



Useful Contacts and web-links for support with COVID-19

The current coronavirus pandemic is very worrying for everybody so finding out where you can get help is important for everyone. The situation changes day by day, even hour by hour and the information provided in this leaflet is correct at the time of publishing. The information will be reviewed and updated as and when information changes.

Useful Web Links

NHS guidance on Covid-19 – www.nhs.uk/conditions/coronavirus-covid-19

HM Government Guidance, including business – www.gov.uk/coronavirus

Devon County Council – www.devon.gov.uk/coronavirus-advice-in-devon

Moretonhampstead Parish Council Facebook – www.facebook.com/Moretonpc/

Citizens Advice – www.citizensadvice.org.uk

NHS Volunteering - <https://www.goodsamapp.org/NHS>

NHS Vulnerable Grouping – how to check - <https://www.gov.uk/coronavirus-extremelyvulnerable>

The Money Advice Service -<https://www.moneyadviceservice.org.uk/en/articles/coronavirusand-your-money>

Useful information for businesses – <https://www.devonchamber.co.uk/covid-19-guidance-forbusiness/>

Devon Community Foundation – grants available to those groups supporting vulnerable people by the coronavirus outbreak - <http://devoncf.com/apply/applying-devon-coronavirusresponse-recovery-fund/>

Homeless In Teignbridge Support (Foodbank) - 01626 906371

If you are suffering a crisis and are in genuine need of food. Operational hours are 10.00am and 4.00pm, Monday – Friday. Out of hours, in an emergency, the main number will divert to mobile. HITS will not provide food for those who have been in receipt of a letter from the NHS (1.5 million vulnerable grouping). Food if you are in this vulnerable group will be organised by another agency.

Citizens Advice 03444 111 444

Other ways to contact the advice line. Text on 07867 012580, Whatsapp 01626 322260 – please state name and contact telephone number, webchat via the website details at the top of the page, e-mail log onto www.citizensadvice.org.uk – click on 'email us' under the 'Need Advice' section on right hand side of the home page.

Health Centre

The Health centre thanks patients for their understanding at this time, and asks everyone to have patience when trying to get through on the telephone line which is under a lot of pressure at the moment. They will get to you, it may just take longer. They would like to remind patients that at this time, they will undergo the following process when telephoning the Health Centre – The receptionist will ask lots of questions to help assess (triage) your situation. Please be reassured that all staff are fully trained to ask these questions and adhere to data protection and confidentiality and your answering as fully as possible will be most useful. A GP will review this information and then you will be put on the telephone list to be called back to further assess your situation if required. Please ensure the surgery has a current mobile number for you as this can be used to contact you and perform video consultations if required. At this time, you will only be offered an appointment at the Health Centre if absolutely necessary for the protection of staff and patients alike. If invited to attend, please take note of all instructions and hygiene notices.

Moretonhampstead Parish Council updated 12 June

**Dentist****01647 440968**

We hope you are all keeping safe and well during this difficult time. As you are aware Moretonhampstead Dental Practice has been closed due to the Covid-19 pandemic. Many of you will have heard that we are now allowed to reopen and we have been busy working towards a strategy to do this in the quickest and safest way possible for both our patients and staff.

As we are sure you are well aware, things at the practice may look a little different over the coming weeks but we want to assure all our patients that we are working tirelessly to ensure your safety and that of our team members. Therefore we hope you appreciate that this will take some time. The practice is currently undergoing some amendments to apply social distancing measures wherever possible and our staff are training to return to the practice in the safest possible way. As the media has extensively reported, PPE is in short supply so at present we are simply unable to provide you with a safe service until we have these provisions.

We want you to know, we are in the process of implementing new protocols, investing in additional PPE and air purification equipment so we can reopen the doors of Moretonhampstead Dental Practice in the safest possible way, as soon as we are able.

Until then, if you have a dental emergency, please continue to call the practice and listen for further information.

We have truly missed our patients and friends and please be assured we will be back with you soon. The whole team would like to extend our gratitude for your continued support during this difficult time.

Local Businesses Offering Delivery

Individual schemes vary and may incur a cost. Circumstances change so remember to check first.

Whites Greengrocers

Open daily 9am till 1pm. Credit card payment available.

Email your order to: ajwhitesfoods@gmail.com

Cut off is 7pm each night for next day

Michael Howard Butchers & Deli**01647 440267**

Currently open as usual. Meat and meals available for delivery.

Free delivery of orders made by telephone. Payment by card over telephone or bank transfer available.

Larry's Newsagents**01647 441202**

Sunday and Monday's open 7am - 12pm

Tuesday - Saturday open 7am - 1pm

Will endeavor to help where can to get hold of **anything** you need and deliver if possible.

Message via Facebook Moretonhampstead Community Hub or telephone.

Accepts all forms of payment.

The Union Inn**01647 440199**

Full menu available, including Sunday lunch, for take-away or delivery in Moreton. See www.theunioninn.co.uk for menu.

**The Horse****01647 440242/07710716725**

We are cooking pizzas and curries, Wednesdays – Saturdays, 6 pm – 8 pm.

PLEASE ORDER YOUR FOOD BY 5.30 AT THE LATEST. If we have no orders by 5.30 on any given day, we are likely to keep the kitchen closed.

The White Hart**01647 440500**

We are very excited to announce that The White Hart is opening a Chinese Takeaway from Thursday 18th June 2020. This is a collection service from our courtyard using the side entrance on Station Road and is available every Thursday - Sunday, 5.30 - 9.00pm. To place your order please call 01647 440500. Full payment will be taken on order. Our delicious, authentic menu can be downloaded from our website at www.whitehartdartmoor.co.uk. Alternatively copies of the menu will be available from White Hart main doors from Monday 15th June.

Central Café

Open on Friday's, Saturday's and Sunday's for takeaways. Now accepting Card payments.

The Gateway tearooms**01647 440722**

Offering a take-away menu service on Thursday, Friday and Saturday evenings, from 5:30 to 8:00pm. Please phone with your order as early as possible. We will take card payment over the phone, and arrange a time for you to collect, or for us to deliver within a reasonable distance.

Bread by Liz**07759019705**

Email or phone to order for collection or delivery. breadbyliz@gmail.com @breadbyliz

Knead to Connect**07759019705**

Friday soup delivery. Choice of 3 every week. For more information, email info@kneadtoconnect.org

Bertos Pizzeria**01647 441240/07960586539**

Open from 17.30 for takeaways! Offering FREE home delivery within Moretonhampstead. We will be serving from the door. See www.bertospizzeria.com or Facebook page for menu.

Animal Crackers**01647 440273**

Business as usual. For home delivery please phone John.

The Co-op**01647 440253**

Reduced opening hours - **7am-8pm**. Please note open 8-9am for elderly and vulnerable customers only. If everyone observes hygiene and does not enter the Coop with any symptoms, service will continue as usual. There is plenty of stock, if people shop as usual, demand will be met. Please follow the one way system in store and use the hand sanitizer provided.

Zero waste shop**01647 441091**

Open as usual with extra hygiene precautions in place. Orders can be taken over the phone for collection if required. Card payment over the phone accepted.

Central garage**01647 440025**

Open as usual during the "Coronavirus restrictions" for anybody that is worried that their "MOT" has expired or is soon to be due, or you need "Tyres or Servicing" and you are self-isolating, then do not worry we will be more than happy to collect and deliver your vehicle for you. Just give us a ring!

**Maxwells Garage****01647 440525**

Open as usual and taking all appropriate precautions.

St Andrew's Church

In light of the new directive from the government, the decision has been made to close the church completely.

We apologise to all those people who wanted to go into the church but we feel that, to keep everyone as safe as possible, we should follow guidelines given.

How Can I Protect myself and others?

- Keep up to date on current health advice.
- Follow and adhere to the newly introduced Government restrictions
- Keep hand washing. No less than 20 seconds.
- Cover your mouth and nose with a tissue or sleeve (not hands) if you cough or sneeze. Dispose of the tissue immediately then wash your hands – 'Catch it, Kill it, Bin it'

Remember:**Stay alert**

We can all help control the virus if we all stay alert. This means you must:

- stay at home as much as possible
- work from home if you can
- limit contact with other people
- keep your distance if you go out (2 metres apart where possible)
- wash your hands regularly

Do not leave home if you or anyone in your household has symptoms

Not everyone is online but if you are, you have a printer, and you know that there are likely to be people in your street who may need help then why not print off the updated advice and pop one through the door of those that may need help.

The Parish Council have been overwhelmed with the community's response to the coronavirus; to date we have had over 100 volunteers sign up to our database. Thank you to each and everyone of you for looking out for neighbours, keeping us supplied with food, looking after our medical needs, we are truly blessed to live in such a special place.

Please remember that all the key workers are trying their best to make this as easy as it can be for us – be patient and kind when using their services or shopping in their stores.

Reminder – Following Government advice, the Playpark remains closed.

The Parish Council are aware that there have and will be various missed celebrations. When it is appropriate we would like to mark these occasions and are aiming for a party in the Sentry sometime in October.

Get in touch if you would like to help – moretonhampsteadpc@tiscali.co.uk