



### Local Information for Self-Isolation/Shielding

The following information is collated by the Westleton Village Hall Centre Manager and is updated monthly. The village hall accepts no responsibility for any incorrect information. Please call Annie on 01728 648354 or email [centremanager@westletonvillagehall.co.uk](mailto:centremanager@westletonvillagehall.co.uk) with any information or updates, or if you wish to go on the email circulation list. It is also uploaded onto the village hall and village websites.

#### Takeaways/Delivery Restaurants

- **Westleton White Horse** – call 01728 648222 or email [westletonwhitehorse@gmail.com](mailto:westletonwhitehorse@gmail.com) for the latest opening times.
- **Mains** in Yoxford offering deliveries/takeaways. Call 01728 668882.  
<http://www.mainsrestaurant.co.uk/deliverymenu/>
- **Golden Key, Snape** - offering take away meals and deliveries within 10 mile radius  
<https://www.goldenkeysnape.co.uk/ready-meals/> Pre-order on 01728688510 to leave a message or phone Alex directly on 07870606289 with your order and desired collection/delivery time.
- **Cinnamon Indian Cuisine, Leiston** – takeaways only and orders by phone only 01728 831962  
<http://www.cinnamonleiston.co.uk/>

#### Local shops offering food deliveries or collection

- **Westleton Village Stores** [ianjohnson191069@yahoo.co.uk](mailto:ianjohnson191069@yahoo.co.uk) or call 01728 648216.
- **Emmerdale Farm Shop** – currently an account and delivery service. 01728 668648.
- **Reckford Roost Farm Shop & Café** can deliver on request. 01728 648936.  
[reckfordroost@gmail.com](mailto:reckfordroost@gmail.com)
- **Jet Garage** at Darsham offering food deliveries if over £50. Email your shopping list to [darshamshop@icloud.com](mailto:darshamshop@icloud.com)
- **Platts** (Leiston Grocery) delivering: <http://plattsfruitandveg.co.uk/> or call 01728 830363 or Geoff on 07860 152894 or [plattsfruitandveg@gmail.com](mailto:plattsfruitandveg@gmail.com)
- **Nicols Butchers**, Leiston. 01728 830571. They will take a phone order for collection and payment at an agreed time.
- **Focus Foods**, Halesworth. 01986 872899.
- **Maximus**, Friday Street, Saxmundham (fishmongers) 01728 605578. Phone through and they will take your order for collection and payment at an agreed time.
- **Horners**, Yoxford. Shopping in person only at the moment.
- **Friday Street Farm Shop**, Saxmundham. 01728 602783
- **Railway Farm Shop** near Saxmundham are offering veg boxes for collection. 01728 605793.
- **Market, Aldeburgh (fish)** [aldeburghmarket@g.mail.com](mailto:aldeburghmarket@g.mail.com) . 01728 452520.
- **Salter & King, Peasenhall (Butchers)** [info@saltersandking.co.uk](mailto:info@saltersandking.co.uk) 01728 660219.
- **Maple Farm, Kelsale** 01728 652000 [info@maplefarmkelsale.co.uk](mailto:info@maplefarmkelsale.co.uk)
- **Fishmonger** - Gary Bull. Deliveries to village on Thursdays – mobile van. 07970 293631. Also Danny Porter – door deliveries on Thursdays - takes payment online. Text 07921 921103 and he will send the week's selection.

- **The Truly Traceable Pie Company, Halesworth** – deliveries and collections  
<https://www.trulytraceable.com/> Available frozen to cook at home (pies and sausage rolls).  
[trulytraceable@btinternet.com](mailto:trulytraceable@btinternet.com) 01986 835980 or 07787770774.

### Updated information from supermarkets

Major supermarket online deliveries are now on more normal timescales. New delivery slots seem to become available after midnight, so if you're a night owl then try after 12. Give yourself plenty of extra time to do your grocery shopping as social distancing measures are resulting in some long, slow queues.

- Amazon offer grocery delivers, particularly items in bulk (perfect for all those teabags you may need!) [https://www.amazon.co.uk/s?k=Grocery&ref=nb\\_sb\\_noss](https://www.amazon.co.uk/s?k=Grocery&ref=nb_sb_noss)
- <https://www.allianceonline.co.uk/> Free delivery if over £50. Sell lots of useful home essentials, including loo rolls!
- Home cooked frozen food to your door: <https://www.cookfood.net/> Customer Care: 01732 759010. Home Delivery: 01732 759020. We're here...Mon-Fri: 9:30am-4:30pm Sat: 9:00am-1:00pm
- Meat, deli and bakers boxes delivered to your door: <https://www.cleveleysfoods.co.uk/>  
 During business hours (8am - 2pm Mon-Fri) we are available on: 01986 782241  
[contact@cleveleysfoods.co.uk](mailto:contact@cleveleysfoods.co.uk)

### Food Banks

- <https://lowestoft.foodbank.org.uk/> (14 miles) 07307 866146
- <https://waveney.foodbank.org.uk/> (19 miles) 07484 394749
- Emergency main meals (premade, frozen for microwave or oven) are available from the Westleton Community Care Network. Call Annie on 01728 648354 or email [centremanager@westletonvillagehall.co.uk](mailto:centremanager@westletonvillagehall.co.uk) No immediate payment required; on a donation-only basis at a later date (suggested donation of £3 each).
- Leiston Food Bank is open Friday mornings from 10am-12pm at the United Reformed Church in Leiston, for all who may need it (no requirement to contact them first).
- The TeaPot Project. Pay As You Feel food delivery service:  
<https://www.theteapotproject.net/>

### Westleton Food Donations

- Westleton Food Bank – if you can contribute non-perishable items there is a collection box outside the village hall foyer door on Thursdays for collection on Fridays - thanks. This will go to the new Leiston Food Bank for distribution in Leiston, Aldeburgh and Saxmundham  
<https://www.trusselltrust.org/>

### Home Exercise Programmes – keep those muscles going, stay happy and help prevent falls:

- Please email Annie Groves [centremanager@westletonvillagehall.co.uk](mailto:centremanager@westletonvillagehall.co.uk) for advice, as this depends on any health conditions you may have and she can refer you to the appropriate ones. Call 01728 648354 if you don't have internet access.

## Prescriptions

- Leiston Surgery prescriptions can be delivered to the Westleton shop on Wednesdays and Fridays. Contact the surgery to request.
- The Saxmundham Health Centre. Contact them for details on 01728 602022 or see here for more information: [https://www.saxmundhamhealth.nhs.uk/prescriptions\\_online.htm](https://www.saxmundhamhealth.nhs.uk/prescriptions_online.htm)
- You can also order prescriptions online for delivery through the post - <https://www.pharmacy2u.co.uk>
- Boots – order online and collect or free delivery: <https://www.boots.com/online/pharmacy/>
- Co-op – free repeat prescription delivery service: <https://www.coop.co.uk/health/pharmacy/register>

## Scams and Security

- Sadly there are a lot of new scams operating at present e.g. people pretending to be from the Red Cross. Please check online for the latest information on scams and cons e.g. Suffolk Trading Standards <https://mailchi.mp/723e77d4f1d9/fake-ambulance-service-message-circulating-on-whatsapp-1539230?e=045fbd29d2> and remember to:
  1. Never sign or agree to anything on the spot.
  2. Check the trader's identity. Always ask for an identity card and look up the organisation to check the salesperson's identity is genuine.
  3. Be wary of special offers or warnings about your home or your health.
  4. Read the small print. Always read documents carefully before you sign them and make sure you fully understand your rights.
  5. Double check the facts.
  6. Talk to someone you trust for a second opinion.
  7. Trust your instincts. If it sounds too good to be true, it probably is.
  8. Please report any cold callers to Trading Standards via 0808 223 1133.

## Hairdressing

Kelly – senior stylist from Heavenly Hair in Saxmundham and now self-employed as a mobile hairdresser – 07501 412182. N.B. Please follow current government advice on people entering your home.

## Library Service

Most of Suffolk Libraries are now open to use the 'Select & Collect' system at the door (with each library having slight adjustments to the opening hours....please check before you travel) and reservations can now be placed too. If you had a reservation that was available on our shelves before we closed, they have been transferred to Leiston library and Helen will be telephoning you to let you know that you can collect them. Leiston Library is open Tuesday, Thursday & Saturday 9.30am - 2pm for collections and returns (no events, computer or printing facilities or room hire).

If you would like to use another library, please check their details on <https://www.suffolklibraries.co.uk/visit/locations-and-times>

## Refuse/Recycling Sites and Services

- Recycling Centres in Suffolk are now open with a booking service only (slots available from Thursday 14<sup>th</sup> May). You book a 15 minute slot online (you will require your car registration) and have to observe strict rules e.g. no trailers/vans/gloves on etc. Further information here: <https://www.suffolk.gov.uk/council-and-democracy/council-news/show/public-to-access-suffolks-recycling-centres-from-thursday-by-appointment-only>  
You can book here: <https://www.suffolk.gov.uk/planning-waste-and-environment/waste-and-recycling/book-a-recycling-centre-time-slot/> or call 0345 606 6067.
- Sole Bay Waste and Recycling Services. [info@solebaywaste.co.uk](mailto:info@solebaywaste.co.uk) or call 07931 845138

## Wine/Beer/Alcohol Deliveries

- Contact-free delivery to Westleton fortnightly. Please contact Eve and Richard Berrill 01728 638 395 [everich@globalnet.co.uk](mailto:everich@globalnet.co.uk) [case-serawines.co.uk](http://case-serawines.co.uk)
- **Adnams** – free deliveries if spend over £80 <https://www.adnams.co.uk/>
- **Wrentham Wine Shop** (The Suffolk Cellar) - [www.suffolkcellar.com](http://www.suffolkcellar.com) Free fine wine deliveries to Westleton 01502 473473 [contact@suffolkcellar.com](mailto:contact@suffolkcellar.com)
- **Valley Farm Vineyards** - offering free delivery on their wines 07867 009967 [www.valleyfarmvineyards.co.uk](http://www.valleyfarmvineyards.co.uk)

## Faith/Religious Services

Westleton's St Peters Church will be open for private prayer on Wednesday mornings 10am till 12noon from the 1st July and services are now resuming – see "The Fisherman" for more details or contact Jeremy or Sue below. To go on the distribution list for the weekly Good News newsletter (mostly email but hard copy is possible) please contact Jeremy Branch [jbranch563@gmail.com](mailto:jbranch563@gmail.com) or call 648140. Or contact Sue Foster [susanelizabethfoster@icloud.com](mailto:susanelizabethfoster@icloud.com) or 649034. You can also contact them if the church is required or for prayer requests.

The Yoxmere Fisherman is now available online and back into circulation in paper format in August. Click here for the latest version <http://westleton.onesuffolk.net/church/yoxmere-fisherman/>

## Socialising

- How about trying online video calls? There are lots of options through WhatsApp, Facebook, Facetime, Skype – it all depends on what devices you have – so have a look online for a free app. Recently recommended is Zoom – easy to set up and it's also free <https://zoom.us/>
- Also now available from Suffolk County Council: We are delighted to be rolling out 1,000 Video Carephones - as part of our response to the COVID-19 crisis - to provide virtual care and support to vulnerable or shielded people in Suffolk. The Video Carephone can not only provide people with care and support calls, but help them with loneliness and to connect with the support networks in their community. If you know someone who could benefit from Video Carephone please go to: <https://www.suffolk.gov.uk/coronavirus-covid-19/suffolks-response/suffolk-virtual-care-response-service/>

## Nature Reserves and Walks

- Check out your local walks from your doorstep and enjoy the weather, whatever it may bring! Here are some routes and further info:

<http://services.eadt.co.uk/suffolk/pdfs/lifestyle/walks/westlestonfeb4.pdf>

[http://www.discoversuffolk.org.uk/walking/SearchForm?Search=westleton+&action\\_results=Go](http://www.discoversuffolk.org.uk/walking/SearchForm?Search=westleton+&action_results=Go)

- Some RSPB reserves locally are now open. Check here for updates:  
[https://www.rspb.org.uk/our-work/rspb-news/news/stories/coronavirus/reserve-reboot/?utm\\_source=beccy\\_email\\_update\\_21May&utm\\_medium=email&utm\\_content=2&utm\\_campaign=covid-19](https://www.rspb.org.uk/our-work/rspb-news/news/stories/coronavirus/reserve-reboot/?utm_source=beccy_email_update_21May&utm_medium=email&utm_content=2&utm_campaign=covid-19)
- Missing the beautiful surroundings at Snape Maltings? Then why not visit it virtually here:  
[https://www.youtube.com/watch?v=H\\_SsLnwB\\_Uc&t=&utm\\_campaign=1898308\\_Britten+Pears+Arts+Newsletter&utm\\_medium=email&utm\\_source=snapemaltings](https://www.youtube.com/watch?v=H_SsLnwB_Uc&t=&utm_campaign=1898308_Britten+Pears+Arts+Newsletter&utm_medium=email&utm_source=snapemaltings)
- National Trust update: some NT car parks are open using a booking system, including Dunwich: <https://www.nationaltrust.org.uk/news/our-latest-statement-on-reopening-and-coronavirus-covid-19> and some gardens are opening for bookings:  
<https://www.nationaltrust.org.uk/press-release/the-national-trusts-latest-statement-on-coronavirus-covid-19>
- National Garden Scheme are opening up some gardens via pre-bookings:  
<https://ngs.org.uk/find-a-garden/>
- Somerleyton Hall gardens which are now open: <https://www.somerleyton.co.uk/>

## **Banks**

- Banks are requesting that customers undertake necessary transactions online if at all possible, and do not attend branches unless strictly necessary. Many are on reduced hours or have changed opening days. Check before you travel by phoning your local branch or online. You can even pay in cheques online with some banks.
- Phone banking is under a lot of pressure but most banks are prioritising vulnerable and older customers.
- For the latest information on local bank opening times check individual websites or call them. Here are a few links to banks we have locally:  
<https://www.ibs.co.uk/blog/corporate/coronavirus-covid-19-frequently-asked-questions>  
<https://www.hsbc.co.uk/help/coronavirus/>  
<https://www.barclays.co.uk/coronavirus/>

## **Culture/Education**

- Explore a fort, learn and language, watch concerts and sing along with a virtual choir:  
<https://chatterpack.net/blogs/blog/list-of-online-resources-for-anyone-who-is-isolated-at-home>
- The Guardian here with 10 of the world's best virtual museum and gallery tours  
<https://www.theguardian.com/travel/2020/mar/23/10-of-the-worlds-best-virtual-museum-and-art-gallery-tours>
- The Philharmonia has an abundance of digital orchestral experiences to keep you occupied – as does London Philharmonic Orchestra and Royal Opera House.  
<https://philharmonia.co.uk/philharmonia-digital-experiences-during-the-crisis-shutdown/>  
<https://www.lpo.org.uk/lponline.html>  
<https://www.roh.org.uk/news/the-royal-opera-house-launches-a-programme-of-free-online-content-for-the-culturally-curious-at-home>
- 50 virtual days out: <https://inews.co.uk/inews-lifestyle/virtual-days-out-best-coronavirus-lockdown-uk-online-art-galleries-modern-wonders-world-2528733>

- Check out Andrew Lloyd Webber's website for free musical streaming etc  
<https://www.andrewlloydwebber.com>
- Snape Maltings and the Britten–Pears Foundation have merged and are now a new organisation – Britten Pears Arts. Find out more here and click on the links for arts updates/entertainment:  
[https://brittenpearsarts.org/?utm\\_campaign=1898308\\_Britten%20Pears%20Arts%20Newsletter&utm\\_medium=email&utm\\_source=snapemaltings&dm\\_i=41N2,14OQS,2JAY1N,3ZEHN,1](https://brittenpearsarts.org/?utm_campaign=1898308_Britten%20Pears%20Arts%20Newsletter&utm_medium=email&utm_source=snapemaltings&dm_i=41N2,14OQS,2JAY1N,3ZEHN,1)
- Free Virtual Tours of Norfolk Museums:  
Blickling Estate - [norwich360.com/bli...ng/](http://norwich360.com/bli...ng/)  
Norwich Castle - [tinyurl.com/y8s...697](http://tinyurl.com/y8s...697)  
Strangers Hall - [norwich360.com/pan...tml](http://norwich360.com/pan...tml)  
The Museum of Norwich at Bidwell - [norwich360.com/pan...tml](http://norwich360.com/pan...tml)  
RAF Radar Museum - [norwich360.com/pan...tml](http://norwich360.com/pan...tml)
- Learn and new language for free: <https://www.duolingo.com/>
- Online, free, short courses: <https://www.futurelearn.com/courses>
- Trivia quizzes: <https://www.sporcle.com/>
- Free online courses/skills share: <https://www.skillshare.com/classes/free>
- British Museum tours, online collection and learning:  
<http://emails.britishmuseum.org/q/17F3org8LTPNHj2PkvYkE/wv>

### Gardening/DIY

- Ladybird Nurseries – open and back to normal delivery service  
<http://www.ladybirdnurseries.co.uk/> 01728 688289.
- Three Willow Garden Centre in Bungay <http://threewillowsgardencentre.co.uk/> Offering deliveries: 01986 893834. Holton Road Garden Centre are offering click and collect. Open for normal trading as well. 01986 872761.
- Coopers in Leiston are still delivering. Call 01728 831313. Also Coopers in Halesworth are delivering to a 15 mile radius: 01986 872110. You can also order on their website  
<http://www.coopersdirect.com/>
- To help connect growers with the public, the Horticultural Trades Association has launched the 'Plants Near Me' webpage – [www.plantsnearme.hta.org.uk](http://www.plantsnearme.hta.org.uk) - allowing the public to find local growers and garden centres that are offering home delivery.
- Do you have swifts in/around your house? Please record them with the RSPB as they are in sharp decline. You can also record other migrants such as swallows here too:  
<https://www.rspb.org.uk/our-work/conservation/conservation-and-sustainability/safeguarding-species/swiftmapper/> There is also guidance on swift care here  
<https://www.swift-conservation.org/SwiftFirstAid.htm> The local swift action group in Aldeburgh is very helpful too: <https://aldeburghsamazingswifts.co.uk/>

### Dog/Pet/Bird Care

- The Dogs Trust has released some guidance on walking and enrichment ideas:  
[https://www.dogstrust.org.uk/news-events/news/2020/advice-for-dog-owners-who-need-to-self-isolate-and-stay-at-home?utm\\_source=newsletter&utm\\_medium=email&utm\\_campaign=NW2003](https://www.dogstrust.org.uk/news-events/news/2020/advice-for-dog-owners-who-need-to-self-isolate-and-stay-at-home?utm_source=newsletter&utm_medium=email&utm_campaign=NW2003)
- Wild About Birds, Theberton (Pet and bird food). 01728 833262. Phone to order and they will deliver. May be a small charge.

## Post Offices

Resumed normal service

## Emotional Support/Mental Wellbeing

- Mind UK Coronavirus and your wellbeing [www.mind.org.uk](http://www.mind.org.uk)
- Suffolk Mind. How to get your emotional needs met while isolating [www.mind.org.uk/information-support/coronavirus-and-your-wellbeing/](http://www.mind.org.uk/information-support/coronavirus-and-your-wellbeing/)
- Samaritans 116 123
- Silver Line Free 24-hour confidential helpline for older people. 0800 470 80 90
- Age UK Information & Advice 01473 351234
- Help Hub Free 20-minute online therapy [www.thehelpub.co.uk](http://www.thehelpub.co.uk)
- NHS mood zone <https://www.nhs.uk/conditions/stress-anxiety-depression/>
- Just want to talk? Email us at [neighbourmhfa@gmail.com](mailto:neighbourmhfa@gmail.com)
- Patient Information website <https://patient.info/mental-health> and C19 specific information <https://patient.info/coronavirus-covid-19>
- From East Suffolk Council: *"In general Suffolk Family Focus support families who are experiencing poor mental or physical health, domestic abuse, alcohol or substance misuse, lack of educational attendance, No Employment Education Training, financial difficulties or an all-encompassing umbrella of child in need. We are always happy to take referrals in this regard. However, we write to you today at this time of need to offer a telephone service to any families who are struggling with the social isolation brought about by COVID19. We call our families on a weekly basis to offer a listening ear and address any further support needs that they may have. If you have any families in mind within your community that you are aware are currently in need, please do not hesitate to call us for an informal chat or direct them to us, obviously with their prior permission, and we will make contact".* Monday, Tuesday, Wednesday morning – Ayesha – 07920 088660. Wednesday, Thursday, Friday morning – Nicki – 07880 149865.

## Citizens Advice

Leiston's Citizen's Advice Service is available . 01728 832193 [supervisor@leistoncab.cabnet.org.uk](mailto:supervisor@leistoncab.cabnet.org.uk)  
Suffolk Adviceline - 0300 330 1151. National Advice line – 03444 111 444 Monday to Friday 9-5.  
Help to Claim – 0800 144 8 444. New Universal Claim applicants – Monday to Friday 8-6.

"At Citizens Advice Leiston we have two Covid funds we can use to help people in our community who have been financially impacted by Covid:

1. Covid Energy Fund where we can help clients manage their energy bills whether gas, electricity or oil.
2. Covid Secondary School Uniform fund where we can help people with the cost of secondary school uniforms.

Covid-19 has had an unprecedented impact on many people's lives, including financially. If you're worried about your finances – whether you have already been affected by the situation, or you're worried you will be in the future – don't worry alone!

Free, confidential support is available from East Suffolk's three Citizens Advice services, who can help you deal with money matters. To talk to someone, call 0330 107 5627 or email [moneymoneymatters@nescab.cabnet.org.uk](mailto:moneymoneymatters@nescab.cabnet.org.uk) Monday – Friday between 9.30am – 4pm"

## Face Mask Patterns

Updated 20th August 2020



- Face mask pattern and advice from Dilys: this is the website I used; be careful printing - don't scale the pattern in any way at all and measure the 2" bar to make sure. If it's less than 2" the mask may not fit from nose to chin (voice of experience!)  
<https://www.craftpassion.com/face-mask-sewing-pattern/#face-mask-pattern>
- Useful website here for other patterns: <https://threadsmothly.com/free-fabric-face-mask-sewing-patterns/>
- Government face mask patterns and advice:  
<https://www.gov.uk/government/publications/how-to-wear-and-make-a-cloth-face-covering/how-to-wear-and-make-a-cloth-face-covering>
- Wondering how to wear and remove your face-covering properly and safely? Boots have produced this guidance:  
[https://www.youtube.com/watch?v=0GhIXAIVUL4&cm\\_mmc=Email-Healthcare-Boots\\_180620\\_SS\\_Flu\\_register%20Pharmacy\\_services\\_online\\_UK-NULL](https://www.youtube.com/watch?v=0GhIXAIVUL4&cm_mmc=Email-Healthcare-Boots_180620_SS_Flu_register%20Pharmacy_services_online_UK-NULL)

### Westleton Village Hall Updates

- Now open for bookings! Contact Annie on the centre manager details below.
- Westleton Village Hall Foyer - come and enjoy a socially distanced coffee/tea and biscuits/ice-cream, served inside or outside, at your lovely foyer on Mondays and Thursdays 10am – 12pm. All are welcome. Places are limited so please book if you wish to ensure a place,  
email  
[centremanager@westletonvillagehall.co.uk](mailto:centremanager@westletonvillagehall.co.uk) or call 01728 648354. If you prefer to just drop in then please feel free to do so and we will try and accommodate. We look forward to welcoming you soon.
- The Craft Fair planned for the weekend of the Wildflower Festival was cancelled, but we have set up a web-page with information about exhibitors and their products here:  
<https://westletonvillagehall.co.uk/craft-fair/> Please support your local businesses if you can.
- We have set up a Virtual Art Gallery page to showcase the work being done by members of the Westleton Art Group. <https://westletonvillagehall.co.uk/art-gallery-2/> and we have an art group exhibition in the main hall throughout August.
- Join us on our online social page here: <https://www.facebook.com/Westleton-Village-Hall-106890120950787/>

### Public Toilets

Most are now open. Check here before you travel. Useful website: <https://www.lockdownloo.com/>