

# Frogmore and Sherford Parish Council

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## COMMUNITY INFORMATION

### Dear fellow parishioner

Here are some contacts and local supplier details which have been circulating should you or a neighbour needs help during this difficult time.

#### LOCAL GROCERY SHOPPING, HOME DELIVERY

**Stokeley Farm Shop** is offering a free grocery delivery service to local residents.

**Tel: 01548 581605 or Email: [info@stokeleyfarmshop.org](mailto:info@stokeleyfarmshop.org)**

**Chillington Post Office and Store** will deliver groceries and newspapers locally to those in need.

**Tel: 01548 580371.**

**Britannia Shellfish, Beesands** is providing freshly frozen fish at Stokeley and Springfield farm shops and further afield. **Tel: 01548 581186.**

**Noyces** are taking home delivery orders for homeware, cookware, DIY, gardening and leisure goods.

**Website: [www.noyces.co.uk](http://www.noyces.co.uk)** Place your order by **Email: [orders@noyces.co.uk](mailto:orders@noyces.co.uk)** or **Tel: 01548 852353.**

**Dartmouth Dairy** is offering a £10 veg box delivery and other produce. **Website: [dartmouthdairy.com](http://dartmouthdairy.com), Tel: 01803 832801, Email: [dartmouthdairy@aol.com](mailto:dartmouthdairy@aol.com)**

**Springfield Farm Shop, East Charleton** is remaining open for fresh vegetables, groceries, deli-counter and butchers. **Tel: 01548 531523.**

**Spar Shop and forecourt, East Charleton** is remaining open daily from 6.30 am – 9.00 pm (opening 7.00am Sunday) for groceries, Post Office, newspapers, off-licence and fuel. **Tel: 01548 532906**

#### COOKED FOOD, MEALS-TO-GO

**The Bear & Blacksmith, Chillington** has a take-away menu, and is offering free local delivery on a selection of meals, either, ready-to-eat or ready-to-cook.

**Tel: 01548 581171.**

**The Tradesman's Arms, Stokenham** is offering a take-away and delivery menu Wednesday to Saturday from 12 noon to 2.30 pm, and similarly for Sunday lunch.

**Tel: 01548 580996.**

#### A MESSAGE FROM CHILLINGTON HEALTH CENTRE

We are doing our best to provide a service to our patients, despite the considerable pressure we are under. The way we operate will change, depending on how the situation develops. We strongly encourage patients to download the NHS app. and to use our website:

**[www.chillingtonsurgery.co.uk](http://www.chillingtonsurgery.co.uk)** and NHS 111 online: **<https://111.nhs.uk>** for information and advice on your health. This will help us to look after you when you really need it.

**For the latest coronavirus advice, please visit [www.nhs.uk/coronavirus](http://www.nhs.uk/coronavirus)**

The advice is being regularly updated.

#### PRESCRIPTIONS

The elderly and vulnerable should call **01548 580371** to arrange prescription home deliveries. The Health Centre requires plenty of notice as there is a weekly or fortnightly delivery schedule.

***If your need is more urgent you can, alternately, ask us to help arrange to collect and deliver for you. We can also help with prescription collections from Kingsbridge pharmacies.***

#### FACEBOOK GROUP

There is a Frogmore Facebook community group entitled **Spotted Frogmore**, currently with 148 members.

#### WE ARE HERE TO HELP

***Many in our community are already helping or are prepared to help the elderly and vulnerable. If you need to find assistance in isolation please contact one of the following Parish Councillors:***

Nigel Smith            01548 531618  
Peter Hadley           01548 531240  
Paul Harding           01548 531780  
Su Beswick             01548 531872

Ravi Balasingam      01548 531563  
Antony Marshall      01548 531030  
Ben Johnson           01548 532952

**Information is also posted on the Parish Council website, <https://frogmoreandsherford.co.uk/>**

***Please note that the information and contacts provided are subject to change. We will do our best to keep you up to date.***