

CORONA VIRUS USEFUL CONTACTS

The latest government advice is to stay home except for essential outings like shopping, work and a daily outing for exercise. Stay 2m (6ft) away from other people and do not meet with anyone, even friends or family. Wash your hands often. The main signs of Covid-19 are a fever and dry cough. If you have these symptoms self-isolate at home for 7 days. If a household member has symptoms, the whole household must self-isolate at home for 14 days.

The following contacts may be helpful.

WSCC Coronavirus Community Hub: 033 022 27980 (lines open 8am-8pm). They offer support, information, help and advice on any Corona-related issue. Note: they are very busy. Please also contact them to volunteer.

Voluntary Action Arun and Chichester (VAAC): 01243 840305. Local volunteer group for practical help such as getting shopping or prescriptions. www.vaac.org.uk. You can also contact them to volunteer.

Chichester residents also have a facebook group called *Chichester Covid-19 Mutual Aid UK*.

NHS: 111. If you have symptoms you do not have to call 111, but may do so if you need advice. Stay home for 7 days. DO NOT go to your GP with Corona symptoms, call 111, or for urgent medical attention 999.

Domestic violence help: National helpline open 24 hours **0808 2000 247**. WORTH local helpline open Mon-Fri 9am-5pm 07834 968539 or 033 022 28181. Dial 999 if you are in fear or danger.

Mental health: MIND **0300 123 3393** open Mon-Fri 9am-6pm. The Samaritans **116 123** (Freephone) open 24 hours a day. For online help see <https://mentalhealth.org.uk/coronavirus>.

Social Fund: 0800 169 0140 for advice on budgeting loans or advances for those on benefits.

Foodbank: 01243 773687. Delivery only, and staff are extremely busy. Help and donations are needed. If you do visit a supermarket, please consider donating something to the foodbank while you're there.

Grandad's Front Room: 07453813413 charity aiming to help anyone in need, e.g. of furniture, appliances.

LOCAL GROCERY PROVIDERS OFFERING DELIVERY:

- **Crimsham Farm – 07793816751**- Fruit, veg, pasta, milk, flour, rice. Phone line open 10am-2pm. Community Interest Company set up to serve the local community during this time. Will accept school meal vouchers soon (application pending). <https://www.facebook.com/crimshamfarm>
- **Munneries - 01243 672121** Fresh produce, milk and bread. <https://www.munneries.co.uk/>
- **Ecoswap - 07561 379988** Eco-friendly products available for delivery - food & drink, kitchen & bathroom, household & pets. <https://www.ecoswapstore.com/>
- **WE Indulge Catering - 07507 383462** - <https://www.facebook.com/weindulgecatering/>
- **Penfolds Butcher – 01243 784299** - <http://www.mjpenfold.co.uk/>
- **Bosham Catering - 07835 136219** - Fruit & veg bags £13. Also have eggs, steak, sausages, bacon, ham & bread. Orders by phone/text only between 3pm & 7pm.
- **Boxgrove Village Stores - 01243 773201** - <https://boxgrovevillagestores.com/>
- **Country Stores, Stockbridge Rd - 01243 782474**
- **Lindwhyke Stores - 01243 784080**
- **Adams Wholesale – 01903 282220** – <https://www.adams-wholesale.com/>. Worthing based but now serving Chichester. Wide range of groceries and household products.

Supermarket opening times & OAP hours (for retirement age, disabled or vulnerable shoppers)

Sainsbury's, Westhampnett Rd – 8am-8pm Mon-Sat, 10am-4pm Sun. OAP hour 8am-9am Mon, Wed, Fri. NHS staff access 7.30am-8am Mon-Sat.

Tesco, Fishbourne Rd East – 8am-10pm Mon-Thu, Sat, 8am-8pm Fri, 10am-4pm Sun. OAP hour 8am-9am Mon, Wed, Fri.

Waitrose, Via Ravenna – 7.30am-8pm Mon-Thu, Sat, 7.30am-9pm Fri, 10am-4pm Sun. OAP hour 7.30am-8.30am Mon-Sat, 9.45-10.45 Sun.

Lidl, Portfield Way – 8am-10pm Mon-Sat, 10am-4pm Sun. No specific OAP hour.

Aldi, Barnfield Drive – 8am-8pm Mon-Sat, 10am-4pm Sun. No specific OAP hour.

Iceland, South Street – 9am-6pm Mon-Sat, 10am-4pm Sun. OAP hour 9am-10am Mon-Sat.

Thanks to those displaying rainbows and teddy bears, and those clapping for the NHS at 8pm on Thursdays. Thanks to all supporting their community by working, volunteering and staying home.