

FRAM *at* HOME

Nº22



Framlingham
Covid-19 Response
Newsletter

but not alone



Prepared as part of the Covid-19 Response Team's efforts to support individuals and families self isolating during the pandemic

Framlingham Medical Practice

At the **Framlingham Medical Practice** it has been a challenging and incredibly busy year during which time staff and patients have had to rapidly adapt to new ways of delivering healthcare. Gill Holden, the Framlingham Practice Manager said "We are hugely grateful for the support and patience of everyone in coping with the pace of change during these unprecedented times."

"We have continued to see patients face to face where clinically appropriate but need to maintain social distancing for the foreseeable future as it looks like we will be living with COVID-19 for some time to come and will need to remain cautious."



let's keep testing...

Rapid "lateral flow" home testing kits are now available from the Framlingham Pharmacy for those who don't have symptoms. Who needs to keep testing? Parents with school children, anybody who goes out to work, and all those who have been advised to test by the Council or Healthcare professionals.

...and keep in touch!

This newsletter is now taking a break while Covid restrictions are relaxed. However our 'Cocoon' Volunteers and the Hour Community will still be here to help - if you have to isolate, or you need a lift to the Vaccine Centre or the Surgery. Just call the appropriate support numbers listed here.

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

Vaccinations at the Surgery

"Our next challenge is vaccinating our patients aged 18-49 which we are doing in conjunction with Leiston Surgery. You will be contacted by phone or letter to book a vaccine appointment. However, we are given very short notice of vaccine supplies so watch our website for vaccination updates: www.framlinghamsurgery.co.uk

When the vaccination program was initially rolled out staff at the Practice were upset and disappointed that their bid to run a COVID vaccination centre from Hacheston Village Hall was turned down by the CCG. They chose to work with the Suffolk Federation in delivering vaccinations from Debenham as the nearest centre.

"Our own staff were able to provide jabs to our housebound and care home patients. The programme, however, did not always run smoothly as there was a shortage of supplies and difficulties with the national database. But we have finally managed to deliver a first vaccination to all our over 50s and clinically vulnerable patients, and are well on the way to complete all second jabs by the end of June."

And now the surgery is already beginning to work through the backlog of screening and long term condition reviews that were postponed as a result of the pandemic.

for our patients aged 18-49

econsult Want advice from your doctor?
Self help information?

Or you may have an administrative request, such as a sick note or test result? **eConsult** is our new online service - you can get a response before the end of the next working day, or sooner by filling out the form on our website.

The **NHS COVID app** on your mobile phone makes it very easy to track COVID infection rates, access trace and test, and very soon, once this function is enabled, it will also provide proof of your vaccination status.



This time last year...



Those of you that experienced our Flu clinics last year will know the planning that went into delivering rather wet and windy 'socially distanced' clinics last October. We do hope some inside clinics will be possible this year but are fully prepared to brave the elements once again.

We currently have two Flu Saturdays in the diary - 18th September and 2nd October but this will be booked appointments only - look out for the invites on our website and get out your rain jackets!