

APRIL/MAY 2021

Eastments
EXTERIOR CLEANING SPECIALISTS

Mark Eastment
01935 411318 / 07826 545056
info@eastments.com
www.eastments.com

We Clean:
• Windows • Render • Patios • Decking • Walls
• Fences • Block Paving • Driveways

FLC Accountancy
Accounts & Bookkeeping Services

387 The Hollow
East Chinnock
Somerset BA22 9DN

Lee & Clare
01935-579136 07971-404753
finleeclare@hotmail.com

West Country Cars
DRIVEN BY REPUTATION

**Barrows Hill Garage,
East Chinnock,
Yeovil BA22 9ER**
Phone 01935 863538
Mobile 07860710219
www.westcountrycarsyeovil.co.uk
sales@westcountrycarsyeovil.co.uk

**Elli's
Sparkle And Shine
Elli Smith
Cleaning**
07512 553244

TS BOILER SERVICES
HEATING ENGINEER

Fast - Friendly - Local

Boilers & Agas
Service, Breakdown & Repairs
Boiler Installations
Oil Tank Replacement
Oil Specialists
Free Quotations
Oftec Registered

T. 07494 751 321
tsboilerservices@yahoo.com

**The Little
Curtain Workshop**

HANDMADE CURTAINS, BLINDS
& SOFT FURNISHINGS
BEAUTIFUL FABRICS,
INCLUDING
VANESSA ARBUTHNOTT

UNIT 4
BARROWS HILL FARM
EAST CHINNOCK
SOMERSET
BA22 9EY

T: 01935 862700
M: 07891 115140
E: KATHYJROBINS@YAHOO.CO.UK
WWW.THELITTLECURTAINWORKSHOP.CO.UK



IF WINTER COMES, CAN SPRING BE FAR BEHIND?

Percy Byshee Shelley

Winter's last icicles hanging from the underside of a tree root system in Copse Lane during mid-February.

Editor's Message

Hello!

A very Happy Easter to you all.

There has been lots of house moving activity in the village recently, so I would like to take the opportunity to welcome all newcomers and wish them every happiness in their new homes. Now that lockdown restrictions are easing, we hope to see you all at future village events.

As ever, your contributions to future issues of The Chinnock Chimes are most welcome, so please send your articles and photographs to thechinnockchimes@gmail.com. The deadline for submission for the next issue is 11 May 2021.

Annette

Highlights

Parish Council News	2
Local News	3 - 5
News from St Mary's	9
Covid-19 Bulletin	10
Coffee Break Corner	11
Advertisements	12

FEATURED ADVERTISEMENT

Holmes Building & Repairs
General Building & Stonework
Hard Landscaping
Repairs & Maintenance

Tel: 01308 301463/07538377193
Martholmes@live.co.uk
Free Estimates

Chinnock Hollow Landslip

Chinnock Hollow was closed on 25 February after a tree and a substantial amount of soil fell from the bank on to the road.

Somerset County Council has confirmed this week that an investigation into the cause of the landslip is still underway. The local authority closed the road to "ensure the safety of the public" and will survey the area over the coming weeks to "ascertain whether further incidents are likely".

The road could remain closed for up to six months.



Where am I?

This is a photograph of a feature of a local building. Do you know where and what it is?

Last issue's photograph was of the stone front entrance to The Wooden Top Inn.



USEFUL CONTACTS						
Somerset County Council	District Councillor	Tree Warden	Yeovil Hospital	Crewkerne Health Centre (appointments)	Pre-School (under 5's) Guides, Brownies, Rainbows	Explorers (14 - 18 years)
0300 123 2224	Anthony Vaughan 01506 285049 anthony.vaughan@southsomerset.gov.uk	Pamela Lewis 01935 864408	01935 475122	01460 72435	Jane LeFevre 01935 862774	Mike Beckerleg 01935 862719
South Somerset District Council	Parish Council Chairman	Post Office (Village Hall)	Westlake Surgery	Entertainments Committee Chair	Beavers (6-8 years)	Scouts Active Support (adults)
01935 462462	Paul Taylor 01935 862006 paul.taylor62@hotmail.com	Monday 1pm - 3pm Tuesday 9am - 12pm	01935 862212	Pat Lock 01935 863899	Heather Pitts 01935 433840	Pete Dvill 01935 422328
County Councillor	Parish Council Clerk	Village Hall	Westlake Dispensary	Playgroup and Toddlers	Cubs (8 - 10½ yrs) Scouts (10½ - 14 yrs)	The Chinnock Chimes
Mark Keating makeating@somerset.gov.uk	Maureen Randall ecparishcouncilclerk@yahoo.co.uk 01935 507563 Mon-Fri 10am-6pm	Booking & Keys Lia Wicks 01935 864237	01935 865104	Kay Stode 07870 584270	James Dvill 01935 863105	thechinnockchimes@gmail.com

District Councillor's Report

The Zwings e-scooter trial in Yeovil was being extended shortly to Crewkerne and Chard.

The District was thinking of introducing a shared electric car club and had asked that residents complete a short survey to help gauge the potential interest.

The District's proportion of the Council Tax Bill for the next financial year will increase by £5 per year for a Band D property.

The District were supporting a Private Member's Bill in parliament which aimed to regulate and monitor the discharge of phosphates and raw sewerage into waterways and reduce their reliance on Combined Sewer Overflows (CSOs) which send untreated sewage into rivers and streams during periods of heavy rainfall. There was a CSO that discharged raw sewerage into Chinnock Brook.

County Councillor's Report

Anyone in Somerset who needed Coronavirus-related support should ring 0300 790 6275. The line will be open seven days a week from 8am to 6pm. Over 40% of Somerset's over 18s had received their first vaccination.

A Safety Audit for The Hollow was requested last summer and was now being pushed for as a matter of urgency following the recent landslides.

The County was inviting applications from aspiring social workers by 7 April for their Step Up to Social Work Programme.

The County had allocated an additional £400k to Citizens Advice to assist with their anticipated increased workload over the next 12 months.

The government had opened a consultation on the future of local government in Somerset. The current County and District system would be replaced with a Unitary system. The options were for one unitary authority to cover the whole of the area or two unitary authorities for West and East Somerset. To take part in the consultation visit <https://consult.communities.gov.uk/governance-reform-and-democracy/somerset/>.

The County's proportion of the Council Tax Bill for the next financial year will increase by £64.33 per year for a Band D property.

M.Randell Parish Clerk
March, 2021



Clerk's Report

The District and County Councils continued to provide assistance and information on the Covid situation and the village volunteers were still available if needed.

The District Council had asked if they could put stickers on the Parish rubbish bins telling bin users that rubbish placed in the bin went to landfill and asked them to take it home and place in their recycling if possible. The council had agreed that this was a good idea and asked the clerk to let the District know that they were happy for this to go ahead.

The Clerk said that she had received an email about the blocked gully causing flooding on the A30 at the Crewkerne end of the village. She had passed this onto Cllr Reeve who had been in contact with Highways who replied that the gullies were due to be emptied during the next financial year and that they had no real capacity to do anything sooner. It was agreed that when the road flooded again the parish would report it to Highways as a safety issue and they may then clear the gully to drain the excess water away. Cllr Patrick said that all the local villages were struggling with blocked gullies.

An email had been received about the landslip in The Hollow pointing out that if it wasn't cleared by 1 April when the A30 was due to be closed in West Coker for 10 days for resurfacing, residents would face a long and difficult diversion to access the doctors in West Coker or the supermarkets in Yeovil.

The Clerk said that she was preparing a Risk Assessment for use of the mower which would be circulated shortly.

ADVERTISEMENT



Fully insured beautician with over 13 years experience offering O.P.I manicures, Pedicures, St Tropez tanning and much more! Email or call for price list

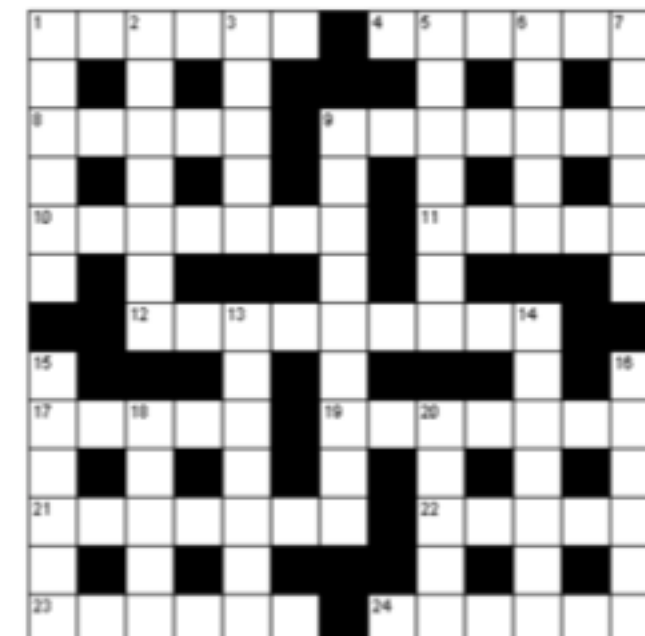
07976489779

lucymarshall10@hotmail.com

Colour Me In



Crossword Puzzle




Across

- 1 Brought up (6)
- 4 Go aboard (6)
- 8 Frown angrily (5)
- 9 Alien (7)
- 10 Airman (7)
- 11 Glasgow's river (5)
- 12 Pre-decimal British coin (4,5)
- 17 Stage-player (5)
- 19 Exhibition centre in London (7)
- 21 Stuffy (7)
- 22 Customary (5)
- 23 For ever (6)
- 24 Drinker's toast (6)

Down

- 1 Scamp (6)
- 2 Do away with (7)
- 3 Brilliant success (5)
- 5 North African country (7)
- 6 Friendship (5)
- 7 Dog-house (6)
- 9 Savage (9)
- 13 Theft (7)
- 14 Roman sea god (7)
- 15 Cuban cigar (6)
- 16 Flaws, defects (6)
- 18 Hurl (5)
- 20 Early part of life (5)



GOV.UK/coronavirus

NHS

Counter Fraud Authority

COVID-19: VACCINE FRAUD


Criminals are using the COVID-19 vaccine as a way to target the public by tricking them to hand over cash or financial details. They are sending convincing-looking text messages telling people know they are eligible for the vaccine or phoning people directly pretending to be from the NHS, or local pharmacy.

PEOPLE ARE WARNED TO BE ALERT TO THESE SCAMS:

The **NHS** will:


- NEVER ask for payment - the vaccine is free
- NEVER ask for your bank details
- NEVER arrive unannounced at your home to administer the vaccine
- NEVER ask you to prove your identity by sending copies of personal documents such as your passport

TOP 4 VACCINE SCAMS




TEXT MESSAGES

People are asked to press a number on their keypad or to send a text message to confirm they wish to receive the vaccine. Doing so is likely to result in a charge being applied to their phone bill and fraudsters collecting personal information to use again.




PHONE CALLS

Victims receive a phone call from a fake caller offering the vaccine for a fee or asking for bank details.




WEBSITES

Fake URLs, links to convincing-looking NHS vaccine booking forms, these look like official NHS forms and may contain some personal information already, at the end of the form it asks for their bank details.



IN PERSON

Fraudsters are calling unannounced at the homes of victims by pretending to be from the NHS to administer the vaccine there and then, in exchange for a cash payment.



GOV.UK/coronavirus


NHS

Counter Fraud Authority

LIKE OTHER SCAMS, THE SAME ADVICE APPLIES:


- Challenge** - Could it be fake? It's ok to reject, refuse or ignore any requests that don't feel right. Check GOV.UK to ensure it's genuine.
- Do **not respond** to text messages that try to get you to send money, or important personal information such as bank details or passwords.
- Use **official** government websites and refer to 'Contact Us' sections of websites to access information and service.
- Challenge** unannounced callers to your home, NHS visits if necessary will be agreed with you directly or via carers. They will never turn up unannounced.


EXAMPLES OF SCAMS




FURTHER GUIDANCE AND SUPPORT

Public Sector Organisations:
The Cabinet Office has formed a COVID-19 Fraud Response Team to assist the government with its counter fraud response. Requests for assistance should be emailed to: covid19-counter-fraud@cabinetoffice.gov.uk

Public:
 If you receive a call you believe to be fraudulent, hang up. If you are suspicious about an email you have received, forward it to report@phishing.gov.uk. Suspicious text messages should be forwarded to the number 7726 which is free of charge.

 If you believe you have been the victim of fraud or identity theft, you should report this directly to Action Fraud either online: actionfraud.police.uk or via phone 0300 123 2040.

 If you have any information relating to vaccine fraud you can stay 100% anonymous by contacting CrimeStoppers COVID Fraud Hotline online: covidfraudhotline.org or phone 0800 587 9030.

Somerset Mobile Library Returns

For information about this service, contact Somerset Direct 0300 1232224 or visit www.somerset.gov.uk/libraries. Visits on Weston Street, BA22 9EQ, 10.30 – 11.10, on Tuesday every 4 weeks.

6 April	27 July	16 November
4 May	24 August	14 December
1 June	21 September	
29 June	19 October	

Crossword Puzzle Solution for Feb/Mar Issue


ADVERTISEMENT

Friendly
Creative
Fun

Good Ofsted

From 2 yrs
Registered
for 30hrs

Cookery
Woodwork
Music &
Movement



Learning with caring,
experienced staff.
Safe & stimulating play &
exploration.
Excellent outdoor
opportunities.

The Church Rooms, Weston Street, East Chinnock, BA22 9EL.

For more info contact 07870 584270,
email ecplaygroup@aol.com or message us
on our Facebook page East Chinnock Playgroup.

Charity No. 1029644

Hardington Community Field

We are proud of our Community Field and are always pleased to welcome visitors (subject of course to current Covid restrictions!) from neighbouring villages and towns.

When the field was first opened, we decided that it should be 'dog friendly', subject to the necessary restrictions regarding the careful collection of 'poops', and keeping all dogs on leads at all times when in the field.

We are lucky to live in this beautiful area with a wealth of public rights of way, where, subject to restrictions imposed by crops and livestock, supervised dogs can often be allowed off the lead.

Sadly, there have been a lot of complaints over the years about unleashed dogs and dog mess in the field. I have myself on numerous occasions had to ask dog owners to comply with the notices posted at the field entrances and in the car park. Not only are some people, especially children, nervous about free roaming dogs, but also it only takes a few seconds for a dog to leave a mess without the owner noticing.

A recent complaint related to a visitor who refused to comply with a request to leash a dog, which was frightening a child. The issue will be discussed at the Parish Council meeting on 16 March and we ask all who use the field, both from the parish and beyond, to comply with all notices.

Robin Carpenter
Chairman, Hardington Mandeville Parish Council

Free Items

Mothercare cot with mattress and bedding - hardly used.

Mothercare highchair.

Free of charge, can deliver locally subject to Covid restrictions.

Please phone Geoff and Jackie Jackson
01935 863212

A Teaser From Julie Jewell

10

3

Dog Mess - Reminder!

A bit of humour on this, unfortunate but common topic.



Seriously though – if you are one of the dog owners responsible for leaving dog mess around the village, please clean it up. It will make life more pleasant for all of us.

Cancellation of Village Show

Due to the Covid19 pandemic and concern regarding what is viable to ensure everybody's safety, this year's Village Show is cancelled.

This is regrettable but we all hope that everything will be back to normal next year and we can have a great 2022 Village Show.

Doug Reeve

East Chinnock Website

Please take a look at the wonderful village website eastchinnock.net where you will find an abundance of local information.

East Chinnock Gardening & Countryside Club

What a relief the early March sunshine has been and with it the delightful reward of the spring garden bulbs and hedgerow primroses and violets.



We have ordered Petunia Plug Plants, one for each member that will be collected and available to you from mid-March. (A member's email will be sent with collection instructions). It is excellent for a basket display with large single flowers and lavender veined leaves. Usually, this is for you to grow and enter into the Village Show. Sadly, there is no show this year but please care for your plant with a view to entering a competition.... more news to follow on that!

The Committee is meeting in early April when there will be more information available regarding groups meeting. We will be looking to arrange some outdoor activities for club members. If you have any suggestions please let Geoff, Bunty, Rick or Pam know.

Finally, a plea.... The Club needs a treasurer!

Not an onerous task, the busiest time is the collection of the annual membership fees and then just keeping track of the monthly ins and outs.

The Committee would also welcome a couple of additional members to come to meetings to share and support ideas for the club and its future.

Chairman: Geoff Jackson 01935 863212

Secretary: Bunty Andrews 01935 863420

A Date For Your Diary!

We are pleased to confirm that the East Chinnock Music Night will take place on Saturday 7 August 2021.

Please keep this date free in your diary. More details to follow.....

Sue Hinton



Hearts of Hope

We thought people might like a hopeful message after all that we've been experiencing in the past year, so from 19 March we plan to hang packages containing an Easter message of hope, a prayer of blessing, a hand-crafted heart, 'mindful' colouring sheets for adults and booklets for both younger and older children, in various locations throughout the village; look out for them in the Playing Field, along Weston Street, and in front of the church gate.



Please do help yourselves to them and take them home with our love. To encourage everyone, you might like to put your coloured pictures of hope in your window and send your photos of them and your crafted hearts, to the Chinnock Chimes and the village website at eastchinnock.net.

We will probably keep them up for a couple of weeks after Easter Day.

Other Activities

Our churches are still closed at the time of writing (mid-March) for Covid safety reasons, but we are hoping to be able to open at least for private prayer soon.

Meanwhile, there is a Benefice Family Service on Zoom at 9.45am every Sunday. Contact Sheila Carpenter on robinshela@icloud.com for an invitation.

Rev Colin Simpson is holding a weekly Holy Communion service by Zoom and Facebook at 11am on Sundays and he plans to broadcast this from one of our local churches soon.

A Zoom invitation for all services led by Colin Simpson can be found on the Coker Ridge Weekly news sheet, which is on the Benefice website www.cokerridge.org.uk.

Up to date information can be found on our Benefice Facebook page, The Coker Ridge Benefice.

Watch out for activities for a Virtual Easter Messy Church on our Benefice website and our Benefice Facebook page too.

On 4 April, Easter Sunday, there are three Services actually in church (Hurray!):

11am Sutton Bingham Book of Common Prayer HC (led by Richard Turrell)
11am Live service via zoom and Facebook from East Coker Church (led by Colin Simpson)
4pm Easter Holy Communion service at St Mary's East Chinnock (led by Colin Simpson)

Feel free to contact me for any further information on gilliantettmar@gmail.com.

Gillian Tettmar Church Warden

ADVERTISEMENT

Peta's Mobile Foot Clinic
healthy feet make happy feet

Do you suffer discomfort from

- Callus
- Athlete's Foot
- Corns
- Verrucas
- Ingrowing Toe Nails
- Fungal Infection
- Nail Cutting

For professional treatment of foot related problems by a Diabetically Trained Clinician, in the comfort of your own home, contact Peta Williams O.A. Dip. S.A. Dip. FHP
Tel: 07528 799371 or Email: petasfootclinic@outlook.com

Chat to Connect for Vulnerable Adults

CCS has launched a New Chat to Connect service for Clinically Extremely Vulnerable adults in Somerset

If you are on the CEV list in Somerset and want to meet new people in a similar position as you, with shared interests CCS can help.

We know it's good to talk and share experiences. We can connect you with another person who is on the CEV list to keep your spirits up – you are not alone.

Visit <https://ccslovesomerset.org.uk/chat-t-connect/> to sign up.

Chat to Connect

Funded by **somerset** COMMUNITY FOUNDATION

Sign Up Now

www.ccslovesomerset.org/c2c

Delivered by

smart communities and active ageing

somerset village community support

Jane's South West Coastal Path Walking Challenge

Jane LeFeuvre has been undertaking a walking challenge to raise money for the Royal National Lifeboat Institution.

Here are the latest updates on her progress:

12 February

I would again like to say a huge 'thank you' to everybody who has supported my walking challenges so far. Your support has kept me going through this long third lockdown, through wind, rain and cold, icy winter mornings.

After a short pause for a hospital procedure in December, I have picked up the pace again and on Wednesday I reached Lyme Regis. Stepping out of Devon into Dorset, another milestone on my journey. On the evening of that same day I had my first Covid vaccination, another milestone, and one for which I am truly grateful. The service I received at the Morrison's Pharmacy Hub was excellent. The staff were kind and caring and made me feel at ease.

20 February 2021

After days of freezing cold weather and wind and rain, I reached Abbotsbury today. The icicles during this cold snap were a spectacular sight after all the squelchy mud and puddles. This leg required several detours and diversions, due to landslips and cliff falls along this stretch of coast. Abbotsbury is well worth a visit post pandemic, with its famous Swannery and Sub Tropical gardens. Tomorrow I will set out on the next leg to Ferrybridge.

I am likely to have to continue to shield for a while after lockdown finishes due to ongoing treatments, so my walks will continue to be a lifeline and, with your support, helps to raise money for a good cause. If you would like to support me in my South West Coastal Path challenge, or to follow my updates, my justgiving link is:

<https://www.justgiving.com/fundraising/janes-sw-coastal-walk>

Many thanks for your continuing support,

Jane Le Feuvre

Foot Care

Our feet are one of the most important parts of our body. Without them we would not be able to walk and do many of the activities we take for granted. They carry our whole bodyweight, and therefore are under a huge amount of pressure every day!



Taking good care of our feet is very important. Thinking about the pressure they have literally thrust upon them day in day out, when our feet are not at their best, not only can it cause us discomfort to our feet but it can affect our knees, our hips and our entire spine.

Here are some top tips for having healthy happy feet:

- Good foot hygiene - Make sure you wash your feet regularly but most importantly, dry them well. Foot fungus such as athletes' foot loves warm, moist, sweaty feet. By ensuring you keep them clean and by drying them well you cut the risk of getting fungal infections.
- Wear good fitting footwear - We are all guilty of wearing fashionable shoes and wanting our feet to be in the latest trends. These are not always the best shoes for our feet and can cause us to get corns, blisters, athletes' foot, fungal infections, in-growing toenails, and bunions. Our feet are happiest out of shoes. By getting our feet regularly measured and fitted by a professional in a shoe shop and also shopping for shoes at the end of a day to allow for natural swelling when being measured, we can help cut the risk of getting some of these uncomfortable foot problems.
- Examine your feet regularly - Check for blisters, corns, scratches and dry skin and check your nails for any discolouration. Nails can tell you a lot about your health of your whole body so be aware of any changes.
- If you are Diabetic it is very important to get your feet checked out by a Foot Health Care Practitioner - It is advised that children with diabetes get their feet checked at least once a year by a professional. Adults with the condition ideally should be seen every 6-8 weeks. This is important because diabetes can lead to circulatory problems and any wounds on feet can take much longer to heal.
- Lastly, if you have any discomfort with your feet, get them checked over. That troublesome corn that hurts when you walk is no doubt changing the way you walk and this will have an adverse effect on your posture and that can have a spiralling affect through your skeletal system. That painful corn on your foot setting you off balance could be the reason your hips are hurting, or why you have been getting headaches.

Please don't hesitate to contact me if you have any discomfort with your feet!

Peta's mobile foot clinic: 07528 799 371



WI Update

It will soon be village business as usual!

The WI "Coffee & Chat" afternoon (18 February) encouraged all to look to the future. Seeing Covid-19 as "a bump in the road" was a positive suggestion from Kay (Shipton W.I.).

Somerset WI was mentioned in dispatches. The county's groups in particular have kept calm and carried on - obviously thanks to ZOOM, but also via email & letter & telephone and even simply waving to people through windows to assure them that they are not forgotten.

Outdoor meetings and picnics will be planned in line with restrictions and we hope that those will ease as time goes on and fingers crossed the weather will be on our side!

Everyone in East Chinnock is looking forward to our Village Hall coming back to life, thanks to the organisation and talents of our many and varied groups. To mention a but few; the greatly missed Coffee Mornings, Village Lunches, Kurling, and our popular Village Show.

Newcomers to the village might not realise how many events such as Bonfire Night, jumble sales, "fun evenings" and nights out at the picturesque Haselbury Mill were on the calendar.

Meanwhile, our W.I. will set the ball rolling with a provisionally arranged evening meeting on 12 May when we look forward to seeing current members and welcoming new ones.

Roisin Gruner

Village Hall Update

Village Hall Lottery (drawn third Wednesday of each month)

February Winners:

Bunty Andrews & Ted Tierney

March Winners:

Marianne Merchant & Brian Wapstott



Amazon Smile

Did you know that you can support the Village Hall when you buy from Amazon?

Just shop via Amazon Smile and select East Chinnock Village Hall as your preference.

We will be pleased of the benefits this brings to help towards the Hall maintenance.

New to You Table

There are still a few weeks of imposed restrictions in place, so to help during this time there is a "New to You" table in the Village Hall. There are books, magazines, puzzles, DVDs, audio books and CDs available.

Please help yourself!! Available to all when the Post Office is here on Monday afternoons and Tuesday mornings.

Nick the Veg

Don't forget that Nick's Fruit and Veg mobile van is at the Village Hall Car Park from 10.30 – 11.30am (approx.) every first and third Wednesday of the month.

Local Walks

Looking for inspiration for where to go walking?

Then check out the Walking in Somerset website:



www.walkinginengland.co.uk/somerset.

Walks can be downloaded and printed for free. Books are also available as well as contact details of walking groups in the county.

Walks vary from half a mile to over 12 miles and provide notes of suitability for pushchair and wheelchair users.

John Harris
email: john@walkinginengland.co.uk

4Family Mentors

Since 2011 **Yeovil4Family**, hosted by Yeovil Community Church, has worked successfully in partnership with South Somerset District Council and other key agencies in supporting struggling families providing support in the family home. Our role has been to deliver a family support programme by providing Link Workers and **Volunteer Mentors** who are the families' voice amongst the agencies so that they can regain control over their own lives and feel empowered and equipped to move forward. During the summer of 2020, we secured significant funding and are, therefore, looking to expand our reach from Yeovil to across South Somerset.

Why be a Mentor?

- Be part of a fantastic family mentoring programme which carefully matches mentors with a family living within South Somerset.
- By providing one-to-one non-judgmental listening support in the home, helping the family gain the support it needs to make changes and find solutions to their challenges, mentors have the opportunity to bring new hope into the lives of a family.
- 4Family's Mentors have seen 100s of families regain control over their own lives and feel empowered and equipped to move forward.
- The training that you receive and the skills that you learn will help build your CV and will benefit you generally in your every-day life.
- Volunteering has been shown to have immense benefits for the health and wellbeing of the volunteer.
- This could be your opportunity to make a real difference to your local community - knowing you have contributed to helping a client family gain hope for a better life and a better future.

Time Commitment

Being a volunteer Mentor takes approximately 2 hours each week; 1 hour with the family or individual you have been matched with and up to an hour with your Link Worker. You must be able to commit to being part of the programme for a minimum of 6 months.

What We Offer

We know that it can appear daunting to take on a role such as this and, therefore, we support each Mentor by offering:

- an initial 12 hours training over six sessions spread over six weeks **or** 3 x longer day sessions depending on people's availability, plus ad hoc training
- weekly support from their Link Worker
- back up support from the Programme Leader
- an opportunity to meet up regularly with other 4Family Mentors

What next?

To explore whether being a 4Family Mentor may be for you:

- find out more about Yeovil4Family, please go to <https://yeovilcommunitychurch.co.uk/yeovil-4-family/>
- Please contact Deanne Mahony for further information.
 - email deanne.mahony@yeovil4family.org.uk
 - call the office on 01935 530050
 - post any queries to Yeovil4Family, The GateWay, Addlewell Lane, Yeovil, BA20 1QN

Andrew Dunningham

Bereavement Support

Five things I've learnt offering bereavement support

Bereavement Support Champion, Andrew Wilcox has been supporting bereaved people across Somerset for years. Here he shares some reflections and lessons he's learnt along the way:

Grieving

There are usually good and bad days, most people find the good days gradually outnumber the bad days, aided sometimes with a little help on the way.

Silence is golden

You don't have to keep talking and maybe struggling for things to say. Silence really is golden and gives us a chance to really hear what is being said and particularly the way that it is said.

Listening

Really listening allows a 'coming together' even on the phone. The mind can move away from brain thinking and into another dimension where true empathy comes into its own and the magic of healing is facilitated.

Your presence is a gift

Don't pretend you are a doctor and can give advice to make any physical problems disappear. The person doesn't expect this and any healing that is required can take place by virtue of your very presence.

Plan for the end

During our lives we all share two common events, our birth and our death. Births are planned for and celebrated; deaths should be no different.

If you or someone you know, is affected by grief or bereavement, and would like to talk to someone, please call the Somerset Bereavement Support Service call **0800 3047 412** (Monday to Saturday, 9am to 5pm).

The Somerset Bereavement Support Service can offer a variety of support to adults and children over 12 in Somerset. The service has been commissioned by Public Health at Somerset County Council with support from Somerset Clinical Commissioning Group and Somerset Community Foundation. It is provided in partnership by end-of-life charity Marie Curie and mental health charity Mind in Somerset.

Andrew Wilcox



Remembering Those That Made a Difference....

In Loving Memory of Chris Dixon

Chris and Jan ran the shop and Post Office in the village for many years. Sadly, Chris passed away in December 2020. This poem, written by Priscilla Brough, was a tribute to Chris and Jan when they left the village and beautifully sums up what they meant to everyone:

We've all come here this evening to do one thing – that's this:
To greet, thank, and say farewell to our friends Jan and Chris.
They are so good, so very kind and true,
They work so hard and never can do quite enough for you.
Jan, nicely Welsh, can always manage any P O 'biz',
While Chris just deals with everything with that big smile of his!
From "I didn't get my paper" to "Can I have some cheese?"
Or "Where is Middle Chinnock?" to "I'll have 6 tickets please".
There's often laughter in our shop, exchange of many a smile,
But never nasty gossip – that wouldn't be in style.
However difficult you are, there never is dissension:
"Oh, half an ounce of peppermints" or "All of last month's pension".
Patience is a virtue, I have oft heard tell,
Both the Dixon's have it and sympathy as well.
If you are ill and cannot shop, or need someone to care,
They will deliver to you and your burdens they will share.
Not just the shop, but other things they find the time to do.
Chris, often on a Sunday, rings the Church bells loud and true.
And Jan's an active member of the village W.I.,
And the Village Hall Committee, jobs she never passes by.
Now, come to village functions, they've supported all of these,
Selling tickets, wearing silly hats and even serving teas.
And now's the time to thank them and tell them that they should
Enjoy some peace and quiet and their grandparenthood.
So "Thank you", "Thank you", "Thank you" and I just ask you this:
Will you join me in saying "All best wishes Jan and Chris!"



In Loving Memory of Brenda Pifford (1949 – 2021)

"There was a time when I was free to live my life in harmony.
Before the illness which blighted me swept faces and places
from my mind. People I loved from my memory.
Remember me as I used to be. Think of me, remember my smile,
the love that was shared.
Linger awhile. I am at peace now, I am me."

The above was taken from the Service of Celebration for Brenda, a comfort for Peter and her sons.

Brenda was an active member of the village while her sons were growing up. She was one of the village Mums who in 1980 set up the Playgroup in the Church rooms. This group of Mums were most enthusiastic fund raisers; two dances, wine and cheese party, two jumble sales and a coffee and cake evening got them established.

Brenda also helped with the Beavers, joined the W.I., became a Parish Councillor, a special needs teacher and a volunteer at the Hospice. In 1982 she and Tom Doble were photographed helping the W.I. plant daffodils in the bank opposite the shop. There are memories of jocund Burns Nights. To decorate the hall, Brenda pulled a set of antlers off her own wall, much to Peter's consternation when he saw the crater left behind! When it came to organising the Scottish dancing she climbed on to a table to establish order and unfortunately managed to fall off of it!

When speaking about her recently, someone remarked "Do you mean the lady with the lovely smile?". That was Brenda.

Marianne Marchant

