



## Arranged schedules for volunteer support to obtain essential shopping



As we look to arrange support and deliveries of essential food and medications to parishioners in Sampford Courtenay Parish there are a couple of things that those needing support can do to help.

- If you have access to the internet then please look to make arrangements if you can to shop on-line and where possible use the delivery services provided by your chosen store.
- As the supermarkets that provide this service may be unable to cope with the unprecedented increase in the demand for a delivery service it would be good if parishioners could make use of available 'Click and Collect' services for the shops on the days listed below and volunteers will be able to just collect your shop already bagged/boxed and paid for and deliver it to your home.
- Please also make use of the local businesses offering fresh produce and provisions. If you follow the instructions below on how to order and pay for those orders with the individuals businesses that will help enormously
- **For those that are unable to order and pay on line or over the telephone** that is not a problem **please ring** Marion Pratt 0183782285 or Michele Wilson 0183782677 or 07479775572 and we can make arrangements with you
- **Please remember to let us know before 8pm** the day before you want your order collecting or shopping done so that we can arrange the necessary volunteers to go to the various locations.

Our plan is to cover collection and delivery from the following shops on these specified days - (the reason for limiting the days is to reduce the number of trips volunteers make outside of their homes to ensure we too are complying with Government guidelines) -

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	Waitrose Food Shop/collections	The Cider VAT	Waitrose food shop/collections	Tesco food shop/collection	Waitrose food shop/collections	Tesco food shop/collection
	Co-op food shop/collection	Taw Valley Dairy	Co-op food shop/collection	The Cider VAT	Co-op food shop/collection	The Burrow
	Lidl's food shop	Betty Cottles Dartmoor Food	Lidl's food shop	Taw Valley Dairy	Lidl's food shop	
	Mole Avon		Mole Avon	Betty Cottles Dartmoor Food	Mole Avon	

N.b urgent medication can be collected/delivered on any day & if you have an urgent need for additional items we can source them too locally if need be just let us know.

Contact details for all Local listed suppliers -

**The Cider VAT** - see full details on the SC website or telephone 01837851244

**Taw River Dairy** - see full list on their website [www.tawriverdairy.co.uk](http://www.tawriverdairy.co.uk) or telephone 07525164805

**The Burrow** - email [robinandjill@phonecoop.coop](mailto:robinandjill@phonecoop.coop) or telephone 01837 82481 **by 11:30 Thursday** this includes Newspapers orders

**Betty Cottles Dartmoor Food Online** - see full list on their facebook <https://www.facebook.com/bettycottlesinn/> or telephone 0183755339

**Harvest Organic Veg** - [hello@harvestworkerscoop.org.uk](mailto:hello@harvestworkerscoop.org.uk)

**Mole Avon** - contact them on telephone 01837 53886 or email [oke@moleavon.co.uk](mailto:oke@moleavon.co.uk)

Contact details of online shopping at supermarkets -

**Waitrose** - <https://www.waitrose.com/ecom/shop/browse/groceries> (All slots currently taken)

**Co-op** - Click and collect details still being confirmed with local manager

**Tescos** - [https://www.tesco.com/groceries/?icid=dchp\\_groceriesshopgroceries](https://www.tesco.com/groceries/?icid=dchp_groceriesshopgroceries)

**Lidl's** - don't have an online service in Okehampton please call Marion or Michele to arrange payment

Contact details for Pharmacy Delivery services -

**North Tawton Pharmacy** - [www.northtawtonpharmacy.co.uk](http://www.northtawtonpharmacy.co.uk) or telephone 01837 82824

N.b urgent medication can be collected/delivered on any day & if you have an urgent need for additional items we can source them too locally if need be just let us know.