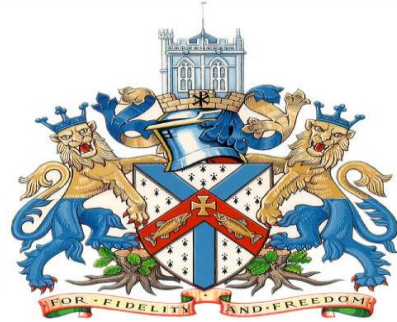




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SUPPORT AVAILABLE LOCALLY

If you are worried about your health or prescriptions, please call your GP or your local pharmacy.

BCP Council - Do you need support? BCP have a COVID-19 community response helpline, open 8am to 8pm 7 days a week for people in vital need of food and essential items 0300 1237052 <https://www.bcpCouncil.gov.uk/Home.aspx>

Anyone identified by the NHS as clinically vulnerable should be receiving a free food parcel. If you have not received yours call the government on 0800 028 8327, make sure you have your NHS number.

For general advice on COVID-19 please visit Public Health England <https://www.gov.uk/government/organisations/public-health-england>

If you would like to volunteer at this difficult time to help our vulnerable members of the community, please contact Community Action Network <http://www.bournemouthcvs.org.uk/>

Christchurch Community Partnership, The Amber Team at Christchurch Medical Practice and Dan Lucas, Town Clerk, Christchurch Town Council have put together a list that may be helpful to you at this difficult time. Information has been gathered from social media and by contacting local links and companies. It is not an exhaustive list, we have phoned all companies on the list to verify them.

There are many local businesses that are trying to find ways to adapt to the current situation. It is suggested that you also ask the local shops and services that you already use and trust if they are offering any delivery or collection services.

Also, please be vigilant when using the internet or shopping online, Dorset Police have warned there is an increase cybercrime and fraud relating to Covid19, be careful when opening emails and if possible use a credit when purchasing goods as most major credit card providers insure online purchases.

Please ensure you get a price quoted over the phone before committing to anything.

If you find you are unable to arrange your shopping or meals using this list or other resources, please contact the below services;



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Who Can Call	Contact Details	Notes
Bournemouth, Christchurch and Poole Council tax payers call Care Direct	01202 454979	
New Forest District Council tax payers call	023 8028 5000	

ORGANISATION FOR GENERAL ADVICE AND SUPPORT

Organisation	How they can help	Contact Details	Notes
Direct Gov Get coronavirus support as a clinically extremely vulnerable person	Register with this service if either: You have a medical condition which means you're classed as being clinically extremely vulnerable to coronavirus You've been told by your GP or hospital clinician that you're clinically extremely vulnerable and need to 'shield' 'Shielding' means not leaving your home and minimising contact with other members of your household. You'll be able to ask for help if you need it - for example, with getting essential supplies or your basic care needs. You can register yourself, or on behalf of someone else.	https://www.gov.uk/coronavirus-extremely-vulnerable	
Changes to Dorset Health Care Services	NHS services in Dorset are making changes to help minimise the spread of COVID-19 (Coronavirus) and deal with any upturn in patient numbers caused by the outbreak. This involves reducing or closing some non-essential services to protect the most essential services and, ultimately,	https://www.dorsethealthcare.nhs.uk/coronavirus-1/changestodorsethealthcareservices	



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<p>Dorset Health Care Support</p>	<p>save lives. Here at Dorset HealthCare, we are cancelling some of our usual clinics, appointments and health support services.</p> <p>This lists the emergency mental health support available in Dorset: This is some additional advice and resources:</p> <p>People can dial 111 24/7 to get access to urgent mental health services in Dorset.</p>	<p>https://www.dorsethealthcare.nhs.uk/access-mental-health</p> <p>https://www.dorsethealthcare.nhs.uk/coronavirus-1/mental-healthwellbeing-advice</p>	
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<p>Hospital Hopper</p>	<p>A wheelchair accessible shuttle service to Bournemouth and Christchurch Hospitals operating during weekdays for those who need a little extra assistance to get to their appointment. Great for those struggling with mobility or sensory problems as the driver can help you get to the ward or provide wheelchair assistance.</p> <p>Kind and helpful drivers make sure that you get safely to your appointment and back home again. No long waiting times for return.</p> <p>Please note that SEDCAT are not NHS providers and are not able to confirm whether you are eligible for the refund or how much of your costs will be refunded. We regret that this service does not cover Poole Hospital.</p>	<p>Bookings must be made in advance</p> <p>Phone</p> <p>01202 534027 to book –</p> <p>Please phone to pay by card over the phone</p>	<p>Picking up from BH1 – BH11 + BH23 areas</p> <p>£10 return fare within Bournemouth</p> <p>£12 return fare outside of Bournemouth</p> <p>Some costs may be refundable by the NHS - if so ask the driver for a receipt. For more information about the HNS Health costs scheme call 0300 330 1343.</p>
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Prescriptions Co-op Health App	Get your NHS prescriptions delivered free to your home. Thanks to the Co-op Health app, there is no need to visit a pharmacy for your NHS repeat prescriptions. Co-op connect you securely to your GP so you can automatically view and order the medications you need. Straight from your mobile phone.	https://www.coop.co.uk/health	
Christchurch Community Partnership	Assistance with telephone support and advice on how to access goods and services. Signposting to other organisations	01202 989632 / ccp.coronavirus@gmail.com 43 Barrack Road Christchurch, BH23 1PA	
Your Local Church	If you are a member of your local church, give them a call to see how they can support you.	www.christchurchfellowshipofchurches.org.uk	
Leonardo Trust (Helping people who care for others)	Carers Coronavirus Helpline - Support for anyone who is an unpaid carer for someone in the Dorset area. Call or Text if you are feeling anxious, need help or feeling worried.	01202 698325 / 07742 868002	Lines open Monday to Friday 10am to 12noon.
LiveWell Dorset	Support on your journey to a happier, healthier you through free advice and coaching. Do you want to become more active, lose weight, quite smoking or dink less alcohol LiveWell Dorset are there to help with personal help and coaching. They can help you stay well and active through this difficult time of isolation.	0800 840 1628 01305 233105	Monday to Friday 9am to 6.30pm
Alzheimer's Society	If you are living with Dementia or have someone you care about living with dementia or if you are a carer and worried in these difficult times, please visit their website or give them a call. They also have 'Talking Point' and online forum for help and support https://forum.alzheimers.org.uk/	www.alzheimers.org.uk or call their support line on 0333 150 3456.	
Help & Care	Information, Advice and Reassurance – a connection service for people who are unsure of help available, who	0303 303 0153	Monday to Friday 9am to 5pm



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	to ask or turn to. Referrals are through partners “at-risk” groups or by the individual themselves. Each individual will receive a telephone Wellness check to clarify their situation and support needs.	contact@helpandcare.org.uk	CALL AND LEAVE A MESSAGE, SOMEONE WILL CALL YOU BACK.
Samaritans	If you’re having a difficult time, you can get in touch about anything that’s troubling you, no matter how large or small the issue feels. Samaritans are there to listen, no judgement, no pressure and help you work through what’s on your mind. They will never tell you what to do.	Call Free 116 123	
Silver Line	Silver Line is a free helpline for older people across the UK open every day and night of the year. Their specially trained helpline team can: <ul style="list-style-type: none"> - Offer information, friendship and advice - Link callers to local groups and services. - Offer regular friendship calls. - Protect and support older people who are suffering abuse and neglect. 	0800 470 8090	
CRISP – Carers Support Service BCP Council	If you look after someone, CRISP is there to help you. At present there is no drop-in service due to COVID-19, but they are on the end of a phone to help you.	01202 458204	
Water Lily Café	Now Closed – Email or telephone support only	07743 719063 manager@waterlilyproject.org.uk 131 Barrack Road Christchurch, BH23 2AW	Working days: Tues / Wed / Thurs
BCP Council	Lots of useful information on their website including meal provisions	www.mylifemycare.com	



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Citizens Advice Bureau Christchurch	Online free advice	03444 111444	
Age Concern Christchurch	Only able to offer help if you email	general manageracc@gmail.com	
Mind For better mental health	Online support and guidance to help manage self isolation, home working, keeping active	<p>Advice & Information https://mind-charity.org.uk/CZC-6SUC9-18407X-406HM9-1/c.aspx</p> <p>Tips on how you can support your staff https://mind-charity.org.uk/CZC-6SUC9-18407X-406HMA-1/c.aspx</p> <p>Information on staying physically active https://mind-charity.org.uk/CZC-6SUC9-18407X-406HMB-1/c.aspx</p>	
British Red Cross	If you're lonely, worried or can't access essential supplies. Call them any day.	Free Coronavirus Support Line - 0808 1963651	10am to 6pm

SHOPPING / DELIVERIES / MEALS

Organisation	How they can help	Contact Details	Notes
Christchurch Foodbank	Call or email for support, also to donate as they are in huge demand.	07587 371088 christchurchfoodbank@gmail.com	
Sainsbury's	Mon, Wed & Friday from 8-9am (1st hour of opening) will be for elderly and disabled residents. Between 7.30am and 8am	Christchurch 01425 277885	



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	Monday - Saturday, the store will be open to NHS and Social Care workers with a relevant pass or ID. Telephone home delivery service	0800 9178557	
Deli Licious Mudford	Happy to deliver to customers and local people, ready-made meal boxes, fresh, frozen or hot meals available. Also milk, eggs and bread, cheeses, cold meats and a range of meat pies, veggie and vegan pies. Deliveries are free of charge. Those people who cannot access online deliveries from supermarkets, we can also do this for you.	01425 540072 / 07760 457770 6 Falcon Drive Mudford Christchurch, BH23 4BA	
Two Rivers Refill Christchurch	Food orders over the phone or by email to be delivered locally.	01202 989800 enquiries@tworiversrefill.co.uk 2 The Saxon Centre, Fountain Way Christchurch, BH23 1QN	
Food on the Loose Southborne	They can deliver in early evening all across Southbourne and Christchurch, Highcliffe etc.	01425 483283 1050 Christchurch Road Bournemouth, BH7 6DS	£1 delivery charge only
Meadowbrook Butchers	Home delivery service - you can also pre-order. Ready meals and pies available "specials" will be a daily options. Also available will be roasting joints, delicatessen fridge, frozen shellfish, minced chicken / drum sticks (ideal as pet food) 75p per stick. Now offering take-away Sunday lunches £12.50	orders@meadowbrookproduce.co.uk 01202 482797 Unit 1 Silver Way Business Park Airfield Way Christchurch, BH23 3TA	Monday to Saturday 8am – 12noon Sunday 9am – 12noon
Custom Lunches	Based in Wimborne, provide hot freshly cooked meals on a china plate, soups and sandwiches are also available. At present can also provide essential shopping items.	01202 814963 / 01202829963	NOT TAKING ON NEW CUSTOMER AT THE



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			MOMENT DUE TO HIGH DEMAND.
Cook	Hand made meals, cakes and puddings delivered to your home. – Order through website if possible. Also a counter service and click and collect available.	01202 765560 https://www.cookfood.net/shops/Bournemouth	Delivery area BH1 to BH31 – 3 week delay.
Prep Perfect	Nutritional Meal Plans – ready to eat meals delivered to your door.	0116 2760 222	
Wiltshire Farm Foods	Wide range of frozen meals delivered to your door. Dedicated to helping extremely vulnerable residents.	01202 490400	
Avon View Convenience Store	Can deliver to local customers	01202 477702	
TD Fruits & Tasty Bakes Bakery Southbourne	Working together to deliver fresh fruit, veg, bread etc to your door. Please call TD Fruits to place and order	01202 428994	Deliveries on Mondays / Thursdays / Fridays
Neal's Butchers Southbourne	Phone through orders they can deliver locally	01202 429366	
Nisa, Stanpit	Can deliver orders over £20, phone through your order	01202 485 771	
Milk & More	They can deliver mile and essentials, but it is difficult getting though due to high demand	0345 606 360	NOT TAKING ON NEW CUSTOMER AT THE MOMENT DUE TO HIGH DEMAND.



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Montana	Home delivery of essential items, phone through orders	01425 619 883	NOT TAKING ON NEW CUSTOMER AT THE MOMENT DUE TO HIGH DEMAND.
Streamline Taxis	Able to offer collection of your shopping orders and dropping to your door.	01202 373737	
Hinton Cars	Can help with shopping and picking up orders	01425 276888	
Mark's meats Family Butcher Southbourne	Will delivery BH23, phone orders through.	01202 428035	
Bransgore Country Market	Can home deliver or organise collections from their door on meat and fruit, phone or email order. Only local deliveries.	01425 672912 bransgorecountrymarket@gmail.com	
Bournemouth & Poole Mobile Market	Covers Christchurch and surrounding areas of BCP. Telephone orders for fruit veg, eggs, some dried and tinned food. Will deliver.	01202 831 785 / 07783 583370	
Chris Watson Butchers Highcliffe	Free home deliveries, but due to high demand please email order through.	info@chriswatsonfamilybutchers.co.uk	
Stanpit Wines Stanpit	Covered areas: Christchurch & some surrounding areas Minimum order of £25, Stocking alcohol, soft drinks, water, snacks and sweets. Price is quoted over the phone. We are not ramping the prices up – Free home delivery service	01202 482666 / 07510722814	

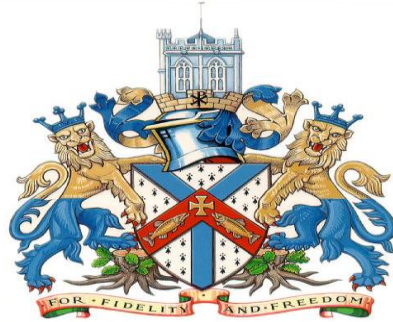


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The Fish Stall Mudford Quay	The Fish Stall on Mudford Quay is still open during these troubling times....fabulous fresh fish, lots of social distancing.	01425 275389	
Chef's Mate	Home deliveries available of fresh foods. Some ready meals available too, for you to finish off at home. Within a 5 mile radius of Christchurch.	01425 280570	Monday to Friday 9am to 3pm

Scott's Foods Home Delivery Service	Based in Highcliffe, but can deliver across Christchurch, Bournemouth Poole and the New Forest. Home deliveries service of cheeses, meats, butter, pies, sausages, bacon, eggs. Please call or email to place your order	07767 815858 scottsfoods2020@gmail.com	Monday to Friday 7am to 6pm.
James and White Restaurant	Oven ready meals – collections or doorstep delivery. Take aways from the grill – collections	01202 485485 www.jamesandwhite.co.uk	Monday to Thursday Friday and Saturday
The Amberwood	Call and tell them what you fancy and they will do their best to rustle it up and deliver it to your door. Also providing fresh groceries and essentials. Take away roast dinner (collection only) Sundays 12 – 3pm. Free delivery to Walkford, Highcliffe, New Milton, Barton on Sea	01425 272 627	
Russell's Plaice Highcliffe	Home deliveries of fresh fish	07851 963090	
Fruit N Veg Deliveries	Peter O'Sullivan, your friendly local Greengrocer delivering direct to your doorstep.	07739 884241 fruitvegsupplies@hotmail.com	

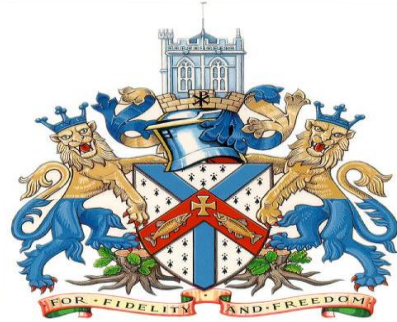


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Drop The Anchor Brewery	Christchurch Beer - Order by Wednesday, brew on Thursday and deliver on Friday.	info@droptheanchorbrewery.co.uk http://www.droptheanchorbrewery.co.uk/	
Continental Larder	Deliveries of fresh fruit and veg, milk butter, bakery items. 52 The Grove, BH23 2HB	07540 792687	

PETS

Oscar Pet Foods	Your local OSCAR Franchise, delivering British made pet food to your door. Stay in touch too in case you need help and advice for your pet family.	Sarah Stevens 01425 674575 or 07770 601 668	
Cinnamon Trust	Volunteers are able to come out to you and walk your dog if you are unable to and over 65.	01736 757900	
Westons Country & Equine	Free deliveries - specialise in animal feeds and associated sundries - Equine, Smallholding & small animal suppliers of all major horse feeds and supplements. Large range of bedding, stable equipment, electric fencing, tack and rugs. Extensive range of pet foods and accessories, wild and caged bird seeds, pigeon mixes. Large animal feeds.	01590 682782 info@westonscountryequine.com www.westonscountryequine.com	