

Covid-19 Help Available Pontesbury & surrounding areas

Shropshire Council Coronavirus Helpline 0345 678 9028

Supplying food parcels & assistance to those most vulnerable (shielded) group identified by a government letter or anyone else who is vulnerable and who is unable to get food or in need of support.

Food shopping / Prescription collection

Pontesbury Covid-19 support Sharon Davies on 07940 988951 sharonedavies@outlook.com

Group of local people offering to collect essential food shopping & prescriptions to those who are self-isolating, & have no one to do this for them. All these volunteers should have a photo ID badge. The volunteers can be verified by phoning Sharon or Helen Tivnen on 07906359167.

Never give your bank card or details or PIN to anyone that you do not know and trust

If you cannot get out to get cash to pay for a food order and need help call Debbie Marais (Parish Clerk) 01691 661157 or Cllr Duncan Fletcher (Parish Council Chair) 01743 792000 support is available.

Minsterley 07947 600430 Councillor Paul Bradbury can support with shopping/ prescriptions if you are unable to do this

Haberley group – 07411723565 jjanetwen@aol.com She has a list of volunteers able to run errands, a weekly phone call and chat for people on their own and isolating or shielding and a Whatsapp chat group

Plealey & Lea Cross Councillor Roger Evans 01743 791002 roger.evans@shropshire.gov.uk supporting local residents

Worthen & surrounding area covid 19 support 01213 185138 help for food shopping, prescription collection or a phone chat, if you are isolated at home and in need of assistance as a result of Coronavirus

Hignetts of Pontesbury 01743 790228 are offering home deliveries - they have veg and fruit & groceries as well as meat <http://www.hignetts.co.uk>

Smith's butchers in Minsterley 01743 791863 Home deliveries to local area for meat / basic groceries

Costcutter Hanwood 01743 860454 Can do free deliver for groceries

J.P Fruits Tel: 0779189184 www.shropshirevegbox.co.uk Deliveries of Fruit& veg

Rowlands and Co. Ltd Tel: 01743 462244 delivering fruit / veg & some milk / bread

Ready cooked meals

Jenny's caterers 01743 873861 www.jennys-catering.co.uk Home deliveries of fresh home cooked foods and pies. minimum order of £25 they can also include bread & milk etc onto order

Wiltshire farm foods 0800 077 3100 www.wiltshirefarmfoods.com Home delivery of Frozen ready meals

Oakhouse foods 0333 370 6700 <https://www.oakhousefoods.co.uk>. Home delivery of Frozen ready meals

Oakapple Catering 01694 731305 or 07779117802 Deliver home cooked oven ready meals

Real catering company 01743 884278 Halfway House they have limited pre made ready meals to stock up fridge or freezer <http://www.therealcateringcompany.co.uk>

Cock inn, Hanwood - 07802583171 or 01743 860392 Delivering ready cooked meals on Sunday Wednesday & Friday to Minsterley / Pontesbury / Hanwood.

Willow lodge day centre, Sutton Farm 07593 275380 or 07591026210 Meals on wheels delivering Monday to Friday. Approx £4 for meal & pudding to some areas of shrewsbury & possibly Hanwood areas

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Foodbanks

Pontesbury Food parcels. Sharon Davies and her volunteers will be distributing free food boxes to residents who are in financial need. If you need a box or know of someone else who needs to receive a free food box contact **Sharon on 07940988951**

Donations of food will be accepted via boxes at Hignett's and Pontesbury Co-op.

Shrewsbury Foodbank 07421 745857 or 01743 343336 shrewfoodbank@gmail.com You can get a referral to a Shrewsbury foodbank through the GP surgery or another agency support or contact the foodbank directly

Signposting to local support /information

Community & Care Coordinator Pontesbury medical Practice.

Helen is based at the surgery part time & her role is to help people over 16 needing support or information by signposting them to appropriate services in the local community, contact Helen Tazewell at **Pontesbury surgery on 01743 790 325** h.tazewell@nhs.net.

Pontesbury CoCo Befriending through Pontesbury Surgery

Regular befriending home visits are suspended but we are still able to support people with telephone befriending and shopping support where possible. For more information, contact Helen on 01743 790 325 h.tazewell@nhs.net.

Pontesbury Parish Council Clerk – Debbie Marais 01691 661157 or Cllr Duncan Fletcher 01743 792000 can also help signpost you to support services

This information sheet produced by Pontesbury Parish Council is an attempt to bring together in one place many different sources of support available. None of these lists are exhaustive but it is an attempt to give you some starting points for the help you may need. It is a fast moving situation and details may change by the time you read this – keep up to date with changes posted on the websites below.

The most important message is to Check On Your Neighbours – if you know of someone living close by that needs help, either offer to help if you can, or speak to one of the organisations listed. Helping very locally is the most valuable help at this time.

Local opportunities for volunteering

There is a separate information sheet on how to help safely and local opportunities for volunteering – see www.pontesburypavilion.co.uk or email clerk@pontesburypc.org.uk

Library – free e-books, magazines and newspapers or research your family history for free

<https://www.shropshire.gov.uk/libraries/find-a-book/e-library/> - Free source of online books, magazines and newspapers for all. If you are not already a member of Shropshire Libraries, first join online at <https://www.shropshire.gov.uk/libraries/join-the-library/>. If you have any problems email libraries@shropshire.gov.uk. You can also use Ancestry and Find My Past for free during this time – join the library service and then visit <https://libraries.shropshire.gov.uk/web/arena/ancestry>.