



# STRONGER TOGETHER

Here is Newsletter Number 3, sent to you via email. It contains important, updated information so you need to print it off or save it carefully. We have sent every house in the village a copy of the newsletter either by email or a paper copy through their letter box. If you need to contact us use this email address.

[bedfieldcommunity@btinternet.com](mailto:bedfieldcommunity@btinternet.com)

**This email version assumes you are able to order and pay for items online. If you need to pay the Bedfield community for food items here are our bank details:**

Account:  
Bedfield and Monks Soham Sports Club  
40-21-30  
31084917



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

Since the last newsletter the message to us all has changed. We are instructed to stay at home and to only go out for one of four reasons:

- Shopping for basic necessities and as infrequently as possible (this includes medicines)
- Taking one form of exercise a day, alone or with the people you live with
- Any medical needs, including donating blood, avoiding/escaping injury or harm, providing care or help to a vulnerable person
- Travelling to work where you cannot work from home.

The village of Bedfield is working very hard to ensure we are all safe and well. We have a network of volunteers providing a range of services so you do not have to leave the village. If you are in the vulnerable or shielded group you do not need to leave your home.

**It is much safer for you and everyone else if you stay at home**

We have set up a number of suppliers who can bring food and other essentials to the village. In the last couple of weeks we have refined our systems and increased the range of items available.

We are able to get you fruit and vegetables, meat, fish, bread, eggs, milk, coffee, cleaning materials, pet food and gardening supplies and most other things.

Deliveries to the village come to the Sports Pavilion on a Tuesday morning and/or Saturday morning for you to collect during your daily exercise session or we can arrange delivery to you if you are:

- in strict isolation
- in the vulnerable/shielded category
- you are a NHS frontline worker working directly with COVID-19 patients.

We also operate a supermarket delivery tagging system. This is how it works: There is a WhatsApp group called Supermarket Tag Service, it is an off shoot of the WhatsApp Bedfield Chitter group (to join CHITTER message Suellen Miller 07979 533547). It is managed by Celia Davies. You can message Celia on Chitter to request an essential item and she will do her best to tag it on to someone's order. There are set of 'rules' to follow!

- Everyone must share when they have a delivery or collection slot.
- Try to leave a few spaces on your order to accept tags.
- You contact Celia via Chitter with your shopping delivery information or your request
- Celia matches your request to a shopper and messages you with the details
- Continue to communicate with each other until you receive and pay for your shopping.
- No long lists or over pedantic requests please.
- The needs of the vulnerable residents in the village take priority.

### Ordering Food

To do this you need to join the Whats App Bedfield Food Orders group. Message Debbie Pritchard via Chitter to do this. You will then be able to place orders for fruit/veg boxes and arrange for orders to be collected and delivered to the village. An order/delivery request is acknowledged with the 'thumbs up emoji'. On the Friday evening before Saturday collection you will be notified of collection time slot at the pavilion or if it is being delivered to you.

## FRUIT AND VEG

Carl's Market Stall in Framlingham is our supplier. You can message Debbie on Bedfield Food Orders and order a £10 box suitable for one person for a week, or a £20 box. You can have as many boxes as you need. It will contain a mixture of fruit and veg depending on what is available. It will be delivered on a Saturday morning. Payment in by BACS to Bedfield and Monk Soham Sports Club or cash on collection or delivery.

## MEAT

Hall Farm Butchers Framlingham is our supplier. There are two ways to get meat. We hold a stock of frozen chicken breast, sausages, mince and bacon that can be purchased during Post Office opening hours (see below) or on Saturday morning. Alternatively you can ring them directly on 01728 727422, order, pay by credit/bankcard and it will be delivered to the village on Saturday morning. State Bedfield Community Group when you place an order by phone before 5pm on a Thursday.

## FISH

Darren Smith Fishmonger is our supplier. To pre-order fish for a Saturday morning collection/delivery email him at [darrensmith.fish@gmail.com](mailto:darrensmith.fish@gmail.com) (he does not take orders by telephone before 5pm on a Thursday. He will send you a confirmation email with a PayPal link for you to make payment. Yes, you will need to set up a PayPal account for yourself. State Bedfield Community Group when you send your order email.

## BREAD

221B is a Framlingham bakery. You can ring them on 01728 723526 and place an order before 3pm Monday for delivery to village on Tuesday morning before 3pm on Friday for delivery to village on Saturday morning. State Bedfield Community Group when you place your order by phone. They are not able to take payment over the phone so you then pay BACS to Bedfield Community or cash on collection/delivery.

Large Granary £2.20	Small Wholemeal £1.20
Small Granary £1.20	Soft baps in packs of 6 £1.50


Large White Sandwich £2.20	Sausage Rolls £1.60
Large Farmhouse £2.20	Cornish Pasties £2.00
Small Farmhouse £1.20	Croissants £1.00
Small sourdough £2.20	Pain au Choc £1.20
Small donka (Rye) £2.20	Pain au Raisin £1.30
Large Wholemeal £2.20	

## EGGS

Available from the Pavilion on a Tuesday during Post Office opening and Saturday morning. 5 for half a dozen, bring box or container please. Can be delivered. Request on Bedfield Food Orders.

## PASTA, RICE, FLOUR, SUGAR, TINNED TOMATOES and BEANS, CRISPS

These items are available in large catering sizes so ideal for larger Parties. Please do not order frozen goods for collection because it won't be frozen by the time it gets to you. To order phone Paul Razey on 01379 873535 and pay by card. Tell him Bedfield Community Group. It will be ready for collection on a Saturday morning.



### What will I need?

**SEA SHELL PASTA - 3KG - £5.00**

Wholemeal Penne Pasta - 3kg - £6.50

Spaghetti - 3kg - £5.00

Easy Cook Long Grain Rice 5kg - £10

Basmati Rice - 5KG - £20

Lasagne Sheet - 500G - £4.00 - 2 Packs

Italian Tipo FF '00" Flour - 1.5KG - £4.00

Plain flour 16kg - £15.00

Self Raising Flour 16kg - £15.00

**Strong White Flour 16kg - £17.00**

Wholemeal Bread Mix - 3.5kg - £8.00 per pack

Baking Powder - 500g - £3.50

Sugar - 1kg- £1.50

Caster Sugar - 2KG - £3.50

Butter 250g x 2 - £3.40

Baked Beans 6 x 840g - £6.50  
(twice the size of normal cans)

Chopped Tinned Tomatos - 800g - £2.00

**FROZEN**

Peas - 2.5kg - £4.00

Julienne Carrots - 2kg - £ 4.00

Sweetcorn - 2.5kg - £5.00

**Medium Cut Fries - 2.5kg - £5.00**

Hash Browns - 2.5kg - £5.00

Seasoned Wedges - 2.5kg - £6.00

Breaded Chicken Goujons - 2.5kg - £12.00

**CORDIAL**

No Added Sugar Orange Cordial - 5ltr - £5.00

No Added Sugar Lemon Cordial - 5ltr - £5.00

No Added Sugar B/Currant Cordial - 5ltr - £5.00

**CRISPS**

Fairfield Bacon & Tomato Crisps 24 x 40g - £12.00

Fairfield Cheese & Onion Crisps 24 x 40g - £12.00


Fairfield Sea Salt & Aspath Cider Crisps 24 x 40g - £12.00

**Toilet Roll - 4 Rolls in a pack - £2**

Surface Cleaner Sanitiser Spray - 750ml - £3.50

Thick Bleach - 5LTR - £6.00

Washing up liquid - 5LTR - £5.00



MILK, CHEESE, BUTTER, BREAD, POTATOES, COFFEE, TOILET ROLLS, SANITARY PROTECTION, NAPPIES, CLEANING MATERIALS and other essentials.

We try to always have these items available including whole milk for children. Contact a volunteer if you are in urgent need otherwise you can buy them on a Tuesday during Post Office opening hours or on Saturday morning. The vulnerable and families with young children are our priority.

NOTE: Milk, bread, cheese and butter freeze very well! Milk can sometimes be in short supply so don't leave it until the last minute to request some.

#### PHARMACY

Michael Allen Pharmacy in Framlingham is our source. You can ring them on 01728 723477 and order non prescription items and pay by credit/bank card. These will be securely bagged by the shop. Then direct message Debbie Pritchard and she will arrange collection and delivery for you.

#### POST OFFICE

Every Tuesday 9.15 - 11.15. Use for banking too. Also sells newspapers. Social distancing protocols will be rigidly enforced. Basic food supplies are available to buy while the Post Office is open.

#### GARDEN SUPPLIES

Ring Garnetts on 01728 724589 and they will deliver. (they are extremely busy at the moment)

#### PET SUPPLIES and WATER SOFTENER TABLETS

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

#### PRESCRIPTIONS AND OVER THE COUNTER MEDICINES

IF YOU NEED PRESCRIPTIONS & MEDICATION COLLECTING OR ORDERING  
EMAIL [bedfieldcommunity@btinternet.com](mailto:bedfieldcommunity@btinternet.com) WE CAN HELP YOU SO YOU DO NOT  
NEED TO LEAVE YOUR HOUSE. THIS INCLUDES URGENT PRESCRIPTIONS.

## **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.

	<b>SURGERY</b>	
	<b>Framlingham and Earl Soham</b>	<b>Debenham and Stradbroke</b>
<b>Order by</b>	<b>Monday 12 Noon</b>	
<b>Delivered on</b>	<b>The following Monday</b>	
<b>How to order</b>	<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><b>LAST RESORT:</b> 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>Contact a volunteer coordinator if you need help with posting your prescription</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 Monday</p> <p>Contact a volunteer coordinator if you need help with posting your prescription</p> <p><b>Telephone prescription requests are not accepted.</b></p>

There are a team of volunteers able to help you with whatever you need during these difficult times so please get in contact with a volunteer if you need help. We are all contactable at

[bedfieldcommunity@btinternet.com](mailto:bedfieldcommunity@btinternet.com)

#### THE VOLUNTEER COORDINATORS ARE

Alison Manning 01728 628046 or 07955 243575

Andrew Manning 01728 628046 or 07879 992701

Debbie Pritchard 01728 628419 or 07827 299490

Anne Hammond 01728 685864 or 07789 142002

Julie Billington 01728 628134 or 07769 676895

What else is going on in the village?

- Parents and carers are working very hard with their children to support learning at home using materials provided by their teachers. A WhatsApp group called Education Bedfield has been set up to offer additional support and ideas for parents. You can join this via Chitter.
- We have launched the Bedfield Bunting Bees. Marion Harvey is the instigator and organiser of this and has produced an excellent video to show us all how to make colourful cotton bunting. This bunting is going to be a crucial part of our big village "end of corona" party. If you love sewing contact Marion through Chitter.
- The Garden Club plant stall is soon to appear at the entrance to Daisy Cottage Long Green so you can have a look when your daily exercise takes you in this direction. If you have spare plants (labelled) please add them to the stall. The Garden Club has a WhatsApp group, join via Chitter.
- Although our church may be locked you can join in services and prayer meetings using ZOOM if you have the internet. Contact Debbie Pritchard for details. If you feel you would like to talk to Chrissie Smart our Minister ordinand then contact Debbie and she will arrange this.



- To help stimulate the brain cells we have attached two quizzes to this newsletter. Our thanks to David Mulrenan for one of them. There is no prize just the satisfaction of having gone. Answers in Newsletter 4. Good luck!

So here are YOUR action points:

- Print off or save this email on your computer desk top so you can find it easily
- Set up online banking and add Monk Soham and Bedfield Sports Club to your payees.
- Join the WhatsApp Bedfield Chitter group so you know what is going on and you can stay in touch with people. There are 57 Bedfield residents already on Chitter.
- Join the Bedfield Food Orders Group to access supplies.
- Most importantly STAY AT HOME and STAY SAFE. No risky gardening or DIY manoeuvres over the Easter Weekend!!

 STAY AT HOME  PROTECT THE NHS  SAVE LIVES 

## Quizzes

### Cryptic Suffolk.

1. Sounds like a sepia serving plate.
2. Christine's initial rodent's meadow.
3. A secret place within a wooden barrel.
4. The last testament of a honey maker.
5. A slack lea.
6. Taper and pork go to the sale place.
7. Inter the soap bubble.
8. Contusion for three feet.
9. Fish and pork.
10. Water heater for the municipality.
11. Well, if they are broken....!
12. Sounds like Black Magic.
13. Ancient scientist.
14. Sounds like a soapy birth.
15. Fleecy place for bears.
16. Famous cat's little piggie.
17. Sounds like Dwight's nickname.
18. Little green vegetables and everything.
19. Area for pig's breakfast.
20. What the Dervishes are doing is valuable.



### **Gardening Quiz**

1. Name the evergreen hedge that has created many a neighbourly dispute?
2. The Monkey Puzzle tree originates from which country?
3. What herb is regularly mentioned along with Rosemary?
4. The RHS holds a flower show at Tatton Park, which is in what County?
5. Name the popular type of goldfish found in ornamental garden ponds.
6. What plant is used in the treatment of Leukemia?
7. Soil can be Acidic, Alkaline or.....?
8. Is a blue tulip fact or fiction?
9. What can be placed over Rhubarb to make it longer and more delicate?
10. What colour rose is associated with Lancashire?
11. What yellow flowering tree is poisonous?
12. What is the name for sculpting hedges?
13. What bulb plant could be described as having a facial hair problem?