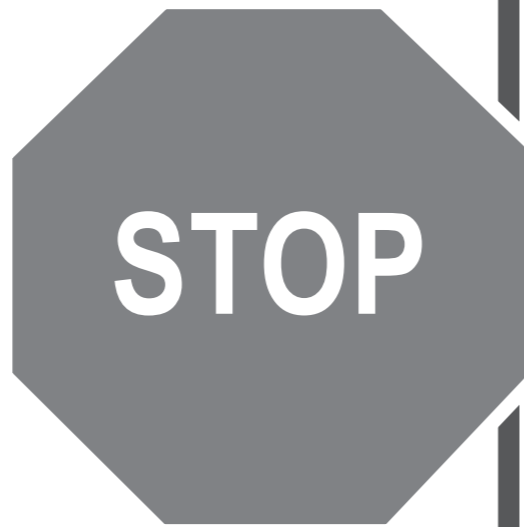


THIS HOUSE IS SELF-ISOLATING

BECAUSE OF
THIS WE ARE
PRACTICING
SOCIAL
DISTANCING AS
A PREVENTATIVE
MEASURE



WICKHAMBROOK WHAT'S ON

April - May

SADLY CORONAVIRUS HAS AFFECTED MOST OF OUR WHAT'S ON EVENTS

Below is a list of cancelled events along with contact numbers should you wish to check in the future when/if events have resumed.

WE SUGGEST YOU KEEP THIS SPECIAL ISSUE OF WHAT'S ON FOR FUTURE REFERENCE.

CANCELLED EVENTS and NOTICES of possible closure

BOOTCAMP, CIRCUIT TRAINING, FAT BURNING HIIT's all cancelled until further notice see Flash Sports & Fitness on Facebook page for future updates or contact Gareth on 07554992125

CARERS: WICKHAMBROOK & DISTRICT FAMILY CARERS cancelled until further notice if you need more info contact Gloria Harrison on mobile 07581712421 or landline 01440 820210

WI MEETINGS and TEA PARTIES cancelled until further notice. Contacts Dorothy 01440 820376 or Gillian 01440 820052

FALLS PREVENTION CLASSES Normally every Tuesday 10.30-11.20am at Wickhambrook Pavilion. *Probably cancelled* we do not have contact details for this event and have had no info from organiser.

TRAIIDCRAFT the Benefice Hall, 1st Saturday in the month cancelled Info contact Josie Wreathall 01440 783286

SPRING SHOPPING EVENT was 3 April at WI Hall, cancelled contact Victoria 0745283296 | victoria.pettitt1991@gmail.com

YOGA Fridays at WI Hall cancelled until further notice see website www.chrissiebondyoga.com and facebook page Chrissie Bond Yoga for updates.

ART AND CRAFTS WORKSHOPS in the Garden Studio, Withersfield. Pottery and Pottery painting, Silk painting & Painting. May and June. Further information Sue email getcrafty2015@gmail.com and visit www.photoartdesign.co.uk and click 'Workshop' button.

HORTICULTURAL SOCIETY April Meeting cancelled was 27 April - Bonsai by Derek Archer. 7.30pm in WI Hall. Contact Audrey 01440 821379

HISTORY SOCIETY April AGM & Talk cancelled was Tues 21 April contacts Gillian 01440 820052 and Dorothy 01440 820376

ALL SAINTS CHURCH Wickhambrook Due to the current uncertainty regarding advice for the gathering of people in public places please visit <https://bansfieldbenefice.org.uk/services/> for both contact and current information about services for Wickhambrook All Saints' church.

GREYHOUND & TwentyOne In the current situation its very likely that we will have to close following government guidelines or could already be closed. If this is the case we will be offering Home Delivery for Food (this could already be in place now) for more information please stay updated via facebook Wickhambrook Community Group & our Facebook page "The Greyhound & TwentyOne" Or call us on 01440 82107 please note our website may not have the latest correct information.

We recommend you check CONTACT DETAILS for the following events for April and May to check they are still running...

APRIL

1
WEDNESDAY

WI WALKING GROUPS both *Wednesdays* at 10am and *Thursdays* are cancelled but if people chose to walk independently its up to them Contacts Hilary 01440 821713 or Veronica 01440 820791

FISH & CHIPS at Greyhound Wickhambrook every Wednesday 5-9pm, Take Away 5-7pm only. Book 01440 821017. **NOTE** TwentyOne @ Greyhound is now offering a HOME DELIVERED FULL MENU FREE to Wickhambrook visit the website: www.wickhambrookgreyhound.co.uk for information and menu

9/23
THURSDAY

MEET & EAT Twenty One @ Greyhound (if open) 12pm on, 2 courses £12, 3 courses £16. Tel 01440 821017

12
SUNDAY

FARMERS MARKET & POP UP CAFE in WI Hall 10am to 1pm. Easter Sunday, April 12th not cancelled at time of going to press enquiries contact Ann on 01284 789419 or email: ann.corlett@btinternet.com

15
WEDNESDAY

SUFFOLK HEALTH WALKS Ickworth Park IP29 5QE Meet at 10am in car park for 10.15 start. Admission free for Health Walkers. More info www.onelifesuffolk.co.uk/our-services/health-walks Contact Tel 01440 820551

22
TUESDAY

MOBILE WOOD FIRED PIZZAS MSC every 3rd Tues 5 -8pm. Tel orders also welcome on 07982 427483.

WICKHAMBROOK CORONAVIRUS RESPONSE

Wickhambrook Support Plan for Vulnerable Persons.

1. If you have to self-isolate due to government guideline, the **first option** is to have your trusted relatives or neighbour support you.
2. **If not**- then our support volunteers can assist with obtaining **essential** food, household necessities, and any medication.
3. Helpline numbers (in order of preference) for anyone who has to self-isolate and needs external support.
 - a. Mobile "Helpline" number- 0739 5958 297
 - b. "The Greyhound" land line- 01440 821017
4. A small number of volunteers are available who can assist with getting essential groceries and medication etc. They will also provide you with a "SI" label to place in your front window so that people are aware of your status and (hopefully) will not attempt to enter your home. In addition, they will provide a "H" label to place in the front window which will signify that you need immediate help with a problem. However, the **first option** should be a call to the helpline and speak to someone.
5. If you need help, then contact the helpline and prepare a list of the essential groceries/ medication needed so the volunteers can obtain them for you. Groceries and medication will be left on the doorstep, or garden gate, and the volunteer will knock so that you may collect them in sight. Volunteers are **NOT ALLOWED** access to homes. This would breach self-isolation rules and would increase the risk of transmission. Payment for the delivery of groceries should be by cash in an envelope, change and a receipt will be returned with the goods. Don't forget to sanitise the packaging when you receive the goods-you don't know who else has handled them!
6. Try not to request just one or two items, as this is inefficient in the use of resources, and we may carry out only one or two runs to the shops per day.

Beware of anyone purporting to be one of the help team but who do not meet the description of our team, or you haven't called us for help and someone arrives, or they want to gain access to your home on some other excuse. Sadly, not everyone has your best interest at heart.

We strongly recommend you check **CONTACT DETAILS** for the following events for April and May to check they are still running...

MAY

6
WEDNESDAY

WI WALKING GROUPS both *Wednesdays* at 10am and *Thursdays* are **cancelled** but if people chose to walk independently its up to them Contacts Hilary 01440 821713 or Veronica 01440 820791

FISH & CHIPS at **Greyhound Wickhambrook** every Wednesday 5-9pm, Take Away 5-7pm only. Book 01440 821017. **NOTE TwentyOne @ Greyhound is now offering a HOME DELIVERED FULL MENU FREE to Wickhambrook visit the website: www.wickhambrookgreyhound.co.uk for information and menu**

7/21
THURSDAY

MEET & EAT Twenty One @ Greyhound (if open) from 12pm, soup £4.50, 2 courses £12, 3 courses £16. Tel 01440 821017

10
SUNDAY

FARMERS MARKET & POP UP CAFE in **WI Hall** May 10th, **not cancelled** at time of going to press enquiries contact **Ann on 01284 789419** or email: ann.corlett@btinternet.com

13
WEDNESDAY

SUFFOLK HEALTH WALKS Ickworth Park IP29 5QE Meet at 10am in car park for 10.15 start. Admission free for Health Walkers. More info www.onelifesuffolk.co.uk/our-services/health-walks Tel: 01440 820551

16
SATURDAY

HORTICULTURAL SOCIETY ANNUAL PLANT SALE 10am - 12 noon in WI Hall. Lots of annuals & shrubs available. If you need any plants for your garden this is your chance to obtain some at prices so cheap you should not miss this event! **FREE ENTRY.** Refreshments available. Proceeds to Horticultural Society. **May be cancelled contact Audrey 01440 821379**

19
TUESDAY

MOBILE WOOD FIRED PIZZAS MSC Tues 19th 5 -8pm. Tele orders also welcome on **07982 427483.**

HISTORY SOCIETY 'Tuesday 19 May: Trinity House' with Karl Lumbers. Meetings commence at 7.30pm in WI Hall. Membership £10 per year plus £1 each monthly meeting, including refreshments. A charge of £2.50 for Visitors who are always welcome. **May be cancelled contact Gillian 01440 820052 or Dorothy 01440 820376.**

21
THURSDAY

SUFFOLK HEALTH WALKS Wickhambrook. Meet at MSC Hall for 11.00am start. 90 minute circuit of the village. Tel: 01440 820551

24
SUNDAY

ALL SAINTS CHURCH Wickhambrook Due to the current uncertainty regarding advice for the gathering of people in public places please visit <https://bansfieldbenefice.org.uk/services/> for both contact and current information about services for Wickhambrook All Saints' church.

WICKHAMBROOK MSC SUPPORTERS ASSOCIATION PRIZE DRAW RESULTS

January Mrs S Edwards £50, Mr Castleton £25, Mrs J Clinton £5, Mrs A Johnstone £5, Barbara & Partha Pal £5, Ray & Penny Bragg £5, Mrs L Taylor £5. **February** Mr & Mrs Poulson £50, Mrs Julie Charton £25, Mrs L Taylor £5, Mrs S Day £5, Roger Draycott £5, Mrs Mahony £5, Mrs Taylor £5.



.....DATES FOR YOUR DIARY MAY BE SUBJECT TO POSSIBLE CANCELLATION contact the organisers closer to the dates

Wickhambrook Open Gardens Saturday 13 June. 11am - 4pm. Contact **Audrey 821379** or **Jackie 820555** for details. **Wickhambrook Carnival Day** will be Saturday 11th July 2020 - To find out how you could help please Contact: **Deirdre Smith on 01440 820747** or **Maggie Elers on 01440 820559**

To send info to Whats On:

email: whatson@wickhambrook.org or Tel: Amanda Barrett 01440 820692
note closing date for entries strictly by 20th of the month absolute latest.

Opposite is some very useful information about volunteer help for our most at risk Wickhambrook residents. Please keep the information. On the back of this page is a poster anyone can use to tell people you are self-isolating by putting it in your window.