

COVID-19 SIDMOUTH COMMUNITY RESOURCES



on behalf of Sidmouth Town Council

19/03//2020

During this challenging time, the health and wellbeing of the entire community and getting help to our more vulnerable residents are our priorities. Various local groups, businesses and individual volunteers are providing services for those who may not have family or friends to help them. This leaflet provides a summary of the schemes operating within the Sid Valley.

Please - contact these schemes directly if you **NEED assistance**. Please do not hesitate - people are ready and want to help you.

If you can **GIVE assistance** that will benefit the community please contact the relevant scheme and volunteer. You can also use the postcard scheme on the back page to offer assistance directly to your immediate neighbours. Don't put your health or that of others at risk when being a good neighbour, but if you can, help those in need.

If we all work together we can reduce panic, isolation and get practical assistance to where it is most needed at this incredibly challenging time.

WWW.SIDMOUTH.GOV.UK

Produced by Sidmouth Town Council, all details as complete as possible at time of printing. Please check the website for regular updates

FOOD DELIVERY



The businesses below are offering alternative options for those struggling to get to the shops or who are in self isolation. We anticipate many other local establishments will offer home delivery services - please see our website for the most up to date list and support our high street traders > www.sidmouth.gov.uk

SPAR SHOP > Temple Street

Delivering groceries. This will be in operation 9am to 4pm every day.	<i>Sue Mearns</i>	01395 513008
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WOOLBROOK NEWS

Delivering any goods sold in their shop, Vinnicombes bakery items and Winchesters fruit and veg.	<i>Call before 11am for same day delivery. £1.25 charge</i>	01395 514224
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THE DAIRY SHOP

Offering a home delivery service. Free delivery on orders over £10. Payment by card over the phone.	<i>Town centre deliveries only</i>	01395 513018
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THE COURTYARD

Delivery of hot & cold food + extra items.	<i>Small delivery charge</i>	01395 577553
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KINGS GARDEN & LEISURE

Hot food plants and household items.	<i>Free local home deliveries</i>	01395 262278
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THE BALFOUR ARMS

Delivering hot and cold meals, telephone befriending and shopping for those in need.	<i>Deborah Bennett</i>	07900 200327
	<i>info@balfourarmssidmouth.co.uk</i>	

DREWS BUTCHERS > Sidbury

Taking shopping orders over the phone with free delivery.	<i>Deliveries to Sidbury village</i>	01395 597373
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COMMUNITY GROUPS



SID VALLEY HELP > sidvalleyhelp.co.uk

Providing phone friendship for those self-isolating, plus Sid Valley resident health and care support service information - request a booklet or available online.

07378 964521
01395 892011
sidvalleyhelp@gmail.com

SIDMOUTH HOSPISCARE

We provide care and support to patients in the Sid Valley with a life-limiting illness, and their carers and families, with referrals from a Sidmouth GP or Sid Valley Admiral Nurse.

01395 577126
volunteering@sidmouthhospiscare.org.uk

SID VALLEY FOOD BANK

Request assistance or to volunteer or donate.

07936 917507
info@sidvalleyfoodbank.org.uk

SID VALLEY CHURCHES > *find the list on sidvalleyhelp.org.uk*

Most if not all are doing shopping and phone checks on congregation. Memory Cafe, Hospiscare, SVS, Living with Cancer are contacting clients by phone

ART FORUM

For those in isolation who enjoy art and cannot get to their usual groups.

Cathy Osbond at
info@devonart.co.uk

SALVATION ARMY > 07889 755777, angela.carney@salvationarmy.org.uk

SIDMOUTH LIVING WITH CANCER > jklfilm@aol.com

NB: if you can help one of these outlets with deliveries or services please contact them directly - they are all requesting additional volunteers.

ADDITIONAL SUPPORT



- > There are over 40 Sid Valley residents who have volunteered various services from **dog walking** to **shopping, collecting meds** and **chatting on the phone** to provide company and connection. If you need help and haven't received an offer directly from a neighbour or through the postcard scheme below, call Di Fuller on **07786 816890** to be connected to a volunteer.
- > **SID VALLEY RADIO**
You can listen for local updates: www.sidvalleyradio.co.uk
- > Get involved. Please use the postcard below (as featured on the BBC) to offer assistance directly to your neighbours. You can download and print copies from www.sidmouth.gov.uk

Thank you to all our community volunteers, local groups, and businesses - together we can all make a difference.

HELLO! If you are self-isolating, I can help.

My name is

I live locally at

My phone number is

If you are self-isolating due to COVID-19 I can help with:

☐ Picking up shopping

☐ Posting mail

☐ A friendly phone call

☐ Urgent supplies

Just call or text me and I'll do my best to help you (for free!)

Coronavirus is contagious. Please take every precaution to ensure you are spreading only kindness. Avoid physical contact (2m distance). Wash your hands regularly. Items should be left on your doorstep.

#ViralKindness



**USEFUL
NUMBERS**

Beacon Medical Centre or Blackmore Health Centre: 01395 512601
NHS Coronavirus Contact Line: 111 or visit online at: 111.nhs.uk
Citizens Advice Bureau: 03444 111 444