



To all residents of Worlingham

All on Worlingham Parish Council hope that you are keeping safe and well during this unprecedented time.

We hope that this newsletter will provide you with some useful information on who to call or ask if you need help at any time.

**Important to Stay Home,
Protect the NHS,
Save Lives**

Community Help – There are lots of volunteers willing to help anyone who is self isolating, by doing shopping, collecting medication, or just being there for a chat. If you need help, please just call the local community group on **0300 3654414**. The Facebook Group **'Beccles during COVID 19'** is also a useful place for information as the Worlingham Parish Council website is updated as new information comes along; <https://worlingham.com>.

Huge thank you to all the shop staff – who are helping to keep us fed at this time.

Businesses that are working and offering services locally are listed overleaf. Please remember that those offering delivery services may only have capacity to deliver to the vulnerable and shielded members of our community.

If you do go to the shops yourself then please remember that the shop staff are also in the front line so please be respectful, and polite and please do keep to the social distancing rules of being 2m apart from anyone else. This is easier in some shops than others – but please do adhere to the guidance to keep yourself, the staff, and other customers safe and well.

Have you been undergoing cancer treatment, have had a major transplant, have long term lung disease, have weakened immune systems etc? - if so Covid 19 – will class you as a 'shielded' person.

Have you had a letter from NHS saying that you are shielded, and do you know what you are supposed to do? Shielded people are those considered at most risk of illness if they get Covid 19 and include those mentioned above. If you are shielded the message from the NHS is that you must not leave the house for 12 weeks – even for exercise or to get essentials. There are plenty of people to call for help if you need it – please see the numbers in this newsletter. Also, do make sure that if you have not had a letter from the NHS that you register yourself, or ask someone else to do it for you, on www.gov.uk/coronavirus-extremely-vulnerable or call **0800 028 8327**.

Any help that you need for shopping, collecting medication etc will then be arranged for you through the local groups.

Help for business – for anyone running a business, please see the East Suffolk Council website page – 'East Suffolk Means Business' to make sure that you are claiming the correct grants and loans that have been made available.

Other Parish news

The need for social distancing means that having public council meetings is not possible at the present time. National government have therefore allowed online meetings to be carried out if councils have any urgent decisions to make during this emergency period. However this is not ideal as not everyone who usually comes along to our meetings may have access to technology. Worlingham Parish Council has already set its budget for the year and has started this year's projects so there may be no need to meet to make any further decisions until we can meet again in person. However if we do need to meet we will put the agenda on the website and on the noticeboard as usual and members of the public can e mail to ask to join the online meeting which will probably be carried out via Zoom. We are also not able to carry out our regular litter picks around the village at present – but we will resume these as soon as the restrictions enable us to. You may also start to notice that the grass verges are not being cut as often, as East Suffolk's resources are concentrating on ensuring that refuse is collected as a priority – grass cutting will only take place if it can be carried out as per the government regulations and if resources allow.

Any queries please email: worlinghampc@hotmail.co.uk

From Revd Rich Henderson Parish Priest for Worlingham

We are told regularly that we are in challenging, unprecedented times. Life just is the same for any of us.

In the midst of all that is going on I have been heartened to see how the community has come together to support each other. I have the privilege of hearing, on a daily basis of neighbours caring for each other, and I join our parish councillors working with other community leaders to provide different levels of support.

One resident reminded me on the phone the other day the faith is greater than fear, may we have faith in each other and look beyond ourselves. Small amounts of faith can make a huge difference, in the bible Jesus says, 'Truly I tell you, if you have faith as small as a mustard seed, you can say to this mountain, 'Move from here to there,' and it will move. Nothing will be impossible for you.'

Together we can get through this and look forward to happier days.

Take care



BECCLES DELIVERIES

Bailey's Delicatessen - 01502 710609

Beccles Books - becclesbooks@btconnect.com

Beccles Kebab and Pizza - 01502 714113

Beccles Sewing & Handicrafts - 01502 714234, becsew@gmail.com

Blissful Bakes (bakery) - 07565 921235, blissfulbakes1990@gmail.com

Blooming Beccles (plants) - 07527 934559

Bob Knights Butchers - 01502 717145

Buckenham Farms (meat & eggs) - 01502 677214, jiy@moon-light.co.uk

Carr Farm (meat) - 01502 677124, www.carrfarm.org

Charlotte James Photography (photo prints & vouchers) - 01502 711411, info@charlottejames.studio

Chicken 2000 (pizza, burgers & chicken) - 01502 710808

Clarke's Farmers Butchery - 01986 784795

Coopers (hardware & gardening) - 01502 718740, www.coopersdirect.com

Cracks Pet Foods - 01502 713461

Crossways of Ellingham - (animal feed & bedding) - 01508 518115

Fen Farm Dairy - 01986 892350, www.fenfarmdairy.co.uk

Field 2 Fork (fresh produce) - 01502 717524, field2forkbeccles@gmail.com

Fishmonger & Cafe @ No.4 (fish, meals & soup) - 01502 713087

Foulger's Dairy - 01473 784999, doorstep@foulgersdairy.co.uk

Greengrow Co-Operative (fruit, veg & meat) - 01986 781173, sales@greengrow.org.uk

Harleston Cider Company - info@harlestoncider.co.uk, www.harlestoncider.co.uk

Harris & James (chocolate) - 01502 726061, www.harrisandjames.com

Hodmedod- (pulses & grains) - 01986 467567, hello@hodmedods.co.uk

Home Farm Gin - info@homefarmgin.co.uk, homefarmgin.co.uk

Hungate Health Store - 01502 715009

Indiagate (indian/Bangladeshi food) - 01502 712162, 01502717976

Jim's South Norfolk Ice Creams (& fresh produce) - 07967 108986, southnorfolkices@gmail.com

Katherine's Kitchen (bakery) - 07738 221492, katherine@katherines-kitchen.co.uk

Lollipop Shoes (childrens & adult footwear) - 01502 717439

Maisebrooke Farm Shop & Cafe - 01502 711018, 07852 297225, 07833 961159

Mandy's Pckles (meals, fruit, veg & meat) - 07949 813788

Noosabay Kennels (dog food) - 01502 578527, team@noosabay.co.uk

Odd Socks (children's clothing) - 01502 716797, www.oddsockschildrenclothes.co.uk

Old Hall Farm (fresh produce & meals) - 01508 333110, oldhallfm@gmail.com, www.oldhallfarm.co.uk

Parlour Made (knitting & craft supplies) - 01502 218700, 07904 071883

Parravani's Ice Cream (& desserts) - 01502 715970, sales@parravanis.co.uk, www.parravanis.co.uk

Pavilion (fruit & veg) - 01502 716261

Ray Munn Paints & interiors - 01379 854762, sales@raymunnpaintsandinteriors.co.uk

Rose Lodge Beauty (soap, shampoo, & bathbombs) - 07909 641070

Russell & Newnes Wine Merchants - 01986 895505, www.russellandnewnes.co.uk

Sam Cole Food (fish & frozen meals) - 01502 449636, sales@samcole.co.uk

Seppings Butchers - 01502 712188, 01502 712114

Smokey Joe's (meals) - 01986 894776

Sweet Satisfactions (confectionery) - 07935 873070, sweet,satisfactions19@gmail.com

Sweeties (confectionery) - 07796 264345

The Hot Meal Service - 01986 835895, 01603 742373, sandycamp@live.co.uk

Think Molly (pet supplies) - 01502 219010

Tickety Boo Cakery - 07535 619159, tickety-boo-cakery@outlook.com

Urban Jungle (plants) - 01603 857196, www.urbanjungle.uk.com

Waveney Valley Coffee - 01379 773325, www.waveneyvalleycoffee.co.uk

