

"I'd like to help people in my village":

There are an enormous amount of rewarding and incredibly useful opportunities to help and in your village and nearby.

The Southwold VHC

would love to hear from you if you would like to help by offering a little time to drive people, help to serve meals, cook or offer your time to other initiatives which benefits Reydon and Southwold residents. You do not need to be available on a set schedule each week or month - volunteer as much or as little as you can offer. To find out more, please contact the Southwold VHC on 01502 724549 between 9am - 1pm, open every weekday.

The Sole Bay Community Bus

are always looking for more drivers and Bus Buddies for Mr Bus. To drive, you need to be over 25 and under 80 with a D1 on your driving licence, Halesworth Area Community Transport will look after any further training you need. You can call them on 01986 875900 to find out more.

Food contribution

The Lowestoft food bank need donations. In Reydon, please take your donations to Jan & John Collins at 19 Lakeside Park Drive, Reydon or phone 01502 725731 for collection.

Financial contribution

You can also make a financial contribution to local hardship funds. Perhaps you do not need your government energy grant, or would like to provide a personal donation. In this case, The Reydon Trust is a registered charity and is already collecting for the needs of Reydon residents facing difficulties.

Local residents at St Margaret's church have already given over £2,500 to help others in the village. Reydon Parish Council will continue to find ways to support initiatives that help our residents during these challenging times. We have two nominated councillors coordinating our response. We will work with our neighbouring council colleagues to bring you information as often as we can. Please look on the new Reydon Parish Council Facebook page, the Reydon website, and the Reydon Robin for updates or call in to see us at a drop-in session at The Randolph.

The Reydon Trust - Email your contact details to: trustees@thereydontrust.org.uk or post a note into the post-box at the entrance of Reydon Village Hall. Give your name, address and contact method and someone from the trust will get in touch. - *Hardship grants - One-off energy payments - Make a donation*

The Southwold VHC, Stella Peskett Millennium Hall, Southwold IP18 6BE. Call: 01502 724549 (between 9 am - 1 pm, every weekday) - *Access to Comfort meal vouchers - Urgent food help - The VHC Lunch Club - Community Drivers - Volunteer to drive - Volunteer to cook or serve food*

Southwold Library, Old Hospital Hub, Field Stile Rd, Southwold IP18 6LD, 01502 722519 - *Warm room with free activities*

The Canteen Old Hospital Hub, Field Stile Rd, Southwold IP18 6LD - *Accept Comfort Meal Vouchers - Twice monthly 'pay what you can afford' Sunday Lunches from mid-January*

St Edmund's Church, 5 Bartholomew Grn, Southwold IP18 6JA. Call 01502 725424 - *Access to Comfort Meal vouchers*

St Margaret's Church, Wangford Road, Reydon IP18 6PB. Call: 01052 453624

Lowestoft Food Bank - start with Citizen's Advice 0808 2082138 for free (open Monday to Friday, 9am-5pm) - *Food bank vouchers and delivery*

Reydon Village Hall, Lowestoft Road, Reydon, IP18 6RF. - *Community Cuppa + other activities*

Southwold Arts Centre, St Edmund's Hall, Cumberland Road, Southwold IP18 6JP - *Free coffee mornings*

The Harbour Inn, Black Shore, Southwold, IP18 6TA - *Warm Wednesdays*

Warm Homes Suffolk - www.warmhomessuffolk.org - *Advice on grants to help you insulate your home*

Sole Bay Community Bus 'Mr Bus' <http://www.solebaycarefund.uk/mr-bus> (bottom of the page) or call 01986 875900 - *Subsidised bus service between Reydon and Southwold*

The Randolph, 41 Wangford Rd, Reydon, Southwold IP18 6PZ - *Reydon Parish Council 'drop in'*

Better Together



Providing support for our community.

If you are one of the many people who find they are having difficulties as costs rise, please read this leaflet.

If you need support for yourself or your family or you would like to help others in your village, this leaflet can help to connect you with services in your area.

Useful addresses and phone numbers are all included on the back of this leaflet.

Note: Information is correct at the time of publishing (8th December 2022)

"I would like to find":

Company & Warmth

Here are places in the village and the nearby area to stay warm and meet people.

Reydon Parish Council 'drop in' sessions.

Meet fellow residents and your Parish Councillors with free tea & coffee. Held at The Randolph Hotel.

Thursday, January 19th 16.00 - 17.30

Thursday, February 16th 19.00 - 20.00

Thursday, March 16th 11.00 - 12.00.

Communities Together East Anglia - Community Cuppa

Designed for our older residents. Free warm drinks, meet neighbours and members of the Later Life Community Team at Reydon Village Hall. 2nd Friday of every month, 2pm - 4pm.

Southwold Library

Southwold Library is open on Tuesday - Friday 10 am - 1 pm and 2 pm - 6 pm. Saturday, it is open 9.30 am - 1 pm and 2 pm - 5 pm, and Sunday 11 am - 4 pm. The team invite you to use the library and have a range of activities running to suit all ages. You can find out more at <https://www.facebook.com/southwoldlibrary/> or you can call them on 01502 722519

The Harbour Inn, 'Warm Wednesdays'

A place to come and sit by the fire and chat to their friendly team. Quote 'Warm Wednesdays' for a free cup of something hot. 3pm - 5pm each Wednesday throughout winter.

Southwold Arts Centre coffee mornings

Every Tuesday from 11am to 3pm, in the foyer, with free tea/coffee and cake.

Food

Food Bank Parcels

Lowestoft Food Bank can deliver to Reydon residents when they have volunteer drivers available. The most important step to access this service is to get a Food Bank Voucher. The recommended start point is to call 0808 2082138 for free (open Monday to Friday, 9am-5pm) to talk confidentially with a trained Citizens Advice adviser.

The Southwold VHC

If you are in an urgent situation and cannot feed yourself or your family, the Southwold VHC may be able to help you. Please call 01502 724549 between 9am - 1pm every weekday or you can visit them at the Stella Peskett Millennium. Hall.

Comfort Meal Vouchers

There are a limited number of 'Comfort Meal' vouchers available from East Suffolk District Council. These allow individuals and families in urgent need to get food at 'The Canteen', The Old Hospital in Southwold. To get vouchers, you need to speak to a Referral Partner which in Southwold and Reydon are the Southwold Voluntary Help Centre and St Edmund's Church.

The Canteen will be open for hot meals Wed - Saturday - either breakfast or lunch and on Tuesday, there is a counter service. From mid-January, The Canteen will be providing a twice monthly Sunday 'Pay What You Can Afford' lunch.

The VHC Lunch Club

The VHC Lunch Club is every fortnight, on Thursday. This provides a carefully prepared square meal for up to 40 residents, with a pickup and drop-off facility for those who need it, it is £7.50/ticket. It is popular, places go quickly. Please contact the Southwold VHC on 01502 724549 between 9am - 1pm, open every weekday.

Food continued

Help from The Reydon Trust

The Reydon Trust is a registered charity serving the people of Reydon. It can offer hardship grants to local residents. People from your community have recently donated over £2,500 to help to provide assistance for fellow Reydon residents who are in need. If you are in urgent need, the process to apply for yourself or someone else is simple (in strict confidence). Email your contact details to: trustees@theyreidontrust.org.uk or post a note into the postbox at the entrance of Reydon Village Hall, addressed to the Reydon Trust. Just give your name, address, and contact method and someone from the trust will get in touch. As a rule, grants are provided as vouchers for our local food stores.

"I would like to find help with":

Energy

One-Off energy payments through The Reydon Trust

The Reydon Trust will consider requests for one-off £150 payments, direct to your energy supplier if you are facing difficulties with your bills. If you are in urgent need, the process to apply for yourself or someone else is the same as for the hardship grants and also in strict confidence. Please find details above.

Help with energy efficiency:

If your household has an income of less than £30,000, you may be eligible for a Grant to help insulate and make your property more energy efficient which could help you to save on your bills. You don't have to be a homeowner to benefit from this. Landlords whose tenants qualify for support can receive up to two-thirds subsidy of costs for improvement work. You can find out more details at www.warmhomessuffolk.org

Getting Around

Mr Bus

Halesworth Area Community Transport runs 'Mr Bus', the Sole Bay Community Bus, from the Sole Bay Health Centre each weekday (except Tuesday) and Saturday. In winter, the timetable is limited to the morning. It stops at numerous locations in Reydon, onto Southwold and runs return journeys throughout the morning. It is free for Bus Pass holders and under 5's, £1 for adults and 50P for children under 16. For an up-to-date timetable and route, please visit <https://www.solebaycarefund.uk/mr-bus> (bottom of the page) or call 01986 875900

Help from East Suffolk Council

East Suffolk Council has a dedicated website for services that can help you. It's called Ease The Squeeze. The website covers available payments, grants for energy saving or efficiency, housing costs help, and school holiday activities. Visit: <http://www.eastsuffolk.gov.uk/community/squeeze/>

Here, you can fill in a referral form for yourself or someone else. The form is a fairly simple one pager. Once this form has been completed, someone from the council will contact you. If you cannot access, or find it difficult to fill in the form, you can call 0333 016 2000.

Help from Suffolk County Council

If you have access to the internet, you can also visit www.suffolk.gov.uk/costofliving where you can find help for households, businesses and charitable organisations, as well as other ways people can offer support. This includes things like the Local Welfare Assistance Scheme, the Suffolk Credit Union, and Home Start support for families.

