



# Teignmouth Helps.....

## Useful Contacts and web-links for support with COVID-19

The current coronavirus pandemic is so very worrying for everybody so finding out where you can get help is important for everyone. The situation changes day by day, even hour by hour and the information provided in this leaflet is correct at the time of publishing.

The information will be reviewed and updated as and when information changes.

### **Useful Web Links**

NHS guidance on Covid-19 – [www.nhs.uk/conditions/coronavirus-covid-19](http://www.nhs.uk/conditions/coronavirus-covid-19)

HM Government Guidance, including business – [www.gov.uk/coronavirus](http://www.gov.uk/coronavirus)

Devon County Council – [www.devon.gov.uk/coronavirus-advice-in-devon](http://www.devon.gov.uk/coronavirus-advice-in-devon)

Teignmouth Town Council – [www.teignmouth-devon.gov.uk](http://www.teignmouth-devon.gov.uk)

Teignmouth Town Council Facebook – [www.facebook.com/Teignmouth-Town-Council-Noticeboard](http://www.facebook.com/Teignmouth-Town-Council-Noticeboard)

Citizens Advice – [www.citizensadvice.org.uk](http://www.citizensadvice.org.uk)

NHS Volunteering - <https://www.goodsamapp.org/NHS>

NHS Vulnerable Grouping – how to check - <https://www.gov.uk/coronavirus-extremely-vulnerable>

Dawlish Town Council – <https://helpingdawlish.co.uk/>

The Money Advice Service - <https://www.moneyadviceservice.org.uk/en/articles/coronavirus-and-your-money>

Useful information for businesses – <https://www.devonchamber.co.uk/covid-19-guidance-for-business/>

Devon Community Foundation – grants available to those groups supporting vulnerable people by the coronavirus outbreak - <http://devoncf.com/apply/applying-devon-coronavirus-response-recovery-fund/>

### **The Alice Cross Centre -**

**01626 626 626**

The Alice Cross Centre is leading on the community response. If you need help and support, a chat with a friendly person, a hot meal arranged, shopping, fun packs for children.

### **Homeless In Teignbridge Support (Foodbank) -** 01626 906371

If you are suffering a crisis and are in genuine need of food. Operational hours are 10.00am and 4.00pm, Monday – Friday. Out of hours, in an emergency, the main number will divert to mobile. HITS will not provide food for those who have been in receipt of a letter from the NHS (1.5 million vulnerable grouping). Food if you are in this vulnerable group will be organised by another agency.

### **Mars Hill Church Food Bank**

Food bank supporting those who have no food or are unable to purchase any food themselves. Email [admin@mars-hill.co.uk](mailto:admin@mars-hill.co.uk)

## **Citizens Advice**

**03444 111 444**

Other ways to contact the advice line. Text on 07867 012580, Whatsapp 01626 322260 – please state name and contact telephone number, webchat via the website details at the top of the page, e-mail log onto [www.citizensadvice.teignbridge.org.uk](http://www.citizensadvice.teignbridge.org.uk) – click on ‘email us’ under the ‘Need Advice’ section on right hand side of the home page.

## **Teignmouth Covid-19 mutual aid**

Facebook <https://www.facebook.com/groups/206563777360701>

A mutual aid group set up as part of the wider Teignbridge Group aims of which are to help people in the community during the Covid-19 outbreak.

Contact details Jackie 07917428680, Roger 07933252337, Malcom 07757012814, Martin 07983629330

## **Teignbridge CVS**

**01626 326120**

Contact us if you need any advice and guidance around working with volunteers, safeguarding etc

## **Devon Coronavirus Emergency Helpline**

**0345 155 1011**

An emergency helpline provided by Devon County Council to provide urgent support to vulnerable Devon residents who have been told by the NHS that they are at high risk of severe illness from coronavirus (COVID-19) because of underlying health conditions.

## **Teignbridge Coronavirus Support Hotline**

**01626 215512**

Teignbridge District Council has launched a telephone service to help people who are feeling isolated, or who need help, support or other advice to get them through the Covid-19 lockdown period. The hotline is open Monday to Friday 9am-5pm (excluding bank holidays).

## **Silverline - Help Line for Older People**

**0800 470 8090**

The Silver Line operates the only confidential, free helpline for older people across the UK that's open 24 hours a day, seven days a week, 365 days of the year. Founder Dame Esther Rantzen. [www.thesilverline.org.uk/](http://www.thesilverline.org.uk/)

## **Prescription Deliveries -**

Both Wells and Lloyds pharmacies are working in partnership with the Alice Cross Centre. If you need a prescription to be delivered please let the pharmacy know.

Well Pharmacy – 01626 777412

Lloyds Pharmacy - 01626 773617

Boots in Teignmouth is offering delivery of prescriptions. One-off charge of £5 for one prescription or you can sign-up for a year for delivery of one prescription per week for a household cost £55. Money to be paid over the phone. Phone 01626 772277

There are also online free prescription delivery services available e.g. Superdrug.

## **Local Businesses Offering Delivery**

Individual schemes vary and may incur a cost. Circumstances change so remember to check first.

- Luder's Patisserie** **01626 773960**  
Open 9am to 3pm on Tuesday, Thursday and Saturday. Can deliver locally for free.
- Lloyd Maunder** **01626 774510**  
Open 8.30am to 5pm, Monday to Saturday and they are now doing call and collect or free local delivery.
- The Riviera Tea Rooms** **01626 778078**  
Offering a wide selection of food including hot meals, cream teas etc. Free delivery in the Teignmouth area. Currently operating 10am-5pm (subject to change).
- Poppadums Healthfoods** **01626 863128**  
Offering free home deliveries.
- The Seafood Deli -** **07388 849374**  
Offering a variety of locally caught fresh fish and seafood. Shop online, contactless delivery.  
[www.wrfishmarketanddeli.co.uk](http://www.wrfishmarketanddeli.co.uk)
- Shaldon Bakery** **01626 638998**  
Offering deliveries of bread, buns, cakes, flour, sugar, oats, yeast and pasties to Teignmouth, Holcombe, Shaldon and Ringmore. Phone lines open for home deliveries 12.30pm-2.30pm each day.
- Maudsleys** **01626 773549**  
Shop open (restricted hours). Offering deliveries of fresh fruit and veg, bread, milk, eggs and normal shop products. Can also do birthday deliveries and include items such as Gin and candles. You will probably need to leave a message as phone lines are busy but they will phone you back between 4pm-7pm.
- Tibbs Fruit and Veg** **01626 774290**  
Have volunteers happy to deliver fruit and veg to people who are self-isolating and they are working with the Wee Shoppe Bakery so can also deliver bakery goods.
- Healthy Pet Shop** **01626 778852**  
Open as usual, will deliver to people who need urgent pet food.
- Ashleigh Way Post Office** **01626 773535**  
Open as usual, will deliver newspapers and essential items such as bread, milk etc to Teignmouth, Shaldon and Holcombe. Orders can be paid for over the phone.
- Spar Teignmouth (open as usual, no delivery)** **01626 770397**  
Open 7am-10pm. Have supplies of most things in stock.
- Redfern & Son Butchers (open as usual, no delivery)** **01626 774319**  
Shop open Monday and Thursday 7.30am-1pm, Tuesday, Wednesday and Friday 7.30am-5pm, Saturday 7.30am-3pm.
- Teignmouth Farm Shop** **01626 777964**  
Remains open 9am-3pm and offering a collection service from the shop.
- Caterfood** **01803 664422**  
Offering home delivery 6 days a week, essential items in stock

**Mini Heaven**

**07817 332580**

Offering next day home delivery Monday to Saturday of fresh bread, yummy cakes, dairy, eggs.

Urgent deliveries can be made but please call to arrange. Phone payment accepted

<https://www.facebook.com/pg/miniheaventeignmouth>

**1st and 4most Garage**

**01626 774747**

In an emergency call -

**07734793766**

Open and providing general mechanics services and for those doing deliveries, emergency repairs and for front line staff.

**FACE Electrical**

**01626 778881 or 07725 254309**

Shop is closed but offering delivery services for required items, they are also able to offer repairs service.

**'India in a Jar' with a Dash of Devon!**

**07772 177772**

We can provide a delivery service to Teignmouth and payment can be made using Paypal.

Our PayPal payment email address is [lavani.co.uk@gmail.com](mailto:lavani.co.uk@gmail.com)

Website [www.indiainajar.com](http://www.indiainajar.com)

**Bulk Buy Groceries**

**01626 331900**

Offering a next day delivery service Monday to Saturday providing a full range of fresh produce, fruit boxes, milk and dairy, kitchen groceries, cleaning products, wines and beers.

There is a minimum order of £50 with a £6 delivery, or if you order over £100 it is free delivery. Orders can be phoned through Monday to Friday 9am to 4pm or emailed to

[hello@bulkbuygroceries.co.uk](mailto:hello@bulkbuygroceries.co.uk)

**Supermarket Deliveries**

**Tesco:**

Tesco is trying to prioritise home delivery slots for vulnerable customers. They are identifying customers using the list provided by the Government, releasing slots as and when they become available, but they are filling up quickly. Tesco ask those who are able to safely come to stores to do so, instead of shopping online, to help prioritise slots for more vulnerable customers. To try and get access to a priority slot, you can phone **0800 917 7359**

**Morrisons:**

New telephone shopping service to help vulnerable and elderly people get the groceries they need. Vulnerable customers can now phone up and order a delivery from a list of 47 essential items. Shoppers can choose from a 'takeaway' menu of 47 essential groceries with options including milk, butter, eggs, potatoes, pasta, bananas, cornflakes and flour. Phone **0345 611 6111**

**Sainsburys:**

Sainsburys is also working with the government to identify those most in need of their home delivery services. Sainsburys is currently experiencing high levels of demand for the service, but the number to call is **0800 328 1700** and is available Monday to Sunday 8am - 11pm.

**Iceland:**

Iceland have announced that they are temporarily limiting online orders to customers who are over state pension age, self-isolating or otherwise vulnerable, such as those who are disabled. When you go on the Iceland website to book a delivery, a pop up will appear asking if you are over state pension age, vulnerable or self-isolating. If you click yes, you will be allowed to view the delivery slot calendar.

**ASDA:**

Asda is also working from the government list and has said that they have written to over 91,000 of their most vulnerable customers who had an email address linked to an Asda customer account. Those who received an email have been sent advice about how to claim a delivery slot free of charge.

**How Can I Protect myself?**

- Keep up to date on current health advice.
- Follow and adhere to the newly introduced Government restrictions as introduced on the 23<sup>rd</sup> March 2020.
- Keep hand washing. No less than 20 seconds.
- Cover your mouth and nose with a tissue or sleeve (not hands) if you cough or sneeze. Dispose of the tissue immediately then wash your hands – ‘*Catch it, Kill it, Bin it*’
- Social distancing – no less than 2 metres away, the further the better.

**How can I help others?**

- We must all follow and adhere to the newly introduced Government restrictions as introduced on the 23<sup>rd</sup> March 2020.
- Keep in contact with friends, neighbours and family members.
- If shopping, ask friends, family members or neighbours if they need anything. Shopping is now for essentials, as infrequently as possible. Remember – no contact.