

# DAWLISH IS HERE TO HELP!

The current coronavirus pandemic is worrying for everyone in our community. Dawlish Town Council is working with several local organisations to produce and distribute this information leaflet to help with questions you may have about who to contact locally.

Things are changing day by day and information is correct at the time of printing. For updates if you have access to the internet visit the website: [www.helpingdawlish.co.uk](http://www.helpingdawlish.co.uk)

You might be asking various questions about who to contact for what and we hope this information will help you.

- **What actions can I take?**

- ❖ **Keep up to date on current health advice** – use the NHS website. Devon County Council has a good webpage on coronavirus advice in Devon which is regularly updated:

<https://www.devon.gov.uk/document/coronavirus-advice-in-devon/>

As the Government's Chief Scientific Advisor has said: *'We all have a crucial part to play. This is a mild disease in most people. But it is paramount that we do everything possible to protect ourselves, to protect others, and protect the NHS.'*

- ❖ Advice about the length of self-isolation and who should isolate is changing - so a few quick NHS tips to help stop the spread of the virus.

**You can:**

- wash your hands with soap and water often – for at least 20 seconds.
- cover your mouth and nose with a tissue or your sleeve (not your hands) when you cough or sneeze.
- avoid social activities or large gatherings.

- ❖ **Think ahead!** We all need to help each other.

- Why not ring a family member or neighbour or friend you trust, who can arrange to collect shopping for you should you need it? They can put it on your doorstep or must stay 3 steps away from you if you become ill or are self-isolating.
- If you are well and mobile, ring a friend or neighbour to offer help collect shopping for them if they become ill.
- If you want to volunteer to help others locally – call Assist Teignbridge on 01626 888321 and give your name, address, contact number and email. Assist Teignbridge are co-ordinating volunteer help to get the maximum benefit for our community in the crisis. They will call you when needed.

- **Need to contact the Citizens' Advice Bureau?**

If you need to contact the Citizens' Advice Bureau they are no longer holding drop ins at the Manor House - they can be contacted on: 03444 111 444 or at [www.citizensadviceiteignbridge.org.uk](http://www.citizensadviceiteignbridge.org.uk)

- **Pharmacy services**

Free Home Delivery Service by Dawlish Warren Pharmacy – new patients can be taken on **ONLY** if a prescription for the new patient is sent to them by a GP. Tel: 01626 863649.

**PLEASE TURN OVER – MORE INFORMATION OVERLEAF**

Organisations involved in this project: Dawlish Town Council, Dawlish Community Transport, Dawlish Chamber of Trade, ROC Dawlish, Assist Teignbridge, Open Daw, St Gregory's Parish Church and Home Instead.

# ***DAWLISH IS HERE TO HELP!***

- ***If you are ill or self-isolating, unable to get out and need food/meals:***

In addition to known local takeaways, some local businesses are now offering delivery or collection services. These arrangements may change at short notice. They will tell you how to pay. These are only some of the local businesses - share details of others you know about with friends or family.

- Ugly Duckling – delivery of carvery/takeaway service - 01626 437343
- Home Kitchen – gluten free – local delivery/collection - 01626 895192
- Jack Sprats 11-2pm daily and Friday and Saturday evenings 5-8pm with home delivery on these evenings within the Dawlish area. 01626 865556
- No1 Café – takeaway – delivery town area 01626 895427
- Geralds – free delivery to elderly and in need 01626 862090
- Poppadums Health Food – free deliveries – 01626 863128
- Ryder's Bakery – free delivery service – 01626 889395
- Powderham Farm shop – delivery – 01626 891883
- Jens Sweet Shop - Free delivery of all sweets, chocolates etc. 01626 259239
- Methodist Church Wednesday and Sunday – takeaway meals/home delivery – 07770 882 047
- All Styles N Smiles – hairdressers – home visits possible – 01626 888878

- ***Need help with getting things delivered:***

- Kemps Cabs 01626 888111

- ***If you need transport and are unable to use public transport:***

- Call Dawlish Community Transport 01626 888890

- ***If you are self-isolating and want to chat to someone:***

- Assist Teignbridge (Monday to Friday 9am to 5pm) – 01626 888321
- Open Daw - Weekdays 10am until 12 noon - 07515 882 946
- Roots Community Enhancement – 07931 225 680
- Churches: Mark Jones, Dawlish Christian Fellowship and ROC Dawlish: 0772 9998 334  
Father Mark, Roman Catholic: St. Agatha's 01626 774640, Church of England: 01626 867386

- ***If you are in crisis and genuine financial need for food:***

ROC Dawlish in conjunction with HITS are operating a temporary foodbank ring 0772 9998 334. Deliveries will be arranged without any personal contact.

- ***If you are ill or self-isolating and need small emergency food supplies (milk, bread, soup)***

with no other friends or family or neighbours able to help you or there are no other options for a delivery service then call: 01626 867386 or 07584 052 306. A volunteer may be able to do a doorstep delivery.

- ***Want to donate funds to help those in need?***

Visit [www.helpingdawlish.co.uk](http://www.helpingdawlish.co.uk) for online options or ring Dawlish Town Council on: 01626 863388 (10am to 1pm Mon-Fri) who can take payments over the phone.