

Sole Bay Virus Help Facebook Group



1. **Supporting others:** such as friends, older neighbours and family members who might be at risk, isolated, vulnerable or lacking information
2. **Being socially responsible:** not panic buying, helping to make sure there's enough of everything to go around, not spreading misinformation and unofficial advice, and showing kindness and compassion in all my interactions (on and offline)
3. **Saying "thank you":** showing gratitude to others who take action to help keep us well and safe

The Sole Bay Virus Help Facebook Group now has 400 members.

We have just delivered this and all the other leaflets to you with our network which covers every street in Southwold and Reydon, and beyond.

We have been busy shopping for people who should stay at home, delivering their medicines, clearing gardens, delivering fish and chips to care homes, arranging phone friends, delivering food parcels ... and so on.

But we still have plenty of energy to help our community, which is why we offered to deliver the food parcels for the council to high risk shielded patients. Sadly, they felt that their centralised system with an app and van drivers was better. But they have been a disaster. We have been collecting parcels for people who have been forgotten, and collecting unwanted parcels, that people can't cancel without losing their supermarket deliveries because 'the computer says no'!

We have again offered to help with the new test, track and trace system that will be key to controlling the virus so we can further release the lockdown over the summer. Will they have another app that does not work? Will they use call centres instead of real humans? When will government realise that their greatest resource is us, the people?

As neighbours we can support the personal, sustainable and effective social care that we have been missing for so long. *Cllr David Beavan*

Nobody need go hungry!



Every Friday morning local councillors, vicars, charities and businesses meet by Zoom to coordinate our local response..

The VHC, Sole Bay Care Fund, Southwold Town Council and Reydon Parish Council are working together to ensure local people have access to fresh and store cupboard food.

If you are self-employed and out of work, waiting for tax credits, or are unsure when you will be paid and are struggling to buy food please call the VHC on **01502 724549**.

"There is a food drop off point situated at the CO-OP, Southwold and you can drop food off from any outlet there and it will be collected and put into the Foodbank. A big thank you is given to the CO-OP for this service and the people who have contributed to it to date. Your situation will be supported in strict confidence quickly if you require this service. Thank you," Cllr Simon Tobin.

Watch out for Scams. The churches will not be doorstep collecting for Christian Aid this week because of the emergency. Anybody who does is a scammer.. *"One thing is becoming clear - criminals are poised to exploit an increasingly vulnerable and nervous population", says the Mayor.*

We are in for a long haul. Make sure you get the government help available with rents, council tax, furloughed wages, universal credit, mortgages, business grants and loans, etc. Email or phone me if you need help finding out what is available. *Cllr David Beavan - 01502724904, davidbeavan@live.com*



The new rules:

STAY ALERT

- You can exercise outside as many times and as long as you want.
- You can meet a person not in your household, one at a time, at least two metres apart, outside and away from your home.
- You can play non contact games like tennis and golf with household members.
- People who can't work from home are being encouraged to go back to work as long as it is safe, and social distancing is possible.
- Stop the spread by covering your mouth in enclosed public spaces like shops.
- Day trippers are allowed to come to the seaside, but must go home at night.
- Garden centres can open, but other non-essential shops must stay shut for now. Pubs, restaurants and hotels are even further off opening.

You still have to:

STAY HOME OR APART

- Keep two metres away from everybody outside your household.
- Self isolate if you or anybody in your household has symptoms.
- Wash hands, clean surfaces and wear gloves where appropriate.

The road map

If the number of deaths keep falling, families from different households may be able to meet and we could see schools and non-essential shops opening in June.



THE SCIENCE BEHIND THE RULES

Using our Common Sense

These new rules are a lot looser and we will have to use our own judgement to interpret them. For that we need the science.

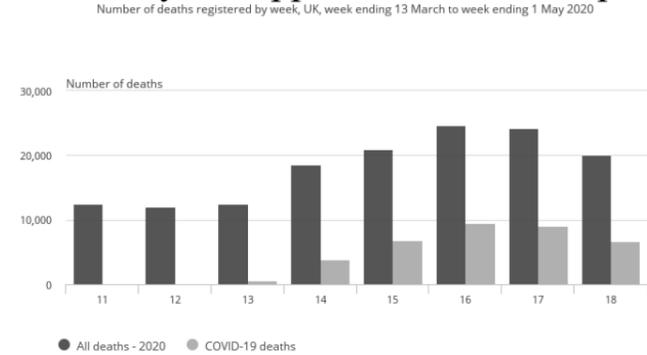
What we know so far

- Keeping two metres apart. Covid is mainly spread by airborne cough/sneeze droplets which usually fall to the ground within 2 metres.
- Face coverings. Non-specialist masks are designed to stop you infecting others. They will not protect you.
- Just like fire smoke which is worse indoors, viruses will dissipate in the outside air, massively reducing the risks.
- Keep conversations with people not in your household down to 15 minutes - Public Health, England. Basically the more people you speak to, the longer you speak and the closer you are, the greater the risk of cross contamination.
- Keep washing your hands especially after touching infected surfaces. The virus has a fat coating which is dissolved by simple soap and water.
- The most common symptoms are a recent new continuous cough and/or high temperature. If you have these symptoms, however mild, stay at home and do not leave your house for 7 days (if you live alone), or 14 days (if you live with someone who has symptoms). You do not need to call NHS 111 to go into self-isolation. If your symptoms worsen or are no better after 7 days, contact NHS 111.

The Facts

All this data is supplied by the Office for National Statistics - www.ons.gov.uk

Nationally, we appear to be over the peak

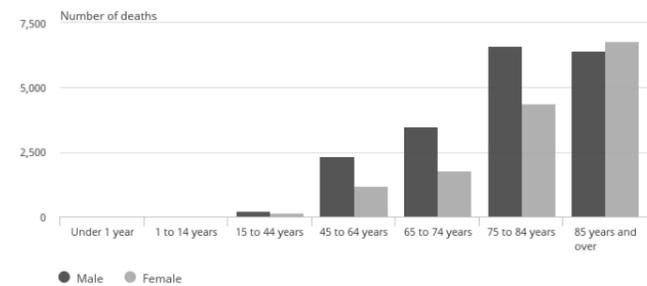


And East Suffolk has had only 19 deaths per 100,000 people compared to 85 in London (127 for Hackney). However Covid deaths are only counted if they are tested.

So far this year, in East Suffolk, 575 people have died in hospital, 377 in care homes and 353 at home.

Up to April 24, there were an extra 10,000 deaths in care homes nationally, three times normal.

The elderly are much more likely to be affected, as are men up to a point.



But until we can start testing 200,000 people a day we will not know enough to start really hunting this virus down.

	Southwold and Reydon Opening Times	Deliver To Your Door	Local Business Update	Phone Number
Barbrooks Stores	Mon - Fri 7-1, 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 - 12 noon	Yes	01502 722388	
Cleveys Meat Boxes (£45 or £47)	Mon to Fri	Yes	019866728241 www.cleveyfoods.co.uk	
Co-op	Daily 7am-8pm			
Co-op have a one out one in policy. Reserved for vulnerable/elderly people between 8-9am weekdays, 9-10 am Sundays				
Café 51 (Home baked ready meals)	Fri/Sat 5-8pm	Yes	07980606534 info@51-fiftyone.co.uk	
Enzo's Pizzeria	Mon/Sat 7.30am - 1.30pm.	Collect at Restaurant	01502 725050 enzopizzeria.co.uk	
Farmhouse Bakery	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	
The Little Fish and Chip Shop	Fri/Sat 4-8pm	Collect at Shop	Pre-order 01502 218120	
Little Gems Greengrocer	Daily 8 - 2pm	Yes	01502 722329 maty8@hotmail.co.uk	
Mantins Solicitors	Daily	Yes	01502 724750 enquiries@mantins.co.uk	
Mill & Sons Butcher	M/Tu/W/F/Sat 8.00- 5pm	Next day	01502 722104 millsandsonssouthwold@gmail.com	
Morrisons Supermarket Food Box for 1 Daily	M/W/Th/Fri 9am - 12noon		034561161111 opt 4 or 5 www.morrisons.com/food-boxes	
Mumfords Hardware Store	M/W/Th/Fri 9am - 12noon		01502 723116	
Observatory Opticians	Closed Emergency No.		01502 713370 southwold@observatory.co.uk	
Post Office	Mon & Wed 10am - 1pm		01502 723188 Southwold Post Office on Facebook	
The first 30minutes - 10am - 10.30am - at the PO is reserved for the elderly and vulnerable, please, so they don't have to queue too long in the street.				
Prandium (Meals on Wheels/shopping Daily)	Daily	Yes	07746638299 southwoldfooddelivery.co.uk/southwoldtakeaway.co.uk	
Queen Street Pharmacy	Mon to Sat 9am - 5.30pm	Yes	01502 722362 queenstreetpharmacy@aah-n3.co.uk	
Reydon Pharmacy	Mon-Fri 9am - 12, 2-5pm Sat 9am-1pm, 2pm-4pm.	2x daily	01502 726088 dispensary@reydonpharmacy.co.uk	
Samantha K (wetfish only)	Daily 8am to 4pm		Tues/Thurs to Wangford	
Sole Bay Fish Harbour (wetfish only) Daily	8am - 4pm	Will collect vehicle	01502 724241	
Southwold Auto Services	Mon-Sat 8am - 4pm		01502 723140 07788427804	
Southwold Golf Club (Meals on Whice Mon/Wed/Fri/Sat/Sun	Fri Fish & chips from 22/5	12 - 2pm	07754096008 or 07917103204	
Slate	M/W/Th/Fri/Sat 9am-12 noon	5-7pm	01502 724318 slatecheese.co.uk	
Sweeties St James Green (Easter Eggs)	Daily from Beccles Shop	Daily / £3 delivery	07796264345 vanessakishby@btinternet.com	
Tesco	8am - 10pm			
Tesco recommend shoppers to visit after 3pm as there is little football until 10pm.				
The Suffolk Cellar	Daily	Yes	01502 473473 contact@suffolkcellar.com	
Two Magpie Bakery	Tu/W/Th/ F 9-3pm S 9-8pm	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)	Daily	Yes	01502 562609 or 07759041785	
Crystal Waters (Fish)			0771 2659325	
Robert Beavor (Plants/Fruit/ Veg)			01508 548306 or 07500044812 www.hillfieldnurseries.co.uk	
Wood stall			0789 0280052	