

FRAM *at* HOME

Nº 12



Framlingham
Covid-19 Response
Newsletter

but not alone

Delivered to your door from the Covid-19 Response Team. Part of our efforts to support individuals and families who are self isolating over the coming months.



Welcome!

Four premises in Framlingham are participating in the "Eat Out to Help Out" discount scheme: The Railway Inn, The Crown Hotel, The Station, and the new Italian restaurant Watson & Walpole. Remember it's only in August: on Mondays, Tuesdays and Wednesdays!

How kind of you to "eat out to help out"!



It looks like it is now our "duty" to go out on Mondays, Tuesdays and Wednesdays to save the British economy, or at least a few local businesses, and get a discount at the same time. Up to £10 per person! One moment we are supporting the NHS by clapping for five minutes a week, and now we can gorge ourselves at a discount! However strange this may seem, it is an important part of supporting our town by shopping locally. At the same time always respecting social distancing while out and about.



BBC photo: Fawlty Towers "Waldorf Salad" John Cleese, June Ellis, Terrence Conoley

The way we were...

Orfordness Lighthouse, built in 1792, sits on a very fragile long shingle spit on the island with a very checkered history - it is a special wildlife habitat and was a long term military research base. It has always been hazardous to shipping. The earlier lighthouses were simple wooden structures which burnt wood or coal, and later sperm whale oil. Many were washed away by the shifting coast and encroaching sea. The maritime charity Trinity House managed the lighthouse from 1836 right up to 2013 when it was decommissioned. There was great financial returns from this service - cargo ships had to pay a fee every time they passed, and in today's money, the revenue earned was at one stage about £½ million p.a. The light was converted from

sixteen burners to electricity in 1959, and shone out through huge lenses which amplified the beam for 20 nautical miles (37km).



photo BBC: Lifting off the lantern room

& Fram Today

Due to the encroaching sea this coastal landmark is now changed forever. The glass lantern room, weighing nearly eight tonnes, is the second section of the lighthouse to be lowered to the ground. The top third of the 1792 structure will be carefully dismantled to be rebuilt as a permanent landmark on the other side of the island facing Orford village itself.



Image from: Orfordness Lighthouse Trust

Pressed leaf designs



You will need:

new clay, a roller, fresh leaves, watercolour paint, clear varnish
Roll out the clay, position the leaf, and press firmly all over. When dry paint, and varnish.



A day in the life of a family learning at home



Such is the complexity of modern life that it's rare for everyone to share a moment together. The last few months, however, have proved to be just such a time, and will leave a huge cultural mark. While at home this spring, I recorded two pandemic-themed songs featuring my young daughters (a legitimate home schooling activity!):

'Food Delivery Drivers' (raising money for the Trussell Trust) and 'Alone, Together'. Then, with my band The Glass Thistles, we recorded two more pandemic-themed songs: 'Bad Hair Year' and 'Two Trees' (about the loss of life partners).

Something good from something bad - what better to aim for?

Search for videos: 'The Glass Thistles' on YouTube or Facebook

framed

What are you up to - what's changed?

We would love to hear your Covid stories - and share them with our readers. About 100 words long - send them to: support@framlingham.com

*let's get talking...
...and keep in touch!*

Our 'Cocoon' Volunteers are here to help you. They are part of a great network of support for everyone in Framlingham - we will be able to help all those who need it.

New local information is available showing reported cases in the Framlingham Ward area. Still only as weekly updates, but at least we will be able to see more closely where any local outbreaks might be happening over the winter months.



We will be keeping a close eye on this and will immediately report any nearby outbreaks as soon as we hear of them.



No reported local outbreaks so far!

Framlingham Support

FRAM RESPONSE TEAM - for your Cocoon Volunteer, general advice, and for delivery of this newsletter (A5 small or A4 large print). It's also on our website with lots of other helpful info at: www.framlingham.com, email: support@framlingham.com, or phone: **01728 720183**

HOOR COMMUNITY is the one to contact for deliveries of food & medicines
email: admin@hourcommunity.co.uk or phone: **01728 440511**

MEALS ON WHEELS phone: **01728 440522**

FRAM MEDICAL PRACTICE - phone: **01728 723626**

FRAM PHARMACY - phone: **01728 723957**

NHS - For medical help go to the online service: **111.nhs.uk** For emergencies - phone: **999**

WORRY TREE are there for people suffering from anxiety/worries - phone: **01728 440533**

SUFFOLK FAMILY FOCUS SUPPORT offer weekly telephone service to any struggling families, phone: **07920 088660** or **07880 149865**

Social Care/Personal Care issues - first call your own care provider, if that fails contact **CUSTOMER FIRST** at email: customer.first@suffolk.gov.uk

Only telephone if it is a social care crisis - phone ref adults: **0800 917 1109**
phone ref children: **0808 800 4005**

FBA have details on opening times for many Fram shops and businesses at:
framlinghambusiness.co.uk/fba-news-page