

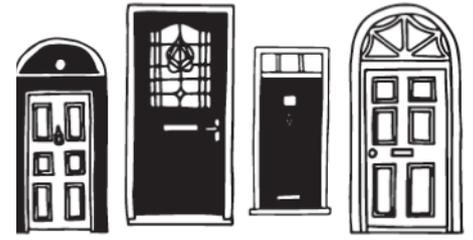
FRAM *at* HOME

Nº 15



Framlingham
Covid-19 Response
Newsletter

but not alone



Prepared as part of the Covid Response Team's efforts to support individuals and families self isolating during the pandemic

Self isolation? At least we don't have to do it on Mars...

But sometimes it feels like this, especially when you are all on your own and your friends are out enjoying themselves. The change from August optimism has been fast, nationally, but not here in Framlingham thankfully.

To maintain low Covid-19 levels, we need to keep the number of people we are in contact with as few as possible. If you think you are feeling ill your *first course of action* is to stay indoors and isolate, and get a test as soon as possible. If you were in contact with somebody who had a positive test result and yours is negative you will still need to stay isolated for the full 14 days. This applies to all those in your "bubble" - yes this definition still exists!



The Martian: Matt Damon isolated on Mars

let's get talking...

Our 'Cocoon' Volunteers are here to help you. If you don't already have help and you need it because you have to isolate, call the Hour Community on 01728 440511. They are part of an active network of support for everyone in Framlingham.

...and keep in touch!

Download the NHS Covid-19 app to protect yourself and your family. It will help you to manage your personal risk and reduce the spread of Covid-19. (separate from the basic NHS app)



Framlingham Support

FRAM RESPONSE TEAM - for your Cocoon Volunteer, and advice. See our website with lots of helpful info at: www.framlingham.com

email: support@framlingham.com

phone: 01728 720183

HOURLY COMMUNITY is the one to contact for deliveries of food, medicines & transport - contact them at: admin@hourcommunity.co.uk

phone: 01728 440511

MEALS ON WHEELS

local on Sundays - The Crown:

01728 723521

Daily - Aspect Living: 01473 749927

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/PERSONAL CARE

First call your own care provider, if that fails email **CUSTOMER FIRST**

customer.first@suffolk.gov.uk

Only phone if it is a social care crisis:

ref adults: 0800 917 1109

ref children: 0808 800 4005

FRAM MEDICAL PRACTICE

Appointments phone: 01728 723627

Prescriptions: use the NHS app

NHS - for medical help go to their

online service: 111.nhs.uk

for emergencies - phone: 999