



Merry Christmas from Nacton Parish Council



Are you on Facebook? Nacton Parish Council is.

If you are on Facebook, why not follow Nacton Parish Council to find out about local news and events?

If you have anything that you would like to be added to the Facebook Page, Website or the noticeboards please contact the clerk

nactonpc@gmail.com

Help is at hand

Christmas can be a time of worry and anxiety for people, more so with the impact of coronavirus, but Suffolk has support available and people to talk to. Resources, telephone numbers and organisations to support you, can be found here: <https://www.healthysuffolk.org.uk/covidhub>

The Suffolk Care Services Directory is a completely free guide to help people looking for care and support in Suffolk. It contains lots of really useful information about accessing social care, funding care, staying independent, moving to a care home etc.

Suffolk Care Services Directory can be accessed here: <https://www.carechoices.co.uk/...>



"Your journey to wellbeing starts here"

Connected Communities is a free confidential service available to everyone over the age of 65 in Suffolk. By using the service you will get access to someone who can:

- Talk to you confidentially
- Give practical, helpful, non-judgemental advice
- Help you decide what you would like to do to improve your health and wellbeing
- Refer you to appropriate services and activities.

We are able to offer you one to one appointments with a highly trained local Community Connector. They will spend time talking through the issues that matter to you and help you come up with solutions often by linking you to services within your local community.

The first appointment could be between one hour and one hour and 30 minutes, any sessions after this will be a minimum of 45 minutes, however all session times will be tailored to your own needs.

You can be referred by your GP, a health professional. Someone in your community can also refer you (with your permission), or you can refer yourself by calling our information hub on [01473 835477](tel:01473835477) or via email connectedcommunities@suffolkfamilycarers.org

Christmas Bin Collection - Please note that there are no changes to bin collections over the festive period, so please make sure you leave your bins out for collection on your normal collection days.

Find out more here

Dates for 2022

The first coffee morning of 2022 (Covid restrictions permitting) will be held:

At the Village Hall

On 8th January

Between 10-12am



Parish Council Meetings are as follows:

12th January

23rd March

11th May (Annual Parish Meeting and Annual General Meeting)

27th July

28th September

30th November

Parishioners are welcome. All meetings start at 7pm in the village hall



Nacton Parish Council

nactonpc@gmail.com

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