



December 2020

INFORMATION - LOCAL HELP AND SUPPORT – UPDATE 5

We are writing again as a **Parish Council/Snape Good Neighbour Scheme** to keep you up to date with the current village issues and local support.

The formal Parish Council meetings continue using social media. The agendas have been published online on the village website and at the Village Hall noticeboard prior to the meeting. There is an open invite for members of the public to join meetings via Zoom, and that can be arranged via Russ Rainger through his PC e mail — please email russ.rainger@snapevillage.info . The issues reported on in the last leaflet in September remain live and ongoing, including Quiet Lanes and traffic calming on Church Road generally amongst other things. Community Speedwatch is back up and running after the activity was stopped on the advice of the police during lockdown 2.

The arrangements for the Good Neighbour Scheme have continued over the last few months and this work remains important as the local authorities and central government schemes for support to vulnerable people are no longer operating, or only in a limited capacity. SGNS continues picking up some prescriptions and health care products for those who have been told not to attend the surgeries in person due to their own vulnerability or remain unable to do so. SGNS offers some basic shopping service for those unable to get out for themselves or access any food delivery service and also help with health care and hospital visits. Please let us know early so journeys can be planned and coordinated.

Those people who have requested a regular phone contact have been paired with a volunteer and that support remains available. **If there are others in the village who feel this would help them or we have missed you then we still have some capacity so please use the contact number below.**

In particular if you are alone over Christmas and would like some contact and a chat then let us know. Contact us via the **Good Neighbour Scheme phone 0754 1754 426** and leave a message and we will call back. Similarly if you feel you can help as a volunteer then let us know. We do have a good number of volunteers but the support is likely to be needed until late spring 2021.

For all those missing the annual carol singing in the village and the Christmas Eve church service there is a Radio Suffolk carol service at 6pm 16th December. There is also a short carol service at 5.30pm Sunday 20th December on Premier Radio. They are encouraging people to sing along on their doorsteps; so take your pick.

We recently delivered an emergency planning leaflet to all households in Snape which contains useful advice and contact numbers in the event of an emergency. If you have misplaced the leaflet then you can obtain another copy through The Good Neighbour Scheme. The information is also available on the village website.

Below are details of various support organisations that can assist as well.

Useful Contacts for individuals and local volunteer organisations

Suffolk Advice and Support Service – 0800 068 3131 or

<https://www.suffolk.gov.uk/coronavirus-covid-19/suffolk-advice-and-support-service/>

SASS brings together five essential areas of work - Single Point of Access, Local Welfare Assistance Scheme, Food banks, Suffolk InfoLink and The Warm Handover.

Local Welfare Assistance Scheme

Contact localwelfareassistance@suffolk.gov.uk

Shielding Helpline – 0800 028 8327 or www.gov.uk/coronavirus-extremely-vulnerable

NHS Volunteer Responders – 0808 196 3382 or www.nhsvolunteerresponders.org.uk.

SCC Customer First (Social Care needs) – 0345 6066 167 (Consultation Line)

**Norfolk and Suffolk Mental Health Trust (NSFT) First Response
– 0808 196 3494 (24/7 mental health helpline) or www.wellbeingnands.co.uk**

**One Life Suffolk – Public Health Support – 01473 718 193
or www.onelifesuffolk.co.uk**

Alzheimer's Society Dementia Connect Support Line – 0333 150 3456

Suffolk Cruse Bereavement Care – 01473 230 888

Homestart – Help for families with children 01502 507 988 / 01502 507 989

Suffolk Domestic Abuse Helpline – 0800 977 5690

The website at <http://snapevillage.info/> will be kept up to date as far as possible with health and local information. Keep an eye too on the «What's on?» page at <http://snapevillage.info/events/> for cancellations and change of date/venue/etc.

Snape Parish Council and Snape Good Neighbour Scheme