



### Pull your socks up! Rangers remind walkers to be tick aware this summer

Quantock Hills AONB Rangers are reminding walkers to pull socks up, tuck trousers into socks and keep to the paths to avoid getting bitten by ticks this summer. Ticks are common in areas of long vegetation such as bracken, long grass and bilberry, they are arachnids, closely related to the spider and a fully fed tick will be 3 to 10 times larger than their unfed counterparts.

Ticks can carry disease, including (but not limited to) Lyme Disease. This is a treatable infection caused by bacterium transmitted by ticks when they bite. Not every tick carries Lyme Disease and it is important to remember that the disease is relatively rare and once diagnosed can easily be treated with antibiotics.

Quantock AONB Ranger Rebekah West says: "There are some simple precautions you can take to reduce your chances of getting bitten by a tick. Keep to paths and tracks. If passing through areas of rough vegetation it's a good idea to tuck trousers into socks. Check your clothing and exposed skin for ticks at regular intervals and again at the end of the day."

For further information download a tick information leaflet from our website [www.quantockhills.com](http://www.quantockhills.com) or call the Quantock Hills AONB Office on 01823 451884 to have a leaflet sent out to you.

## SCAMS

## Think – Be cautious – Investigate - Report

Many more people are becoming the victims of scams these days and it's getting harder to protect yourself from unscrupulous people trying to make off with your money. Scams come in lots of different forms – on the phone, in the post, through the internet or even at your front door – but a basic rule applies to all situations: if it looks too good to be true, it probably is.

Typical scams involve approaches you didn't expect, promises of big rewards in return for up-front payments or disguised requests for personal or banking details. Secrecy about their dealings is the scammer's best friend. The most vulnerable are often the elderly and those who are isolated from friends and family.

So the best advice to keep yourself safe is 'Don't be tempted!' Resist the request for an instant response, talk to someone you trust and never send cash, disclose personal details or commit yourself to 'get rich quick' schemes. If you'd like further advice or want to help stamp out this anti-social practice, please get in touch with the Citizens Advice Consumer Helpline on 03454 040506, who can log when this happens and provide you with information and advice.

Co-incidentally, I had a call from a local resident this week to say she had been targeted in just such a scam. Somebody very plausible phoned her to say that she had overpaid her Council Tax and would be entitled to a rebate. Fortunately she declined to give them any personal details and had the presence of mind to report the call.

For further information or any other enquiries, please do get in touch. I am still interested in hearing from anyone who would like to volunteer for a community car scheme, as a driver or on a steering committee. Thank you to those who have already contacted me.

Alison Hoare, Village Agent 07798 70 33 21; or email: [Alison@somsetrcc.org.uk](mailto:Alison@somsetrcc.org.uk)



**VIOLIN / PIANO JAZZ DUO**  
**COSSINGTON VILLAGE HALL**  
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