

Stay at home, Protect the NHS, Save lives
Hampshire COVID-19 Helpline 0333 370 4000

Council Contact Details

Totton Town Council

023 8086 3138

info@totton-and-eling-tc.gov.uk

www.totton-and-eling-tc.gov.uk

New Forest District Council

023 8028 5000

customer.services@nfdc.gov.uk

www.newforest.gov.uk

Housing Benefit or Council Tax

015 9064 6121

Housing Customer Services

023 8028 5222

Homeless/Housing Options

023 8028 5234

Hampshire County Council

www.hants.gov.uk

COVID-19 Helpline

0333 370 4000

Other Help

ECHO Lloyds Pharmacy - repeat

prescription delivery

www.echo.co.uk

Telephone Befriending

Calmore Connect

0800 448 0530

longspoonltd@gmail.com

RBL Totton Branch

023 8087 3143

Totton Men's Shed

023 8087 3143

NHS 111 Only call 111 if you cannot go online

- You cannot cope with your symptoms at home
- Your condition gets worse
- Your symptoms do not get better after seven days

Local Help

Totton Isolation Group 023 8066 9597

mnaa2675@gmail.com

Helping hands, open arms On Facebook

helpinghandsnewforest@gmail.com

It's Your Choice 07432 586179

info@iyc.org.uk

www.iyc.org.uk

Other Organisations Offering Help

Age UK 0800 678 1602

www.ageuk.org.uk

British Heart Foundation 0300 330 3311

www.bhf.org.uk

Mind 0300 123 3393

www.mind.org.uk

Diabetes UK 0345 123 2399

www.diabetes.org.uk

Royal British Legion 0808 802 8080

www.rbl.org.uk

The Silver Line 0800 470 8090

www.thesilverline.org.uk

Scope 0808 800 3333

www.scope.org.uk

Asthma UK 0300 222 5800

www.asthma.org.uk

Epilepsy Action 0808 800 5050

www.epilepsy.org.uk

New Forest Citizens Advice 0300 3309 009

Mon. to Fri. 10am to 4pm

www.newforestcab.org.uk

TAKE AWAY AND FOOD DELIVERIES

If, for any reason, you are unable to get enough food please call the Hampshire Helpline **0333 370 4000** or the Totton Isolation Group **023 8066 9597**.

A list of New Forest 'Take Away' services can be found at;

<https://www.thenewforest.co.uk/food-and-drink/delivery-takeaway>

Harvest Fine Foods 01202 470444
www.harvestfinefoods.co.uk

The Fruit Basket 023 9250 2923
www.thefruitbasket.net

MCD Fruit and Veg
[https://m.facebook.com/MCD Fruit &Veg](https://m.facebook.com/MCD-Fruit-&Veg)

Game on sports lounge – delivery of daily essentials and foods
Tel. 023 8086 9167
gameonsportloungeinfo@gmail.com

Fuchi Chinese Restaurant – 023 8066 3838

The Rinky-Dink Café Bistro - 07706 158121

Nicoles Indian Takeaway - 023 8184 4475
www.nicolestakeaway.com

Wiltshire Farm Foods 0800 077 3100
<https://www.wiltshirefarmfoods.com/>

Totton Fish Bar – take away only
023 8184 5238
<https://www.facebook.com/TottonFishBar>

Dominos Pizza

<https://www.dominos.co.uk/southampton-totton>

Papadums Indian Restaurant

Tel. 023 8066 7559
www.facebook.com/Papadums52
www.mypapadums.com

The Bunch Carrot Catering and Vegetable Suppliers - 02380 002362
Sales@thebunchcarrot.com
www.thebunchcarrot.com

The Farmers Butcher - 01794 322686
sarah@thefarmersbutcher.co.uk
<https://thefarmersbutcher.co.uk/home-delivery>

Bitterne box company
<https://bitternebox.co.uk/>

Jack's fruit and Veg
07769 669781
<https://www.facebook.com/Jack-Fruit-and-Veg-108242780836290>

Hoxton Bakehouse - 01962 807458
<https://www.hoxtonbakehouse.com/home-delivery>

Frisky Avocado - 07506 892769
hello@friskyavocado.co.uk
<https://www.friskyavocado.co.uk/>

Sweet Thoughts Traditional Sweets
<https://sweetthoughtsonline.com/>

MAKE A DIFFERENCE TO OUR COMMUNITY DURING THIS TIME OF SOCIAL DISTANCING
Telephone befriending through Calmore Connect (St Anne's) and Long Spoon Ltd

Missing having someone to chat to?
Can you help others missing a chat?
Are you happy to talk on the phone?
We are here to listen

Please call for a friendly chat.

Coordinator: Rev Chris

Church Address: St Anne's Calmore Rd SO40 2RH



Email: longspoonltd@gmail.com
Telephone: 0800 448 0530