



Help is out there!

INFORMATION ROUNDUP – COVID-19 – HELP IS OUT THERE!

We have done our best to group all available information together in a helpful way – but this a fast-moving situation and details may change by the time we go to print.

The most important message from all community groups is please Check on Your Neighbours. Are they isolated, elderly, vulnerable? Could you leave a note, such as the one pictured, and offer to collect groceries, or medication? This kind of help will be most valuable at this time. Please urge friends to do the same #checkyourneighbour

THE CORONAVIRUS BATTLE FUND

Shrewsbury Town Council has established the Coronavirus Battle Fund and has set aside £20,000 to give one off grants of up to £500 to community organisations who are supporting the town's residents.

shrewsburytowncouncil.gov.uk

CHARITIES AND ORGANISATIONS OFFERING HELP

Shrewsbury Food Hub – is asking

for cafes or businesses with food that might go to waste to get in touch. The Hub is giving out food and supplies to local groups and charities who need them including the Food Bank and The Ark. Contact pippa@shrewsburyfoodhub.org.uk or ring 079333 039292.

Shrewsbury Abbey is offering any sort of help to anyone who is self-isolating - (01743) 232723.

Shrewsbury Food bank PLUS – is open at St Barnabas Church Centre, Coleham. If you have an excess of tinned/long life/non-perishable goods, surplus sanitary or cleaning products, your donations are very welcome. Please refer to @Barnabas Community Projects – Home of Shrewsbury Food Bank on Facebook for updates, as there are new instructions for visiting the bank (01743) 272465.

FACEBOOK GROUPS: In all these groups, members can post contact details with offers of help. Join the groups or ask someone to help you join to find details of local people willing to help you. Many of these groups are dropping leaflets through doors with offers of help.

● Covid 19 Shrewsbury and surrounding villages mutual aid group

- Frankwell Mutual Aid
- Cophthorne Mutual Aid
- Radbrook Mutual Aid
- Bicton Heath Mutual Aid
- Shrewsbury Town Centre Covid-19 Help Group
- COVID19: Shrewsbury Retail Businesses
- Shrewsbury COVID-19 Support Group
- COVID-19 Shrewsbury Hospitality & Leisure Businesses
- Shrewsbury COVID19 self-isolating group
- Baschurch COVID-19 community support group
- Shrewsbury fights Corona

Next Door - nextdoor.co.uk – a great way to stay informed about offers of help in your neighbourhood.

Shrewsbury Community Action Group – Bicton Heath/Gains Park – will help with transport to shops, provisions of basic need, transport to shops, collections and deliveries – email ShrewsburyCAG@outlook.com or phone 07932 617731 – they need donations to make up small care packages and volunteers to help deliver.

Belle Vue & Coleham Community Action Group – <https://bccag.org>.

[uk/](#) – has been delivering forms for you to fill in if you need any help. Anyone able to volunteer is asked to contact hello@theprince.pub
Castlefields and Ditherington Support Team – helps people with shopping, prescriptions, and providing company via Skype and telephone calls – (01743) 231834 or 07967 657028.
For the Love of Shrewsbury and also **You Know You're From Shrewsbury When...** virtual online communities sharing news, offers of help and tips on coping.
 And visit **My Shrewsbury** Facebook page – for local updates and news

HOW YOU CAN HELP

Join any one of the groups above to offer your services, or volunteer at:
The Chatterbox Action Against Loneliness Programme – provides telephone support to lonely and isolated caregivers, the bereaved and people dealing with end of life challenges. If you can spare an hour a week to volunteer contact (01743) 245088.
Community Reserve Volunteers – Redcross – by joining the Redcross as a community volunteer you will help your town in a local crisis - reserves.redcross.org.uk

HEALTH ADVICE

When it comes to health, everyone wants reliable, up-to-date information. See the latest from <https://www.nhs.uk> for answers to questions you may have about coronavirus (COVID-19).
Prescriptions – GP surgeries are encouraging patients to get themselves set up on Prescription Ordering Direct (POD) – 033 33 583 509 (9am-5pm Mon to Fri). www.shropshireccg.nhs.uk/local-services/prescription-ordering-direct-pod/

SHROPSHIRE COUNCIL –



COVID-19 CONTACTS

For school and education-related enquiries during this emergency, plus school admissions, school transport and free school meals 0345 678 9008.
 For concerns about a child's safety or welfare, or for family support 0345 678 9021.
 For concerns about a vulnerable adult's safety or welfare, or for support and advice about adult social care 0345 678 9044
 Businesses For business-related enquiries, email COVID19businessenquiries@shropshire.gov.uk
 For business rates enquiries - 0345 678 9003 or email business.rates@shropshire.gov.uk
 For all enquiries about bins and recycling including collections and assisted collections - 0345 678 9007
 For all other enquiries, please check the Shropshire Council website or contact 0345 678 9000

STORES OFFERING DELIVERY

NB many local stores have started restricting the number of customers in at any one time – please be patient and wait outside, observing the 2m social distance rule.
Robsons Stores - Ellesmere Rd, **Greenfields**, Shrewsbury (01743) 352073 and in **Sundorne** are offering delivery Call (01743) 362640.
Shrewsbury Handy-Veg - delivery of fresh fruit and veg - please order via the Facebook page.
Everymans in Frankwell – free home delivery from 6.30pm, no minimum order Frankwell area only – orders in by 6pm at the latest. Text or Whatsapp 07968 851146. Please obey the 'one in one out' policy, or knock for service. 20 per cent off for NHS patrons.
Pomona Grocery – delivers to door and takes payment over the phone - (01743) 366660 (free delivery over £20). Fresh fruit, veg, bread, dairy, whole foods, eco cleaning products etc.
The Market Hall Shrewsbury – is open for business. Home deliveries and click and collect may be arranged.
Barkworths Seafoods are offering a home delivery service to include other market food products to SY1, SY2 and SY3 areas. Contact Ian on 07947 478445.
John Bliss Butchers also offer home delivery on Fridays 01743 343340.
Rowlands and Co. Ltd - veg boxes for £20; collection Mon-Fri (10am-6pm) and Saturday (10am-2pm). Also offering delivery within a five mile radius of Shrewsbury (01743) 462244.
The Allotment, Coleham can deliver fruit, vegetables, non-perishables, cleaning products, toilet rolls etc to the door. Minimum order £15 – 07743 466322.
Box of Goodness also delivers to the door; fruit and veg boxes, milk, eggs, yoghurt, porridge oats etc - 01743 884426 – boxofgoodness.co.uk
The Boathouse Inn has also made up

HELLO! If you are self-isolating, I can help.

My name is

I live locally at

My phone number is

If you are self-isolating due to COVID-19 I can help with:

Picking up shopping Posting mail

A friendly phone call Urgent supplies

Just call or text me and I'll do my best to help you (for free!)

Coronavirus is contagious. Please take every precaution to ensure you are spreading only kindness. Avoid physical contact (2m distance). Wash your hands regularly. Items should be left on your doorstep. **#ViralKindness**



useful food packs from leftover stores. Message on Facebook for details.

Bakehouse & Co – pickup freshly made bread & cakes on Bellstone.

Aroma Tea & Coffee Merchants – offering delivery via the website www.aroma-coffee.co.uk

Shrewsbury cars/taxis are offering the following services: collecting online shopping, collecting medication, takeaway collection. Call (01743) 242424

Shropshires Own Longden Post Office – home delivery of fresh local produce and artisan foods – (01743) 860549.

Churncote Farm Shop – free local delivery providing fresh bread and milk, vegetables, salad, various homemade ready meals, jams and chutneys and fresh meat – call (01743) 851081.

Sutton Farm Butchers are offering deliveries – and prioritising NHS workers. No more than two customers in the shop at a time please. (01743) 361332.

Bradley's Butchers & Delicatessen are offering meat boxes for collection – (01743) 622989.

Moor Farm Shop, Baschurch is also delivering and staying open until 9pm to help shift workers, also Cotteswold Dairy (01743) 344494.

GIFTS & CHOCOLATE

Toot Sweets Chocolates - will deliver stunning Easter Eggs and gifts – 07814 113156

Rosie's Emporium Gift Shop – offering home delivery of a range of gifts – 02892 106250 or visit their Facebook page.

Button & Bear - open for business - can deliver books to the door. Call (01743) 341407 or visit the Facebook page.

Supermarkets: Most supermarkets are limiting purchases to avoid stockpiling. **Tesco** is reserving the first hour of trading each day for elderly and

vulnerable shoppers. NHS workers are invited to shop during the hour before the store opens. **Sainsbury's** offers priority access to online delivery slots to customers over 70 years of age. It has set aside the first half an hour from Monday to Saturday for NHS workers; 8am to 9am every Mon/Weds/Fri are for elderly/disabled and carers. **Morrisons** has also reserved the hour between 9am and 10am from Monday to Saturday for vulnerable customers. was also giving priority to NHS staff from 8am to 9am on Mon/Weds/Fri and is asking non-vulnerable customers to refrain from shopping before 9am.

These are subject to change so check your local store for updates.

RESTAURANTS OFFERING TAKEAWAY/DELIVERY

Drapers Hall has launched a not-for-profit, weekly subscription service called drapers.online for you to have healthy, chef-made meals delivered contactless to the door (at just £5 each). Reheat or stock the freezer. Dishes include: beef lasagne, paprika chicken meatballs, beef bourgignon, or steak & ale pie... visit www.drapers.online

The Boathouse Inn is doing takeout beer £2.50 per pint - bring your own container! Also selling off supplies (loo roll, soap, meat, fish, eggs, milk, veg, wine, bottled beers & ciders). Message them to buy.

Number Four Butcher Row also offer fresh cooked meals delivered to your door – (01743) 366691 or 07888 749782. It is also selling some grocery items from its stores such as milk, eggs, baked beans, sliced bread, butter and tea cakes.

The Olive Tree Tapas Bar in Frankwell – takeaway tapas. Vegetarian options available (01743) 3838373.

The Good Life Cafe & Deli on Wyle Cop is offering take-away and delivery of

fresh homemade vegetarian and vegan whole food and salads Monday-Saturday 9am-4pm.

La Lanterna Shrewsbury St Alkmonds Square – is offering takeaway. Order by calling and collecting or order through Zoom Food. A range of beers and wine available (01743) 233552.

Casa Naranjo Shrewsbury– Barracks Passage – tapas delivery – (01743) 588165 or message them on Facebook. Delivery service days are Thurs, Fri and Sat.

Chez Sophie – has crepes, waffles and shakes available to take away or for delivery via Zoom or Deliveroo.

The ALB – has a new Spanish menu – with a new burrito takeaway and delivery menu via Zoom Food. Bombos also has plans to being takeaway services.

Istanbul bbq house Shrewsbury – has a full takeaway menu available – (01743) 537523

Planet Doughnut is selling 'decorate your own doughnuts' online and they are selling fast! They also have takeaway boxes, tea, coffee and shakes on offer. Deliveries possible.

Dough and Oil has started an in house collection and delivery service – call (01743) 384261

The Anchor Inn in Frankwell is offering home cooked take out meals such as ham hock and parsley sauce (£4.50)

Sweet. Shrewsbury is now offering all day deliveries of its breakfast pancakes, puddings and shakes – (01743) 600100.

Okra.shrewsbury is offering 'Shrewsbury self isolation kits'.

The Mytton and Mermaid Hotel has also launched a takeaway service 'Mytton on the Move' Monday to Saturday, 5pm to 9pm. Spend £50 and get a free bottle of wine. Collection only – (01743) 761220

Severn Social has opened the very first Drive-Thru, to give customers a safe, zero contact method of eating their food.



They are also considering drive-in cinema nights in the warehouse, with food and drinks delivered to your car!

Lyons' Den Gourmet Burger is also open from 12pm for takeaways. Minimum order £4.99 for delivery within two miles of Shrewsbury with Zoom Food.

Brooklyn craft is open seven days pw for takeaway or delivery. Order online. Special offers for NHS staff: (01743) 233225.

AleOli y Tu on Frankwell Bridge has a delivery or collection service with a minimum order of 10 pounds within a 2 mile radius from 11am-2.30pm. Contact 07960 215835

House of Yum in Shrewsbury's Market Hall has a takeaway option 07526 673195.

The Libertine Cocktail Bar – Shrewsbury cocktail bar is now delivering cocktails to your door! Direct message through @TheLibertineShrewsbury (£2 delivery, £30 bottles).

Tap and Can is now offering takeaway service (Tues to Sun) via Zoom Food for craft beer, cider, wine, glassware and snacks.

Exo Poli Longden Road – Mediterranean style restaurant doing takeaway Thurs/Fri/Sat from 5pm to 9pm with 15 minute slots allocated for collection – pre order essential (01743) 600479.

Say Cheese – sandwich bar offering all things cheese!

Eatos, Whitchurch Road – offering hot and cold sandwiches to collect

The Bulls Head Castlegates – order bottled drinks to the door, via Zoom Food.

House of the Rising Sun – offering Australian style dishes to take away

The Loopy Shrew offering takeaway Sunday lunch for collection only (01743) 366505.

CafeSaffron Shrewsbury Shropshire are doing takeaway, as usual.

The Little Dessert Shop – offering a range of puddings, cakes and sweet treats.

Plantkind has now started doing takeaway and delivery of their delicious freshly prepared falafel boxes/wraps/streetfood. Available on Zoom Food trading as usual from 11am-330pm Monday to Friday and 10-4pm Saturday.

Rashers Cafe & Sandwich Bar is open for deliveries & collection.

Darwin's on Shoplatch has full breakfasts, crepes, milkshakes etc available via Zoom.

The Wild Pig (by Meole island) has Sunday roast available for collection or delivery. Other meals available from Monday.

Food Delivery services operating in Shrewsbury include **Zoom Food** and **Just Eat**. Download apps from app store to order. If restaurants above are not listed within the app, please contact the restaurant directly.

Palmer's of Shrewsbury on Claremont Street is encouraging takeaways and card payments.

Dorrington's **Horseshoes** is now offering takeaway

The Beeches Pub Bayston Hill has a delivery takeaway menu, including roast dinners served daily (£7), beef stew & mash (£5), sausage & mash (£5)

The plant-based vegetarian and vegan cafe **Nourish** is also doing takeaway.

The Bricklayers Arms has a reduced weekday menu available for collection or delivery (4pm to 8pm) – (01743) 359999.

The Coach And Horses Shrewsbury is offering takeout and delivery on selected menu items – (01743) 365661.

Brooklands Hotel is offering Sunday roast dinners to takeaway for £6. Pork, beef or turkey with all the trimmings.

Place your order, collections between 12pm-3pm – (01743) 243333

Compasses Inn, Bayston Hill- Sunday lunch for pickup - £9/£5 (01743) 632587.

Abbey Deli – Sandwich bar is open for collection Monday to Friday 8am to 3pm, or delivery M-F, 9am-2pm. (01743) 350075.

The Village Store & Cafe, Haughmond, has a variety of takeaway options and is even launching an afternoon tea delivery service! (01743) 709918.

Battlefield 1403 cafe is still operating – takeaway only but with some outside seating. Deliveries available from the farmshop and butchery.

GOOD NEWS

VOUCHER SCHEMES – many restaurants in town, such as **The Walrus Restaurant** on Roushill, and **House of yum** in The Market Hall Shrewsbury, and **Number Four** are now also operating voucher schemes. Buy it directly from the restaurant, so they get the use of your money for a month or two, to help them bridge this awful crisis. Then, when things have settled down, you can celebrate with a lovely night out

FOOD ONLINE – Join the brilliant group set up by Masterchef contestant, Shrewsbury's **Anna Christoforou** – Let's Get The Nation Cooking Again – full of loads of recipes for store cupboard cooking.

