

Seaton Community Group



RE:STORE

Building community together

How we can continue to help each other

Tel: 07391 214 268

Email: seatoncommunitygroup@gmail.com

RE:STORE is endorsed by Seaton Town Council who support the initiative.

RE:STORE AXE VALLEY CIC
Community Interest Company Number 12693267



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RE:STORE

Building community together

Introduction

Seaton Coronavirus Community Group (SCCG) was established in March 2020 to support everyone in our community during the Covid-19 pandemic. Volunteers assisted those who were isolated and vulnerable, provided support and kept the community informed during these uncertain times.

To build on the fantastic help provided by these volunteers, and the strong sense of community, **RE:STORE**, a community interest company (CIC), has been set up to continue what has been established by SCCG.

The directors of this CIC are:

Ben Tucker, Simon Smith, Carly Dean-Tribble and Andrew Gwyn Davies.

Being more connected is better for us all. Widening our network of people we can call upon helps us feel part of something bigger than ourselves.

Many people are struggling with different things in their lives. If we can continue to encourage a large percentage of the community to get involved in small ways then our reach becomes far greater and the friendships which are built will in many cases be the first step for people being restored.

Do you need help and support?

Please turn to page 6

Are you able to help others?

Please turn to pages 10-11

Phone our Community Group hotline

on 07931 214 268

or email seatoncommunitygroup@gmail.com

RE:STORE Aims

- To help remove the barriers which have prevented people from living life to the full and to help them flourish. Bring a sense of happiness and belonging to the wider community.
- To look after the mental health of our community, build friendships with the isolated, vulnerable and less fortunate.
- To connect the community by informing, promoting and working together with local organisations, projects and social groups.
- To help organise volunteers to work with local bodies providing teams for community projects. To work with and encourage those out of work looking for experience to benefit from this community spirit.
- To establish relationships with local businesses who are able to offer help to those in need locally. Helping to sustain local business whilst also providing support through them to the neediest in the community.
- To work with professional care providers and signpost volunteers willing to be more involved in training and support.



Are you already helping us by volunteering?

Are you already using the Seaton community group for assistance?

This will continue as **RE:STORE** becomes established and we transition from the Seaton Coronavirus Community Group (SCCG) which was set up during the Covid-19 pandemic.

30+

Many of the volunteers and area coordinators are continuing the journey with us as we look to build on the amazing acts of assistance that have been carried out in our community.

14

In over 14 weeks since SCCG was set up, volunteers have assisted the community with over:

5300

Acts of kindness ranging from help with shopping, pharmacy collections, post office services, friendly chats, computer assistance etc



As we start to look ahead to the bright future Seaton has, the SCCG facebook page will be renamed to Seaton Community Group (**RE:STORE**). The page will continue to keep the community informed and updated whilst still posting regular updates and information relating to Covid-19. Although the virus has not disappeared and still affects us all the facebook

page will evolve to encompass the aims of **RE:STORE** and build on what has been established for the future.

If you have access to a computer/smart phone/tablet and are online then there are lots of websites and organisations locally that provide assistance and information.

There is a large section of the local community however who do not have access to online resources or have difficulty with the technology. Even though the internet is a great resource we should not neglect those who do not have access and help to keep them connected and informed.

Do you need help and support?

Asking for help

We all need a bit of help sometimes. But it can be difficult to know how, or who, to ask.

Why do you need help?

Sometimes things can seem overwhelming, and you may feel you can't cope. You may simply just be having a bad day, or you may have an ongoing physical or mental health problem that needs support. The important thing is you do not have to cope on your own.

What's stopping you asking for help?

- You might not like asking for help.
- You may feel that you don't want to burden other people.
- You may worry about what people might think or that they could tell others.

But the truth is, people who care about you will want to help you.

You just have to ask.

How to ask for help

- Decide who is the best person to talk to.
- Who would you feel most comfortable talking to? Many of us prefer talking to family or friends, but you may prefer to talk to professionals, support groups, helplines or online discussion forums.
- What outcome do you want? Do you simply want to be listened to? Would you like more practical or emotional support?
It's okay if you don't know, but it can help to think about what you would like to achieve.
- Explain how you feel and what support you would like. The community group will then know how to help you.

It may be difficult to talk about your feelings. But "a problem shared is a problem halved" and you'll probably feel better simply talking to someone.

It's important that you are not struggling on your own.

Don't be afraid to ask for help.

RE:STORE aims to work together with local organisations, projects and social groups to help keep the community informed and connected.

Below are details of some of these:

Action on Hearing Loss	0333 240 5659	www.actiononhearingloss.org.uk
Age UK Devon - Seaton Cuppa & Chat	0333 241 2340	www.ageuk.org.uk/devon
Al-Anon - Seaton Meeting	020 7403 0888	www.al-anonuk.org.uk
Axe Vale and District Conservation Society		www.avdcs.wordpress.com
Axe Vale Canoe Club	07779 621 338	www.axevalecc.co.uk
Axe Valley Home Care Limited	0800 084 3585	www.axevalleyhomecare.co.uk
Axe Valley National Trust	0344 800 1895	
Axe Valley Pedallers	01297 22361	www.axevalleypedallers.co.uk
Axe Yacht Club	01297 20043	www.axeyachtclub.co.uk
Beer Arts Group	01297 22887	beerartsgroup@gmail.com
Beer Film Society	01297 22887	www.beerfilmsociety.org.uk
Beer Parish News - St Michael's and Village	01297 20858	www.beervillage.co.uk/parish-news
Beer Village Heritage	01297 20858	www.beervillageheritage.org.uk
Befriending Network		www.befriending.co.uk
Branoc (Branscombe) Village Hall	01297 680777	www.branochall.org.uk
Bridge Collective CIC (The)	01392 433358	www.bridgecollective.org.uk
British Heart Foundation	0300 330 3322	www.bhf.org.uk
Colyford Country Dance Club Line Dancing	07985 234 149	marina@westernspirit.co.uk
Colyford Memorial Hall	01297 553757	www.colyfordvillage.co.uk/memorial-hall
Colyton Leisure Centre	01297 552000	www.ledleisure.co.uk/our-centre/colyton-leisure-centre

Colyton Link	01297 552263	wendy.cann@mypostoffice.co.uk
Cooking for One (HALFF)	01297 631782	www.halff.org.uk
Dance Sabai	07563 920 116	www.dancesabai.co.uk
Devon & Somerset Ileostomy Association	01458 251095	devon@iasupport.org
Devon Carers Helpline	03456 434 435	www.devoncarers.org.uk/devon-groups
Dove Court Care Home	01297 22451	www.doveleighcare.co.uk/dove-court
Doveleigh Care Limited (DLC)	01297 23278	www.doveleighcare.co.uk
Elmwood Residential Home Limited	01297 552750	www.elmwoodonline.co.uk
Freedom Cafe	01297 20391	www.coastalchurch.org.uk/serving-our-communities/freedom-cafe
Friends in the Community	07812 567 243	www.seatonlof.btck.co.uk
Gemma Moore - Personal Assistant	07428 673 186	gemmalovegrove@me.com
HALFF's Heart Hub	01297 631782	www.halff.org.uk/heart-hub
JM DanceFit Fitsteps at Seaton Town Hall	07739 518 587	www.jmdancefit.co.uk
Kooth - web based confidential support service available to young people		www.kooth.com
Lyme Bay Psychotherapy & Counselling	01297 625006	www.eastwestpsychotherapyandcounselling.co.uk
Lyme Bay View	01297 22629	www.mandjcarehomes.co.uk/lyme-bay-view
Marjorie Baker House	01297 553800	enquiries@abbeyfield.com
Memory Cafe - Colyton and Colyford	07735 393 846	colymemcaf@gmail.com
Memory Cafe - Seaton	07827 813 776	www.seatonmemorycafe.co.uk
MIIND (for better mental health)	0300 123 3393	www.mind.org.uk
Netherhayes Care Home - Day Care	01297 21646	www.netherhayes.co.uk

Overington Care Ltd	01297 20336	www.overingtoncareltd.co.uk
Probus Club - Seaton and District	01297 23313	www.seatonprobus.co.uk
Rotary Club - Seaton	07973 544 879	meollier@yahoo.co.uk
Royal British Legion - Devon	01297 21517	www.counties.britishlegion.org.uk
Samaritans	116 123	www.samaritans.org
SAVE Food Hub	07855 481 751	savefoodhub@gmail.com
Seaswift House Residential Home	01297 24493	www.seaswift-house.com
Seaton Area Health Matters	07831 314 149	www.seatonhealthmatters.co.uk
Seaton and District Art Society	01297 553735	www.seatonartsociety.co.uk
Seaton & District Hospital League Of Friends	01297 20143	www.seatonlof.btck.co.uk
Seaton and District Visually Impaired Club	01297 22493	teg@uwclub.net
Seaton Fitness Centre	01297 304000	www.ledleisure.co.uk
Seaton Foodbank	07598 927 997	foodbankseaton@gmail.com
Seaton Music	01626 865030	www.seatonmusic.org
SENSE	01297 22034	www.sense.org.uk
Social Bridge Club - Colyton	01297 442960	gillbullock@hotmail.com
The Check House	01297 21858	www.cannoncarehomes.co.uk/the-check-house
The Children's Society	01297 20542	www.childrenssociety.org.uk
The Filo Project CIC - Day Care	0333 939 8225	www.thefiloproject.co.uk
The Manor House Residential Home	01297 22433	www.manorhouse-seaton.co.uk
The Seaton	01297 20882	www.southernhealthcare.co.uk
Thornfield - Day Care	01297 20039	www.cannoncarehomes.co.uk/thornfield
Walking for Health	01395 255083	www.walkingforhealth.org.uk/content/seaton-colyton
Yoga at Seaton	01297 20326	waite@relaxatseaton.co.uk

Are you able to help others?

Building on what was established with SCCG the aim is to have **10 Co-ordinators** covering the Seaton area who will work closely with the fantastic volunteers who are focused on making a positive, practical difference in the community.

Would you like to volunteer?

Volunteering can provide people with a new direction in life, opening up a range of activities and leading to increased self-esteem and self-confidence.

No matter how large or small your contribution is valuable and appreciated.

There are many ways that you could offer support:

Neighbourhood Volunteer

Working in your area to support your neighbours with a chat or basic support

- Making contact with people who are vulnerable and isolated.
- Providing practical help with food collections from local outlets.
- Assisting with pharmacy and postal collections and deliveries in the local area.
- Providing helpful assistance and guidance on information in the local community.

Virtual Volunteer

Make phone contact with local people and support online needs

- A friendly phone call, to or from, an isolated or vulnerable person.
- Assist those who have difficulty in getting online (extra training given).
- Connect the community with local services available to assist them getting online.
- Promote awareness of local activities and local social media groups offering information on the local community.

Action/Project Volunteer

Utilising your skill(s) to benefit the community and support others in need.

- Assist those most in need by helping with skilled jobs such as sewing, DIY etc.
- Share your professional knowledge and experience.
- Connect the community by providing information on local services or groups such as 'Men's Shed' etc
- As a business or tradesperson, let the community know what offers or services you can provide or assist with.

NB: The purpose is not to replace local resources or provide services 'free of charge', but to complement and collaborate with local businesses and tradespeople.

Official ‘befriender’

If you are interested in other people, are reliable and a good listener then become a befriender (extra training provided).

- Develop new relationships with isolated and vulnerable members of the community
- Help signpost and provide opportunities for participation in social activities.
- Offer effective support for families, people of all ages, people with mental ill-health, people with learning disabilities amongst many others.
- Provide companionship for isolated people.

NOTE: by supplying your information, you consent to it being shared with other volunteers, co-ordinators of this initiative and those requiring help.

Be careful to avoid giving medical or legal advice! Please do not share specific medical or legal advice – this should always be left to the professionals!

Keeping safe remains a key important message and whether you choose to volunteer or offer help to your neighbours informally, or both, it's essential that you keep safe and well, and that the safety and wellbeing of others is ensured.

Help us to help you

Many who volunteer have work and family responsibilities so please help support them by working with them and balancing your needs with their commitments.

- Please consider adapting your shopping habits to reduce frequent trips to the supermarket(s) or pharmacy
- Make a list of the things you may need, including food, household essentials and medication, in order to utilise the volunteers in the most efficient and productive manner.
- Please do not be afraid to discuss whatever concerns you might have or changes you may need to make with the person that is assisting you in order to work out a system.
- Remember all requests are kept safe and confidential, both for legal reasons around data management and also to safeguard the most vulnerable.



ID cards are issued to volunteers which are recognised by Seaton Town Council who support the initiative.

Bereavement



If you have experienced the death of someone who was important to you, you might be finding it difficult to adjust to the changes happening in your life right now. Grief can shake everything up - your beliefs, your routines, and even your sense of normality.

Bereavement is the time we spend adjusting to loss. There is no right or wrong way to feel during the bereavement period - everyone copes in their own way.

Grief, although normal, can manifest in unexpected ways. Some people get angry, some people withdraw into themselves and some people become completely numb. Sometimes, grief can trigger mental health conditions, like depression.

Talking about the loss often allows a person to adjust to their new life with all its changes - good and bad. Keeping things bottled up or denying the sadness could prolong the pain. Any loss has to be acknowledged for us to move forward.

Bereavement counselling can provide support during these very difficult times and help you cope with grief, and adjust to life without your loved one.

Some local contacts offering Bereavement/Grief services (charges may apply)

Elizabeth Beauchamp – 07952 216281

Charlotte Feeny BSc (Hons) Dip Couns MBACP - 07414 961335

Michael Friedrich MSc - 01297 625006

Dr Monika Friedrich - 01297 625006

Hansfords Funeral Service - 01297 22538

Local Church Groups (see page 20)

COVID-19



We would like to re-iterate the government and NHS Covid-19 guidelines.

Stay alert

We can all help control the virus if we all stay alert. This means you must:

Stay at home as much as possible

Work from home if you can

Limit contact with other people

Keep your distance if you go out (2 metres apart where possible)

Wash your hands regularly

Do not leave home if you or anyone in your household has symptoms.

- *a high temperature*
- *a new, continuous cough*
- *a loss of, or change to, your sense of smell or taste*

HM Government

Coronavirus

Wash your hands with soap and water more often for 20 seconds

Use a tissue to turn off the tap.
Dry hands thoroughly.

PROTECT YOURSELF & OTHERS

NHS

- 1**
Palm to palm
- 2**
The backs of hands
- 3**
In between the fingers
- 4**
The back of the fingers
- 5**
The thumbs
- 6**
The tips of the fingers

It will be compulsory to wear a face covering in shops in England from **Friday 24 July**.

- Those who fail to wear a mask will face a fine of up to £100. This will be reduced to £50 if people pay within 14 days.
- The rules will be enforced by the police, rather than shop workers.
- People won't be required to wear a covering in places where it's not practical - such as in a pub, cafe or restaurant.
- Children under 11 and those with certain disabilities will be exempt.
- Shop staff do not have to wear them, but it is "strongly recommended" in the guidance that they do.

A cloth face covering should cover your mouth and nose while allowing you to breathe comfortably.



The following outlets in Seaton are currently selling face masks:

Coastal Craft Collective (handmade)
Amber Home of Colour (bandanas now in stock)
4 Seasons (free masks for customers if required. Stock of items that can also be used)
Brogan Buzec Lifestyle (fabric)
So Sophie (pre-order via her facebook page only)
Abbotts DIY
Tower Services (Seaton) Ltd
British Red Cross
Seaton Print & Design Ltd
Co-op
Tesco
Lloyds Pharmacies

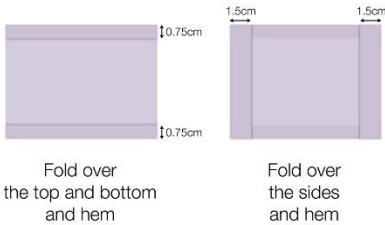
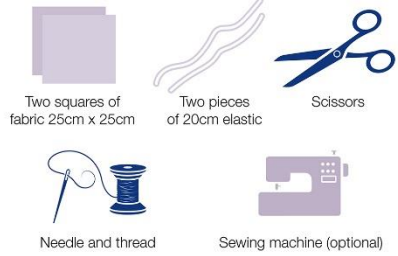
NOTE: Information accurate and correct at time of publication (Aug 2020)

A simple guide to making a face covering.

To make a simple face covering

You will need:

- two or three 25cm x 25cm squares of cotton fabric
- two 20cm pieces of elastic (or string or cloth strips)
- needle and thread
- scissors

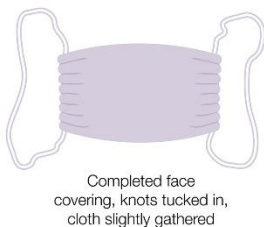
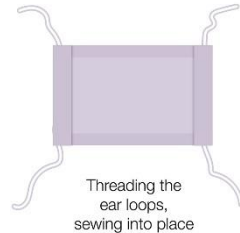


Items you need for a sewn cloth face covering

Step 1: Cut out 25cm x 25cm squares of cotton fabric. Stack the squares on top of each other.

Step 2: Fold over one side by 0.75cm and hem, then repeat on the opposite side. Make 2 channels by folding the double layer of fabric over 1.5cm along each side and stitching this down.

Step 3: Run a 20cm length of elastic (or string or cloth strip) through the wider hem on each side of the face covering. These will be the ear loops. Use a large needle to thread it through. Tie the ends tightly.



Step 4: Gently pull on the elastic so that the knots are tucked inside the hem. Gather the sides of the covering on the elastic and adjust so the covering fits your face. Then securely stitch the elastic in place to keep it from slipping. These elastic loops fit over the ears.

Face coverings should not be used by children under the age of 3 or those who may find it difficult to manage them correctly. For example, primary age children unassisted, or those with respiratory conditions.

Always take care to use equipment safely to avoid injury. Children should only follow these instructions under the supervision of adult.

Government food parcels

The Government has announced plans for the easing of restrictions for those who are shielded / extremely vulnerable.

They are sending out letters to all people who are registered as shielded / extremely vulnerable throughout East Devon.

One of the implications for this is that national Government will stop providing free food parcels to 680 shielded East Devon residents from 1 August.

The community group in Seaton (now **RE:STORE**) and the NHS Volunteer Responders Programme will continue providing support with shopping, prescriptions and essential items to those that need to self-isolate for any reason.

This includes anyone that is clinically extremely vulnerable / shielded, or anyone that is vulnerable for another reason.

Contact:

Community Support hotline on 07931 214 268

or

**NHS Volunteer Responders on 0808 196 3646 (8am to 8pm)
to access help.**

If you currently get government food boxes, you'll get your last box in the last week of July.

If you're on the supermarket priority list for food delivery slots, you'll stay on the list after 31 July.

The government has also now set up a Healthy Start programme. This helps families with young children get free food vouchers for milk, plain fresh and frozen fruit and vegetables and infant formula milk – along with free coupons for vitamins for children and pregnant women.

Please visit: **www.healthystart.nhs.uk**

Or call: **0345 607 6823**

Local grocery information

You can purchase groceries and household goods directly from local producers and retailers who are innovating and expanding their services. Supermarkets are also prioritising deliveries to those most in need, including elderly or more vulnerable people.

If you are healthy and able, and not at greater risk (such as for health reasons or due to your age), supermarkets encourage you to visit in store and leave delivery slots for people who need them most.

Information on each main supermarket offering a delivery service is available using the numbers below (call charges may apply):

Coop - 0800 0686 727

Sainsbury's - 0800 328 1700

Tesco - 0800 323 4040

Waitrose - 0800 188 884



Foodbank in Seaton

Foodbanks throughout the country are there to help those in the community who find themselves unable to buy food due to unforeseen circumstances, help is given to tide them over until they are able to support themselves and their dependants.

- Needs are assessed by professionals at aid agencies such as CAB, Job Centres, support workers, N.H.S and local Church Leaders who will issue them with a voucher.
- The Foodbank does not supply food on direct request.
- In Seaton, the Foodbank only has a distribution time once a week so aims to allocate enough food to see people through 7 days of 3 meals a day until their crisis has been sorted out.

The Foodbank opens every **Wednesday 2-4pm**

C/o Number One, 1 Harepath Road, Seaton, EX12 2RP

T: 07598 927997

E: foodbankseaton@gmail.com



We are SAVE Food Hub

A group of local volunteers working to reduce retail food waste in Seaton and the Axe Valley.

Five million tonnes of perfectly edible food is thrown away each year in the UK.

Can you help us reduce the mountain?

Here's how:

First, head to www.olioex.com, Google Play or App Store & download the Olio app.

Then check out the perfectly edible, FREE, in date food we list each day and request as much as you can use.

There's everything from potatoes to paella.

We are not a food bank, so you're not depriving anyone, and everyone can request from us because our aim is to reduce wasted food.

If you'd like to know more, please get in touch.


We'd love to hear from you.




@SeatonCommunityFoodHub (SAVE food hub)



@SAVEfoodhub1

 savefoodhub@gmail.com

 07855 481751



Take A Stand Against Scams

Consumers Lose £5-10 BILLION
to scams each year!

Don't add to this staggering figure. Take a Stand!

Top 10 Tips To Take A Stand Against Scams

- 1 **Say NO.** To unwanted, uninvited callers.
- 2 **Be wise to rogue traders.** Too good to be true offers, probably are.
- 3 **Don't feel pressured to make a decision.** Say "No", or say you need advice first.
- 4 **Be wise to postal scams.** No legal company will ask for money to claim a prize.
- 5 **Keep personal details safe.** They could be used fraudulently in the wrong hands.
- 6 **Research the credentials of the company.** Be certain they're not bogus.
- 7 **Be online savvy.** Check who you're communicating with online.
- 8 **Talk to someone you trust.** If you're suspicious.
- 9 **Report a scam.** Help expose the criminals.
- 10 **Know you are not alone.** Anyone can be a victim, report it and get the right support.



Remember if you're not
sure, get advice and
always report a scam



www.friendsagainstscams.org.uk

For advice on scams call
Citizens Advice Consumer Helpline:
0808 223 1133

To report scams contact
Action Fraud: 0300 123 2040

**NATIONAL
TRADING
STANDARDS**
Scams Team

Useful Contact Numbers:

999 – in an emergency

111 - If you need medical help fast, but it is not an emergency

101 – for police response or awareness when it is not an emergency

Seaton Town Council - 01297 21388

Devon County Council (including Social Services) - 0345 155 1007

East Devon District Council - 01395 516551

Lloyds Pharmacy - Queen St - 01297 21898

Lloyds Pharmacy - Harepath Road - 01297 20414

Beer Pharmacy - 01297 21823

Townsend House Medical Centre - 01297 20616

Seaton & Colyton Medical Practice - 01297 20877



RE:STORE
Building community together

Church/Minister Details

<i>St Gregory's Church Seaton</i>	Jeremy Trew	01297 20391	coastalbsb@icloud.com
<i>Seaton Baptist Church</i>	Ben Tucker	07771 520 311	ben@seatonbaptistchurch.co.uk
<i>Seaton Methodist Church</i>	Becky Lovatt	01297 21818	deaconbecky@outlook.com
<i>Crossroad Church</i>	Jon Sibley	01297 20226	contact@crossroad.org.uk
<i>Seaton URC</i>	Sue Carter	01297 20148	susan.carter869@gmail.com
<i>St Augustine's Catholic Church</i>	Father Anthony	01297 32135	

With the restrictions and disruptions to all our daily routine and lives during these challenging times please remember to be courteous, respectful and work together as a community and assist the essential workers.

Thank you in advance for the support and effort of everyone in the community.

If you have any comments regarding this booklet, please contact RE:STORE AXE VALLEY CIC (Community Interest Company Number 12693267), contact details on the front.

Information correct at time of production Aug 2020

