



Sole Bay Virus Help “Neighbours Together”



Update April 8th

SOLE BAY HEALTH CENTRE

We are offering telephone consultations and the clinicians will then decide who needs to come in for a face to face appointment, providing they are not showing any signs of coronavirus. **No patient should be walking in if they have not been asked to attend**, but we are obviously still calling in certain groups for specific treatments. We will also be offering this ‘normal’ service over the bank holiday Friday and Monday. We have been undertaking more care in people’s homes as people socially distance themselves.

QUEEN STREET PHARMACY

At the moment we are open our normal hours, apart from Saturday when we close at **4pm**.

If people wish to phone in their requests we are happy to accept them and for most people this will probably be the preferred option. We are able to deliver medication to anyone who normally collects from the pharmacy.

HOWELL AND JOLLEY AT SBHC

The pharmacy is **staffed** from 8.30 to 18.00 Monday to Friday, Saturday 9.00 to 17.00 and opened weekdays to the public from **9.00 to 12.00** then **14.00 to 17.00** Saturday **9.00 to 13.00** then **14.00 to 16.00**. We will be open on Good Friday and Easter Monday but as yet we are unsure the exact times. We will deliver any prescriptions that people request and we are putting them on automatic delivery again if requested.

Stuck with your Council Green Bin?

Bunty will empty it for £12.50, or £35 for the year, (£8 cheaper than East Suffolk Council!)
07931845138 david.burrows@solebaywaste.co.uk



VOLUNTARY HELP CENTRE -Sarah Britten

It is very quiet. but telephone befriending has increased. We are pretty sure it's because people have got themselves sorted with friends and neighbours and people are looking out for each other before being called upon. The James Paget Hospital is cancelling out-patient appointments.

POLICE from: PCSO Ben Hedley-Lewis

Thank you for adhering to the governments guidance during this unprecedented time. The community has well and truly come together. I would like to remind you I am undertaking both visible foot patrols and driving around the town, as are my colleagues. Please say hello through the window or grab our attention if you need help.

Southwold Town Council has created a food storage area for non-perishable goods. James Scott of Prandium is thanked for making three fridges available. Once the current situation improves, items that are left over will be distributed to local food banks - Cllr Simon Tobin.

Contact the Town Hall **01502 722576** for help

Mobile 07572812124. Email admin@southwoldtowncouncil.com

Parents - make sure you get the kids to A&E early enough.

FOR PARENTS

A SPECIAL COVID MESSAGE

When your child is ill or injured it is very difficult to decide if/when to call your child's GP, NHS 111 or go the Accident and Emergency Department (A&E). During the current situation and while the government is asking everyone to stay at home, it can be confusing to know what to do. Here is some guidance:



FOR ADVICE ON COVID-19 AND CHILDHOOD ILLNESSES/INJURIES VISIT WWW.NHS.UK

Designed by primary and secondary care clinicians from Barts Health & North-East London STP

YOU SHOULD GO TO A&E AND/OR CALL 999 IMMEDIATELY IF

APPEARANCE

- ▶ Pale/mottled/ashen/blue colour
- ▶ Collapsed/unresponsive/loss of consciousness
- ▶ No obvious pulse or heartbeat
- ▶ Severe allergic reaction

BEHAVIOUR

- ▶ Extreme irritability/pain/sleepiness (can be woken but falls asleep immediately)
- ▶ Seizure/jerking movements/fit

BREATHING

- ▶ Sucking in and out between ribs
- ▶ Flaring nostrils
- ▶ Extremely fast breathing
- ▶ Noisy breathing

OTHER

- ▶ Bleeding from an injury, that doesn't stop after 10 minutes of pressure

YOU SHOULD GO TO A&E IF

APPEARANCE

- ▶ Dizziness/feeling faint
- ▶ Rash that does not fade when you press it

BEHAVIOUR

- ▶ Severe constant tummy pain

OTHER

- ▶ Burn
- ▶ Possible broken bone

OTHER

- ▶ Swallowed foreign objects (especially magnets/batteries)
- ▶ Temperature higher than 38°C in a baby younger than three months old
- ▶ Your child has special health care needs and you have a plan that tells you to go to A&E
- ▶ Feels abnormally cold to touch
- ▶ Expressing suicidal/significant selfharm thoughts

YOU SHOULD CALL YOUR GP IF

APPEARANCE

- ▶ Mild/mod allergic reaction (known or suspected)
- ▶ New rash that fades when you press on it

BEHAVIOUR

- ▶ Mild irritability/sleepier than normal
- ▶ Severe tummy pain that comes and goes
- ▶ Vomiting and diarrhoea
- ▶ Not passed urine for more than 12 hours

BREATHING

- ▶ Wheezing/fast breathing

OTHER

- ▶ Temperature >39°C (age 3-12 months)
- ▶ Temperature over 38°C for more than 7 days
- ▶ Accidental overdose of medication or other substances
- ▶ Ear pain for more than 2 days
- ▶ Emotional distress, that can't be reassured

YOU SHOULD CHECK WITH 111 OR YOUR COMMUNITY PHARMACIST IF

APPEARANCE

- ▶ Pink eyes/red eyes

BEHAVIOUR

- ▶ Ear pain for less than 2 days
- ▶ Mild tummy pain that comes and goes

BREATHING

- ▶ Cough
- ▶ Runny nose

OTHER

- ▶ Temperature over 38°C for less than 7 days

UPDATE FROM COMMUNITY PARTNERSHIPS THROUGHOUT SUFFOLK

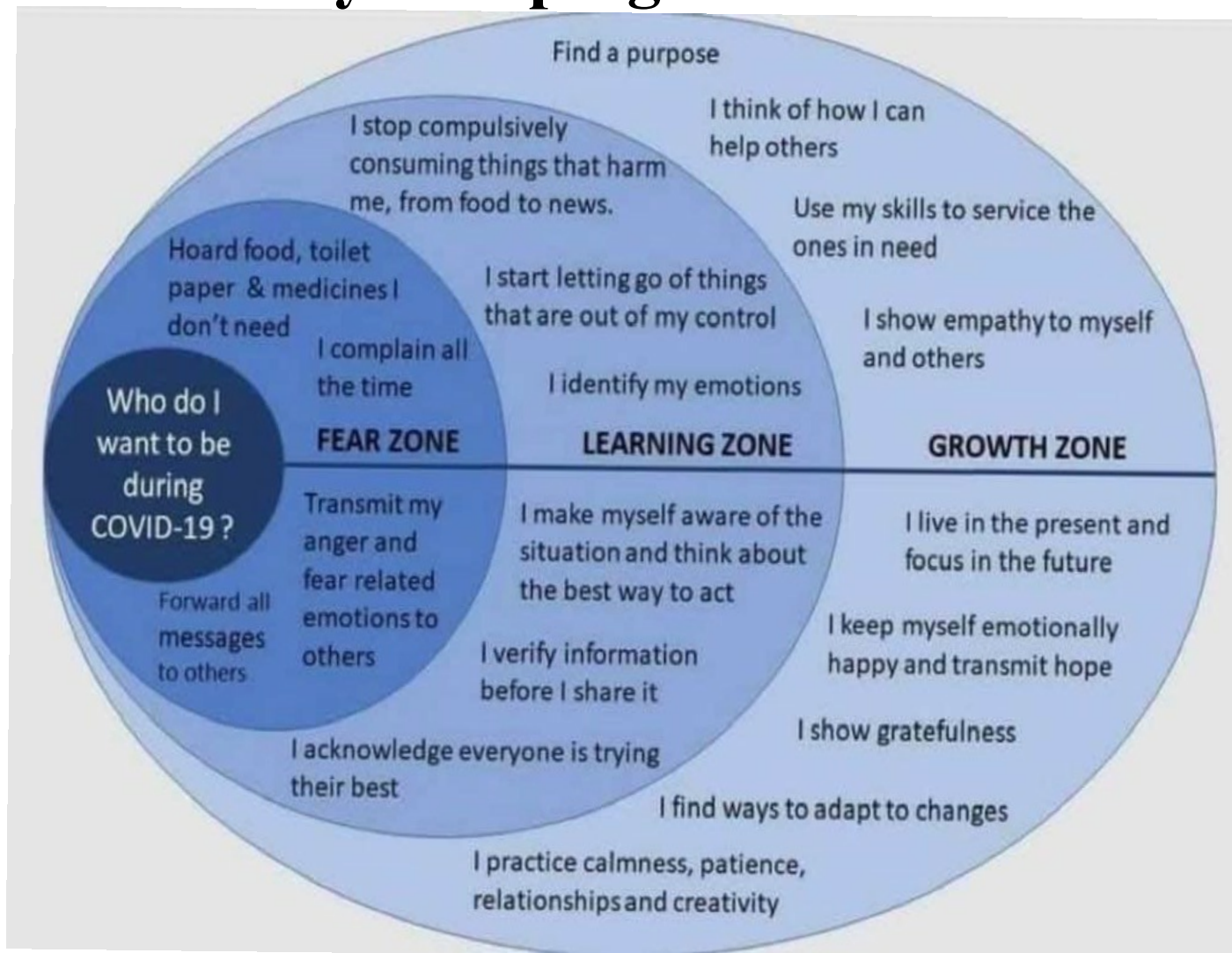
The Collaborative Communities COVID-19 Board is intended to bolster and support existing neighbourhood networks, whilst also bringing an element of coordination and structure to some of that volunteering. We have been asked by the Government to join-up arrangements across Suffolk and connect them to national and local offers of support in order to avoid situations where individuals find themselves in desperate need of help or left without care and support. Please think of us as a safety-net behind the army of volunteers already working in our communities.

We have launched the Tribe Volunteer App which enables individuals, charities, town and parish councils, community and religious groups to register their details on the app and support the co-ordination of local need and volunteers. There is also a free phonenumber which is staffed daily by councils and is targeted at vulnerable members of our communities to call for help and support. The telephone number is freephone 0800 876 6926 and will be staffed from 09:00 to 17:00, seven days a week. This phonenumber and the Tribe Volunteer app are part of the Home, But Not Alone brand.

Last week, central Government wrote to nearly one million people who were identified by the NHS as being clinically vulnerable to COVID-19, referred to as the 'shielding' approach. The Government asked these people to call or register any needs that cannot be met by family, friends or neighbours online and request a regular food parcel to be delivered directly by food companies organised by Government.

Further information at www.suffolk.gov.uk/coronavirus and please continue to follow Government guidelines – **Stay home. Protect the NHS. Save Lives.**

How are you coping with Lockdown?



Please only use these deliveries if you cannot get to the shops

because you are self isolating or shielded, and please don't change the order

	Opening Times	Deliver To Your Door	Phone Number
Barbrooks Stores	Mon - Fri 7-11, 4-6pm Sat & Sun 7am - 1pm.	Mon - Fri	01502 722152 shop@barbrooks.co.uk
Black Olive Delicatessen	Mon-Sat 9am-1pm		01502 722312
Boydens Stores	Daily 7.30am - 6pm		01502 723573
Chapmans Newsagents	Daily 6.45am - 11am	Yes	01502 722388
Cleveleys Meat Boxes (£45 or £47)	Mon to Fri, not Easter Mon	yes	01986728241 www.cleveleyfoods.co.uk
Co-op	Daily 7am-8pm		
Café 51 (home baked ready meals)	Daily	Yes	07980606534 info@51-fiftyone.co.uk
Farmhouse Bakery	Mon/Sat 7.30am - 1.30pm. Sun 9am - 1pm	Yes	01502 722665
Fisherman & Friends (Animal Food)	Mon to Sat 9am - 1pm	Yes	01502 722085 (Free Deliveries 07717758935)
Flunder Wines	Daily Free Delivery	Yes	07885458330 luke@flunderwines.com
Little Fish Shop Fish & Chips	Easter Fri to Mon		01502 218120
Little Gems Greengrocer	M/Tu/Th/F/Sat 8 - 12noon	Yes	01502 722329 mattyb8@hotmail.co.uk
Mill & Sons Butcher	M/Tu/W/F/Sat 7.30- 5pm	Yes	01502 722104 millsandsonssouthwold@gmail.com
Mumfords Hardware Store	M/W/Thur 9am - 12noon		01502 723116
Observatory Opticians	Closed Emergency No.		01502 713370 southwold@observatory.co.uk
Post Office	Mon & Wed 10am -1pm		01502 723188 Southold Post Office on facebook
The first 30 minutes, 10 to 10.30, at the PO is reserved for the elderly and vulnerable, please - so they don't have to queue too long in the street.			
Queen Street Pharmacy	Mon to Sat 9am - 5.30pm	Yes	01502 722362 queenstreetpharmacy@aah-n3.co.uk
Randolph Hotel (Food Provision only)	Daily Free Delivery	Yes	01502 723603 reception@therandolph.co.uk
Reydon Garage	Mon - Fri 8.30am - 5pm		01502 722822 or 07553570831
Reydon Pharmacy	Mon-Fri 9am -12, 2-5pm Sat 9am-1pm, 2pm-4pm.	2x daily	01502 726088 dispensary@reydonpharmacy.co.uk Tues/Thurs to Wangford
Samantha K (wetfish only)	Daily 8am to 4pm		
Sole Bay Fish Harbour (wetfish only)	Daily 8am - 4pm		01502 724241
Southwold Auto Services	Mon-Sat 8am - 4pm	Mobile	01502 723140 07788427804 Will Collect vehicles
Southwold Golf Club (Meals on Wheels)	Mon/Wed/Fri/Sat/Sun	12 -2pm	07754096008 or 07917103204
Sweeties St James Green(Easter Eggs)	Daily from Beccles Shop	Daily £3/drop	07796264345 vanessakisby@btinternet.com
Tesco	8am - 10pm		
The Suffolk Cellar	Daily	Yes	01502 473473 contact@suffolkcellar.com
Two Magpie Bakery	Tu/W/ Th/ F 10 -11am	shop only	01986 784370 twomagpiesbakery.co.uk/order-delivery
Wangford Farm Shop	MTWTF 9 -1pm, Sat 9-5pm	Yes	01502 578246 rj.miller@btinternet.com
Market Traders			
All Pets (pet essentials)			01502 562609 or 07759041785
Crystal Waters (Fish)			0771 2659325
Robert Beevor (Plants/Fruit/ Veg)	Daily	Yes	01508 548306 or 07500044812 www.hillfieldnursery.co.uk
Wood stall			0789 0280052

SOLE BAY CHURCHES - A TEAM MESSAGE

At Easter, the risen Christ says to each of us today, 'Do not be afraid'. As we look for the dawn when the pandemic is past let us hold on to hope and faith that the new world order will be better than the one we have left behind. *'Every Storm runs out of rain'*. Please feel free to contact us, even if you would just like a friendly chat or let us know of anyone you know who could do with our support at this time.

Rev Alan Perry 01502 453624. Email adperry64@gmail.com. **Rev Simon Pitcher** Tel: 01502 725424. Email revsimon63@gmail.com

UNITED REFORMED CHURCH In 2020 we will have to remember and celebrate Easter in a different way, but that does not change its great truth: that Jesus lived a fully human life, and yet he gave up that life sacrificially for you and me. He knows what it is to suffer and to come out of that suffering with the world a better place – I hope and pray that is similarly true for us all when this pandemic is over. **Rev Charles Croll**

Two Prayers from Rev Simon Pitcher

Lord Jesus Christ,
you taught us to love our neighbour,
and to care for those in need
as if we were caring for you.
In this time of anxiety, give us strength
to comfort the fearful, to tend the sick,
and to assure the isolated
of our love, and your love,
for your name's sake. **Amen**

God of compassion,
be close to those who are ill, afraid or in isolation.

In their loneliness, be their consolation;
in their anxiety, be their hope;
in their darkness, be their light;
through him who suffered alone on the cross,
but reigns with you in glory,
Jesus Christ our Lord. **Amen.**