

Important Covid 19 isolation information and help for local residents.

Here are some places you get home deliveries from:-

Fruit and veg - MCD - please contact via the Totton Facebook Page

<https://www.facebook.com/MCDFruitVeg/>

Harvest home deliveries 01202 470 444

Morrison's Food Boxes <https://www.morrisons.com/food-boxes/>

023 8086 4981

ASDA <https://groceries.asda.com/>

023 8086 0924

For your pets Healthy Pet Store

023 8086 8598

<https://healthypetstore.co.uk/services/local-delivery/>

Take away meals There are so many in Totton we cannot list them all here but you can google **Totton takeaways** and there are over 20 to meet all tastes. If you have no way of getting those details the Town Council Office will help you. Our number is on this leaflet.

Hampshire County Council social care and health advice

<https://www.hants.gov.uk/socialcareandhealth/coronavirus> The Coronavirus Hampshire Helpline – **Hantshelp4vulnerable** - can be contacted on **0333 370 4000**. (Calls charged at local rate.)

The helpline is available seven days a week, from 9am to 5pm, and is for vulnerable people who do not have support from families, friends or their local community, and who need urgent assistance with practical issues.

National Domestic Abuse - **If you are in immediate danger, call 999 and ask for the police.** Also available is the National Domestic Abuse Helpline. The [National Domestic Abuse Helpline](#) is run by **Refuge** and offers free, confidential support 24 hours a day to victims and those who are worried about friends and loved ones.

Telephone: 0808 2000 247

If we have missed anyone off this list please contact the Town Council and we can amend the online version of this leaflet

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Contact Numbers:-

Totton & Eling Town Council. Mon to Fri 9am to 2pm 023 8086 3138
www.totton-and-eling-tc.gov.uk

New Forest Council. www.newforest.gov.uk 023 8028 5000

Coronavirus Hants helpline [0333 370 4000](tel:03333704000) open 9am-5pm 7 days a week

The following organisations can help and give support in isolation:-

Age UK 0800 6781602 www.ageuk.org.uk

Asthma UK 0300 2225800 www.asthma.org.uk

British Heart Foundation 0300 3303311 www.bhf.org.uk

Childline www.childline.org.uk 0800 1111

Diabetes UK 0345 1232399 www.diabetes.org.uk

Mind 0300 1233393 www.mind.org.uk

NHS111 call 111 111.nhs.uk

The silver line - Help for older people 0800 4708090 www.thesilverline.org.uk

Macmillan UK Cancer Support 0800 8080000 www.macmillan.org.uk

Scope a Disability Charity 0800 8003333 www.scope.org.uk

Totton isolation group (help during isolation) mnaa2675@gmail.com 02380 669597

Two's Company (telephone befriending) 0800 4480530 longspoonltd@gmail.com

Youth and Family Matter have a food bank at Testwood Baptist Church for info go to info@youthandfamilymatters.org.uk 02380 860320

A local group if you just want a chat on the phone 0796 9561342

*This leaflet has been produced by **Totton & Eling Town Council**
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