



Community Information for Southwold and Reydon

**Keep your social distance
at least 2 Metres
(6 feet)**

STAY SAFE IN ISOLATION

For Help and Information

Contact;

Southwold Town Council

01502 722576

07572 812124 – mobile

admin@southwoldtowncouncil.com

**Your Councils are actively
engaged in supporting the
community.**

East Suffolk Council Cllr David Beavan	07932 323 467
Suffolk County Council Cllr Michael Ladd	07714 597 994
Community Emergency Group Cllr Simon Tobin	07584 411 875

National Government Initiatives will also be communicated to local councils for them to onwardly inform their residents.

This publication is correct as of 23 March 2020

compiled by local councillors and printed by Southwold Press

A JOINT MESSAGE FROM YOUR LOCAL COUNCILS

AT RISK MEMBERS OF OUR LOCAL RESIDENTIAL COMMUNITY

Southwold and Reydon Councils' are developing an action plan designed to bring together the communities and offer each person at risk, who have to self-isolate, a communication lifeline. Social isolation is one thing to address, but so is social distancing as a means of reducing the spread of the Covid-19 virus.

Many local businesses have kindly offered to deliver orders to those unable to leave home. The list of participating stores (**see page 9**) is expected to increase and will be updated, regularly, on the Reydon Parish Council and Southwold Town Council websites, or by phoning Southwold Town Council on **01502 722576**.

www.reydon.onesuffolk.net/about-reydon/parish-council/

www.southwoldtown.com

The important point to note is that the capacity of any intervention has limitations and while all providers will be attempting to communicate, one with the other, the onus will be on everyone to be patient, considerate and tolerant of the attempts being made to address individual needs.

Any community is stronger when united in pursuit of the common good. We are in unprecedented times, with uncertainty and challenges ahead, but such a time brings forth opportunities and people will come together to help and do amazing things.

LET US ALL SUPPORT AND UNDERSTAND EACH OTHERS' NEEDS AND SEEK TO HELP, AS BEST WE CAN.

From the Sole Bay Health Centre

On March 19th 2020 we received further details of the NHS next steps for the General Practice response to COVID 19. However, it is likely that this guidance will be superseded by the time this has gone to print.

Below we will describe the service delivery consequences for general practice and the further steps we are taking to manage the workload consequences.

Responding to COVID-19 is already necessitating major immediate changes to how we work to ensure patients and staff continue to stay safe:

- **We have changed to a total telephone triage system, where the GP or Nurse Practitioner will determine if a face to face follow-up consultation is appropriate;**
- We are being advised that we may need to prepare for a significant increase in home visiting as a result of social distancing and home isolation;
- We will be prioritising support for particular groups of patients at high risk. Next week we understand the NHS will be writing directly to all patients in this category and you will receive further advice shortly;
- Members of the public who are not registered with the practice should contact their own surgery for health advice to avoid the risk of overwhelming local services.

Current advice and guidance on Coronavirus from Public Health England is as follows:

For most people, coronavirus (COVID-19) will be a mild illness.

The most common symptoms of coronavirus (COVID-19) are recent onset of:

- new continuous cough and/or
- high temperature

If you have coronavirus symptoms:

- **do not go to a GP surgery, pharmacy or hospital**
- you do not need to contact 111 to tell them you're staying at home
- testing for coronavirus is not needed if you're staying at home
- plan ahead and ask others for help to ensure that you can successfully stay at home and consider what can be done for vulnerable people in the household

Stay at home: guidance for households with possible coronavirus (COVID-19) infection:

- if you live alone and you have symptoms of coronavirus illness (COVID-19), however mild, stay at home for **7 days** from when your symptoms started.
- if you live with others and you are the first in the household to have symptoms of coronavirus, then you must stay at home for 7 days, but all other household members who remain well must stay at home and not leave the house for **14 days**. The 14-day period starts from the day when the first person in the house became ill.
- for anyone else in the household who starts displaying symptoms, they need to stay at home for 7 days from when the symptoms appeared, regardless of what day they are on in the original 14 day isolation period.
- it is likely that people living within a household will infect each other or be infected already. Staying at home for 14 days will greatly reduce the overall amount of infection the household could pass on to others in the community
- if you can, move any vulnerable individuals (such as the elderly and those with underlying health conditions) out of your home, to stay with friends or family for the duration of the home isolation period
- if you cannot move vulnerable people out of your home, stay away from them as much as possible

For up to date advice please go to the following website address:

<https://www.nhs.uk/conditions/coronavirus-covid-19/>

19th March 2020

LOCAL VOLUNTEER GROUP

Local people have set up the Sole Bay Virus Help facebook group to help people who are self-isolating. In the first day, 150 joined to offer their services. We are organising a network to cover Southwold and Reydon. We want to “buddy up” people in need with a group of local volunteers, who will look after them, so that they need only to make contact once.

This is a community organisation. We don't ask for anything in return. Just people offering to help each other.

You can join

1. on facebook -
www.facebook.com/groups/716150402122770/
2. Complete a “I'd like to Volunteer” form, along with the consent page, and drop it in the letter box of the Town Hall. (See page 7 and 8).
3. Email the form to **admin@southwoldtowncouncil.com**
4. Text David Beavan 07932 323467 or email: David.Beavan@eastsoffolk.gov.uk Volunteers will never make contact without prior arrangement. My contact details can be verified on the East Suffolk website.

Also keep in touch on

Nextdoor -

https://nextdoor.co.uk/news_feed/

Southwold reydon chit chat -

<https://www.facebook.com/groups/2277347095922812/>

Southwold and Reydon Society facebook -

<https://www.facebook.com/groups/288571961971164/>



Church Services during the Coronavirus Pandemic

Following advice from HM Government on the need to protect our own health through social isolation, the Archbishop of Canterbury has advised that all Church Services on Sundays and Mid Week be cancelled until further notice.

Our churches will remain open every day as places for individual prayer

Weddings and funerals may continue but we are advised to have a minimum congregation with family only.

**We do not want anyone to feel alone or isolated.
Please feel welcome to contact**

We hope to provide some worship material each week via e mail, with printed copies available for people to collect and deliver from your parish church.

Rev Simon 01502 725424 revsimon63@gmail.com

Rev Alan 01502 453624 adperry64@gmail.com

Please return either Form A or B to:

Southwold Town Hall, Market Place, Southwold IP18 6EF. Tel: 01502 722576

Form A

I'd like to Volunteer

Name: Age:

Address:

Phone Number:

Email address:

***Only give details you consent to us holding. Please sign consent form on reverse.**

I can help with the following:

- Shopping
 - Driving
 - Telephone befriending
 - Any specialist skills e.g. first aid trained, trained nurse/carer/DBS checked?
 - Collecting medication
 - Dog walking
 - Other
-

Form B

I'd like some help

Name: Age:

Address:

Phone Number:

Email address:

***Only give details you consent to us holding. Please sign consent form on reverse.**

I need help with the following:

- Shopping
- Accessing medical appointments
- Telephone befriending
- I am/am not self-isolating
- Collecting medication
- Dog walking
- Other

CONSENT FORM

Form A

Volunteer Consent Form

Your privacy is important to us, and we want to communicate with you in a way which has your consent, and which is in line with UK law on data protection. **By signing this form you are confirming that Southwold Town Council are holding and processing your personal data by the means indicated overleaf. We need permission for your details to be passed onto other groups such as the Voluntary Help Centre/Sole Bay Virus Help Group as we will just be collecting the requests for help etc., and passing the details on.** Southwold Town Council will co-ordinate help required/offered with the VHC and Sole Bay Virus Help Group.

Signature:

Date:

You can withdraw your consent at any time.

Form B

I Need Help Consent Form

Your privacy is important to us, and we want to communicate with you in a way which has your consent, and which is in line with UK law on data protection. **By signing this form you are confirming that Southwold Town Council are holding and processing your personal data by the means indicated overleaf. We need permission for your details to be passed onto other groups such as the Voluntary Help Centre/Sole Bay Virus Help Group as we will just be collecting the requests for help etc., and passing the details on.** Southwold Town Council will co-ordinate help required/offered with the VHC and Sole Bay Virus Help Group.

Signature:

Date:

You can withdraw your consent at any time.

**OUTSIDE? IN A SHOP?
TAKING DELIVERIES?
KEEP TWO
METRES SOCIAL
DISTANCE.**

**DON'T GO
OUT UNLESS
ESSENTIAL.**





We have Ben our PCSO who will be patrolling Southwold. If you have any concerns talk to him or Phone 101 or 999 in an emergency.

KEY WEBSITES AND INFORMATION NUMBERS

Voluntary Help Centre 01502 724549

Reydon Parish Council 01502 675739 Email: reydon.pc@gmail.com

Southwold Town Council 01502 722576

Police - PCSO Ben Hedley-Lewis is the dedicated PCSO for Southwold. Please speak to him when he is on patrol in the community or if you would prefer to call, please dial 101. In an emergency dial 999.

Police Emergencies - 999

Sole Bay Health Care 01502 722326 / Sole Bay Care Fund www.solebayhealthcentre.co.uk

Rev Simon Pitcher - 01502 725424 / Rev Alan Perry - 01502 453624

Harbour master - 724712

Coronavirus medical assistance number 111

Let people know if they are entitled to sick pay or Universal Credit? - CAB advice

Information about coronavirus and claiming benefits, including Universal Credit. What you should do if you're claiming benefits and need to stay at home.

Hard times? Need help getting Universal Credit. I can help.

www.understandinguniversalcredit.gov.uk

www.gov.uk/government/publications/covid-19-stay-at-home-guidance/stay-at-home-guidance-for-households-with-possible-coronavirus-covid-19-infection

www.gov.uk/guidance/travel-advice-novel-coronavirus

www.nhs.uk/conditions/coronavirus-covid-19

111.nhs.uk/service/covid-19

www.gov.uk/government/publications/covid-19-guidance-on-social-distancing-and-for-vulnerable-people

SHOUT OUT CRIST TEXT LINE

* NOT FOR MEDICAL ADVICE*

For anyone struggling with their mental health in isolation or suffering from anxiety or worry. Please text **SHOUT** to **85258**.

Shout offer free 24/7 textline support for those feeling in crisis.

WE'RE ALL IN THIS TOGETHER.

PLEASE COULD YOU PUT THE POSTER ON
THE NEXT PAGE IN YOUR WINDOW/GATE

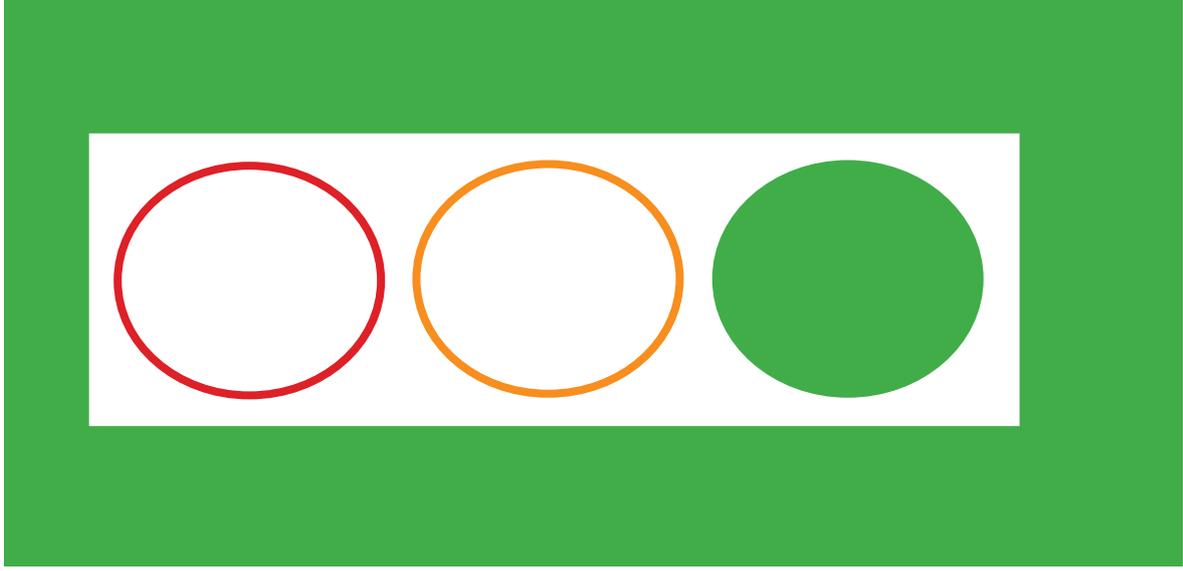
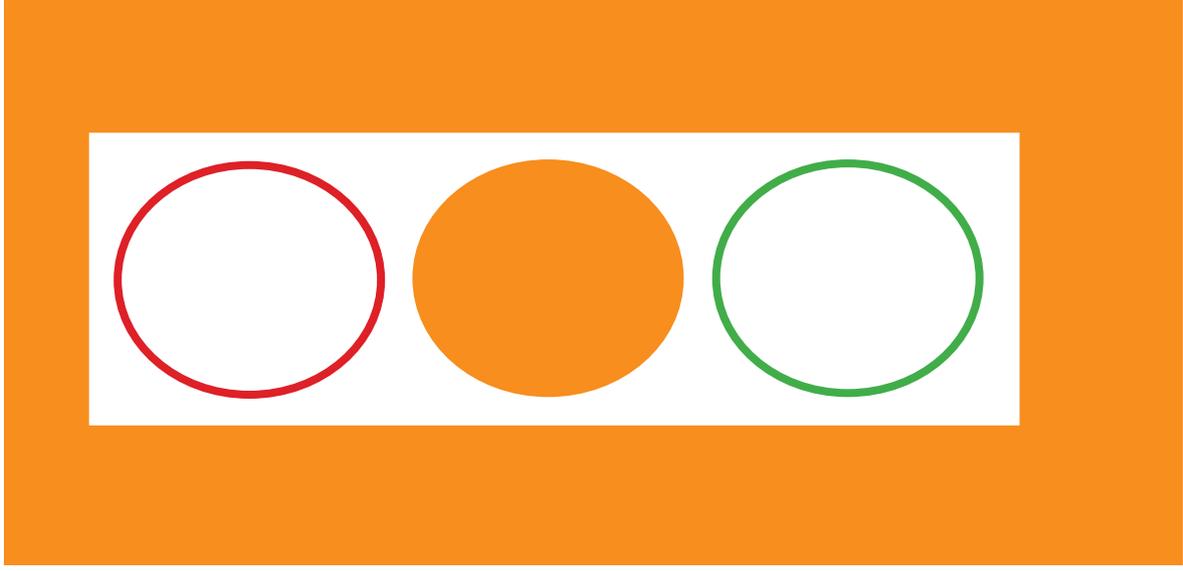
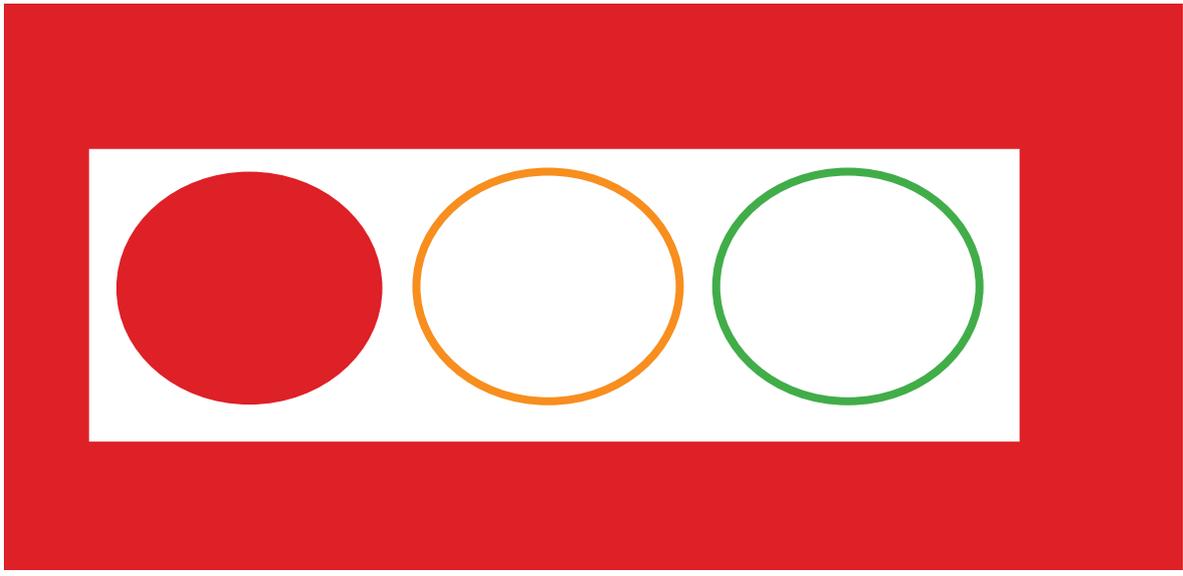


Local Businesses who have advised us that they are offering extra help at this time (Note: some are able to take orders by phone and offer deliveries):

Barbrooks General Stores	01502 722152
Black Olive Delicatessen	01502 722312
Boydens General Stores	01502 723573
Chapmans - <i>Papers/cards/stamps</i>	01502 722388
Clancys General Store	01502 722170
Cornish Bakery	07834549273
Denny of Southwold	01502 722372 or 07581037821
Farmhouse Bakery	01502 722665
Fifty One – <i>Hot & cold food & drinks</i>	01502 726157
Fisherman & Friends - <i>Pet essentials</i>	01502 722085 or 07717758935
Howells & Jolley - <i>Chemist</i>	01502 722370
Hughes Electrical	01502 723602
Little Fish & Chip Shop	01502 218120
Little Gems - <i>Greengrocers</i>	01502 722329 or 07742419701
Mills & Sons - <i>Butchers</i>	
Mumfords – <i>Hardware store</i>	01502 723116
Observatory Opticians	01502 723291
Post Office	01502 723188
Prandium of Southwold – <i>Private chef service</i>	07746 638299
Putting Green – <i>Cold food & drinks</i>	07708 840454
Queen Street Pharmacy	01502 722362
Randolph Hotel Reydon – <i>Food provisions</i>	01502 723603
Reydon Pharmacy	01502 726088
Slate - <i>Cheese/provisions & ready meals</i>	01502 724318
Sole Bay Fish Company – <i>Hot & cold food & wet fish</i>	01502 724241
Southwold Auto Services	01502 723140 or 07788427804
Southwold Books	01502 722873
Southwold Golf Club – <i>Home cooked hot meals</i>	07754096008 or 07917103204
Southwold Pier – <i>Food takeaway</i>	01502 722105
Squires – <i>Food takeaway</i>	01502 725635
Tiptree Tearooms – <i>Hot & cold food & drinks</i>	01502 726017
Two Magpies Bakery – <i>Bread orders for 1kg sourdough loaf or 800g wholemeal tin loaf - quote 'community' when ordering</i>	01986 784370
Wine deliveries	07885458330
 <i>Market Traders:</i>	
All Pets - <i>Pet essentials</i>	01502 562609 or 07759041785
Crystal Waters – <i>Wet fish</i>	07712659325
Robert Beevor - <i>Plants/fruit/veg</i>	07500044812
Wood stall - <i>Firewood</i>	07890280052

TO CUT OUT AND BE DISPLAYED CLEARLY IN A FRONT WINDOW

Note to community:- Please use these if you want to



IF YOU SEE THESE NOTICES, PLEASE TAKE ACTION

GREEN - OKAY, THANKS **AMBER - PLEASE STOP FOR A CHAT THROUGH WINDOW** **RED - SELF ISOLATING**