



Local Information for November 2020 Lockdown

The following information is collated by the Westleton Village Hall Centre Manager and is updated regularly. The village hall accepts no responsibility for any incorrect information. Please call Annie on 01728 648354 or email 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.

New government regulations from 5th November can be found here:

<https://www.gov.uk/guidance/new-national-restrictions-from-5-november> Many businesses are permitted to be open e.g. garden centres, pet stores, cafes for take away food and drinks, markets for essentials etc. Other businesses can run a click and collect service. For a full list see here:

<https://www.gov.uk/guidance/new-national-restrictions-from-5-november#businesses-and-venues>

Takeaways/Delivery Restaurants

- **Westleton White Horse** – call 01728 648222 or email westletonwhitehorse@gmail.com for the latest takeaway menu.
- **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** are open as normal. Currently 9am-5pm Mondays to Fridays and Saturdays 9am – 1pm. Monday collection service if phone in advance. Also offering Snug frozen soups and take-away coffee. 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
- **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 . 01728 452520.
- **Salter & King, Peasenhall (Butchers)** info@saltersandking.co.uk 01728 660219.

- **Maple Farm, Kelsale** 01728 652000 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 (15 mile radius)/online shop /collections <https://www.trulytraceable.com/> Available frozen to cook at home (pies and sausage rolls). trulytraceable@btinternet.com 01986 835980 or 07787770774.

Updated information from supermarkets

Major supermarket online deliveries are now on more normal timescales.

- 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.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

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 No immediate payment required; on a donation-only basis at a later date (suggested donation of £3 each).
- Leiston Food Bank is open Friday and Saturday mornings from 10am-11.30am at the United Reformed Church in Leiston, for all who may need it (no requirement to contact them first). Call 01728 831446.
- 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 early on Fridays - thanks. Particularly requested at the moment are: tinned items that contain some meat e.g. beans and sausage, meatballs in sauce, chili con carne and tuna. Also Christmas treats. This collection goes to the new Leiston Food Bank for distribution in Leiston, Aldeburgh and Saxmundham <https://www.trusselltrust.org/>

Prescriptions

- Leiston Surgery prescriptions can be delivered to the Westleton shop on Wednesdays and Fridays. Contact the surgery to request.

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- 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
- 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 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.

Library Service

“Government legislation states that libraries can continue to provide essential services during the November lockdown. We plan to provide limited and safe access to **essential services from most of our library sites from the week beginning Monday 9 November**. Access will comply with all governmental safety laws and regulations.

What services we'll provide

- PC booking for Universal Credit and other benefit usage ([contact your library to book a slot](#))
- Normal reservation and collection service
- [Select and collect service](#)

You will not be able to browse in libraries.

Most libraries will offer all these services, but some won't. [Check your library page for details.](#)”

Saxmundham Library is now open in the cabin. See below for the details:

“As you open the cabin door, you will need to wear your face mask and will be met by a table with a perspex screen. Please use the hand gel and we will be happy to help you with your returns or reservations and collections. If you have general queries we are here for those too. You won't be able to browse and we can only hold a small amount of adult and junior fiction, due to lack of space. If you desperately need something to read, we can find you something and if you need more variety we can reserve a selection for you. You can complete one of our forms at the library or email us at saxmundham.library@suffolklibraries.co.uk (we will need your name, contact number or email,

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library card number, how many books (up to 6) you would like reserving, type of author/s, genre/type of story/subject matter and we can notify you when they arrive.

We can't take payments in the cabin and you will need to do this on Suffolk Libraries website (visit <https://suffolk.spydus.co.uk/cgi-bin/spydus.exe/MSGTRN/WPAC/LOGINB?RDT=/SpydusCitizenPay/default.aspx> and login with your card and pin number) or you can visit and pay at another local library (sorry!).

OPENING HOURS

Tuesday 1000 – 1400

Wednesday 1000 – 1400

Saturday 1000 – 1400

Same site, just a little further up Street Farm Road and opposite Fromus Vets. Spaces for 2 cars to park on the concrete - ignore any cars parked on the grass at the back, as they won't need to move whilst you are visiting us.

* Unfortunately we don't have a letterbox and we won't be able to accept any returns outside of these hours. We hope to increase our days/hours in the near future"

Refuse/Recycling Sites and Services

- Recycling Centres in Suffolk are permitted to stay open, with a booking service only. 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 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 www.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 Free fine wine deliveries to Westleton 01502 473473 contact@suffolkcellar.com
- **Valley Farm Vineyards** - offering free delivery on their wines locally 07867 009967 www.valleyfarmvineyards.co.uk Currently have a lockdown down sale. See the website for more information or email info@valleyfarmvineyards.co.uk

Faith/Religious Services

Westleton Church is currently closed. 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 or call 648140. Or contact Sue Foster susanelizabethfoster@icloud.com or 649034. Please contact them for any church opening enquiries.

The Yoxmere Fisherman is now available online. Click here for the latest version

<http://westleton.onesuffolk.net/assets/Church/Yoxmere-Fisherman-Nov-2020-Online-edition.pdf>

You can also pick up a copy of November's edition in Westleton Village Shop.

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/westletonfeb4.pdf>
http://www.discoversuffolk.org.uk/walking/SearchForm?Search=westleton+&action_results=Go
- Check here for updates on RSPB reserves (many have car parks, trails and toilets open):
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
- National Trust update: "Following the government's announcement of a four-week lockdown in England, we intend to keep our gardens, parks and countryside sites open but will close our houses, shops and holiday accommodation in England from Thursday 5 November. Our coast and countryside sites and car parks will remain open. We intend to keep our gardens and parklands open with pre-booking to encourage local people to enjoy open space while adhering to the government's guidance and maintaining social distancing".
<https://www.nationaltrust.org.uk/news/our-latest-statement-on-reopening-and-coronavirus-covid-19> NT Dunwich Heath: Car park is open 10am - 4pm daily, it is locked at all other times. No booking required but parking space is limited.

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:

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<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
- Free Virtual Tours of Norfolk Museums:
Blickling Estate - norwich360.com/bli...ng/
Norwich Castle - tinyurl.com/y8s...697
Strangers Hall - norwich360.com/pan...tml
The Museum of Norwich at Bidwell - norwich360.com/pan...tml
RAF Radar Museum - 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/17F3org8LTPNHj2PkvYyKE/wv>
- **Pressreader gives free access to hundreds of online magazines and newspapers**
<https://www.pressreader.com/catalog>
- **The Libby app gives free access to online books and audiobooks from Suffolk library**
<https://www.overdrive.com/apps/libby/>

Gardening/DIY

- Ladybird Nurseries – open and back to normal delivery service
<http://www.ladybirdnurseries.co.uk/> 01728 688289.

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- Three Willow Garden Centre in Bungay <http://threewillowsgardencentre.co.uk/> Offering deliveries and open for normal trading: 01986 893834.
- Holton Road Garden Centre are offering click and collect. Open for normal trading as well. 01986 872761.
- Coopers (all stores) are open and 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 - allowing the public to find local growers and garden centres that are offering home delivery.

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
- Wild About Birds, Theberton (Pet and bird food). 01728 833262. Phone to order and they will deliver. May be a small charge.

Post Offices

Open but there may be some changes to opening hours and other services such as longer delivery times. Westleton post office is currently open as per normal. Check before you travel.

Emotional Support/Mental Wellbeing

- Mind UK Coronavirus and your wellbeing 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/
- 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
- NHS mood zone <https://www.nhs.uk/conditions/stress-anxiety-depression/>
- Just want to talk? Email us at neighbourmhfa@gmail.com
- Patient Information website <https://patient.info/mental-health> and C19 specific information <https://patient.info/coronavirus-covid-19>

Citizens Advice

Check here for the latest local updates: <https://www.leistoncab.org/>

Face Mask 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>
- Useful website here for other patterns: <https://threadsmoonthly.com/free-fabric-face-mask-sewing-patterns/>
- Face mask pattern and advice from Dilys Hall : "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” <https://www.craftpassion.com/face-mask-sewing-pattern/#face-mask-pattern>

- 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

Public Toilets

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

Jigsaws

Dilys Hall is lending out the following jigsaws – dilyshall@yahoo.co.uk or 01728 648166 for more information.

