

Hello!

If you are self-isolating, you are not alone!

Here's some local information that might be useful.

This is a summary of info from various Facebook posts 😊 .

Dated: March 25<sup>th</sup>, 2020.

### **How to access local community info/help?**

- If you are online: search for the 'Four Marks Coronavirus Community Support Group' on Facebook & request to join this group. You can find out the latest local information/ask for help. Kind souls will walk dogs, pick up prescriptions, shop. Volunteers are in Four Marks & Medstead: [https://www.facebook.com/groups/235902607787538/?ref=group\\_header](https://www.facebook.com/groups/235902607787538/?ref=group_header)
- If you are not online: government 'hubs' of volunteers are being set up so things will become easier! In the meantime, pls see below suppliers below for local food deliveries with telephone numbers. And other sources of help on page 2.
- Please note businesses are having to adapt on a *daily, if not hourly, basis*.

### **Who can help with food deliveries?**

- **The Handy Store, Medstead** will take orders over the phone on 01420 563141 and there are volunteers that will bring it to you. You can pay by cheque, BACS bank transfer or cash.
- **Clementine's Vegetable & Produce shop** [clementinesdelivery@outlook.com](mailto:clementinesdelivery@outlook.com) 01420 563984. They will take an order over the phone or email. You can pay by card or cash and they can deliver via volunteers.
- **Cassandra's Cup** Chawton from Wednesday 25<sup>th</sup> of March Cassandra's Cup will be operating as a local shop. We aim to stock essential items such as milk, eggs, butter, bread, flour, sugar, paracetamol, calpol and toilet paper. These items can be purchased daily from 10am – 17pm Monday to Saturday. We will also be offering fresh veg and meat (soles butchers). As well as a wider range of groceries which can be pre-ordered Monday before 12pm for Tuesday collection and Thursday before 12 for Friday collection. Sorry no takeaways from the Greyfriar, but we will start offering pizza takeaway from Cassandra's Cup from 6-9pm. Sorry no delivery 01420 83144 or 07973 714734 and [simon@pookapubs.co.uk](mailto:simon@pookapubs.co.uk)
- **Garth Owen** – has a bakery 'The Pantry' and frozen meals from their café. Also, flour, eggs, butter, yeast. They will take orders/payment over the phone. Free local deliveries over £10.00, deliveries Monday/Thursdays. Also, for garden centre goods.
- **Castle of Comfort Pub, Medstead** Take Away Food and Delivery Service – pay with a card on delivery to your home. Also offer all kinds of meat products as they have a Butcher's. 01420 562112 or [tracydaley61@gmail.com](mailto:tracydaley61@gmail.com)
- **Nosh Café** has about a week's worth of frozen meals left. After this Nosh can only offer home-made soups. This week Jude can deliver to self-isolating people, especially the elderly. (Her frozen

meals are also at Reed's- about to run out!) Please call 077294 73795. Pay over phone. Or email [noshcafebar@gmail.com](mailto:noshcafebar@gmail.com) Frozen Menu: <https://www.noshcafebar.com/take-away-menu>

- **Veggie boxes** <https://thelocalvegboxpeople.co.uk/how-to-shop/deliveries> Online ordering only. They deliver.
- **Abi's Fruit & Veg Boxes £17.50, Fruit, Veg & Dairy Box £22.50** Pls email or text with your order. [abigailvanessal@hotmail.com](mailto:abigailvanessal@hotmail.com) (that is a small L not a 1) 07801 517246. You will need to pick up – please contact her for address.
- **Triple fff is doing deliveries** – the main shop is shut, but you can order and pay over the phone and they will deliver. They are on 01420 561422.

**NB The Hen & Chicken Pub, Greyfriars Pub, Rose & Crown Farringdon**– sorry these now seem to have stopped take away/deliveries.

### **Bread**

- Loaf on Four Marks High Street will take an order over the phone the day before – they can't deliver, however. Tel 01420 662449.
- Bakehouse Brothers (next to Garth Owen) is opening occasionally – ring 07802 518994 to find out which days each week. They can't deliver.

### **Supermarket Gift Cards**

Many supermarket delivery slots are booked up for weeks ahead. Gift Cards could be useful if you need others to go to a main supermarket for you and you don't have cash. Gift Cards are usually purchased online or in store. If you can't buy online - why not ask a family member to buy these and have them posted direct to you? Alternatively, if you are worried about an elderly relative that lives far away and needs groceries – maybe consider posting one direct to them so a local neighbour can help?

- Sainsbury <https://www.voucherexpress.co.uk/addtobasket/sainsbury-s-gift-cards.aspx>
- Tesco <https://www.voucherexpress.co.uk/giftcard/tesco-gift-cards.aspx>
- M&S <https://www.voucherexpress.co.uk/giftcard/marks-spencer-gift-cards.aspx>
- Co Op -only available to buy in store. Aldi does not sell them in the UK.

### **Support Mechanisms**

Please be aware these groups may also be affected by their own volunteers having to self-isolate!

- MVCG – Medstead Voluntary Care Group offers help with doctor's appointments, dentist, hospital visits please call their co-ordinator on 0845 46 305 46.
- Four Marks Care is 01420 564435.
- Age Concern Alton may be able to provide some outreach services 01420 84257.
- CAB Adviceline 0300 3309 028 (East Hampshire residents only).
- Medstead Church has books which people are free to take (no return needed). They are not running church services, but you can stay in touch via their website [www.blmsbenefice.org](http://www.blmsbenefice.org).

- Alton Town Council Coronavirus newsletter will be coming to our letterboxes soon – first copy is digital only [http://www.alton.gov.uk/ UserFiles/Files/Altonian%20Week%201.pdf](http://www.alton.gov.uk/UserFiles/Files/Altonian%20Week%201.pdf)
- Alton Town Council will be offering a free Herald Newspaper to each self- isolating household- a neighbour will need to pick it up for you from the Town Hall Tel 01420 83986.

Stay well 😊