

MEDSTEAD COVID 19 MUTUAL AID (April 2020)

Volunteer support for those at home due to Coronavirus.

If you are self-isolating and **needing some help** (shopping for essential supplies, collecting prescriptions etc.) or are yourself **able to volunteer** to help others, please contact the duty co-ordinator on **0845 4740115** (Calls cost 5p per minute plus your network access charge).

This information sheet, which is supported by Medstead Parish Council, aims to provide you with key contacts and information of what local businesses/organisations can offer. Please note that information, although correct at the time of printing, is liable to change. The most up to date list of businesses and organisations offering services will be posted on the Medstead Parish Council website.

Coronavirus (Covid-19)

For the most up to date guidance and advice, please use the Government and NHS portal links:

- **Government:** <https://www.gov.uk/coronavirus>
- **NHS:** <https://www.nhs.uk/conditions/coronavirus-covid-19/>

Community Information

- EHDC Service Updates <https://www.easthants.gov.uk/coronavirus>
- Medstead Parish Council www.medsteadpc.org

Local Organisations

Medstead Parish Council Parish Council meetings are currently suspended, but please see website for updates on local COVID-19 support. For Parish Council related issues, please contact the Clerk (07908 932472, clerk.medsteadpc@gmail.com).

St Andrew's Church Currently closed for services, but a link to Canon Ed's Sunday Reflection available via www.blmsbenefice.org. A free book service is operating in the porch (no need to return). Contact: Rev'd Canon Ed Pruen, 01420 561154, priestforblms@gmail.com

Medstead Village Hall The hall is currently closed. www.medsteadvillagehall.co.uk Please contact your club leader for specific club details.

Doctors' Surgeries & Pharmacies

Boundary Surgery, Four Marks Currently using *e-consult* consultations (see website). Part of the A31 corridor Covid-19 triage group – visiting patients must stay in car and phone through to Reception (or ring bell). Latest information on revised opening and operation on practice website. 01420 562153, www.boundaries-surgery.com

Mansfield Park Surgery, Lymington Bottom Please follow latest Government advice on not visiting the Surgery. Pharmacy closed but taking prescription orders online, for collection at alternative pharmacies. 01420 562922, www.watercressmedical.co.uk

Four Marks Pharmacy Restricted opening times may apply. 01420 561270

Local Support Groups

Please be aware these local organisations may be unable to provide their full range of services:

Medstead COVID-19 Mutual Aid (shopping, prescription collection etc.) 0845 4740115

Community First (recommended by EHDC) support@cfirst.org.uk.

Medstead Voluntary Care Group (volunteer transport, help with shopping, prescription collection) 0845 4630546 (Co-ordinator)
Four Marks Care (volunteer transport group) 01420 564435 or www.fourmarkscare.org.uk
Age Concern Alton (possible outreach services) 01420 84257 or www.ageconcernhampshire.org.uk
Citizen's Advice Adviceline 0300 3309 028 (East Hampshire residents only www.citizensadvice.org.uk)

Facebook Groups

Four Marks & Medstead Coronavirus Community Support Group: (Local group providing up-to date information as to which businesses are currently open and the services they are able to offer)
https://www.facebook.com/groups/235902607787538/?ref=group_header
Hampshire Covid-19 Support Group: <https://www.facebook.com/groups/669240070499911/>

Local Food Retailers

The Handy Store, Medstead (fresh fruit & vegetables, wine, newspapers, post office & more) Please check opening hours, delivery possible. Payment by cheque, BACS transfer or cash. 01420 563141, handystorepo.com

Castle of Comfort, Medstead Meals & alcohol take away & delivery service. Also offer meat products from Meaty's Meats. Card payments. 01420 562112, castleofcomfort.co.uk

Clementine's, Lymington Barns (fresh fruit & vegetables) Offering delivery of mixed fruit and veg boxes. Payment by card or cash. 01420 563984 or clementinesdelivery@outlook.com

NOSH, Lymington Barns Offering takeaway and delivery service. 01420 568179, www.noshcafebar.com/menu

Read's Butchers, Lymington Barns Ring and collect service. 01420 562139.

Loaf, Four Marks (Bread and baked goods) Taking phone orders for next day collection. 01420 662449.

Tree House Pantry, Four Marks Frozen meals etc. from their café. Online ordering with call back confirmation & payment. Collection or local delivery available. 01420 564325, www.garthowen.co.uk

Brothers' Bakehouse, Four Marks (next to Garthowen, bread and baking goods). Check opening hours 07802 518994

Triple FFF Brewery, Four Marks Takes payment over the phone and delivers. 01420 561422, <https://www.triplefff.com/>

Arrows, Four Marks (Off licence) Check opening times. 01420 562741

The Naked Grape, Four Marks (Off licence) Check opening, online orders & delivery. 01420 562060, <https://www.thenakedgrape.co.uk/>

The Tall Ship, Four Marks (Fish & Chips) Take away. Cards and cash. Please check opening. 01420 562270

The Saffron, Four Marks (Indian) Take away. Cards and cash. Please check opening 01420 561125, <http://thesaffrontandoori.co.uk/>

China Garden (Chinese) Take away. Cash only. Please check opening 01420 561872, <http://chinagardentakeaway.co.uk/>

Tesco Express & Co-Op, both Four Marks. Restricted opening times may apply. ATM available.

Supermarket Gift Cards

Many supermarkets offer gift cards (not Aldi). These are available either online (not CoOp) or in store and could be useful if you are needing others to shop on your behalf.