

FRAM *at* HOME

Nº 19



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

Now I have had my jab, how safe am I?

Having had your vaccine this will give you a high level of protection after about 3 weeks, but it is essential you have a second dose to receive the full benefit of the vaccine. So this means it is still important to continue to follow all the precautions, especially among young people and children who will not be vaccinated for some time.

Even then you may still get Covid-19, but it should be much less severe. However, if you do catch it you may not have any symptoms, but you can still pass it on, so please take care visiting other "at risk" people.



Penny of the Hour Community distributing EAST bags

let's get talking...

Hour Community has been handing out EAST bags to anyone over 65yrs who is isolated at home - they include lots of tasty snacks, healthy basics, and a range of activities to keep you busy. They have been created by East Suffolk Council to support people to be physically active, eat well & keep an active mind. You can call the Hour Community for a pack at: 01728 440511.

...and keep in touch!

Our 'Cocoon' Volunteers and the Hour Community are here to help. If you are in need because you have to isolate, or you need a lift to the Vaccine Centre call us on one of the Framlingham Support numbers on the right.

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