



CoronaVirus Action Group
CHAPMANSLADE

Newsletter #3 - dated 31th March 2020

We are now through the first week of lock down and we hope that you are coping well with self-isolation. Please don't feel you are on your own: we are here to help with shopping, food delivery, collecting prescriptions or just a friendly chat. Please do not hesitate to ask for help by calling one of the numbers below:

Main Contact: 07964880841 (Charlene Ridler)

Alternative Contacts: 07967639306 (Ian Buick), 07773431213 (Louise Bell), 07730007887 (Amelia Suter)

NHS and Government Advice: Stay at home

- Those who are at high risk should have been sent a letter from the government. These people include those who are aged 70+, are immunosuppressed, have respiratory conditions or are pregnant.
- If you are **not** elderly or high risk, only go outside for essential shopping, health reasons or work (if working from home is not possible). If you are elderly or high risk, the government advises you to be particularly stringent when following social distancing measures and minimise physical contact as much as possible.
- When you do go outside, always try to stay 2 metres (6ft) away from other people.
- Wash your hands as soon as you get home and use hand sanitizer often when in public spaces.
- Do not meet others, even friends or family. Instead, try to arrange phone calls, facetime sessions, or other forms of virtual communication.
- You can spread the virus even if you don't have symptoms. Social distancing serves not only to protect yourself but those you come into contact with, so following the guidelines is the surest way to keep everyone safe.

Shopping

Unless you are considered to be high risk, you are permitted to leave the house to go shopping for essential items (e.g. food, medicines, soap, cleaning agents). The supermarkets in Westbury, Warminster and Frome all seem to be coping well with the crisis and most items are available on the shelves – however, some are still in

short supply and we encourage you to be considerate of others and only purchase a maximum of 2 items per product. We are also being reminded to keep our social distance of 2m while shopping and to use cards rather than cash.

Most of the local supermarkets are reserving the early morning slots for NHS and Care Workers and then for the elderly and vulnerable. The priority slots are summarised below, but you are advised to contact the supermarket of your choice to confirm.

Supermarket:	Priority Slots:
ASDA	from store opening to 9am
Tesco	Monday, Wednesday, Friday from 9am to 10am (except express stores)
Waitrose	first hour of trading
M&S	first hour of trading on Mondays and Thursdays
Iceland	first hour of trading every day
Morrisons	7am to 8am for NHS and care workers Monday to Saturday 9am-10am Monday to Saturday for Elderly and Vulnerable
Sainsburys	NHS and Care workers: Monday to Saturday 0730am to 8am (bring NHS ID) Elderly and Vulnerable: Monday, Wednesday, Friday from 8am to 9am

What are my options if I am self-isolating but need to go shopping?

Cross Keys Pop Up Shop (<https://www.crosskeyscorsley.co.uk>)

If you don't want to or can't travel into a supermarket, help is on hand at the local Cross Keys Pop-Up Shop. This community-run pub is providing support to the residents of Corsley and Chapmanslade with basic food supplies. Items can be ordered over the phone on this number: **01373 832406**.

The Pop-Up Shop have access to our action group volunteers so can organise delivery into Chapmanslade.

Other Suppliers

At the end of document, there is a list of the suppliers that deliver items into the village. There are multiple choices of items that you can purchase over the phone. However, certain items won't be available for delivery from these suppliers. If so, please contact the numbers on the opposite page so we can collect the items you need from a supermarket.

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Keith Muston or another member of our team will contact you once delivery has been made. You will receive a receipt for your purchase, which will provide you with the sort code and account number of the church's bank account. Either use a bank transfer or telephone banking to pay them for your items, as this will reduce any need to handle cash.

Essential Food boxes

In these uncertain times, you may be struggling to get essential food, either due to self-isolation or financial difficulties. If so, do not hesitate to call one of the COV-AG contact numbers on the cover page, and we will arrange the delivery of a food box with essential supplies.

Buddy system

Although we are obliged to stay at home, it is important to stay in touch with each other to avoid feeling isolated. We have introduced a Buddy system within the village, encouraging you to contact someone you know and check in with them often to see if there is anything they need, or just to have a chat. Please do so via a phone call or social messaging service.

Where can I go and how can I keep active?

If you are not experiencing symptoms of COVID-19 and have not been advised to stay at home, it is OK to go outside in your garden or other open spaces, or to enjoy a walk along a public footpath, a cycle ride, or a run once a day. If you have a dog and cannot walk it yourself, please get in touch so we can arrange a dog-walking service for you. When you are out taking exercise, please remember to keep a physical separation distance of 2m / 6ft from anyone you are not living with.

How is Coronavirus affecting the local area?

At the time of writing (31/03/2020), the total number of confirmed COVID-19 cases in Wiltshire has reached 76, according to the UK government. This amounts to 0.016% of our regional population of 470,981. Many carriers of the virus are asymptomatic, and it is likely that many people have contracted the virus without being tested – nonetheless, it may provide peace of mind to learn that the current situation is not as critical as it may seem. Consequently, whilst abiding by social distancing rules and bracing for worse to come, we can feel safe that the NHS is well equipped to deal with the situation at present. To gain access to the infection statistics in the local area, follow the link: <https://www.gov.uk/government/publications/covid-19-track-coronavirus-cases>

Food, drink + basic household items

NAME OF BUSINESS	CONTACT DETAILS	DESCRIPTION	DELIVERY/MIN ORDER	EXTRA INFO
Cross Keys Carsley	01373 832 406 www.crosskeyscarsley.co.uk	Veg boxes, Meat, Toiletries, dry store foods	Orders can be taken between 11am and 3pm Mon / Weds and Friday. Weekly Meat orders and all roast hampers orders are due 6pm Tuesday – by phone... The meat will be ordered on Weds for delivery Thursday. Cross keys are using COV-AG volunteers from the group to deliver into Chapmanslade Payment required when ordering over the phone	
Liam's Cakes	07891360583	Cakes, fruit and veg deliveries	Delivers on a bike £2 per delivery. 5 Star Hygiene Rating	5 Start Food Hygiene Rating
Palette & Pasture	By email: info@paletteandpasture.co.uk By telephone: 01373 836249 (please leave a message	Ice cream Flavours: Banoffee, Biscoff, carrot cake, Choc, coconut, Cookies & cream, Cream Egg, Cow's Milk, Ginger Biscuit Ripple, Hot Cross Bun, Mint Choc chip, Mootearer, Peanut Butter, Salted Caramel Along with sorbets. Also do doggy ice cream.	Orders need to be placed by midnight Wednesday for delivery the following couple of days. We will be offering our delivery service to your door every Friday. 500ml Tubs. £5 each. Doggy Ice cream £2.50 Minimum order £15 We need to know what you would like to order, your full name, full address, contact telephone number/mobile, and your email address. We will send you an invoice for your order to make payment by BACs. All payments must be received by midday on the Thursday to ensure your delivery on the Friday.	

<p><i>Catley Chilled Foods</i></p> <p>01373 465874 (Check their FB page for info)</p>	<p>Cheeses, Ham, Gammon, Bacon, Pork Pies, Steak Pies, Chicken/Ham/Leek Pies, Olive Oil, Box Victoria Biscuits, 1kg Shortbread</p>	<p>Free home delivery. Delivery within a few days.</p>	<p>Could share a delivery with your neighbour if struggling to reach min order?</p>
<p><i>La Chasse</i></p> <p>www.lachasselimited.co.uk 01747 840996 orders@lachasselimited.co.uk www.lachasselimited.co.uk</p>	<p>Wide Range Distribution Usually supply restaurants etc so quantities are large for each item Fresh Veg, Fresh Fruit, Meat, Cheese, Milk, Eggs, Ham, Pasta, Pastry, Ice cream, Orange Juice. Other Gluten Free, Vegan and Organic Products</p>	<p>Min order value £40 10% discount if over £80 Free Delivery</p>	<p>Food Hygiene Rating 5 Stars.</p>
<p><i>A bit of a do Catering</i></p> <p>www.abitofadocatering.net 07801070222.</p>	<p>Fresh & Frozen Meals Fish Pie; Red Onion & Cheese Tart; Sweet Potato, aubergine, coconut, coriander and chickpea curry; chicken, Provençale Tomato Sauce with Mediterranean veg; veggie lasagne;</p>	<p>Our selection of fresh and frozen meals is available for delivery (free of charge) to local residents within the Bath, Frome, Rode, and Warminster areas only. No minimum order - can order in 1 or 2 portions.</p>	<p>Food Hygiene Rating 5 Stars.</p>

Food, drink + basic household items

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<p><i>A bit of a do Catering Cont.</i></p>	<p>Casserole of lamb with redcurrant & rosemary; beef bourguignon; beef lasagne; shepherd's pie; cottage pie The website and food range are continually being updated.</p>	<p>Facebook Page or text Sean on 07771333767</p>	<p>Veg box £14 Fruit Box £7</p>	<p>Need to text or message via Facebook page to place order. Free Delivery.</p>	
<p><i>Westbury Veg Box</i></p>	<p>The farm shop boxes Inc Fruit, Veg, Milk, Cheese, eggs, Bread</p>	<p>White Row Farm - Shop and Collect www.whiterowfarm.co.uk/click-collect</p>	<p>Order online only. Farm shop will call within 48hours to take payment over the phone and agree collection time. You will be given a mobile number to call when you arrive at the farm to collect the box. Please remain in your car until a member of staff has delivered your box to your vehicle and proceeded to walk away. Orders can take up to 5 days. Orders received after 3pm on Friday will be processed on Monday. Offers doorstep delivery and contactless payment</p>	<p>Max 2 boxes per household.</p>	
<p><i>White Row Farm</i></p>	<p>Meals made from scratch and customised for those with allergies / intolerances Can customise or make pretty much anything. Also does celebration cakes etc.</p>	<p>01373 836315 07940 042 058</p>	<p>Discount offers – 5 meals for the price of 4; 10 for the price of 7 small or regular.</p>		
<p><i>Karen's Comfort Kitchen (Events Horizon)</i></p>					

Food, drink + basic household items	<p>Farleigh Road Farm and Cafe Shop</p> <p>01225 720006 hello@farleighroadfarmshop.co.uk</p> <p>Gilcombe Farm Shop</p> <p>www.gilcombefarm.co.uk 01749 813 710</p>	<p>Flour, Eggs, Curds, Meat boxes, Fruit, Veg, and many other items</p> <p>Toilet roll, milk, potato's, Fresh fruit and veg, household items, dry goods, Black Bin Liners, Meat, Boxes and much more</p>	<p>Need to order online. Only ring to order if not got internet.</p> <p>(Free Deliveries to Frome over £25) To place order email orders@gilcombefarm.co.uk shopping list or call 01749 813 710. Can help guide through anything you may need. Delivery next day approx. depending on time of order. Try and give a much notice as possible. Open Monday to Friday. Once priced and put together will call to take payment and talk about delivery day.</p>	Good Availability Currently!!
Pet Food	<p>Ivy House Farm (Dairy Farm turned Delivery service!)</p> <p>01373 831302 www.ivyhousefarmdairy.co.uk</p> <p>Not just Pets Frome</p> <p>07813 352103</p> <p>Love of Pets Westbury</p> <p>07582 355445 Ring to order and make payment over the phone</p>	<p>Milk, Butter, Cream, Eggs, Cheese</p> <p>Pet Food</p> <p>Pet Food</p>	<p>Delivery service on Mon, Weds and Friday Evenings. Last orders accepted before 10am on the day of delivery. Payment over the phone. Ring or email distribution@ivyhousefarmdairy.co.uk</p> <p>Min order £20+</p> <p>If over £20 + no charge for delivery</p>	

Butchers	<p><i>Penleigh Farm Traditional Butchers</i></p>	<p>01373 472331 penleighbutchers@gmail.com</p>	Butchers	<p>Deliver on Wednesday and Friday. Email all orders before lunchtime of the day before at the latest. Please include your address and telephone number. I will confirm receipt by email. I will phone on delivery day to check your happy with the order and if so, take payment over the phone.</p>	
Bakeries	<p><i>Padfield Porkies Meat Box</i></p>	<p>shop@padfieldporkies.co.uk 01380 828 755</p>	<p>Butchers Sausages, Chops, steaks, pork, roasting joint, mince, bacon and more</p>	<p>Min order £20 per box and delivery is £2.50. Free delivery for over 70s Delivery every Tues and Friday</p>	
	<p><i>Elliott's Westbury</i></p>	<p>01373 865 948</p>	Butchers	<p>Delivery available</p>	
	<p><i>The Old Bakehouse</i></p>	<p>To order phone: 01373 455 456 Please note telephone number changing shortly www.theoldbakehousefrome.co.uk</p>	<p>Various bread, rolls, cakes, tarts, Flour, Yeast, Eggs, Butter</p>	<p>Delivery into Chapmanslade Weds Afternoon Min order £10 Payment over the phone</p>	
	<p><i>Little Jack Horner's</i></p>	<p>www.ljhorners.com 01373 812744 Order online only Or if unable to order online can ring COV-AG Chapmanslade action group who can make the payment and you organise a payment back via phone banking.</p>	<p>Amazing assortment of sausage rolls, local free range / organic meat, milk, butter, cheese, eggs, vegetables, dry store goods, Meat Free delivery box, Delivery Box Various items</p>	<p>Open Mons, Tues, Thurs and Fridays between 9am and 3pm.</p>	

Hardware stores and other services				
Davies - Westbury	01373 822 431	Anything from Baking items, Paint, Crockery, Batteries, Wood varnish, Garden compost, topsoil etc. Ring and discuss as very helpful	Open Mon – Sat 9am to 5.30pm delivery available	
Notebooks2go	01373 865 400		Collection/delivery service only	
Chiropractors Maristow Street Westbury	Emergency appointments only 01373 865 533			
Preddys Chemist Westbury	01373 822 998	Chemist	Collection only	
Mobility Works Westbury	www.mobilityworks.co.uk tel: 01373 825 282	Wheelchairs, Powerchairs, service centre and other mobility products		
Autocade motor services	01373 826 275	Mechanics	(Government has put in place MOTS automatically extended by 6months. Don't need to do anything however must keep your vehicle safe to drive)	
Davies Westbury	01373 822 431	Hardware, Gardening, Decorating, Sugar craft, Cookshop, Plumbing, Tools.	Call for free delivery	

Alcohol

<p>Palmer Street Bottle</p>	<p>www.palmerstbottle.co.uk</p>		<p>Online shop free delivery. Buy online only.</p>	
<p>Frome Brewing Company</p>	<p>01373 467766 or admin@fromebrewingcompany.com www.fromebrewingcompany.com</p>	<p>Mini Kegs & Cans Freshly brewed beer</p>	<p>Free local deliveries</p>	
<p>Retribution Distilling Co</p>	<p>www.retributiondistilling.co.uk</p>	<p>Local Gin</p>	<p>Currently offering free delivery in Frome and the surrounding area.</p>	<p>Select Live in Frome at the checkout and use the discount code FELLOWFROMIES to get 10% off the normal price of a bottle of Retribution Gin (normal price £38).</p>

