

Help List - Covid -19 useful contacts

Food

Southern Dairies

Hello Everyone.

We are still out delivering as normal and have a range of the basics (bread, vegs, eggs etc) as well as milk.

We're also doing our best to service some temporary day time deliveries - if you are high risk or self isolating and need some extra help please let us know, we'll do as much as we can to help!

The Southern Dairies Team
hello@southerndairies.co.uk
01243 814391

www.southerndairies.co.uk

T & T Fruits & Vegetables

Mixed Produce boxes for £30 including a FREE doorstep delivery service.

Content may vary if an item isn't available and substitute provided.

3kg of Marris Piper Potatoes

1kg of Carrots

1kg of Onion

1 Large Swede

500g of Parsnips

1 White Cauliflower

1kg of Leaks

1kg of Tomatoes

1 Large Iceburg Lettuce

1 Large Cucumber

Mixed Peppers

500g of Mushroom

1 Celery

1kg of Bananas

6 Apples

500g of Grapes

6 Oranges

500g of Plums

Delivering to;

Chichester, Fishbourne, Siddlesham, Bognor Regis, Yapton, Barnham, Lavant, Felpham, Tangmere, Boxgrove, North Bersted, Selsey, Birdham, Rose Green, Aldwick, Middleton-On-Sea, Westergate, oving, aldingbourne,

www.tonytfruits.com

Phoenix Frozen Food

Deliver frozen ready meals, fruit, veg and meat.

01903 215 170

<https://phoenixfrozenfoods.co.uk/>

EcoSwap – Cleaning supplies and toiletries

offering free delivery in the PO21 and PO22 areas for those self-isolating; cleaning supplies and toiletries

www.ecoswapstore.com

07561 379988

email hello@ecoswap.org.uk

Pharmacies

LloydsPharmacy

: 01243 262073 3 Rose Green Rd, Bognor Regis PO21 3EU

: www.lloydspharmacy.com

Westmeads Pharmacy

: 01243 821488

1, The Precinct, Bognor Regis PO21 5SB

Voluntary Sector

Rev Jo King – Holy Cross Church, North Bersted – Has people that are willing to talk to anyone feeling worried or just want someone to talk to

vicar@holycrossnorthbersted.org.uk

01243 926415

Voluntary Action Arun & Chichester (VAAC)

The Town Hall, Clarence Road ,Bognor Regis PO21 1LD

01243 840305

<https://www.vaac.org.uk/news/coronavirus>

Organisation that promotes and supports voluntary and community groups providing a voice for the voluntary sector across Arun and Chichester. working with Chichester DC, Arun DC and WSCC to develop a volunteering hub and a phone line will be up and running shortly.

Volunteers will be able to register and people wanting support will be able to ask for help. This has to be officially co-ordinated to ensure safeguarding, data protection and vetting volunteers is in place.

MIND West Sussex

still supporting people with mental health through Coronavirus crisis.

Bognor and Chichester (older people): 07495 077341, email: cim@westsussexmind.org

Youth services Littlehampton and Bognor 01903 721893 ypsarun@westsussexmind.org

Age UK – West Sussex

01903 731800 or email information@ageukwestsussex.org.uk

- **Information and Advice.** Including information on social care, housing and welfare benefits.
- **Telephone befriending.** A friendly chat if you're feeling lonely or isolated.
- **Doorstep Deliveries.** We can deliver meals, groceries and essential medication to your doorstep, as well as knitting kits, CDs/DVDs, books and jigsaws to stave off boredom.
- **Welfare and Safety Support.** Helping the most vulnerable with tasks such as cleaning, shopping and laundry, as well as offering respite for carers.
- **Wellbeing advice.** We can share information on healthy living, nutrition, hydration and exercises that can take place in the home or garden.

Age UK Laburnum Centre

The Laburnum Centre
Lyon Street
Bognor Regis, PO21 1UX
T: 01243 827 185
E: laburnumcentre@ageukwestsussex.org.uk

NHS

Regis PCN Community Team – for frail, elderly and vulnerable patients.

Sussex Community NHS Foundation Trust

Regis Community Team
Bognor Hospital
Shripney Road
Bognor Regis
PO22 9PP

Tel 01903 858007
Fax 01273 865268

General NHS advice

<https://www.nhs.uk/conditions/coronavirus-covid-19/>