

STRONGER TOGETHER

“The peak of demand for intensive care is expected to come in one to two weeks”

Professor Neil Ferguson – Ministerial Advisor who predicted the Corona Virus pandemic.

THERE REALLY IS NO NEED TO GO OUT! AND HERE'S WHY...

We had our first delivery of Saturday orders from Framlingham Market today and it went so well we feel able to grow the model further to offer a bigger choice. So here is what you need to know for this coming Tuesday and Saturday.

THE IMPORTANT BITS

Fruit and Veg orders can only be placed through the volunteers using one of the methods below. Also, we need to know who has placed an order for other items (such as bread/fish/meat) and if it has been paid for.

1. Send an email to bedfieldcommunity@btinternet.com
2. Send a message to the newly created WhatsApp group Bedfield Food Orders (this is strictly to be used only for messages about food orders)

Please keep telling me about your home delivery slots so we can add shopping needed by vulnerable residents to your order!

FRUIT AND VEG

This comes from Carl's Market Stall in Framlingham on a Saturday. You can message the volunteers and order a £10 box or a £20 selection box or combination. It will contain a mixture of fruit and veg depending on what is available. Payment on collection or delivery.

MEAT

We have set up an arrangement with Hall Farm Butchers Framlingham. Two ways to get meat. We hold a stock of fresh or frozen chicken breast, sausages, mince and bacon that can be purchased during Post Office opening or ring them directly on 01728 727422 order, pay and it will be delivered to the village on Saturday morning. State Bedfield Community Group.

FISH

Darren Smith who has a stall at Framlingham Market will prepare orders to be delivered Saturday morning. He has a good range of fish available. To pre-order email him darrensmith.fish@gmail.com. He uses PayPal. State Bedfield Community Group.

BREAD

Brown Bread is the stall on the market. They have an excellent website www.info@brownbreadonline.co.uk. You order and pay online. When entering your collection point put Framlingham Market and in your address and state Bedfield Community Group. It will be delivered to the village on Saturday morning.

221B is a Framlingham bakery. You can ring them on 01728 723526 and place an order by 3pm Monday for delivery to village on Tuesday morning, collection from pavilion during Post Office hours and 3pm on Friday for delivery to village on Saturday morning. State Bedfield Community Group when placing your order.

EGGS

Available from the Pavilion on Tuesdays and Saturdays. 50p for half a dozen, bring box or container please.

MILK

This is still the most tricky item to source. Everyone doing a supermarket online order needs to MAX their order, including full fat for children. Any key worker should buy whenever they see it. Spare milk can then be offered to others or frozen.

PHARMACY

Michael Allen Pharmacy in Framlingham is our source. You can ring them on 01728 723477 and order non prescription items. These will be securely bagged by the shop and brought to Debbie Pritchard's house the following day. Debbie will then message you to say it has arrived. You can do this Monday to Saturday. Volunteer can deliver if necessary.

CLEANING SUPPLIES

A small stock is being held centrally. Please contact a volunteer.

POST OFFICE

Every Tuesday 9.30 - 11.15. Use for banking too. Social distancing protocols will be rigidly enforced.

GARDEN SUPPLIES

Ring Garnetts on 01728 724589 and they will deliver.

PET SUPPLIES

Ring Toby's Pet Supplies in Framlingham on 01728 724571 and they will deliver.

**Have we have convinced you that there is no need to leave your village?
Let's all work together to keep everyone safe. 🙏🙏🙏🙏**

If you are not part of the Bedfield Chitter WhatsApp group and would like to join contact Suellen Miller suellen.miller@btinternet.com

PRESCRIPTION COLLECTION ADVICE

Repeat prescriptions

Repeat medications can be delivered to you to avoid unnecessary travel.

You need to:

1. order your medication (see below), and
2. email bedfieldcommunity@btinternet.com or telephone a Bedfield Volunteer Co-ordinator to tell them you have ordered a prescription. Please remember to let us know if you pay for your prescriptions.

All medications will be delivered on Mondays.

	SURGERY	
	Framlingham and Earl Soham	Debenham and Stradbroke
Order by	Tuesday	
Delivered on	The following Monday	
How to order	<p>1. Use the surgery website if already registered for online services; or</p> <p>2. Email IESCCG.framlingham-dispensary@nhs.net</p> <p>Give your name, address, date of birth and medications required; or</p> <p><u>LAST RESORT</u>: Telephone the dispensary on 01728 723957</p> <p>Paper prescriptions not accepted.</p> <p>Earl Soham surgery users <u>must</u> say that the prescription is to be collected from Framlingham.</p> <p>We will not be collecting from Earl Soham.</p>	<p>1. Use the surgery website if already registered for online services; or</p> <p>2. Send a paper prescription by post to arrive at the Surgery by Tuesday</p> <p>Telephone prescription requests are not accepted.</p>

NEWS JUST IN!!!



COFFEE!



Paddy and Scotts will be delivering catering size packs of coffee to the Pavilion. These will be £4 each available on Tuesday and Saturday's.

....just another reason not to leave the village!!



STAY AT HOME



PROTECT THE NHS



SAVE LIVES

