

Covid-19: Practical and Emotional Help

To see the latest updates and to find the links, please use: www.missendenchurch.org.uk/covid19help

The latest NHS information about Covid-19 is available at www.nhs.uk/coronavirus

To share this page with others, please just use: www.missendenchurch.org.uk/covid19help

The latest NHS information about Covid-19 is available [here](#). Jo Withers, a previous local GP, has prepared some [helpful info](#) about social distancing and self-isolation.

The [Your Prestwood and Great Missenden Coronavirus Community Group](#) is constantly being updated with offers of help. To get help with shopping, [please email](#) the local Prestwood and Great Missenden volunteer hub on hello@prestwoodandgreatmissenden.org.uk with your road name in the subject line or phone Sandy on 07824 167 699 and your local zone leader will be in touch with details of a volunteer in your road. Please be safe, don't give banking or other details and only hand over cash or pay after the delivery has happened. Our friends at [Holy Trinity Prestwood](#) have developed [seven helpful principles](#) to guide how we support and are supported.

Many local businesses and most supermarkets are able to provide home deliveries. Why not join with a neighbour to share delivery costs and save slots for other people?

Prestwood [Mid Counties Coop](#) are running Your Essential Shopping scheme. Phone 01494 862469 between 2.30-6pm on Monday, Wednesday or Thursday to order bread, milk, butter, yogurt, chicken fillets, mince, potatoes, apples, eggs, ready meals, hot beverages, cereals, soup, beans, pasta, squash, water, rice, biscuits, crisps, washing up liquid, laundry, paperware, toilet roll, medicine, pet food. You pay the Coop and a volunteer will deliver. It is not possible to offer this at Great Missenden Coop due to technical issues.

Local delivery services are very busy at the moment. N and P Fruits and Wren Davis Dairy in Prestwood and AJ at Manor Estates Farm in Widmer End are working together to deliver fruit, veg, milk in glass bottles, bread, sausages and other foods. N and P 12 noon-4pm Monday-Saturday: 01494 702 802. Wren Davis: 01494 862224 (phone lines open 10-12 and 2-4pm, deliveries only on Mondays, Wednesdays and Fridays from Monday 23 March). Manor Estates: 01494 813957.

[Peterley Manor Farm](#) are offering online and phone orders for collection orders. They are open Tuesday-Saturday. Phone 01494 863566

[Hildreth's Garden Centre](#) in Prestwood are offering home delivery (no charge) on Fridays for pet food for older people. They are also offering a drive through collection service - honk your horn in the car park, pay from your car and goods will be loaded into your boot. Phone 01494 862720.

[The Pantry at 51](#) are offering delivery and click and collect services on dried foods (plastic free) and toiletries. Phone 01494 258730.

[Kinton Pharmacy](#) in Great Missenden are offering a free weekly home delivery of medication to anyone who needs it, and are accepting volunteering offers for delivery 01494 862060.

[Kingshill Cars](#) and the [Pantry on Platform 1](#) at Great Missenden station are working together on deliveries. Phone 01494 868699 and speak to Anna, Lisa or Dizzy.

[Clarks of Amersham](#) removals are offering to help with delivering groceries, medication and other essentials, with no charge for delivery. Phone 01494 774186.

Many local restaurants and cafes are offering collection at the door or home delivery. Why not treat yourself and help a local business which will be losing revenue?

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Most supermarkets offer online ordering and home delivery, but many don't have slots available for booking at the moment or aren't accepting new customer registrations, and are prioritising vulnerable customers.

A summary of supermarkets' support:

[Sainsbury's](#) have a phone line for home delivery and the delivery charge is £2.95. Lines are open on [0800 9178557](#) (option 1) 9am-5pm Monday-Friday and both order details and payment are taken by phone. 8am to 9am on Monday, Wednesday and Friday supermarkets are dedicated to elderly and disabled customers, as well as their carers. From Monday to Saturday, NHS and social care workers will be given a dedicated shopping slot between 7:30am and 8am.

[Tesco](#) supermarkets (not Express stores) between 9-10am on Monday, Wednesday and Friday are for vulnerable customers. Every Sunday, Tuesday and Thursday, NHS staff will also be able to shop in peace for an hour ahead of the usual opening times. This however does not apply to Express stores.

[ASDA](#) are prioritising NHS/care workers in larger stores every Monday, Wednesday and Friday from 8am to 9am and 9-10am Sunday. Has a '[volunteer card](#)' which can be topped up remotely by someone whose shopping is being done by someone else.

[M&S](#) are dedicating the first hour of opening to vulnerable customers on Mondays and Thursdays, and to NHS Tuesdays and Fridays. Has a '[volunteer card](#)' which can be topped up remotely by someone whose shopping is being done by someone else.

[Iceland](#) are dedicating 8-9am to vulnerable customers and the last hour of opening and 7-8am to NHS staff.

[Waitrose](#) are dedicating the first hour of opening to vulnerable customers. Priority access to some items and checkout for NHS staff with ID.

[Morrisons](#) are giving NHS staff early access to Morrisons stores between 6 and 7am Monday-Saturday and 9-9.30am Sundays 9-9.30am. Morrisons also have a doorstep delivery service for vulnerable and elderly customers from an essentials list - phone 0345 611 6111 and select option 5 - contactless payment is taken by the delivery driver.

[Aldi](#) All day everyday key workers in the NHS, Police and Fire Service will take priority ahead of queues into our stores upon showing a valid ID. This is in addition to early access on a Sunday, where they can enter stores 30 minutes prior to opening.

Our local [Coop](#) Food Great Missenden is offering priority shopping for vulnerable customers Monday-Saturday 8-9am and Sunday 10-11am.

The Your Prestwood & Great Missenden Coronavirus Community within the Your Prestwood & Great Missenden Facebook group is constantly being updated with offers of help. Please be safe and don't give cash or any kind of personal details (banking, contacts etc) to anyone you don't already know and trust.

[Samaritans](#) is available 24/7 free on 116 123 and via email and in person for confidential support for all kinds of emotional distress.

[The Silver Line](#) is available 24/7 free on 0800 4 70 80 90 for confidential information, friendship and advice for older people.

For help from the church, please visit www.missendenchurch.org.uk/virtualchurch or contact the parish office on 01494 862352 and leave a voicemail.

The info on this page has been compiled from various sources. To add or amend info on this page, please contact The Revd Dr Elizabeth Lawson on 01494 890171 curate.elizabeth@gmail.com

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