

# MUTFORD NEWS

Issue 21: May 2020

**This newsletter is produced & delivered to every house in Mutford by volunteers.  
If you would like to help, contribute or comment, please get in touch:  
MutfordNews@gmail.com or call Jenny 476518**

## Home But Not Alone

As publicised in last month's issue of the newsletter, Suffolk County Council has set up a new Suffolk-focused community service to support people who need help during the COVID-19 pandemic, including collecting food & supplies, and prescriptions.

Called '**Home But Not Alone**', the service has been launched to help connect people who want to volunteer in their communities with neighbours who are most in need.

If you are in genuine need of help call **0800 876 6926**

This is a freephone number and will be staffed from 9am to 5pm, seven days a week.

If you can volunteer, please register on the **Tribe Volunteer app** from Apple App Store or Google Play Store

The Home, But Not Alone service was created by partners from Suffolk's councils, police, health bodies and charitable organisations which come together as the Collaborative Communities Board.  
<https://www.suffolk.gov.uk/council-and-democracy/council-news/show/home-but-not-alone>

## MUTFORD PARISH COUNCIL MEETINGS

The monthly Parish Council meetings cannot take place at the Village Hall at the moment - but the Council is planning to hold 'virtual' meetings which residents will be invited to join via Zoom. Please go to <http://mutford.suffolk.cloud/> for details.

To contact the Parish Council: John Armstrong, Parish Clerk 01502 476418 [jamutfordpc@btinternet.com](mailto:jamutfordpc@btinternet.com)

## CORONAVIRUS (COVID-19)

Keep informed of the latest advice and guidance on the coronavirus crisis.

### NHS

<https://www.nhs.uk/conditions/coronavirus-covid-19/>

### Government response

<https://www.gov.uk/coronavirus>

If you are unable to access these sites for any reason, please ask a family member, friend or neighbour to find out the information for you.

## Stay at Home Street Party

**Friday 8<sup>th</sup> May** (Early Spring Bank Holiday)

The Village Hall Committee is inviting residents to mark the 75<sup>th</sup> anniversary of VE Day between 1-4pm on Friday 8<sup>th</sup> May. Don't forget the 2 metre social distancing rule!

VE Day 75th Anniversary Celebrations

**STAY AT HOME STREET PARTY!**

Friday 8th May 2020

DECORATE YOUR HOUSE RED, WHITE AND BLUE AND ENJOY A PICNIC IN YOUR FRONT GARDEN

Commemorate the end of WW2 by celebrating with your family, friends and neighbours!

**STAY AT HOME** 

**PROTECT THE NHS**

 **save lives**

## FOOD DELIVERIES TO MUTTFORD

Various local shops are currently offering doorstep deliveries to Mutford, including:

- **BOB KNIGHT – BUTCHERS - Beccles**  
Tel no. for ordering: 01502 717145
- **SEPPINGS – BUTCHERS – Beccles**  
Tel no for ordering: 01502 712188  
Deliver to Mutford on Thursdays. Order deadline 1pm day before. Priority to self-isolating, pregnant and otherwise vulnerable, elderly and disabled.
- **HALLS BUTCHERS, Hollingsworth Road, Lowestoft**  
Tel no. for ordering: 01502 562630  
Halls will deliver to your home but cannot take payment over the phone. Cash on delivery.
- **FIELD2FORK – GREENGROCERS - Beccles** Includes eggs and milk  
Tel no. for ordering: 01502 717524
- **HEILS BAKERY, Lowestoft** (includes milk)  
Tel no. for ordering: 01502 563730  
Delivery day Thursday. Order deadline, 12 noon on Wednesday (day before).  
For price list go to [www.heilsbakery.co.uk/deliver.htm](http://www.heilsbakery.co.uk/deliver.htm)
- **SAM COLE - FRESH FISH – Lowestoft**  
<https://samcole.co.uk/>  
Tel no. for ordering: 01502 449636  
(will require a minimum order - check when contacting them)
- **WORLD OF FISH, Lowestoft**  
[www.world-of-fish.co.uk/](http://www.world-of-fish.co.uk/)  
Tel no. for ordering: 01502 517171
- **VILLAGE FRYER FISH AND CHIPS, Kessingland**  
Delivering every day except Sundays  
Tel no. for ordering: 01502 740641

- **FARMERS MARKET, Beccles.**  
Now taking orders for collection from the old heliport, Ellough. The market is observing social distancing - only a few customers let in at a time.  
[becclesfarmersmarket@gmail.com](mailto:becclesfarmersmarket@gmail.com)  
Opening every 1st and 3rd Saturday of the month.  
**Next markets: 2<sup>nd</sup> and 16<sup>th</sup> May.**
  - For lamb, beef, pork ring on Monday before (e.g. 11<sup>th</sup> May for market on 16<sup>th</sup> May. Call 01502 476240 for collection at the market
  - For bread, ring Bread Basket on Monday before (eg 11<sup>th</sup> May for market on 16<sup>th</sup> May) 01502 500291 Malcolm or Natasha for collection at the market.
- Other stall holders who will be at the Farmers Market include:
  - Greenwood's fruit and veg
  - Indian food
  - Tarts, cakes and bakes, eggs and milk
  - Pies and sausage rolls
  - Truffles
  - Soaps(no craft stalls)

### Be aware of scams

Some people are taking advantage of the Coronavirus crisis.

Don't click on the links or attachments in suspicious emails and never respond to messages that ask for your personal or financial details.

Watch out for scam emails offering 'free shopping' or fake self-testing kits.

For the latest information on how to protect yourself, go to:

<https://actionfraud.police.uk/covid19>

**ActionFraud**

National Fraud & Cyber Crime Reporting Centre

**0300 123 2040**

[Other local shops are also offering deliveries.]

## Stay at home

You should only leave the house for very limited purposes:

- shopping for basic necessities, e.g. food and medicine, which must be as infrequent as possible
  - one form of exercise a day, e.g. a run, walk, or cycle - alone or with members of your household
  - any medical need, including to donate blood, avoid or escape risk of injury or harm, or to provide care or to help a vulnerable person
  - travelling for work purposes, but only where you cannot work from home
- 
- If you go out, stay 2 metres (6ft) away from other people at all times
  - Wash your hands as soon as you get home

**Do not meet friends or family who do not live in your home.**

**You can spread the virus even if you don't have symptoms.**



**Do not leave home if you or someone you live with has either:**

- a high temperature
- a new, continuous cough

**[Check the NHS website if you have symptoms](#)**

## Community Chain

There may be times during this current Coronavirus crisis when it would be helpful to get information out to people quickly. So, to supplement this newsletter – but not to replace it – a new 'Community Chain' email alert is proposed.

If you would like to be informed of any updated guidance on Coronavirus, or any messages from the Police on local issues, please send an email to [MutfordNews@gmail.com](mailto:MutfordNews@gmail.com). Alternatively, if you do not have an email account, please contact Jenny on 476518 if you would like to be contacted by phone with any updates.

Your email address/ telephone number will be only be used to communicate Community Chain information and will not be shared with any other party for any reason.

Please drive carefully (and slowly) through the village. Respect all road users



## Request for an apology

An offensive note was put on the windscreen of a car belonging to a lady who had parked in the Village Hall car park in order to walk 2 dogs – one of whom belongs to her parents who have lived in the village for 45+ years and are currently unable to get out of the house.

The lady was very upset about the unkind words, particularly as she had previously lived in the village for many years. She has asked that a note of apology be placed on the car.

The Coronavirus lockdown makes life difficult for all of us. Please be kind to each other.

## Thank you...

Some residents have been picking up litter during their permitted daily walk around the village. Thank you!

## Don't forget:

Late Spring Bank Holiday: Monday 25<sup>th</sup> May

## Nature corner

Peacock butterflies lay eggs in May. They don't like tidy gardeners as they need tall nettle

patches to lay eggs on and for caterpillars to feed on and overwinter on.

So please don't strim your nettles.



## Be considerate to your neighbours

During this Coronavirus pandemic, everyone must stay at home.

Some people will be working from home, others will be trying to home-school their children. Some people will be suffering from coronavirus-type symptoms, and others will be doing more gardening than usual.

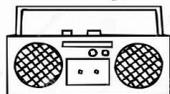
Please be considerate to your neighbours.



Before you have a bonfire, please think about what you are burning, when you are burning it and what effect it might have on the neighbourhood:

- Please do not light bonfires on days during nice weather, when others might be able to get out of their homes for some fresh air.
- If you are sure you can light a fire without having any negative effects on neighbours, then only burn dry material, do not burn damp material, which is more liable to smoulder and produce more and thicker smoke.
- Never burn household rubbish or anything containing plastic, foam or paint - this not only creates an unpleasant smell but also produces a range of poisonous compounds. Save your waste for the next appropriate kerbside collectic

For more advice on being a considerate neighbour including amplified music/ games'; DIY and unattended dogs, go to:  
<https://www.eastsuffolk.gov.uk/environment/environmental-protection/good-neighbour/>



For advice on what to do with grass clippings/ woody garden material/ vegetable peelings/ used coffee grounds, go to:  
<https://www.suffolkrecycling.org.uk/news/top-tips-for-dealing-with-garden-waste>



## Waste Bin collection

Wednesday 29<sup>th</sup> April – Black bin  
Wednesday 6<sup>th</sup> May – Blue bin  
Wednesday 13<sup>th</sup> May – Black  
Wednesday 20<sup>th</sup> May – Blue  
Wednesday 27<sup>th</sup> May – Black

Bins should be out by **6am**

For missed bins call 03330 162000

8.45am-5pm Mon/ Tues/ Wed/ Fridays

9.30am – 5pm Thursdays

Note: The Green/ garden waste bins are **NOT** being collected. For updates, go to:

<https://www.eastsuffolk.gov.uk/news/>

### RECYCLING CENTRE ('Council tip')

The recycling centre is now closed until further notice.

Bottle banks are also not being emptied so please store empty glass bottles at home for the time being

### Suffolk Libraries

The Library buildings may be shut – but don't forget that there is a wide range of FREE ebooks, audiobooks & films for children and adults.

<https://www.suffolklibraries.co.uk/>

### Thank you

"Thank you to everyone who bought fruit, pine cones and bark mulch from the gateway of Lawn Farm in Mill Road.

A total of £238 has been raised from these sales, and a very generous donation from Anna, which will go towards supporting the Louise Hamilton Centre – a Palliative Care resource centre based at the James Paget Hospital in Gorleston, Norfolk."

Ann

### Police

- In an emergency always call 999
- For non-emergency calls, dial 101
- To report a crime anonymously call Crimestoppers on 0800 555 111

**The printing of this newsletter is funded by Mufford Parish Council**

To help distribute copies or to provide content, please call Jenny 476518 or email [MuffordNews@gmail.com](mailto:MuffordNews@gmail.com)