**SUTTON HEATH PARISH COUNCIL**

***NEWSLETTER***

**Sutton Heath Parish Councillors:**

**Chairman:**         (To be appointed)

**Vice Chairman:**   Nick Ward                  01394 461447

**Councillors:**      Claire Anderson           01394 809891

                              Louise Chalklen      01394 766576 

**Issue No 23 March 2020**

                              Chris Hall 01394 461536

Roy Hirst 01394 460411

Rob Merriam 01394 461385

**Parish Clerk:** Marion Merriam 07541 747679 / Email: [suttonheathclerk@yahoo.com](mailto:suttonheathclerk@yahoo.com)

Our Parish Council newsletter has changed a bit on this occasion to reflect the circumstances we all find ourselves in. Although the NHS and GP services via 111, or emergency services via 999 are our first line of defence, we all have an obligation to follow the government’s rules so we can overcome this corona virus. At the time of printing, in Suffolk there are 35 confirmed cases. SO we … **STAY INSIDE PROTECT THE NHS SAVE LIVES**

There are many small groups springing up to support each other at neighbourhood level using text, email and mobile apps etc and your councillors would encourage people to join one if they are able.

A form will be available from the Costcutter shop for anyone who wants to volunteer to help a neighbour with shopping, posting, collection of prescriptions or simply a friendly phone call to check someone is ok. We know this is already happening in our caring community but we don’t want ANYONE to fall through the net and feel alone or helpless. If this is YOU please contact the Parish Clerk on the above number.

Please see below for further services:

* A new Suffolk focused community service (created by partners from Suffolk’s councils, police, health bodies and charitable organisations) has been set up to support people who need help during the COVID-19 pandemic.  Called ‘**Home, But Not Alone**’, the service has been launched to help connect people who want to volunteer in their communities with neighbours who are most in need. The service will mean volunteers, charities, town and parish councils, community and religious groups can all log their details and offers of support on an app, while people who need help can phone to request support.
* The telephone number for those in need of help is Freephone **0800 876 6926** and will be staffed 9am-5pm seven days a week.
* Download the free app – **Tribe Volunteer** – from Apple App Store and Google Play Store.

**East Suffolk Council have a website which gives up-to-date information - this can be found on** <https://www.eastsuffolk.gov.uk/features/coronavirus-covid-19/>.

**~ FOR MINUTES OF LAST MEETING PLEASE SEE THE PARISH NOTICEBOARD ~**

**HOME DELIVERIES FOR THOSE WHO ARE ISOLATING**

Following the Prime Minister’s announcement, here is a list of shops we know about providing essential items and doing home deliveries – not all are free delivery so do check (all orders and payments taken over the phone):

Woodbridge Pharmacy: 01394 382006

JR Creaseys (butchers): 01394 386739

Woodbridge Greengrocers: 01394 386298

PJ Keeling Fruit & Veg: online only (bank transfer day before delivery)

The Cake Shop Bakers (bread and flour): 01394 382515

(order before 12 noon the day before)

COOK (frozen meals): 01394 384878

10am-3pm Mon-Sat free delivery over £40

East of England Co-Op: 01394 385837

**LOCAL FOOD OPTIONS**

**Costcutter, Sutton Heath:**

7am – 6pm Mon-Fri

8am-5pm Sat, Sun

**McColl’s Shop, Hollesley:**

7am-9pm Mon-Fri, Sat, Sun

**Five Winds Farm Butcher, Melton**

01394 386116

**The Sorrell Horse, Shottisham**

(Wood-Fired Pizzas)

Take out: 12noon-3pm and 6pm-8.30pm Tues to Sat

£1 delivery charge card payments only 01394 411617

There are no doubt others, so please keep checking the **Sutton Heath Conversation Street** Facebook page.

**DID YOU KNOW?** Sign up for **Pharmacy2U** and the postie will deliver …

**NEWS JUST IN:**

East Suffolk Council and East Suffolk Norse have taken the decision to temporarily suspend the collection of garden waste, as from Friday 27th March. These changes will ensure that all vehicles and crews are being used to collect household waste and recycling during the current restrictions and they will continue to be emptied on established collection days.  
  
When garden waste collections recommence, subscriptions will be ‘rolled forward’, which means that a new annual payment will only be required once each subscriber has received their full quota of 12 monthly collections.