



**CONNECT  
for health**  
Being Well Together

## Social Prescribing for Self-Isolation and Social Distancing

If you would like support to access any of the following resources, please contact your local Community Connector.

Dominique Dale: Mobile: 07790922228 or Email: [Dominique.dale@shaw-trust.org.uk](mailto:Dominique.dale@shaw-trust.org.uk)  
Jasmine Ross: Mobile 07967395985 or Email: [Jasmine.ross@shaw-trust.org.uk](mailto:Jasmine.ross@shaw-trust.org.uk)

### Good neighbourhood schemes / Support

The following can help with shopping, medication collection and support within the community.

Community connector	07790922228 Or 07967395985	<a href="mailto:Dominique.dale@shaw-trust.org.uk">Dominique.dale@shaw-trust.org.uk</a> or <a href="mailto:Jasmine.ross@shaw-trust.org.uk">Jasmine.ross@shaw-trust.org.uk</a>
Hollesley Good neighbourhood scheme	07707850126	
Alderton Parish council	01394 411596	
Woodbridge emergency response group		<a href="mailto:emergency@woodbridge-suffolk.gov.uk">emergency@woodbridge-suffolk.gov.uk</a>
Wickham Market Good neighbourhood scheme	07914494108	
Rendlesham Good neighbourhood scheme	07486551004	<a href="mailto:Rendleshamgns@gmail.com">Rendleshamgns@gmail.com</a>
Orford/ Sudbourne support group	01394 450235	<a href="mailto:corrinnelusher@btinternet.com">corrinnelusher@btinternet.com</a>
Melton Good Neighbourhood scheme	0333 335 5366	<a href="mailto:Meltongns@gmail.com">Meltongns@gmail.com</a>
Ufford Helping group		<a href="mailto:Helpinguffordgroup@gmail.com">Helpinguffordgroup@gmail.com</a>
Home but not alone	0800 876 6926	Can download the tribe volunteer app
Bealing and Playford good neighbourhood scheme	01473 735565	<a href="mailto:nhp@rillcott.co.uk">nhp@rillcott.co.uk</a>
Kesgrave – emergency support group	07557 809 709	<a href="mailto:iamfabdeb@aol.com">iamfabdeb@aol.com</a>
Martlesham – parish council	01473 612632	<a href="mailto:clerk@martleshamcouncil.org.uk">clerk@martleshamcouncil.org.uk</a>

### Prescriptions:

The following is information on who you can call or email for medication collection, as well as information from each surgery on repeat medications.

Framfield surgery	01394 383599  <a href="mailto:emergency@woodbridge-suffolk.gov.uk">emergency@woodbridge-suffolk.gov.uk</a>  Able to call or email to have your medication collected and delivered	<a href="mailto:IESCCG.framfieldprescribingteam@nhs.net">IESCCG.framfieldprescribingteam@nhs.net</a>  On line for repeat prescriptions.  Pharmacy open: 8am – 12pm then 4pm – 7.30 pm
Peninsula practice	01394 411232 Hollesley good neighbourhood scheme  Or 01394 411596 Alderton Parish council Able to call to have your medication collected and delivered	<a href="mailto:iesccg.peninsula-practice@nhs.net">iesccg.peninsula-practice@nhs.net</a>  Repeat prescription slips will be picked up daily from Orford surgery and a Monday and Thursday from Hollesley.

Wickham Market Medical Surgery	07914494108 Wickham market good neighbourhood scheme Able to call to have your medication collected and delivered	<a href="mailto:iesccg.wickhammarketdispensary@nhs.net">iesccg.wickhammarketdispensary@nhs.net</a> Can use the letterbox to drop of prescriptions. If isolating you can call to do a request. But only if isolating and can't do anything else. Or can do it on line. Pharmacy open: 10am and 1pm and 3pm till 5.30 pm
Little St Johns	<a href="mailto:emergency@woodbridge-suffolk.gov.uk">emergency@woodbridge-suffolk.gov.uk</a> 01394 383599 Able to call or email to have your medication collected and delivered	<a href="mailto:IESCCG.DispensaryWoodbridgeDoctors@nhs.net">IESCCG.DispensaryWoodbridgeDoctors@nhs.net</a> On line for repeat prescriptions. Medication to be collected from a pharmacy or delivered and not collected from the surgery.
The Surgery – Martlesham	01473 612632 <a href="mailto:clerk@martleshamcouncil.org.uk">clerk@martleshamcouncil.org.uk</a> Able to call or email to have your medication collected and delivered	Phone Tesco or other pharmacies in the area and nominate a pharmacy and register with them to do the repeat prescriptions In writing or on line and not through the telephone.
The Birches Medical Centre	07557 809 709 <a href="mailto:iamfabdeb@aol.com">iamfabdeb@aol.com</a> Able to call or email to have your medication collected and delivered	Phone Tesco or other pharmacies in the area and nominate a pharmacy and register with them to do the repeat prescriptions In writing or on line and not through the surgery telephone.

### Food and essentials

Suffolk Meals on Wheels	01473 749927	<a href="mailto:enquiries@aspectliving.org.uk">enquiries@aspectliving.org.uk</a>	Cost to this service, but brings you prepared fresh meals
Food bank – Salvation Army	2a New Street, Woodbridge, Ip12 1DT	<a href="mailto:Alan.hill@salvationarmy.org.uk">Alan.hill@salvationarmy.org.uk</a>	Thursday 10 – 1 pm able to collect free food parcels
St Andrews Church – Melton	St Andrews Church Melton		Free food shelf for people who live in Melton
Deben Café	01394 388643		Basic food boxes for anyone who is able to collect
Food parcels through the citizens advice	01728 832193		Food parcels to help those in need.
Open Kitchen Batch	07590581118		£2 donation for cooked ready meals for the vulnerable
Wickham Market Co-op	01728 746313		Telephone order and able to offer delivery services
Grange Farm Shop	01473 735610	Or Email order to: <a href="mailto&gt;Hello@grangefarmshop.co.uk">Hello@grangefarmshop.co.uk</a>	Free delivery in a round Woodbridge areas.
Foskers Fresh	01473 659015		Home delivery on food shops

Jewson Woodbridge	01394 385544		Free toilet roll to people over 70 years old
J.R Creaseys	01394 386739		Delivery within 5 miles of the shop
The Sorrel Horse	01394 411617	<a href="http://www.thesorrelhorse.co.uk">www.thesorrelhorse.co.uk</a>	Pop up shop and take away food
Fruit & Veg Stall in the Square, Martlesham Heath	Jan on 07730 396610		Free delivery to any senior customers who are self-isolating
Post Office Stores, Black Tiles Lane, Martlesham	01473 623413		Offering delivery to customers who are self-isolating.
FIND (Families In Need): Martlesham	01473 612659	<a href="mailto:toby@martleshamcofe.org.uk">toby@martleshamcofe.org.uk</a>	Food banks for those living in Martlesham area

### Transport

M & R Cars – free taxi for the elderly	01394 386661	Free taxi to and from the shops from 7-8am for the elderly.
--	--------------	---

### Mental health / Wellbeing

Samaritans	<a href="http://www.samaritans.org">www.samaritans.org</a> Phone: 116 123	24 hour emotional support to anyone experiencing emotional distress
Stay alive – app	<a href="https://www.prevent-suicide.org.uk/find-help-now/stay-alive-app/">https://www.prevent-suicide.org.uk/find-help-now/stay-alive-app/</a>	Can download from app store. The Stay Alive app is a suicide prevention resource, packed full of useful information and tools to help you stay safe in crisis.
Wellbeing	<a href="https://www.wellbeingnands.co.uk/suffolk/course/online-everyday-wellbeing-with-coronavirus-support/">https://www.wellbeingnands.co.uk/suffolk/course/online-everyday-wellbeing-with-coronavirus-support/</a> <a href="https://www.wellbeingnands.co.uk/suffolk/">https://www.wellbeingnands.co.uk/suffolk/</a>	On line resources and courses – all free and able to refer to wellbeing
Help Hub – free 20 minute on line therapy	<a href="http://www.thehelpub.co.uk">www.thehelpub.co.uk</a>	Free 20 minutes on line therapy
Suffolk Mind	<a href="http://www.mind.org.uk/information-support/coronavirus-and-your-wellbeing/">www.mind.org.uk/information-support/coronavirus-and-your-wellbeing/</a>	How to get your emotional needs met while isolating
SHOUT	Text SHOUT to 85258	For urgent issues and support, for anyone with suicidal thoughts.
Suffolk night owl (mind)	<a href="https://www.suffolkmind.org.uk/services/suffolk-night-owls-telephone-support-line/">https://www.suffolkmind.org.uk/services/suffolk-night-owls-telephone-support-line/</a> 0300 111 6000	Thursday till Sunday 7pm till 1 am – free emotional support for people with mental health.
C.A.L.M helpline for men	0800 585858	Men are able to call from 5pm till midnight every day 365 days of the year.
Big white wall	<a href="http://www.Bigwhitewall.com">www.Bigwhitewall.com</a>	Online community for people with mental health who are finding it hard to cope

Looking after your mental health	<a href="https://www.gov.uk/government/publications/covid-19-guidance-on-social-distancing-and-for-vulnerable-people/guidance-on-social-distancing-for-everyone-in-the-uk-and-protecting-older-people-and-vulnerable-adults#how-do-you-look-after-your-mental-wellbeing">https://www.gov.uk/government/publications/covid-19-guidance-on-social-distancing-and-for-vulnerable-people/guidance-on-social-distancing-for-everyone-in-the-uk-and-protecting-older-people-and-vulnerable-adults#how-do-you-look-after-your-mental-wellbeing</a>	Support in looking after own mental health during COVID-19
SAGES	<a href="https://www.sagessuffolk.co.uk/">https://www.sagessuffolk.co.uk/</a>	Advice, guidance and support within mental health
360 Guided Mindfulness Practice	<a href="https://www.youtube.com/watch?v=TKterwanr1Y">https://www.youtube.com/watch?v=TKterwanr1Y</a>	Mindfulness meditation
Stress matters	<a href="https://www.stressmatters.org.uk/">https://www.stressmatters.org.uk/</a>	Open 8am till 8 pm Text the service number and a trained mental health first aider will call you back.
One you	<a href="https://www.nhs.uk/oneyou/">https://www.nhs.uk/oneyou/</a> <a href="http://www.nhs.uk/oneyou/every-mind-matters/">www.nhs.uk/oneyou/every-mind-matters/</a>	Support with mental health and wellbeing, exercise, sleep, smoking, alcohol.

### **Telephone support**

Connect for health – community connectors	07790922228 or 07967395985	<a href="mailto:Dominique.dale@shaw-trust.org.uk">Dominique.dale@shaw-trust.org.uk</a> or <a href="mailto:Jasmine.ross@shaw-trust.org.uk">Jasmine.ross@shaw-trust.org.uk</a>	Weekly friendly phone calls each week while in isolation
Silver line - National helpline for people over 55 years	0800 470 8090	<a href="http://www.thesilverline.org.uk">www.thesilverline.org.uk</a>	Free information, advice and friendship.
Age UK	01473 351234	<a href="http://www.ageuk.org.uk">www.ageuk.org.uk</a>	Advice and information and befriending scheme

### **Key information**

NHS 111 has an <u>online coronavirus service</u> that can tell you if you need further medical help and advise you what to do	111.nhs.uk/covid-19 <a href="http://www.nhs.uk/conditions/coronavirus-covid-19">www.nhs.uk/conditions/coronavirus-covid-19</a>
Guidance on staying at home	<a href="https://www.gov.uk/government/publications/covid-19-stay-at-home-guidance/stay-at-home-guidance-for-households-with-possible-coronavirus-covid-19-infection">https://www.gov.uk/government/publications/covid-19-stay-at-home-guidance/stay-at-home-guidance-for-households-with-possible-coronavirus-covid-19-infection</a>
Acas – working for everyone - Support and advice with impact of COVID-19 on work, sick pay, leave.	<a href="http://www.acas.org.uk">www.acas.org.uk</a>

### **Benefits / rent**

Coronavirus support for employees, benefit claimants and businesses	<a href="https://www.gov.uk/government/news/coronavirus-support-for-employees-benefit-claimants-and-businesses">https://www.gov.uk/government/news/coronavirus-support-for-employees-benefit-claimants-and-businesses</a>
Citizens Advice	0300 3301151 <a href="https://www.citizensadvice.org.uk/">https://www.citizensadvice.org.uk/</a>

Department work and pensions	Pension Credit claim line: Telephone: 0800 99 1234	Universal Credit helpline: 0800 328 5644  Help to Claim (Universal Credit) 0800 1448 444
Issues with rent	<a href="mailto:estates@eastsoffolk.gov.uk">estates@eastsoffolk.gov.uk</a>	Email to contact if having problems during COVID-19 with paying rent or rent issues.

### Activities

Woodbridge Emporium	01394 382382	Free book for anyone over 70 years old who are isolating
Free on line courses	<a href="https://www.futurelearn.com/organisations/hm-government">https://www.futurelearn.com/organisations/hm-government</a>	Free online courses
Quarantine Bingo	<a href="https://www.eventbrite.com/e/quarantine-music-bingo-supporting-final-gravity-tickets-100312371002">https://www.eventbrite.com/e/quarantine-music-bingo-supporting-final-gravity-tickets-100312371002</a>	On line music bingo
Draw with Rob	<a href="http://www.robbiddulph.com/draw-with-rob">http://www.robbiddulph.com/draw-with-rob</a>	Draw along videos
Write a letter to someone	<a href="http://www.lovefortheelderly.org">www.lovefortheelderly.org</a> <a href="http://www.lettersagainst.org/volunteer">www.lettersagainst.org/volunteer</a> <a href="http://www.friendindeed.org.uk">www.friendindeed.org.uk</a>	Write a letter to other people
Virtual choir	<a href="http://www.thesofasingers.net/">www.thesofasingers.net/</a>	Virtual choir
Suffolk libraries	<a href="https://www.suffolklibraries.co.uk/elibrary/overdrive/">https://www.suffolklibraries.co.uk/elibrary/overdrive/</a>	On line for books and resources
Virtual Tours	<ul style="list-style-type: none"> <li>- <a href="https://artsandculture.google.com/partner?hl=en">https://artsandculture.google.com/partner?hl=en</a></li> <li>- The Louvre: <a href="http://www.louvre.fr/en/visites-en-ligne">www.louvre.fr/en/visites-en-ligne</a></li> <li>- The British Museum: <a href="http://www.britishmuseum.withgoogle.com">www.britishmuseum.withgoogle.com</a></li> </ul>	Virtual tours of museums
Wave Length	- <a href="http://www.wavelength.org.uk">www.wavelength.org.uk</a>	Offering DAB radios for those over 70 years old, who may have no radio access and may be cut off from the world.
The Knitters attic	- 01394 547077	Free delivery on orders over £20 – Knitting and crochet resources.
<b>Other ideas include:</b>		
Drawing, painting, adult colouring book, poetry, write a book, word searches, write a play, Knit, crochet, sew, make gifts, bake, play board games, games, puzzles, play cards, sing, cook, de-clutter the house, read a book, take an on line class,		

### Exercise

Yoga	<a href="http://www.youtube.com/user/yogawithadriene">www.youtube.com/user/yogawithadriene</a>	You tube classes on yoga
Chair based exercise	<a href="http://www.nhs.uk/live-well/exercise/sitting-exercises/">www.nhs.uk/live-well/exercise/sitting-exercises/</a>  <a href="http://www.bhf.org.uk/information-support/heart-matters-magazine/activity/chair-based-exercises">www.bhf.org.uk/information-support/heart-matters-magazine/activity/chair-based-exercises</a>	Chair based exercise
Falls prevention exercise	<a href="https://www.youtube.com/watch?v=n8s-8KtfgFM&amp;feature=youtu.be">https://www.youtube.com/watch?v=n8s-8KtfgFM&amp;feature=youtu.be</a>	Falls prevention exercise classes

Free exercise at home pack	<a href="http://www.moveitorloseit.co.uk/coronavirus-support-for-older-people-exercise-at-home/">www.moveitorloseit.co.uk/coronavirus-support-for-older-people-exercise-at-home/</a>	Free exercise pack
30 minute exercises for over 50's	<a href="https://www.youtube.com/watch?v=76Np7Xb_8Z0&amp;feature=emb_title">https://www.youtube.com/watch?v=76Np7Xb_8Z0&amp;feature=emb_title</a>	30 minute exercise for over 50's
Aerobic and dancing classes	<a href="https://www.nhs.uk/conditions/nhs-fitness-studio/?tabname=aerobic-exercise">https://www.nhs.uk/conditions/nhs-fitness-studio/?tabname=aerobic-exercise</a>	Aerobic and dancing classes
Silver Swans	<a href="https://www.royalacademyofdance.org/">https://www.royalacademyofdance.org/</a>	They are going to be weekly videos helping people 55+ with exercise, reducing risk to falls, helping with posture by learning ballet techniques.
Stay in and work out = with Sports England.	<a href="https://www.sportengland.org/stayinworkout">https://www.sportengland.org/stayinworkout</a>	Stay in and work out – on line resources of all exercises to do at home
Keep moving Suffolk	<a href="https://www.keeptomovingsuffolk.com/">https://www.keeptomovingsuffolk.com/</a>	Exercise ideas for in your home and in your garden,
<b>Other ideas include:</b>		
Waking, cycling, exercise DVDs at home, yoga, dancing within your home,		

### Hearing or sight loss

Sensing change	<a href="https://www.sensingchange.org.uk/">https://www.sensingchange.org.uk/</a> Text: 07739 249056 Phone: 01473 260030	Sensing Change provides a range of services to adults with sight or hearing loss. And extra support during COVID-19
British Wireless for the blind	<a href="http://www.bling.org.uk">www.bling.org.uk</a>	Provides specially designed listening devices free of charge, for people who are affected by blindness.

### Other support:

Dementia Connect	0333 150 3456.	Support for people with dementia or caring for people with dementia
Dementia together	08081 688 000	Support for people with dementia.
Suffolk Family Carers	01473 835477	Support for people who are a carer
Lighthouse	01473 228 270	Domestic abuse support and advice
Turning point	0300 123 0872	Drug and alcohol support
Cruse	01473 230888	Bereavement support