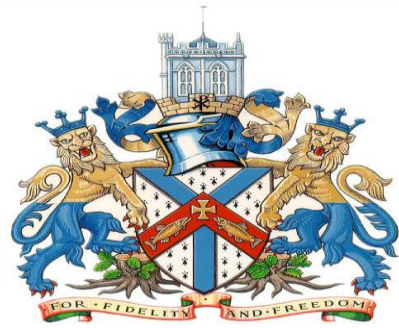




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Companies to help you

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

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 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;

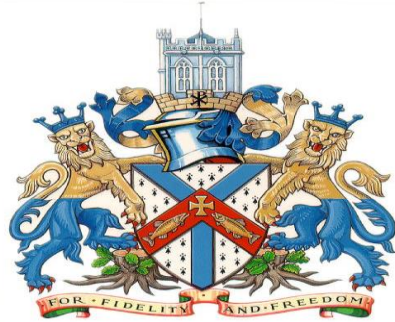
Who Can Call	Contact Details	Notes
Bournemouth, Christchurch and Poole Council tax payers call Care Direct	01202 454979	
New Forest District Council tax payers call	023 8028 5000	



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ORGANISATION FOR GENERAL ADVICE AND SUPPORT

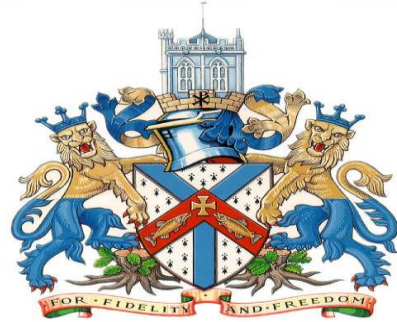
Organisation	How they can help	Contact Details	Notes
Christchurch Community Partnership	Assistance with telephone support and advice on how to access goods and services.	01202 989632 ccp.coronavirus@gmail.com 43 Barrack Road Christchurch, BH23 1PA	
Your Local Church	If you are a member of your local church, give them a call to see how they can support you.		
Leonardo Trust (Helping people who care for others)	Carers Coronavirus Helpline - Support like 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 you 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 drink 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.	



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Help & Care	Help and Care Find support that's right for you. Promoting dignity and independence for all people, particularly people living with a long-term health condition, carers and those who are isolated and/or housebound.	0300 111 3303	
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	

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 8-9 (1st hour of opening) will be for vulnerable, NHS, cares etc on proof of qualifying Telephone home delivery service	Christchurch 01425 277885 0800 9178557	
Deli Licious Mundeford	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 Mundeford Christchurch BH23 4BA	
Zero Waste Shop 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	



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Food on the Loose Southborne	They can deliver in early evening all across Southborne and Christchurch, Highcliffe etc.	01425 483283 1050 Christchurch Road Bournemouth, BH7 6DS	£1 delivery charge only
Meadowbrook Butchers	They can provide home delivery from Monday 23rd March - 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.	orders@meadowbrookproduce.co.uk Unit 1 Silver Way Business Park Airfield Way Christchurch, BH23 3TA	Open 8am to 12noon Monday to Saturday
The Beach Hut Cafe, Friars Cliff	Open for a take-away service. From Monday 23rd they will extend their service to provide take-away order deliveries. They will deliver within a 1 mile radius of the cafe, so Mudeford, Steamer Point, Friars Cliff. The cafe will provide homemade soups, sandwiches, meals, cakes etc.	01425 275378 7 Cliff Drive Christchurch BH23 4EP	The customer must phone the cafe between 9-11am, and delivery will be between 12 and 2pm. Will accept Meal Card Vouchers
Mum's Café	Free Delivery to those self-isolating, 2.5mile radius	Carl Milner - 01202 241757 4 St Catherines Parade Fairmile Road, Christchurch, BH23 2LQ	Will accept Meal Card Vouchers
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	
Cook	Hand made meals, cakes and puddings delivered to your home.	01202 765560	Delivery area BH1 to BH31



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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.	01202 490400	ONLY DEALING WITH EXISTING CUSTOMERS AT THE MOMENT.
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	
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 milk and essentials, but it is difficult getting though due to high demand	0345 606 360	
Montana	Home delivery of essential items, phone through orders	01425 619 883	
Streamline Taxis	Able to offer collection of your shopping orders and dropping to your door.	01202 373737	



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Hinton Cars	Can help with shopping and picking up orders	01425 276888	Starting on Thursday 26 th
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 on orders over £20, 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.	01202 482666 / 07510722814	

PETS

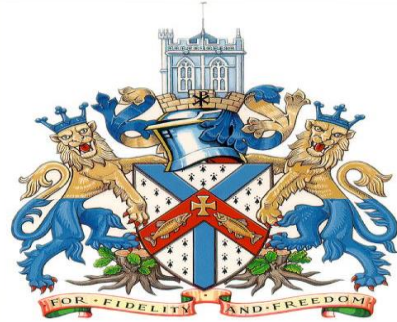
Oscar Pet Foods	Your local OSCAR Franchise, delivering British made pet food to your door. Stay in touch too in case you need help and advice for your pet family.	Sarah Stevens 01425 674575 or 07770 601 668	
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Cinnamon Trust	Volunteers are able to come out to you and walk your dog if you are unable to and over 65.	01736 757900	
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ODD ONE OFF LOCAL SUPPORT

Gareth Bowden – Christchurch Chamber of Trade can help local people 07584 192523

Jules Florist Mudeford – can also help with one off add support locally 01425 275757