

Priorswood Community Centre News

Covid-19 Update – (3rd November 2020)

As you may know, after the Community Centre closed in March due to the Coronavirus outbreak, in June it was the subject of a deliberate fire. This has delayed the re-opening of the Centre as we have had to repair the fire damage before getting the Covid-19 measures in place. Work has been continuing behind the scenes and we were hoping to be able to open mid-November. Unfortunately, due to the new lockdown, this has once again had to be put on hold. We will keep you updated via Facebook and our website.



The window was replaced by Galmington Glass and AIS Cleaning Services gave the Centre a deep clean. L A Moore, who have been working on the North Taunton Woolaway Project, offered their help to paint the outside of the Centre.



We were very grateful to the Taunton Round Table, who donated £500 and The Rotary Club who donated £250 towards the redecoration, which together with our successful Just Giving campaign, which has so far raised £3,388, has helped make it all possible.

Lesley and some of our volunteers have made good progress on painting the inside and, once this has finished, the Covid-19 safety measures can be put in place, there will be screens for reception and hand sanitiser dispensers in place.



It's Flu Season

Flu can be very dangerous on its own but this year, with the added danger of Covid -19, it is even more important to have a flu vaccination. As well as protecting you from the flu, it will help to reduce the pressure on the NHS . The flu jab is free to anyone over 65 and to those suffering from many long term and chronic health conditions. The flu jab is available from your GP and pharmacies. Just let your pharmacist know that you are entitled to a free jab.

You cannot catch flu from the jab as the vaccine only contains dead virus. Your arm may feel a little sore and some people may feel a little unwell as their immune system reacts to the virus. It can take up to 14 days for the vaccine to work, so you are still at risk from catching flu during this time.

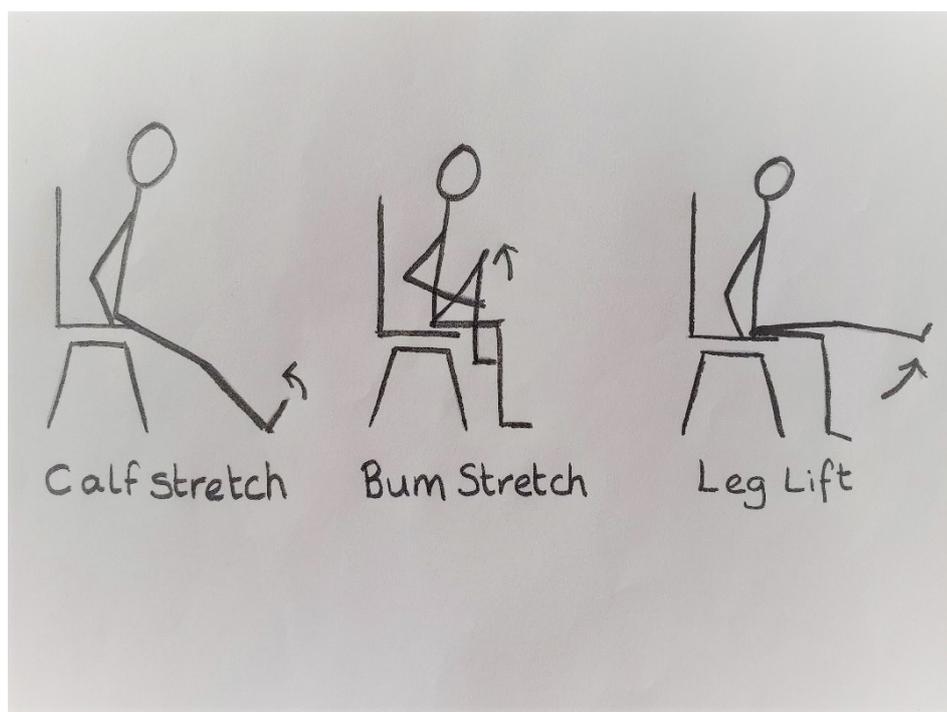
If you have an allergy to eggs make sure you tell your GP or Pharmacist so that they can give you the egg free version.

For more information on flu and getting vaccinated, see the NHS website www.nhs.uk.



Exercise Time

Paula from Zing Somerset has given us these 3 simple exercises which can be done simply at home. Paula recommends doing 3 repetitions, 3 times a day to start and gradually increase the number of repetitions as you get fitter. These exercises are great to help increase blood flow to the legs and will help with balance.



Cooking With Zing Somerset

Mini Quiche (no pastry)

EQUIPMENT: Mixing bowl, knife, chopping board, muffin tray, muffin cases



Ingredients

- 6 eggs
- 3tbsp milk
- 1tsp mixed herbs
- 80g ham
- 150g low fat cheese
- 1 onion
- 1 tomato
- Salt & pepper

Method:

1. Finely dice the onion, tomato & ham, then grate the cheese and set aside.
 2. Mix the eggs and milk together, then add the mixed herbs and seasoning.
 3. Add the vegetables, ham and cheese to the egg and milk and combine.
 4. Pour the mixture into the cases in the muffin tray and bake at gas mark 6 for approximately 20 minutes or until cooked.
- Enjoy hot or cold!

Top Tips:

Use any vegetables you prefer!
Remove the meat for a vegetarian option!

Don't Be Afraid To Get a Smart Meter



Smart meters are being rolled out around the country and should be available to everyone by the end of 2020. Installation of your smart meter is free to everyone and will be installed by your energy company.

Your smart meter will tell you how much energy you are using and will help you identify areas where you are using the most energy. It will also help energy companies manage the national energy supply better, meaning less wastage and making it easier to use greener alternatives like wind power.

There are many myths about smart meters which can make people wary of getting one,

- They do not emit harmful radiation and are completely safe.
- They do not transmit any personal information, only your energy usage.
- You can still switch energy companies, you do not have to stay with the one who installs your smart meter.
- They cannot spy on you! All they do is monitor your energy usage, they have no microphones or cameras.
- You can get a smart meter if you are in rented accommodation.

If you would like more information, ask your energy company or check out www.smartenergygb.org.



Priorswood Community Centre Groups

We know that you are all missing your weekly and monthly groups. Sadly, even when we reopen for tea and coffee, we will be unable to run the majority of the groups in the Community Centre as there simply isn't the space for social distancing.

We are looking into the possibility of running some of our groups via the Zoom platform. This might seem a little daunting if you have not used this before or you are not very confident with technology but would be a good way to keep in contact and have some fun until we can all get back to meeting in person.

Lesley would very much like to hear your thoughts on whether or not you would like to hold the groups in this way and what concerns you may have about it. Drop her an email on lesley.priorswoodcc@yahoo.co.uk to let her know.

Covid-19 and Lockdown

How has lockdown affected you? The Community Centre has been closed since March and we are interested to know what impact this has had on our members. If you are able to answer the following questions, it would be really helpful for us in our planning for re-opening and going forward to the future. It will also help when we are applying for funding.

1. What has been the thing you have missed the most while the Centre has been closed?
2. What has been the most difficult thing for you during lockdown?
3. Have you had any problems getting food and other essentials during lockdown?
4. Do you struggle with technology? Would you be able to take part in online groups or social activities?
5. Is there anything new you would like to see at the Community Centre once lockdown has finished?

If you are able to email your answers to Lesley, please send them to lesley.priorswoodcc@yahoo.co.uk. If you don't have access to email then please post your answers to:

Mrs Lesley Councill
Priorswood Community Centre
13-14 Priorswood Place
Eastwick Road
Taunton
TA2 7JW

If you are passing the Community Centre, then you can pop your answer through the letterbox as the post is collected regularly, but please stay safe.

We must keep on protecting each other.



HANDS



FACE



SPACE

STAY ALERT ▶ CONTROL THE VIRUS ▶ SAVE LIVES

As we enter lockdown again, here are some useful numbers should you need help:

Somerset County Council Covid-19 Support Line	0300 790 6275
Mindline Emotional Support Helpline	01823 276 892
Bereavement Support	01823 276 892
Somerset West & Taunton Council	0300 304 8000
SW&T Benefits Officer (Email: d.bradley@somersetwestandtaunton.gov.uk)	07464 987738
Priorswood Good Neighbours (For prescription collection, shopping or a chat)	01823 212007