

## 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.

**WSSC 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 phone for urgent requests, otherwise contact online at <https://www.westsussex.gov.uk/leisure-recreation-and-community/supporting-local-communities/community-hub-covid-19/>. Contact them online to volunteer. You can join the Facebook group **Chichester Covid-19 Mutual Aid** where residents can request help or shopping and a local resident will help; this is usually quicker than an online request through the Hub.

**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. DO NOT HESITATE TO CALL IF YOU ARE SERIOUSLY ILL. SEEK EARLY HELP IF A CHILD IS ILL.

**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. Donations are much needed.

### 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.
- **Refilled - 07500872863** – <https://refilledchichester.com/>. Mon-Fri 10am-4pm
- **Harrie's Coffee** – Fairtrade beans or ground <http://www.harries-coffee.com/shop.html>
- **T and T Fruits - https://www.tonytfruits.com/** - Vegetable box delivery scheme for Chichester and the surrounding area

### 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.**