



Sole Bay Virus Help “Neighbours Together”



Update April 1st

High risk people with cancer or long term illness have been notified by the NHS to self isolate. Initially firemen are supplying them with groceries and medicines. If you can help, call the town hall or join Sole Bay Virus Help facebook group.

Keep your distance - at least 2 metres from people who are not in your household,

You can shop and exercise outside once a day.

Wash hands when you come in, and throughout the day.

Self isolate for at least 7 days if you have a temperature and a persistent cough.

Please only use the food delivery services if you are self isolating and need it, and don't change the order, otherwise they will be overrun.

Computer problems? Ian Giles of Southwold Computers can help, call 0800 020 9528



Tribe Volunteer is the Suffolk Councils' app to ask for, or offer, help. Download it at <https://tribeproject.org/>

Singalong videos for young and old : <https://www.latest.facebook.com/229023340626496/videos/1630965523718191/>. - Southwold Library Live – Charlotte's baby bounce https://youtu.be/YZo8Gv3jL_I - Sing with Helen

Free video talking software to keep in touch with friends and family - <https://zoom.us/>
<https://houseparty.com/> <https://www.skype.com/en/>

We are printing car badges for volunteers. Never give out financial details and ring us if worried - watch out for scammers!

Southwold and Reydon Community Emergency Group have been working with Suffolk Resilience for nine years. In an emergency, they will set up a Gold Command based at Martlesham made up of Police, Fire, Ambulance, NHS and other agencies, Stay safe - Cllr Simon Tobin.



“Spring has sprung” Competition - best pictures from your garden or window will feature in the next issue. Email to davidbeavan@live.com

Every Mind Matters provides simple tips and advice on mental health - call or contact NHS 111 online.

If you are self isolating, **call us for help** with shopping, medicines, or just a chat. We will allocate you a neighbourhood “buddy”.

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

Mobile 07572812124. Email admin@southwoldtowncouncil.com

	Southwold and Reydon Opening Times	Deliver To Your Door	Local Business Update Phone Number
Barbrooks Stores	Mon - Fri 7-1pm, 4-6pm Sat & Sun 7am - 1pm.	Mon - Fri	01502 722152 shop@barbrooks.co.uk
Black Olive Delicatessen	Daily 9am - 2pm		01502 722312
Boydens Stores	Daily 7.30am - 6pm		01502 723573
Chapmans Newsagents	Daily 6.45am - 11am	Yes	01502 722388
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 /Thur/ Fri/ Sat 9am - 1pm	Yes	01502 722085 (Deliveries Only 07717758935)
Flunder Wines	Daily Free Delivery	Yes	07885458330 luke@flunderwines.com
Little Gems Greengrocer	Daily 8am - 12noon	Yes	01502 722329 mattyb8@hotmail.co.uk
Mill & Sons Butcher	Mon/Tues/Wed/Fri/Sat 7.30am - 5pm	Yes	01502 722104 millsandsonssouthwold@gmail.com
Mumfords Hardware Store	Mon/Wed/Thur 9am - 12noon		01502 723116
Observatory Opticians	Closed Emergency No.		01502 713370 southwold@observatory.co.uk
Post Office	Mon & Wed 10am -1pm		01502 723188
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 Pharmacy	Mon-Fri 9am -12, 2pm-5pm. Sat 9am-1pm, 2pm-4pm.	Yes	01502 726088 dispensary@reydonpharmacy.co.uk
Sole Bay Fish Harbour (wetfish only)	Daily 8am - 4pm		01502 724241
Southwold Auto Services	Mon-Sat 8am - 4pm	Collect vehicles & return	01502 723140 07788427804
Southwold Golf Club	Mon/Wed/Fri/Sat/Sun	Between 12 and 2pm	07754096008 or 07917103204
Tesco	8am - 10pm		
The Suffolk Cellar	Daily	Yes	01502 473473 contact@suffolkcellar.com
Two Magpie Bakery	Tue/Wed/ Thurs/ Fri 10am -11am	Collection only from shop	01986 784370 twomagpiesbakery.co.uk/order-delivery
Wangford Farm Shop		For over 70's only	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