

The SENIOR MESSENGER

by wellbeing



Our Monthly Newsletter, Helping Senior Residents of Suffolk Live Life to the Full

ISSUE 1: APRIL 2020

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WHAT IS WELLBEING?

Wellbeing is the state of being comfortable, happy and healthy.

However, we are here to help if you need some support with this!

Photograph Captured in Nacton, Suffolk



Call Wellbeing: 0300 123 1503



wellbeingnands.co.uk/suffolk/

DEAR READER...



Welcome to the first edition of your Senior Messenger newsletter. Our newsletter puts together all the advice, contact details, and ways to manage through these times which can cause us all to feel slightly unsettled.

Spring is here at last! Many baby animals will be born, the trees begin to blossom, the clocks have gone forwards, we get lighter days and with this it seems a bit warmer.

We hope that you are staying safe and well. Just remember though, if you're stressed, anxious, depressed or low, we can help. We are available Monday to Friday 8am to 8pm (except bank holidays) over the phone or you can visit our website. Our phone number is **0300 123 1503**.

wellbeing

Helping you live your life

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WHAT IS WELLBEING?

Wellbeing is the state of being comfortable, happy and healthy

Within this definition it includes to have **good mental health**, to have sense of purpose and meaning, and can manage stress, anxiety, depression, or low mood. Generally speaking, the term wellbeing is just feeling well! At Wellbeing Suffolk, we are here to support every individual that needs our support. Wellbeing Suffolk offer help and support to improve wellbeing and manage stress, low mood, depression and anxiety. We aim to reduce the onset of mental ill health, prevent deterioration and promote recovery by offering a range of flexible services tailored to meet your specific needs.

What can I do to improve my wellbeing?

- Always talk about any problems or concerns you have
- Be active in your home, step into your garden and get some fresh air. Can you see the buds on the trees blossoming yet?
- Keep yourself busy, are there any chores you need to complete?
- Listen to the radio, maybe BBC Radio 4?
- Is there a book in the house that you haven't had the time to read yet?
- Keep in touch with people close to you
- Eat and drink sensibly
- Ensure that you are getting a good night's sleep
- Think about where you are now. Your worries are about the future, and your depressive thoughts are about the past. What you do in the present creates amazing memories. Enjoy the present... Create those memories!

CHAIR BASED EXERCISES

HEALTH AND SAFETY

1. Choose a stable chair that doesn't have wheels
2. You should be able to sit with your feet flat on the floor and your knees bent at right angles
3. Avoid chairs with arms as these will restrict your movement
4. Wear loose clothes
5. Keep water handy
6. Build up slowly and increase repetitions of each exercise over time

TOE TAPS

Step 1) Straighten your legs a little so your feet are off the floor

Step 2) From the ankle, flex your feet (toes up)

Step 3) Point your feet down (toes down)

Step 4) Repeat these 10 times (counting to 5 flexed, counting 5 pointed)



ARM WAVES

Step 1) Start with both of your arms by your side

Step 2) Lift both arms out to the side and up (only as far as is comfortable)

Step 3) Bring the arms back down to the sides

Step 4) Repeat 5 times



CHAIR BASED EXERCISES

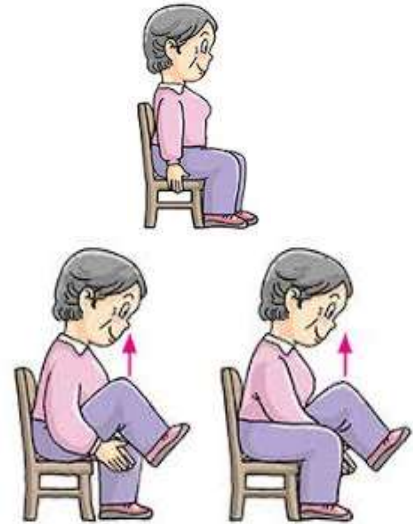
MARCHING

Step 1) Lift one knee at a time seated

Step 2) Imagine you are marching on the spot (count to 3 and change to lift the other knee)

Step 3) (If you feel able) place the hands under the knee and clap each time you lift the knee

Step 4) Repeat this 10 times



LEG RAISES

Step 1) Sitting upright in your chair

Step 2) Keeping one foot on the floor

Step 3) Straighten the other leg from the knee. Do not lift your thigh

Step 4) Place the foot back onto the floor and repeat on the other side.

Step 5) Repeat this about 5 times on each leg, changing legs each time.



FIVE WAYS TO LOVE LOCKDOWN



BE ACTIVE: Step outside in the garden and enjoy a nice walk around your garden. Find a fitness video online, get moving in your home, take regular breaks if you're sitting down.

CONNECT: Connect with the people that are most important to you. Social distancing may mean we cannot physically be with those individuals, but many media applications such as FaceTime, and WhatsApp's and Messenger's video chat allows us to still have those important face-to-face interactions. If this is not an option, pick up the phone and speak to the people you love and know.

TAKE NOTICE: Embrace your curious side! Can you notice the start of spring? Can you see the buds on the trees starting to grow? Can you hear the birds sing? Have you noticed the nights pull in later now? Can you smell the fresh air? Look out of your window or step in the garden and appreciate every moment.

KEEP LEARNING: Learn something new, do you have more time on your hands, maybe you could take up an old interest... have you ever wanted to learn a language?

GIVE AND VOLUNTEER: During these difficult times, there is no better time to give back and volunteer. Do something nice for someone close to you, or maybe even for a neighbour. Maybe you could do some shopping for someone in need. This allows you to be connected to the people around you and is incredibly rewarding for you and your community.

A WORD FROM OUR GUEST

I would like to introduce you to our guest of Wellbeing Social issue one, Derek Davis. Derek is the District Councillor for Babergh and is also the Suffolk Regional Editor for Nub News. Derek is loyal to his community and reflects on his experiences of the Shotley peninsula coming together to support one another during these times where people need each other more than ever.



“One of things that makes us as human beings stand out as a race is our ability to adapt, to overcome the most difficult situations and to be compassionate of those around us at the most stressful of times. In my role as the cabinet member for communities at Babergh District Council, where I represent Ganges ward, I have seen first-hand the extraordinary efforts of so many, from our officers in local authorities, the NHS and care workers in our society, the shop workers, the bin men (and women), delivery drivers, milkmen, teachers, the list of essential workers goes on. Skype meetings, WhatsApp conversations, signing things off by email, quick, decisive actions by phone, have added a new dimension to our working lives at the council during these unprecedented times. History will tell us what we got right, what we got wrong, but hopefully we will learn lessons and do better if, goodness forbids, anything like this ever happens again. As a journalist (I’m Suffolk regional editor for Nub News) it has been equally challenging as we only launched on the Shotley peninsula in mid-February, becoming the 29th site in a national chain of online news platforms.

Nothing has been conventional, except our core value of providing hyperlocal news for our community. In among the press releases, endless streams of updated information vital to keep our residents as informed as possible,

there have been tear-inducing acts of kindness. One wonderful example was the #clapforourcarers evening when our tiny part of the country made one helluva racket with applause, pots and pans, cheering and the honking of car horns.

I should not have been surprised, knowing the Shotley peninsula community as I do. Not for nothing do we have a string of community awards to our name and countless support and community groups all play their part – crisis or not.

NHS workers picking up and delivering prescriptions after an exhausting 12-hour shift, shop workers making deliveries to the elderly when they have closed-up for the day, and even before they gone home to their kids. Children drawing rainbows to put in their windows just to brighten someone's day as they come home from work. Then there is the Bus Shelter project, known simply as Tiffers after the first bus they converted to help the homeless. With rough sleepers being taken off the streets by local authorities, Gareth and his team have switched from spending time with them to preparing and delivering food parcels for the needy in our society, 70 inside two weeks as I wrote this.

Being a dad to a 16-year-old boy, whose life was turned upside down by the exams decision and wearing two hats, has left me right in the middle of what has been going on and previous adversity has enabled me to cope, and therefore, be in a position to help others when needed.

As someone used to working from home, it has been no hardship but I'm aware of the challenges many others face, so seeing how experts are adapting so nimbly to meet these fresh mental health issues is heartening and assuring.

Like many, I have adapted my limited skills to help where I can, knowing as a team player that we will get through this together".

Derek Davis
Babergh District Councillor
Regional Editor (Suffolk)

WHAT SHOPS ARE OPEN?

After Boris Johnsons announcement on the 23rd March the Government has closed a number of shops which are currently considered to be 'non-essential' to reduce the spread of coronavirus. The list below contains all the shops which still remain open.

Supermarkets and other food shops

Pharmacies including non-dispensing chemists

Banks

Newsagents and off-licences

Post offices

Health shops

Pet shops

Laundrettes and dry cleaners

Petrol stations

Bicycle shops

Car rentals

Home and hardware shops

POST OFFICE TEMPORARY OPENING TIMES

Monday to Friday: 9am to 3pm
Saturdays: 9am to 12.30pm

After Boris Johnsons announcement on the 23rd March, you are still able to visit the Post Office. Mr Johnson has declared that the Post Office is an 'essential service'. Most stores will remain open as normal, however opening times have temporarily changed due to COVID-19 staff related sickness. We advise that you only visit your local Post Office if it is absolutely essential for the time being to protect you.

Opening times have always varied by branch, this is because of various branches being in shops or being franchised. The standalone Post Offices are currently open from 9am to 3pm on Monday to Friday and from 9am to 12.30pm on Saturdays. Other post offices within shops may be open longer but please consult your local branch first.

The first hour of every day in Post Offices which aren't franchised or in other shops is for elderly and vulnerable customers as well as NHS staff and care workers.

BANKS TEMPORARY OPENING TIMES AND ADVICE

After Boris Johnson's announcement on the 23rd March, you are still able to visit most of your local banks. A full list of banks is listed below. We do advise that you only visit your bank for an essential reason, to ensure you are protected and safe.

For the banks that are remaining open, the opening times have changed temporarily. So, we have compiled a list of all the temporary bank opening times for your ease. If it is paying in cash, a cheque, or checking your balance, most banks allow you to do all this through the Post Office now if this is more convenient. Furthermore, many banks have online applications that you can download from the app stores on your phones where you can manage your finances. Within these apps, most now support paying in a cheque on the application by taking a photo. So please do not worry if your branch is closed.

HALIFAX

Monday – Friday: 10am to 2pm

At the time of writing this Newsletter, Halifax has not closed any branches within Suffolk. You can use this website for regular updates www.halifax.co.uk/helpcentre/coronavirus/branchclosures/.

For customer who are concerned or struggling with their finances, Halifax are also currently offering an emergency interest-free overdraft option. If you need to contact Halifax their number is 0345 720 3040, please be advised their phone lines are very busy.

BARCLAYS

Monday – Friday: 9:30am to 1pm

At the time of writing this newsletter, this is the up to date list of closed Barclays branches:

- Felixstowe
- Bury Cornhill
- Stowmarket
- Framlingham
- Thetford
- Southwold (closed Monday, Tuesday and Thursday) open on Wednesday and Friday 9:30am to 1pm

Barclays has closed a few of its branches temporarily but will inform its customers if their branch has been affected. If you have internet access at home, you can use this website www.barclays.co.uk/branch-finder/ to find more information about your local branch for an update on this list. Just remember if your branch has closed, the Post Office can help with many of your bank services.

For customers who are concerned or struggling with their finances, Barclays are also currently offering an emergency interest-free overdraft option. If you need to contact Barclays their number is 0345 734 5345, please be advised their phone lines are very busy.

LLOYDS BANK

Monday-Friday: 10am to 2pm

At the time of writing this Newsletter, Lloyds Bank has closed their Mildenhall branch which so far is the only one in Suffolk.

Furthermore, it is worth noting that Lloyds has discontinued the use of their mobile branches for the time being to help protect their staff

and customers. You can use this website for regular updates if more branches are to close or open in your area

www.lloydsbank.com/helpguidance/coronavirus/branch-closures.html.

If these branch closures affect you just remember the Post Office can help with many of your bank services such as paying in money, checking your balance and withdrawals.

For customer who are concerned or struggling with their finances, Lloyds Bank are also currently offering an emergency interest-free overdraft option. If you need to contact Lloyds Bank, their number is 0345 300 0000, please be advised their phone lines are very busy.

HSBC

Monday – Friday: all branches closed until further notice

Until further notice HSBC has decided to close all its branches to protect staff and customers. To keep up to date with these closures follow this website for more details www.hsbc.co.uk/branch-finder/. Just remember if your branch has closed, the Post Office can help with many of your bank services such as paying in money, checking your balance and withdrawals.

If you need to contact HSBC by phone their number is 0345 740 4404. Please be advised that currently HSBC's lines are very busy, so they are advising people to call only if absolutely necessary to avoid long waits. The call centre hours have currently changed and are open from 8am to 8pm.

For customers who are struggling with their finances due to the current situation, HSBC have increased their buffer for their interest-free overdraft to £300.

NATIONWIDE

Monday – Friday: 10am to 2pm

At the time of writing this Newsletter, all Nationwide branches remain open within Suffolk. You can use this website for regular updates locations.nationwidebranches.co.uk/search.

If you need to contact Nationwide by phone the number is 0345 730 2011. For customers who are struggling with their finances due to the current situation, Nationwide are currently offering support to help which includes:

- Three-month payment holidays on mortgages, personal loans or credit cards
- Increased credit card or overdraft limits
- Penalty-free early access to savings in fixed term bond accounts.
- Support for members in financial difficulty.

NATWEST

Tuesday – Thursday: 10am to 1pm

At the time of writing this Newsletter, NatWest have closed the Thetford branch which may affect some Suffolk residents. However, all other NatWest branches remain open, but opening times have changed temporarily. NatWest are now closed every Monday and Friday in Suffolk but remain open on Tuesday, Wednesday, and Thursday. To keep up to date with this information follow this website for more information <https://locator.natwest.com/?html>.

NatWest kindly ask that no more than two people are allowed in a branch at one time, to help protect staff and customers, so only make essential visits.

If a branch has closed in your area, remember the Post Office can help with many of your bank services such as paying in money, checking your balance and withdrawals.

If you need to contact NatWest by phone their number is 03457 888 444, please be advised their phone lines are very busy so you may be waiting for a while.

For customers who are struggling with their finances due to the current situation, NatWest are currently offering customers an increase of their credit limit and a loan payment deferral, as well as payment breaks for up to three months on mortgages. Furthermore, if you need to access your savings early NatWest are allowing customers to do this without a penalty.

SANTANDER

Monday – Friday: 10am to 2pm

At the time of writing this Newsletter, all Santander branches remain open within Suffolk. You can use this website for regular updates branchlocator.santander.com/.

If you need to contact Santander by phone their number is 0800 01 56 38. please be advised their phone lines are very busy so you may be waiting for a while. Alternatively if you have internet access try using their online chat function, where you can type your query to get help <https://www.santander.co.uk/personal/support/contact-us>.

For customers who are struggling with their finances due to the current situation, Santander are currently offering customers an increase of their credit limit and if you need to access your savings early Santander are allowing customers to do this without a penalty.

TSB

Monday – Friday: 10am to 12:30pm (Cleaning hour) 1:30pm to 4pm

At the time of writing this Newsletter, TSB have closed their Buttermarket branch in Ipswich (the Woodbridge Road branch remains open) and their Bury St Edmunds branch which may affect some Suffolk residents. However, all other TSB branches remain open, but opening times have changed temporarily. TSB are open from 10am to 12:30pm, then for one hour they will clean the branch to help prevent the spread of Covid-19. The branch will then open again at 1:30 to close at 4pm. To keep up to date with branch times and closures use this website link www.tsb.co.uk/branch-locator/.

If you need to contact TSB by phone their number is 03459 758 758, please be advised their phone lines are very busy so you may be waiting for a while.

For customers who are struggling with their finances due to the current situation, TSB are currently offering customers an increase of their credit limit and a loan payment deferral, as well as payment breaks for up to three months on mortgages which shouldn't impact your credit score. Furthermore, if you need to access your savings early, TSB are allowing customers to do this without a penalty.

IPSWICH BUILDING SOCIETY

Monday 9am to 1pm	Tuesday 9am to 1pm	Wednesday 9:30am to 1pm	Thursday 9am to 1pm	Friday 9am to 1pm	Saturday 10am to 12pm
Hadleigh	Aldeburgh	Hadleigh	Aldeburgh	Hadleigh	Hadleigh
Halesworth	Ipswich (Ravenswood)	Halesworth	Ipswich (Ravenswood)	Halesworth	Halesworth
Haverhill	Saxmundham	Haverhill	Saxmundham	Haverhill	Haverhill
Woodbridge Ipswich	Sudbury Ipswich	Woodbridge Ipswich	Sudbury Ipswich	Woodbridge Ipswich	Woodbridge Ipswich

At the time of writing this Newsletter, all Ipswich Building Society branches remain open within Suffolk, but opening times do vary. If you need to contact Ipswich Building Society by phone their number is 0330 123 0723 for general enquiries and for direct mortgage enquiries call 0330 123 0773. Do be advised the lines may be a bit busy.

For customers who are struggling with their finances due to the current situation, Ipswich Building Society are currently offering customers payment breaks on mortgages which shouldn't impact your credit score.

For those members who usually make their mortgage payments in branch, payments can also be made using a UK debit card by calling 01473 278150, or alternatively, if you would like to pay by bank transfer you can use the following details:

Sort code: 23-44-48

Account number: 00004000

Payment reference: [YOUR MORTGAGE ACCOUNT NUMBER]

THE CO-OPERATIVE BANK

Tuesday – Thursday: 10am to 2pm

At the time of writing this Newsletter, the Co-Operative Bank in Ipswich will remain open for three days a week for reduced hours. If you need to contact the Co-Operative Bank their number is 03457 212 212, but please be advised the phone lines get busy.

For customers who are struggling with their finances due to the current situation, the Co-Operative Bank are working as quickly as they can to offer you the right support. This includes offering customers an increase of their credit limit and a loan payment deferral, as well as payment breaks on mortgages which shouldn't impact your credit score.

SUPERMARKET OPENING TIMES

ALDI

Monday – Saturday: 8am to 8pm
(Some stores open until 10pm)
Sunday: 10am to 4pm

ASDA

Monday – Saturday: 8am to 8pm
Sunday: 10am to 4pm

CO-OP SUPERMARKET

Monday – Friday: 8am to 8pm
Saturday: 8am to 7pm
Sunday: 10am to 4pm

THE FOOD WAREHOUSE

Monday – Saturday: 8am to 7pm
Sunday: 10am to 4pm

ICELAND

Monday – Saturday: 8am to 9pm
Sunday: 10:30am to 4:30pm

LIDL

Monday – Saturday: 8am to 9pm

Sunday: 10am to 4pm

MARKS & SPENCER

Monday – Saturday: 8am to 8pm
Sunday: 10:30am to 4:30pm

MORRISONS

Monday – Saturday: 7am to 8pm
Sunday: 10:30am to 4:30pm

PETS AT HOME

Monday – Saturday: 9am to 6pm
Sunday: 10:30am to 4:30pm

SAINSBURYS

Monday – Saturday: 8am to 8pm
Sunday: 10am to 4pm

TESCO

Monday – Saturday: 8am to 10pm
Sunday: 10am to 4pm

WAITROSE

Monday – Saturday: 7am to 8pm
Sunday: 10am-4pm

These times were correct as of 17th April 2020 and are subject to change

SUPERMARKET SILVER HOUR TIMES

The term 'Silver Hour' is used to refer to the period that supermarkets and shops allow exclusive access into their stores for customers to have a head start for shopping over the rest of their customers. Some stores are participating to help protect carers, seniors and vulnerable residents.

ALDI

Monday – Saturday: 7:30am-8am

ICELAND

Wednesday: 9am to 11am

CO-OP SUPERMARKET

Monday – Saturday: 8am to 9am

Sunday: 10am to 11am

MARKS & SPENCER

Monday and Thursday: 8am to 9am

THE FOOD WAREHOUSE

Monday – Saturday: 8am -9am

SAINSBURYS

Monday, Wed and Friday: 8am to 9am

TESCO

Monday, Wednesday and Friday: 9am to 10am

MORRISONS DOORSTEP DELIVERIES

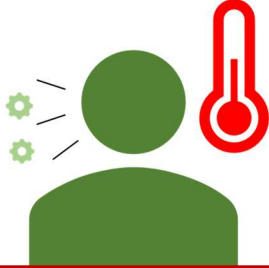
Call: 0345 611 6111 and press option 5 to place your order

'Morrisons Doorstep delivery service is available to vulnerable and elderly members of the community, unable to go shopping in-store.

Any order placed before 4pm we will aim to deliver the next day. In order to use this service, you must live within 10 miles of a Morrisons store. There is a limit of three per item whilst using this service.

Deliveries will adhere to the current social distancing rules so to avoid contact we strongly encourage contactless card payments only, if this isn't possible chip and pin card payments are available, but no cash payments can be accepted' my.morrisons.com/doorstep-deliveries/

SOCIAL DISTANCING... WHAT TO DO?



If you have any of the following symptoms, please stay home and stay safe:

- Continuous cough
- High temperature
- Shortness of breath

KEEP YOUR DISTANCE

As hard as this is, try to keep yourself 2 metres away from other people when you are out in public, this is to help reduce the spread of coronavirus and so that you are protected from others, especially if you are classified in the 'at risk' category.

AVOID TOUCHING THINGS

Only touch what you really need to. This applies to shops where you are looking at products, pick up only what you intend to buy to help prevent the spread of coronavirus.

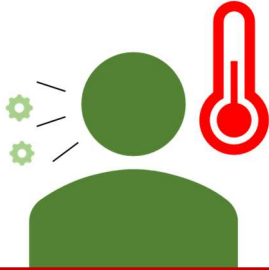
WASH YOUR HANDS REGULARLY

Wash your hands as regularly as possible to ensure you are helping reduce the spread of bacteria and the virus. Wash your hands thoroughly for at least 20 seconds each time. We advise that as soon as you arrive it is best practice to wash your hands to keep your home a clean place to be.

CARD PAYMENTS

If possible, shops are asking customers to avoid using cash for the time being just to avoid handling cash to benefit staff and customers safety. The ideal method is using a card. So, if you can temporarily accommodate this type of payment method, you would be helping the shops out a lot.

SOCIAL DISTANCING... WHAT TO DO?



If you have any of the following symptoms, please stay home and stay safe:

- Continuous cough
- High temperature
- Shortness of breath

ONLY ONE PERSON PER HOUSEHOLD

When it comes to your weekly shop, most stores are only now allowing one person per household to do this shop to help reduce the footfall in their stores.

However, if the other person you are travelling with is your carer, this is an exceptional circumstance.

QUEUE SAFELY

Most stores have currently placed stickers on the floor of where to stand while waiting in line to either get into the store or while waiting to pay. Ensure that you are standing where advised to help keep you safe and reduce the spread.

STAY AT HOME AND STAY SAFE

Along with the Government's advice, the best advice we can give you is to try and avoid the supermarket if possible and stay at home. If possible, try your best to arrange a friend or family member to help you with your shopping. Furthermore, if this is not an option but you do have access to the internet, Sainsburys and Waitrose are doing 'extremely vulnerable' priority delivery slots. If you are aged 70 or older or under 70 with an underlying health condition, then you are at increased risk of being severely affected by coronavirus. The supermarkets are one of the places where coronavirus can be spread. Therefore, to protect staff and customers, all stores have temporary measures in place to ensure that you are protected if you do have to do an essential shop.

PHARMACY DELIVERIES

There are methods for you to be able to receive your medication for free without leaving your home. Pharmacies now offer a free deliver service for people over 70. To receive this service just simply call your pharmacy and inform them that you would like them to start to deliver your medication to your door. Many pharmacies are temporarily delivering free medication to people under 70 as well, so if you are under 70 and feel that you need this service also do check with your local pharmacy if you are entitled.

Alternatively, there are also online services where you can request what medication you need. Pharmacy2U order and receive the prescription from your GP, the Pharmacy2U pharmacists then check and dispenses your prescription and then delivers your medication for free in the post. Just like a normal pharmacy, the difference is that you do not have to leave your house.

PHARMACY2U

Call: 0113 265 0222

Monday to Friday 9:00am - 5:00pm

Saturday 8:30am - 1:00pm (Emergency calls only)

Download the app on the app store:

IPHONES

<https://itunes.apple.com/gb/app/id883158179>

OTHER PHONES

<https://play.google.com/store/apps/details?id=com.kwiboo.p2urepeatsapp.android>

SUFFOLK PHARMACY OPENING TIMES

ACER ROAD PHARMACY, RENDLESHAM

Monday, Wednesday and Thursday: 8.30am-1pm
and 1.30-5.30pm
Tuesday and Friday: 8.30am-1pm and 1.30-5pm
Saturday and Sunday Closed

ALDEBURGH PHARMACY, ALDEBURGH

Monday-Friday: 9am-6pm
Saturday: 9am-5pm
Closed Sunday

AQUA PHARMACY, IPSWICH

Monday-Friday: 8am-6.30pm
Saturday: 8am-6pm
Closed Sunday

BARROW PHARMACY, BURY ST EDMUNDS

Monday-Friday 8am-2pm and 2.30-6.30pm
Saturday 9am-12pm
Closed Sunday

BARBOUR PHARMACY, BRAMFORD ROAD IPSWICH

Monday-Friday: 9am-1pm and 2.15-5.30pm
Saturday: 9am-1pm
Closed Sunday

BELSTEAD HILLS PHARMACY, IPSWICH

Monday-Friday: 9am-5.30pm
Saturday: 9am-1pm
Closed Sunday

BURLINGTON PHARMACY, IPSWICH

Monday-Friday: 8.30am-6.30pm
Saturday: 9am-1pm
Closed Sunday

CLARE PHARMACY, CLARE

Monday-Friday: 9am-1pm and 2-6pm
Saturday: 9am-1pm and 2-5pm
Closed Sunday

CLAYDON PHARMACY, CLAYDON

Monday-Friday: 9am-6pm
Saturday: 9am-1pm
Closed Sunday

COMBS FORD PHARMACY, STOWMARKET

Monday-Friday 8.30am-6.30pm
Saturday 9am-1pm
Closed Sunday

CROASDALES CHEMIST, BURY ST EDMUNDS

Monday-Saturday: 8.30am-5.30pm
Closed Sunday

DAY LEWIS, BELLEFLOWER CRESCENT, RED LODGE

Monday-Friday :10am-12pm and 2-4pm
Saturday: 9am-1pm
Closed Sunday

DAY LEWIS, NORWICH ROAD, IPSWICH

Monday-Friday: 10am-12pm and 2-4pm
Closed Saturday-Sunday

DAY LEWIS, HENING AVENUE, IPSWICH

Monday-Friday: 10am-12pm and 2-4pm
Closed Saturday-Sunday

DAY LEWIS, BURY ST EDMUNDS

Monday-Friday 10am-12pm and 2-4pm
Saturday 9am-1pm
Closed Sunday

DELTA PHARMACY, FOXHALL ROAD, IPSWICH

Monday-Friday 9am-1pm and 2-6pm
Saturday 9am-1pm
Closed Sunday

EYE PHARMACY, BROAD STREET, EYE

Monday, Wednesday and Friday 9am-1pm and 2-6pm
Tuesday and Thursday 9am-1pm and 2-5.30pm
Saturday 9am-1pm
Closed Sunday

FELIXSTOWE PHARMACY, FELIXSTOWE

Monday – Saturday 8am-8pm
Sunday Closed

FELIXSTOWE ROAD PHARMACY, IPSWICH

Monday-Friday 9am-6pm
 Saturday 9am-12pm
 Closed Sunday

FRAMLINGHAM PHARMACY, FRAMLINGHAM

Monday-Friday 8.30am-6pm
 Saturday 9am-5pm
 Closed Sunday

GAINSBOROUGH PHARMACY, IPSWICH

Monday-Friday 9am-5.30pm
 Closed Saturday-Sunday

GREEN CROSS PHARMACY, BRAMFORD

Monday-Friday 8.45am-1pm and 2-5.45pm
 Closed Saturday-Sunday

GUILDHALL PHARMACY, BURY ST EDMUNDS

Monday-Friday 8.30am-6.30pm
 Saturday 9am-1pm
 Closed Sunday

HAMILTON ROAD PHARMACY, FELIXSTOWE

Monday-Friday 9am-5.30pm
 Saturday 9am-1pm
 Closed Sunday

IXWORTH PHARMACY, IXWORTH

Monday-Friday 8.30am-6.30pm
 Saturday 9am-1pm
 Closed Sunday

KESGRAVE PHARMACY, KESGRAVE

Monday-Friday 9am-1pm and 2-6pm
 Saturday 9am-1pm
 Closed Sunday

KEW PHARMACY, IPSWICH

Monday-Saturday 9am-8pm
 Sunday 10am-6pm

LAKENHEATH PHARMACY, LAKENHEATH

Monday-Friday 9am-1pm and 2-6.30pm
 Closed Saturday-Sunday

LEISTON PHARMACY, LEISTON

Monday-Friday 9am-6.30pm
 Saturday 9am-5pm
 Closed Sunday

LLOYDS PHARMACY, IPSWICH

Monday-Friday 8.45am-6.30pm
 Closed Saturday-Sunday

LLOYDS PHARMACY, HAWTHORNE DRIVE, IPSWICH

Monday-Friday 8.30am-6.30pm
 Saturday 9am-5pm
 Closed Sunday

**LLOYDS PHARMACY, MARKET PLACE,
MILDENHALL**

Monday-Friday 9am-6pm
 Saturday 9am-5pm
 Closed Sunday

LLOYDS PHARMACY, HIGH STREET, MILDENHALL

Monday-Friday 8.30am-6pm
 Closed Saturday-Sunday

LLOYDS PHARMACY, SUDBURY

Monday-Friday 8.30am-6pm
 Saturday 9am-5.30pm
 Closed Sunday

MARTLESHAM PHARMACY, MARTLESHAM

Monday-Friday 9am-1pm and 2-6pm
 Closed Saturday-Sunday

MILL PHARMACY, HADLEIGH

Monday-Friday 8am-6.30pm
 Saturday 9am-6pm
 Sunday 10am-2pm

NACTON ROAD PHARMACY, IPSWICH

Monday-Friday 9am-5.30pm
 Saturday 9am-1pm
 Closed Sunday

NEEDHAM MARKET PHARMACY

Monday-Friday 8.30am-6.30pm
 Saturday 9am-1pm
 Closed Sunday

RAINBOW PHARMACY, IPSWICH

Monday-Friday 9am-1pm and 2.30-6pm
Saturday 9am-1pm
Closed Sunday

RUSHMERE PHARMACY, IPSWICH

Monday-Friday 9am-1pm and 2-5.30pm
Saturday 9am-1pm
Closed Sunday

SAXMUNDHAM PHARMACY, SAXMUNDHAM

Monday-Friday 9am-6pm
Saturday 9am-2.30pm
Closed Sunday

SPRING ROAD PHARMACY, IPSWICH

Monday-Friday 9am-6.30pm
Saturday 9am-5.30pm
Closed Sunday

SQUARE PHARMACY, IPSWICH

Monday-Friday 9am-1pm and 2-6pm
Saturday 9am-1pm
Closed Sunday

SUPERDRUG PHARMACY, NEWMARKET

Monday-Friday 8.30am-5.30pm
Saturday 9am-5.30pm
Closed Sunday

SWAN PHARMACY, BURY ST EDMUNDS

Monday-Friday 8am-10pm
Saturday-Sunday 8am-11pm

THE VYNE, ELMSWELL

Monday-Friday 9am-6pm
Saturday 9am-1pm
Closed Sunday

THURSTON PHARMACY

Monday, Tuesday, Thursday and Friday 9am-1pm
and 1.30-5.30pm
Wednesday and Saturday 9am-1pm
Closed Sunday

VILLAPHARM, CAPEL ST MARY

Monday-Friday 8.30am-1pm and 2-6.15pm
Closed Saturday-Sunday

WALTON PHARMACY, TRIMLEY ST MARY

Monday-Friday 9am-6.30pm
Saturday 9am-1pm
Closed Sunday

WATERTON PHARMACY, WOODBRIDGE

Monday-Friday 8am-7.30pm
Saturday 8am-1pm
Closed Sunday

WELCH PHARMACY, IPSWICH

Monday-Friday 8.30am-6.30pm
Closed Saturday-Sunday

WELCH PHARMACY, WESTGATE STREET, IPSWICH

Monday-Friday 8.30am-5.30pm
Saturday 9am-5.30pm
Closed Sunday

WELCH PHARMACY, STOKE PARK DRIVE, IPSWICH

Monday-Friday 8.30am-6pm
Saturday 9am-12pm
Closed Sunday

WICKHAM MARKET PHARMACY

Monday-Friday 9am-6pm
Saturday 9am-1pm
Closed Sunday

WOODBRIDGE PHARMACY

Monday-Friday 9am-6pm
Saturday 9am-5.30pm
Closed Sunday

WOODBRIDGE ROAD PHARMACY, IPSWICH

Monday-Friday 9am-1pm and 2-6.30pm
Closed Saturday-Sunday

WOOLPIT MEDICAL SERVICES, WOOLPIT

Monday 7am-7.45pm
Tuesday-Friday 8am-6.30pm
Saturday 8am-11pm
Closed Sunday

WORKSHOPS AS LIVE WEBINARS



Due to COVID-19 we are making it easier than ever to access the workshops that we would normally run at various community venues. These workshops will now be available online as live 'webinars. This is a live online presentation, where you log in on your computer, phone or tablet. A member of the social team will present the workshop via a webcam so you can see and hear all the same information that you would receive in a community workshop. Please do not worry though, you will not be seen by other attendees and you can ask questions to the social team in real time via a live chat function that is private and not visible to the rest of the group.

If you are interested in attending a webinar, please type this link into your address bar and see if there are any workshops that could help you <https://www.wellbeingnands.co.uk/suffolk/get-support/courses/>

You don't need any special software or a webcam, just a smart phone, laptop or tablet. We will email the link to your email address, which you just click on and away you go!



Just remember if you ever need us,
we're here to help...

To find out more about who we are and how we can help please visit:

www.wellbeingnands.co.uk/suffolk/

For any general enquiries or to register with the service call:

Wellbeing Suffolk: 0300 123 1503*

Lines open Monday to Friday (excluding Bank Holidays) 8am to 8pm

**Depending on your provider call costs from a landline or mobile will vary.*

*Hello,
You are through to
the Wellbeing Service.
How can we help?*



Or if you would to **self-refer** to our service please visit:

www.wellbeingnands.co.uk/suffolk/ and click on our self-refer page

Making a referral to the Wellbeing service is quick and easy and is a great first step on your journey to a happier you.