

LOCAL SUPPORT

If you are isolated / vulnerable in West Dereham

In these difficult times, we are all looking at ways we can support our local communities through the days and weeks ahead. With this in mind we have put together some information which we hope may be of help.

Please find below a selection of local companies which are offering food and provision deliveries and other services in the area. We have tried to make sure this information is as up to date as possible, but obviously as things are changing quickly at the moment - please check with the companies themselves as to what they are providing.

FOOD AND PROVISIONS:

Landymore's Farm Shop & Tea Room - Stowbridge

For those who are unable to leave their own home we would like to deliver our fresh produce to your door. Being a small family run business based in Stow Bridge, we would not be able to offer a service like other major companies but we will do our utmost to deliver to the surrounding towns and villages. If you or any friends or relatives that would benefit from this service please contact us on facebook, at the farm shop 01366 388912 or alternatively 07866767140 between 7am until 5pm.

For those that are able, the farm will be open as normal. Tuesday - Saturday 8-30am until 4-30pm (4pm Saturdays) ** correct at time of writing, suggest checking before going

Goddards of Norfolk – Butchers in Downham Market

Local deliveries of meat and produce for vulnerable groups and those having to self isolate. Currently experiencing high demand. Also opening on Thursday at 8am for key workers only. Phone 01366 388377.

Accent Fresh – fresh fruit and vegetables, bread and milk

We will go above and beyond to help everyone during the current situation. Now offering a delivery service to the general public covering Norfolk, Suffolk and surrounding areas. Orders will be taken between 8:00am - 1:00pm. Currently receiving high number of calls, **please** use online ordering if you are able: www.accentfresh.co.uk. For those without internet, please give us a call on 01366 386633. Leave a message if you are unable to get through and you will be called back.

Downham Home and Garden

Potentially offering delivery service for luxury / packaged foods and drinks, plus some limited basics like milk and vegetables. Also plants, garden supplies, paints, DIY, puzzles, games, books and many other shop items. Telephone: 01366 381190, can pay contactless over the phone. Possibility of click and collect. Were offering takeaway food, though this is currently under review.

AJ Dents (Butchers – Hilgay)

Meat, milk, bread and other basics delivered to West Dereham on Tuesdays and Fridays. Suggest order in plenty of time (e.g. at least a couple of days) before their delivery is due. Tel: 01366 387686.

Norfolk in a Box:

Deliver both **veg boxes** and our range of **fruit boxes** in and around Norfolk. Meat boxes and hampers available. Telephone: 01366 321119.

Website; <https://norfolkinabox.co.uk/> Email: support@norfolkinabox.co.uk

Based at Sheep's Hill Farm, Flegg Green, Wereham. PE33 9BA.

Foldgate Inn: Stradsett

Closed for dining in, fruit and vegetable boxes available for collections (11-12.30pm) or deliveries after 1pm. Telephone: 01366 347772.

The Brookville Banger / Scotts Field Pork / Wissey valley Lamb / Beef in the Breks: Meat delivery

www.scottsfieldpork.co.uk Tel: 07940 800275. Minimum order applies.

Moyses Fruit & Veg - the fruit and veg stall in the market

Steve & Betty Moyses are offering a free delivery service. Tel: 07976 827 870. Fruit boxes, veg boxes and more.

Arbuckles:

Arbuckles have teamed up with the people at Downham Market Mutual Aid to deliver at-cost food packages. Arbuckles will not be open to the public and will not be able to handle orders or requests during this time, so please message the support group Downham Market Covid-19 Mutual Aid or call them on 07971 372685

Bearts of Stowbridge (animal feed and pet supplies)

Domestic customers: able to take some phone orders for feed and pet supplies for collection at the mill (ask for instructions re contactless collection when you place your order) or some limited deliveries to villages in and around Downham Market. They have respectfully asked that people do not bulk buy items. Tel: 01366b388151
Website; www.bearts.co.uk

Downham Garden Centre - 01366 382384 (option 1) free home delivery of garden supplies

Baytree Hilgay (formerly Dents)

Phone and collect service for essentials such as milk, bread, eggs, flour, loo roll, fresh produce and more. Open between 10am and 3pm daily. Personal shoppers will get orders together and deliver to your car so that you do not have to come into the shop.

Tel: 01366 385661 website: <http://baytreehilgay.co.uk/>

JW Sargents Butchers

Delivery in Downham Market and surrounding villages. Tel: 01366 382232

Website: <http://www.jwsargeant-butchers.co.uk>

Pet supplies etc

Free delivery service offered. Tony Leech & Belinda from the stall on the market. Call 07715281544 or 07935 750081.

OTHER SERVICES AND USEFUL INFORMATION:

COVID-19 Mutual Aid Group for Downham Market and Surrounding Villages

If you are having to isolate yourself or have underlying medical problems and need help with shopping, or walking your dog or getting you prescription or just want to chat to someone on the phone then please contact us on 07971372685 or by messenger and we will get you that help as quickly as possible. This is a totally free service.

If you are healthy and have no symptoms of the virus and wish to help those who need it then please contact us on 07971372685 or on messenger to register you interest. You can let us know when you can help and in what way.

There will be guidelines supplied to both the volunteers and the receiver regarding how prevent the virus spreading.

BOOTS in DOWNHAM MARKET:

Only open for prescriptions and essentials from Monday 23rd March. Closed 1-2pm every day.

FOODBANK: DOWNHAM MARKET DISTRIBUTION CENTRE:

Eternity Downham Market, The Sovereign Centre, Sovereign Way, Downham Market. PE38 9SW. Open currently Tues 12.30-2.30 and Fri 10.30 – 12.30 though timings may change. PHONE: 07582 558143

Vets for pets

Video consultation available if you are self isolating. Tel: 01553 782700

Vets1 Crimplesham

We are seeing unwell patients when we need to, conducting detailed phone triage and dispensing medication when appropriate.

Providing emergency care and treatment 24/7 when required.

If you have a non urgent question, then please email sophie@vets-one.co.uk and she will respond to you very quickly. 01366 384644.

Community Action Norfolk

Lists voluntary organisations in the area. Tel 01362 698216

Lily

Information site with full listings of services and support for local area. Tel: 01553 616200

or

https://www.west-norfolk.gov.uk/info/20168/lily_careline_and_care_and_repair/234/lily

Norfolk Registration Service - births/deaths/marriages

Please note: the Downham Register Office is now closed. The service is trying to contact all customers with appointments at the Downham market office, but if you think you might have been overlooked or uncontactable please go to the Registration website and complete a fresh appointment request form

Coronavirus support as an extremely vulnerable person

Register if you have a medical condition that makes you extremely vulnerable to coronavirus. For example, you'll be able to ask for help getting deliveries of essential supplies like food.

If you're not sure whether your medical condition makes you extremely vulnerable, register anyway.

You can register yourself, or for someone else. **Please ask family or friends for help to register if you are unable to access a computer**

<https://www.gov.uk/coronavirus-extremely-vulnerable>

Before you start

You'll be asked for your NHS number (but you can still register if you do not have it). You can find your NHS number on any letter the NHS has sent you or on a prescription.