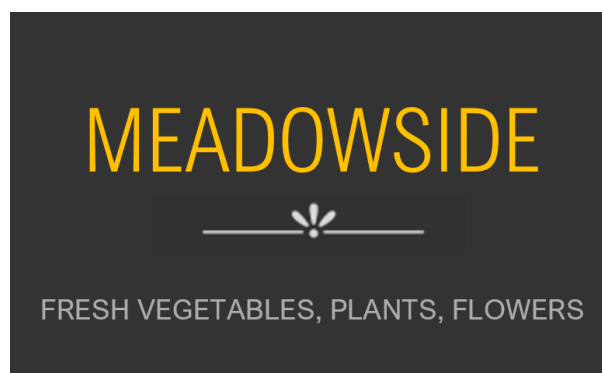
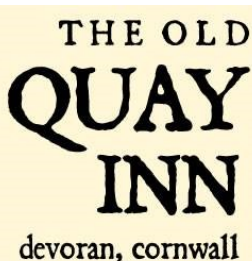
Meadowside Nursery, Quenchwell, Carnon Downs

Open Wednesdays, Saturdays and Sundays until 2pm

Beautiful spring flowers, as well as fresh veggies. Plenty of cauli, carrots, cabbage, kale, leeks and much more along with delicious local honey and duck eggs.

Visit their Facebook page for more details

www.facebook.com/Meadowsidenursery1

Old Quay Inn, Devoran

Takeaway menu is available. Book your collection or delivery (if you are shielding or unable to collect) slot by calling 01872 863142

Visit their Facebook page www.facebook.com/theoldquayinn

Feock Local Transport Service

The Parish Council have a limited number of volunteer drivers who can give lifts to people who need to get to medical appointments, such as for Covid vaccinations (not hospital appointments, which the Age UK TAP Service can help with).

As with the shopping and prescription services we do ask for a voluntary contribution for trips to help cover the cost of reimbursement of drivers petrol.

We cannot take anyone in a car who is self isolating or has Covid symptoms and we ask that all passengers use the provided anti-bac on their hands and wear a face covering for the duration of the journey.

Our volunteer drivers also wear face coverings and a visor and anti-bac their hands.

To book a trip phone Cathy on 07904 547822, please give 48 hours notice if possible.



Food van visits

Carnon Downs, outside of Hairdressers

Tuesdays

Fish & Chip Van— 4.30pm to 7pm

Thursdays

Slice Pizza Van— 5pm to 7.30pm

To order in advance phone 07583 850018



Devoran Village Hall Car Park

Customers MUST respect the government's current guidelines and maintain at least a 2-metre minimum distance from others.

Car owners parking in the Village Hall car park are reminded not to do so on the days below to maximise the space available for the produce vans and the customers queuing 1m apart

Wednesdays - Village Market Fish Man — 9.30am to 12.30pm with Fish and vegetables etc.
Penny's Pies has offered to deliver in Devoran and surrounding areas.

Saturdays — Baker Tom Bread Van—11.45am to 12.30pm

Village Market Fish Man— this week 9.30am to 2pm with Fish and vegetables etc (usually 12.30pm)

Please double check Baker Tom's website and the Devoran Village Market Facebook page as visit times may be subject to change.

St Feock Church Community Hall car park

Saturdays — Baker Tom's Mobile Bread Van 11am & the Fishman at 1pm

Get in touch

- Debra Roberts, Parish Clerk — email debra@feockparishcouncil.co.uk / 01872 863333
- Debbie Searle, Assistant Parish Clerk — email debbie@feockparishcouncil.co.uk / 01872 863333
- Bex Rawbone, HAIRE Project Co-ordinator — email bex@feockparishcouncil.co.uk / 07988 106432
- Cathy Whitmore, HAIRE & Parish Council Admin Assistant — email cathy@feockparishcouncil.co.uk / 01872 863333
- Your Councillors—contact details are listed on the website and on the noticeboards www.feockparishcouncil.co.uk
- **The Parish office and Community library are currently closed due to the lockdown.**

Please forward this newsletter on to anyone you think would find it useful and if they would like to receive it directly they should email the Parish Clerk.