

# MILDENHALL HIGH TOWN COUNCIL

The Pavilion. Recreation Way. Mildenhall. Bury St. Edmunds. Suffolk. IP28 7HG



We sincerely hope that you are well and coping in these difficult times.

If you, or someone you know, are vulnerable and experiencing difficulties due to the ongoing Covid-19 situation then please contact us on **01638 713493**.

This line is open from 9am to 5pm, Monday to Friday and they will be able to put you in contact with any organisations or volunteers who may be able to help you. This phonenumber is only for vulnerable people in Mildenhall, who do not have support available from family, friends or neighbours and can help if you need food, medicine or essential supplies.

The Town Council is working in partnership with Suffolk County Council, West Suffolk District Council and is co-ordinating with the local support group Mildenhall Response Volunteers. We are not affiliated with any other local group currently operating.

Alternatively, if you feel that you may have the capacity to be able to volunteer to assist others then please contact the Town Manager on the number above. Please see the reverse of this document for a list of useful numbers to contact.

Mildenhall is a strong and vibrant community and it is important that we take care of each other. Mildenhall Matters!

Kind regards  
Mildenhall High Town Council

### **Useful Phone Numbers**

**Suffolk County 'Home but not Alone' – 0800 876 6926**

**Silverline -Free 24-hour confidential helpline for older people – 0800 4 70 80 90**

**Suffolk Parent Carer Network – For families and children with additional needs – 01473 345375**

**Suffolk Family Carers – 01473 835477**

**National Domestic Abuse Helpline – 0808 2000 247**

**Dementia Together – 08081 688 000**

**Samaritans – 08457 909 090**

**Citizens Advice – 0300 330 1151**

### **Drug and Alcohol Support**

**Turning Point – 0300 123 0872**

**Alcoholics Anonymous – 0800 9177 650**

**Narcotics Anonymous – 0300 999 1212**

**AI Anon Family Support – 0800 0086 811**

### **Food and Essentials Suppliers Delivering**

**Corner Stores Mildenhall – 01638 715269**

**Adrians Fish Box – 07894388492**

**Marks Fruit & Veg- includes bread from Hyams and Meat from Butchers (order by Thursday morning) – 01842 811541**

**Norfolk in a Box Fruit & Veg – 07827777541**

**The Christmas Tree Firm Fruit & Veg – 07885730150**