

FRAM *at* HOME

Nº 17



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

The vaccine is now rolling out! But don't let your guard down...



Henry Cooper - champion heavyweight boxer

The vaccination process has now started in Suffolk. The NHS will contact you with the time, date and location of your vaccination appointment. How much difference will it make to our lives? Firstly it will be a great relief to have some protection, but be careful - it takes 30 days and two jabs to achieve this. After this be aware that you may still catch a mild form of Covid, and you could possibly unknowingly spread it too. So there will be no relaxation of mask wearing and social distancing rules for those who have been vaccinated any differently from anybody else.

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 let you know if you have come into contact with Covid-19 and reduce the spread. (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

HOUR 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
For a hot meal daily & extra support:
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 for info:
www.framlinghamsurgery.co.uk
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