

## **Help List - Covid -19 useful contacts**

### **Food**

**Oakmeres – 9 Rose Green Road, Aldwick Tel. 01243-264243 - Greengrocers and refill centre –** we provide a wide range of fresh fruit, vegetables and eggs. We also have a refilling section where you can buy a broad range of dry foods, household cleaners and care products, e.g. shampoo and conditioner. Bring along your containers to refill.

Also, compost and seasonal plants are available.

We deliver daily to factories, nursing homes, local housebound residents and those who do not wish to shop at this time.

[oakmeres@gmail.com](mailto:oakmeres@gmail.com). Like us on Facebook!

**Jordan Butchers - 1 Rose Green Road, PO21 3EU (Tel. 01243 265551)**

Open Monday 7am – 5pm, Tuesday, Thursday and Friday 6.30am – 5pm, Wednesday 6.30am – 1pm, Saturday 6.30am – 3pm (closed Sunday).

Offering all local customers a FREE DELIVERY service.

A phone call before 10am will ensure a delivery the same day.

If at all possible and where stock is available, they can use all the retail shops in the village to provide you with the essentials needed to get through these trying times.

Delivering meat, fruit and veg.

#### **Spar**

Hawthorne Road  
Bognor Regis

morning all due to the elderly who can't come out cause of COVID-19 we can deliver any shopping to your door free of charge. just private message me your order and address. many thanks Spar

Hawthorn Rd

Contact number for the shop is

01243 823494 or mobile 07714168236

Whether you are ordering for yourself or others....

CALL US ON 01243-855580 and pay when you order and we will deliver to your door.

#### **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](http://www.tonytfruits.com)

**Southern Dairies**

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](http://www.southerndairies.co.uk)

**Phoenix Frozen Food**

Deliver frozen ready meals, fruit, veg and meat.

01903 215 170

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

**Acorn Foodservices** – (Tel: 01903 620465 / Mob: 07719 991411)

Offering a same day delivery on selective products e.g. Bacon, Eggs, Cheese, Tinned products, Sauces and lots more.

Orders can be placed anytime throughout the day and even when they are closed for the following day, as long as they are placed by 5am (orders placed once office is closed are subject to availability).

Easy and straight forward ordering, either call the Telesales team or Email any orders to [sales@acornfoodsolutions.co.uk](mailto:sales@acornfoodsolutions.co.uk). Dedicated answerphone is always on if you just want to leave a quick order. Confirmation will be texted or emailed once processed.

Payments can be made by either Cash on Delivery, BACs, Faster Payments or Credit/Debit Cards.

## **Pubs & Restaurants**

### **The Elmer at Middleton.**

During the difficult times ahead for us all, we hope we can bring a little pleasure to your day – if you can't come to us, then we can come to you, introducing...

“THE ELMER PANTRY” home delivery menu, FROM FRIDAY 20TH MARCH.

If you have parents or grandparents or anyone else you are looking out for, you can order and pay on their behalf and we will deliver to their door too.

Tuesday to Saturday - 12 to 3pm and 5 to 8pm

Sunday - 12 to 3pm

### **The Deli at Aldwick** - 63 Aldwick Road, PO21 2NJ (Tel. 01243 931049)

Open Monday – Friday 8.30am – 3.30pm, Saturday 8.30am – 2.30pm (closed Sunday)

Offering a varied lunch menu each day – delivered to your door. Items can include roasts, casseroles, quiche, curry, sandwiches, jackets potatoes etc.

Get your orders in early because when it's gone it's gone!!!

### **Rick's Café** – 29 Queensway, PO21 1GN (Tel. 01243 842598)

Open Monday – Saturday 6am – 2.30pm.

The cafe is now offering FREE DELIVERY within a 3-mile radius of Bognor Regis to OAPs and people with underlying health conditions until further notice. Please place lunch orders by 11am.  
Cash only

### **The Bear Inn**

– 237 Pagham Road, PO21 3QB (Tel. 01243 262157)

Offering a hot meal (to be heated at home) delivery service for those in need, for those who are self-isolating, for those who are vulnerable and need help.

Also delivering soft drinks, beer bottled beer and wine (subject to availability), will try and provide household essentials, where possible, at cost price.

Please call if you would like to order either lunch or dinner - can deliver more than one meal to provide meals for a number of days.

Please advise of any allergies.

## **Cleaning & Toiletries**

### **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](http://www.ecoswapstore.com)

07561 379988

email [hello@ecoswap.org.uk](mailto:hello@ecoswap.org.uk)

## **Crime**

### **Support for domestic abuse.**

<https://www.westsussex.gov.uk/fire-emergencies-and-crime/domestic-abuse/>

<https://www.safespacesussex.org.uk/> from the Sussex Police & Crime Commissioner. Report/advice on all types of crime, including domestic abuse

## **Pharmacies**

### **LloydsPharmacy**

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

: [www.lloydspharmacy.com](http://www.lloydspharmacy.com)

### **Westmeads Pharmacy**

: 01243 821488

1, The Precinct, Bognor Regis PO21 5SB

## **Pet Care**

**Pet Care Sussex** -- Unit C3, Modern Moulds Business park, Harwood Road BN17 7AU (Tel. 07940 920138)

Home delivery pet supply business, delivered FREE OF CHARGE with no minimum order. Orders should be placed by Wednesday morning at 9am and will be delivered Thursday.

## Gardening

**Brick Kiln Nurseries** If any body asks for deliveries of bags of garden compost - growbags or pet food. Brick kiln nurseries do deliver but you have to do ordering by email to [info@brickkilngardencentre.co.uk](mailto:info@brickkilngardencentre.co.uk) or go to their website and then to their link, this will be helpful for allotment holders or anybody who needs deliveries but cannot go and collect bags of compost etc there is a small charge for deliveries to our area.

## Taxis

**Yellow Star Taxis** – 50 London Road, PO21 1PU (Tel. 01243 828282)ww

Collection & Delivery Service.

- Will go and collect shopping that has been ordered by ‘Click & Collect’
- Will take a shopping list from you and will get the shopping on your behalf
- Will collect vital medicines from the pharmacy
- All jobs, big and small, considered

Call for an estimate or fixed price. Drivers accept debit and credit card payments, or pay over the phone.

## Voluntary Sector

**Food Charities Grant – latest news** <https://www.gov.uk/guidance/coronavirus-covid-19-apply-for-the-food-charities-grant-fund>

**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](mailto: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](mailto:cim@westsussexmind.org)

Youth services Littlehampton and Bognor 01903 721893 [ypsarun@westsussexmind.org](mailto:ypsarun@westsussexmind.org)

Dementia Support - <https://www.dementia-support.org.uk/>



Sage House - Dementia

Support's Community

Centre to Celebrate 2nd Birthday

Press Release - For immediate release

- Sage House will celebrate its second anniversary on Friday 8th May 2020
- The charity's services remain available during the COVID-19 pandemic
- Dementia Support 'Day-by-Day Appeal' launched to coincide with anniversary

On Friday 8th May 2020, Sage House - the door to the Dementia Support charity - will proudly celebrate two years since those said doors were opened. Since it launched, Sage House has welcomed over 3,000 of those living with dementia or memory loss, their carers, friends and family to provide expert information and advice, and bring joy through friendship, fun and entertainment.

The charity's passion is to help as many people as possible navigate the journey of dementia, both pre and post diagnosis, supporting family, friends, carers and those concerned with dementia and memory loss to continue to live a fulfilling and joyful life.

Whilst the physical doors of Sage House have been temporarily closed due to COVID-19, the charity's services are very much available to access virtually, maintaining crucial support and contact at this lonely and challenging time and get them through day by day. In fact, due to the easy accessibility of the virtual services, the charity are delighted to see that the services are being used more than ever by those that need them.

"We're thrilled to be celebrating Sage House's second birthday," said Sally Tabner, CEO of Dementia Support. "The team, volunteers and our customers have achieved so much over the last two years and despite these unprecedented times, we are pleased we can mark this special milestone but can also continue to support each other and our community."

The 'virtual' ways in which the charity is reaching those that need everyday support include:

- Creating and delivering over 2,500 physical packs all over the country with resources and ideas for dementia-specific activities to help keep people entertained, calm and active
- Extending their specialist advice and support via the Wayfinding helpline, open daily including the weekends
- Introducing a free telephone befriending service and a free shopping service to support those in isolation
- Online resources such as activities and current information

To access these services via the website, search 'Dementia Support' or find the Dementia Support Facebook page.

Coinciding with the second anniversary of Sage House, the charity has launched the 'Day-by-Day Appeal' which aims to raise donations to continue to provide the services for those living with the challenges of dementia and coronavirus. Search 'Dementia Support Appeal' to find out more.



Sage House, City Fields Way, Tangmere, Chichester, West Sussex PO20 3FP



01243 555 891

[www.dementia-support.org.uk](http://www.dementia-support.org.uk) - email: [info@dementia-support.org.uk](mailto:info@dementia-support.org.uk)

Dementia Support is a charitable company limited by guarantee, registered in England and Wales. Company No: 3044272. Charity No: 1158845.

Age UK – West Sussex

01903 731800 or email [information@ageukwestsussex.org.uk](mailto: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](mailto:laburnumcentre@ageukwestsussex.org.uk)**

#### **Sussex Crisis Fund – set up by The Sussex Community Foundation**

set up to support the community and voluntary sector in response to the coronavirus outbreak. It is designed to help fund the emerging needs facing our communities and the charities and community groups that support them, at this time. Initially, emergency grants of up to £5,000 are available.

<https://sussexgiving.org.uk/apply-for-grants/how-it-works/>

**Wayfinder Appeal** – support for people with dementia.

<https://www.dementia-support.org.uk/appeal/>

(Copy and paste into your browser)

#### **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/>

## NHS VOLUNTEER RESPONDERS:

### Website:

<https://www.goodsamapp.org/NHS?fbclid=IwAR0yO8GNg84uTIDAwwvMeJcRlf2XQUoaBnQozFHRQHntBWx0yk22NcDBNg>

**Red Cross**\_To Volunteer in emergencies copy and paste the link into your browser

[https://www.redcross.org.uk/get-involved/volunteer/volunteer-in-emergencies?utm\\_source=Members&utm\\_campaign=1473de3ebd-EMAIL\\_CAMPAIGN\\_2018\\_06\\_08\\_03\\_15\\_COPY\\_01&utm\\_medium=email&utm\\_term=0\\_206970988f-1473de3ebd-323671277&mc\\_cid=1473de3ebd&mc\\_eid=219897cee8](https://www.redcross.org.uk/get-involved/volunteer/volunteer-in-emergencies?utm_source=Members&utm_campaign=1473de3ebd-EMAIL_CAMPAIGN_2018_06_08_03_15_COPY_01&utm_medium=email&utm_term=0_206970988f-1473de3ebd-323671277&mc_cid=1473de3ebd&mc_eid=219897cee8)

## Useful Websites

**Town Council Bognor Regis:** web address for their temporary Corona Virus page, containing links to various other useful sites: (You will need to cut and paste this into your browser; it is not a direct link)

[https://www.bognorregis.gov.uk/Temporary\\_Page\\_26293.aspx](https://www.bognorregis.gov.uk/Temporary_Page_26293.aspx)

### West Sussex Community Hub

<https://www.westsussex.gov.uk/leisure-recreation-and-community/supporting-local-communities/community-hub-covid-19/> (You will need to cut and paste this into your browser; it is not a direct link)

[www.arun.gov.uk/coronavirus](http://www.arun.gov.uk/coronavirus) (You will need to cut and paste this into your browser; it is not a direct link)