

Shopping and Help Accessing Food Directory

Updated 30/07/2020

To help support people during the outbreak of Coronavirus in the UK, Ageing Well have collated the following list of supermarket information, local green grocers and wholesalers as well as other useful food and shopping related services.

We will be adding to and updating the information once a week, so please keep checking our website for the most recent version.

If something is missing from this list please call the Ageing Well telephone number on **07770 061 072** and we will do our best to find the information you need.

Ageing Well also has a directory listing help and services available which can be found on our website <http://ageingwellbh.org/coronavirus/>.

Below is information on these topics

If you are looking at this online you can click on the topic that you are most interested in and it will take you straight there!

- Supermarkets Dedicated Shopping Times 2
- Telephone Supermarket Shopping3
- Online Supermarket Shopping.....3
- Supermarket Volunteer Shopping Cards ..5
- Meal Deliveries6
- Medication7
- Paid for Food Delivery Services7
- Independent Grocery Delivery Services ...8
- Independent Cafes, Bakeries, Fish Mongers and Butchers.....10
- Takeaway and Corner Shop Delivery11
- Local Charities and Organisations.....12
- Neighbourhood Volunteer Support.....12
- For Fun.....14

<p>Ageing Well Food and Nutrition</p>	<p>Eating well is an important part of ageing well. Our service supports older people at risk of undernutrition by telephone. 1-1 support is available if practical and safe to do so. We will help you to understand what services and help are available. We can also discuss how your nutritional needs will change and what you can do to be healthy and feel good.</p> <p>We have a booklet Eating Well to Stay Healthy as You Age for older people who may not be eating enough to be healthy. The guide is designed to help spot the signs of undernutrition and suggests ideas to help prevent it.</p>	<p>07736 041926</p> <p>ageingwellbh@impact-initiatives.org.uk</p> <p>http://ageingwellbh.org/food-and-nutrition/</p>
--	--	--

Supermarket (click hyperlink on supermarket's name for latest up to date information on Opening Times for different groups)	Most supermarkets are now back to their normal opening hours however continue to offer dedicated shopping times for older people, NHS staff and care workers. Other services such as telephone shopping and shopping with local independent shops or wholesalers that deliver can be found later in this directory and are encouraged if you are unable to go out. Advice on staying safe outside your home from the government can be found here . Shopping at quieter times, maintaining a 2m (6feet) distance, using contactless payments, making use of sanitation stations and only touching what you intend to buy remain advisable.	
	Supermarkets Dedicated Shopping Times	
	Older people, disabled people and their carers	Anyone with an NHS ID badge
Sainsbury's	8:00am to 9:00am Mon, Wed, Friday. 'Volunteer's gift card' allows someone to shop on someone else's behalf	07:30 to 8:00am Mon-Sat including social workers with relevant pass
Tesco	9:00am to 10:00am Mon, Wed, Fri	9:00am to 10:00am Tues, Thurs 10:00am to 11:00am Sun (browsing only)
Iceland	No dedicated hours	17:00pm to 18:00pm Mon-Sat
Co-Op	8:00am to 9:00am Mon-Sat, 10:00am to 11:00am Sun	8:00am to 9:00am Mon-Sat, 10:00am to 11:00am Sun
Asda	No dedicated hours. Introduced volunteer shopping card but no dedicated hours for this	8:00am to 9:00am Mon, Wed, Fri 9.00am to 10.00am Sunday for browsing only
Morrison's	No dedicated hours	6:00am to 7:00am Mon-Sat, 9:00am to 9:30am Sun, 10% discount
ALDI	Opening 30 minutes early (from 7.30am) Monday – Saturday for older and vulnerable people. For browsing only	Emergency workers and social care workers take priority ahead of queues and opening 30 minutes early on Sunday for browsing only
LIDL	No dedicated hours	No dedicated hours
Marks & Spencer	8:30am to 9:30am Mon and Thurs	8:30am to 9:30am Tue and Fri
Infinity Foods (reduced hours)	9:30am to 10:30am Thursdays	No dedicated hours
Waitrose	First hour of trading	Priority access with ID to shops and checkouts

Getting out to go shopping

As lockdown eases may want to return to running your own errands and doing your own shopping. Some organisations run services to make this easier and these will be listed here as the services return to normal.

Possability People's low cost scooter and wheelchair hire	Possability People are running a reduced service hiring out mobility scooters, wheelchairs, powered	01273 32 32 39 shopmo@possabilitypeople.org.uk
---	---	--

	wheelchairs and even portable 'bus' scooters on Wednesdays and Thursdays only. For pick up and drop off in Churchill Square. Accepting pre-booked hires only (at least one day in advance) call Monday – Friday.	https://www.possabilitypeople.org.uk/how-we-can-help/independent-living/shopmobility-2/
--	--	---

Telephone Supermarket Shopping

Some supermarkets have made it possible for older and vulnerable people to order groceries over the phone. From page 7 you will also find local green grocers and wholesalers where telephone orders are possible.

Morrison's Emergency Contact Centre *Working well for AW service users	Morrison's have set up an Emergency Contact Centre for the most vulnerable and elderly who cannot shop online. It is called Morrison's doorstep Delivery. It will operate 8am- 4pm. The order will then be delivered the next day or two. The telephone number is 03456116111 press option 5. Payment can be made by contactless card on delivery. There is a list of 49 items to choose from. In order to use this service you must live within 10 miles of a Morrison's store.	0345 611 6111 press option 5 https://my.morrisons.com/doorstep-deliveries
--	--	---

Online Supermarket Shopping

The government are no longer delivering a weekly box of basic supplies however if you signed up for priority supermarket deliveries you will continue to have access to those.
<https://www.gov.uk/coronavirus-extremely-vulnerable>

Asda	Asda releases new delivery slots at 6pm every day	www.asda.com
Asda Food Boxes	Asda Food Boxes are packed with a selection of 31 cupboard fillers, perfect for replenishing your stocks without needing a trip out.	https://foodboxes.asda.com/
Aldi	Delivering food parcels with 22 everyday foods and essential household items to help out those who are not able to safely visit their stores. Orders cost £24.99 and are delivered to door for free. 2-3 working days delivery time. Orders placed on website.	https://www.aldi.co.uk/
Coop	Where slots are available, you will only be able to order up to 20 items. Enter postcode to see if deliveries are available in your area, delivery may be possible in 2 hours.	www.coop.co.uk
Co-Op on Deliveroo	Co-Op food items can be purchased on Deliveroo. £1.99 delivery charge and a small service fee. Delivery within half an hour depending on location.	https://deliveroo.co.uk/

Iceland	Free delivery over £35.	https://www.iceland.co.uk/
Marks & Spencer's	M&S food have a new range of food boxes including boxes of ready meals. Starting from £20.	https://www.marksandspencer.com
Marks & Spencer's on Deliveroo	M&S food items can be purchased on Deliveroo. There is a charge and a small service fee. Delivery within half an hour depending on location. Use the postcode search tool to find out if they deliver to your area.	https://deliveroo.co.uk/
Morrison's	Morrison's Food Boxes mean in just one click you can fill your shopping trolley with a meat, vegetarian, vegan or gluten free option. If you are elderly or do not have internet access you can call to order your box. It will be option 4.	https://www.morrisons.com/food-boxes/ 0345 611 6111 press option 4
Morrison's on Deliveroo	A selection of Morrison's essentials are now available on Deliveroo for a £4.50 delivery charge +£0.49 service charge. Minimum £15 order, delivery in as little as 30 minutes.	https://deliveroo.co.uk/
Ocado	Register and log in to select a delivery slot.	https://accounts.ocado.com/ 0330 123 0022
Sainsbury's	Once you are told you qualify for priority delivery you can call the Sainsbury's on 0800 328 1700. Choose option 1. They will help you set up an account, this will involve registering your card detail through a secure line. You will then be able to place a weekly shop over the phone, you will need your shopping list ready.	www.sainsburys.co.uk 0800 328 1700
Sainsbury's Chop Chop App	Sainsbury's app is now available in Brighton. Get 20 items in 60 minutes. No minimum basket spend. £4.99 delivery fee. Check they are delivering to your post code and download the app to get started.	https://www.chopchopapp.co.uk/
Sainsbury's Hove Click and Collect delivered by Dinner 2 Go	Complete a click and collect order to Sainsbury's in Hove and have it delivered by Dinner 2 go for £5. Provide details of the order reference and collection code in the note to driver box when checking out.	https://dinner2go.co.uk/hove/clickandcollect/Sainsburyshove
Tesco	As home deliveries are high in demand you might be able to get a Click+Collect slot and ask someone to pick it up for you	www.tesco.com

Waitrose	Order online for delivery or select click and collect. You can create favourites or edit your previous order and start from there.	www.waitrose.com
Waitrose and Partners Rapid	Waitrose are offering a same-day Waitrose grocery delivery, delivery within two hours, £10 minimum basket spend and a £5 delivery charge, never pay extra for substituted items. Enter your postcode to check delivery to your area.	https://rapid.waitrose.com/
Waitrose and Partners Food Box	Waitrose food boxes include a set 25 items that are designed to feed one adult for a week. Delivery £3.50 for one, free delivery for two. For the full list of items visit www.johnlewis.com/waitrose-partners-food-box/p4999059 or call 0800 022 4055	0800 022 4055 www.johnlewis.com/waitrose-partners-food-box/p4999059

Supermarket Volunteer Shopping Cards Supermarkets are offering a cashless shopping card so that volunteers can get your shopping for you and avoid the exchange of money. Top up your card online and the volunteer can print out a code to be used at the checkout. You can decide how much money goes on the card and how often you want to top it up.

Asda	Visit the Asda website to sign up for a volunteer shopping card	www.asda.com/volunteercard
Marks & Spencer's	M&S have launched a 'We're all in this together' e-gift card. Order online a card with your desired amount and then email the barcode to your volunteer.	https://www.marksandspencer.com/all-in-this-together/p/p60282075
Sainsbury's	Send an E-Gift card to a friend or helper so they can shop in store for you. For help call 03712001597	https://sainsburysgiftcard.co.uk/
Aldi	Aldi has introduced a voucher scheme to make it easier for volunteers to buy food on behalf of the vulnerable and those self-isolating. Once purchased, the vouchers can be posted to any address in the UK so they can be given to volunteers, friends or family members to shop on their behalf.	https://www.aldi.co.uk/vouchers
Coop	Coop have set up a community shopping scheme and have made community shopping cards available. Call 0800 029 4592 and the card will be sent to you in 2-3 working days.	0800 029 4592 https://www.coop.co.uk/terms-and-conditions

Meal Deliveries

The following companies deliver hot, chilled or frozen meals across Brighton and Hove.

Orders can be made over the phone or online with payments made by card and some companies allow cash or cheque on delivery.

Call the company to request a free brochure and browse at your leisure. You can ask Ageing Well to request this for you if you are happy for your contact details to be shared.

Make sure you have enough space to correctly store the food you have ordered especially when requesting frozen meals. You will need a microwave or oven to heat the frozen meals.

Please ensure to let the company know if you are socially isolating. They are all taking extra measures to follow guidelines on social distancing and will be able to discuss with you how this is done over the phone.

Hot meal delivery		
Presto	Presto are a meal provider approved by BHCC. Drivers are using fresh gloves between each delivery and regular handwashing and equipment cleaning. The service includes a brief welfare check where drivers will phone in, if someone doesn't answer the door. Presto have now introduced grocery delivery along with the meals.	01323 643 726 www.getpresto.co.uk info@getpresto.co.uk
Mother Theresa's Foods	Using fresh, locally sourced ingredients to create a menu of traditional favourites delivered hot to your door over the lunchtime period.	01323 441 114 www.mothertheresas.co.uk info@mothertheresas.co.uk
Frozen ready meal delivery		
Oakhouse Foods	Regular and reliable deliveries. Orders of £30 or more are delivered for free otherwise £1 charge. Payment by cash or cheque on delivery possible or pay by card online and over the phone.	01273 582 260 www.oakhousefoods.co.uk
Wiltshire Farm Foods	Over 300 delicious meals and desserts, including gluten free and vegetarian options. Free no-contact delivery. Deliveries can be bought into your home on request.	01903 206 777 www.wiltshirefarmfoods.com
Cook	Limited delivery slots available, £40 minimum order or click and collect from store. Card payments only.	01732 759 020 www.cookfood.net
Chef Akila	Deliciously healthy curries & biryanis, delivered frozen. Slow-cooked with all natural ingredients. Vegan options available.	0203 991 9736 https://www.chefakila.com/
Spice Upp	UK's No. 1 African Caribbean Online Supermarket selling frozen ready meals made by experienced chefs bringing you the best in delicious dishes from the roots	01509 390174 https://spiceupp.co.uk/12-ready-meals

	of African and the Caribbean. Payment via website or bank transfer only. Delivery from £6.99.	
Other types of meal delivery		
Alimento	Easy ready meals for those with swallowing difficulties and drinks to boost nutritional intake.	https://alimento.co.uk/ 0800 083 4446
Parsley Box	No need for a fridge or a freezer! Cupboard stored meals delivered straight to your door and ready to eat within minutes	www.parsleybox.com

Medication

Pharmacy2U	Taking care of your prescription delivery for free	https://www.pharmacy2u.co.uk/prescriptions/electronic-prescription-service-nhs
NHS find a pharmacy	Find your local pharmacy and pharmacy details	https://www.nhs.uk/service-search/find-a-pharmacy

Paid for Food Delivery Services

Brighton and Hove Community Transport	BHCT have a new food delivery service and are working with local independent grocer Dupleaus. Order and pay over the phone or order online. The city is set up into 5 zones with two delivery days for each. There is a £6 delivery charge.	07739 953 600 / 07548 226 452 https://food.bhct.co.uk/pages/brighton-hove-community-transport-food-project
Age UK	<ul style="list-style-type: none"> • Necessity shop – essential items are delivered to doorsteps for a minimum donation of £5 for delivery, food at cost, there is a limited choice for items in these deliveries. • Personalised Isolation Shopping Service – a personalised service, where people can choose the specific items they need. Customers would sign up for six weeks, paying a subscription charge of £30, plus £10 per hour spent shopping. If further support is needed after six weeks, customers are able to sign up to our existing 'Help at Home' service, to receive ongoing support with things like shopping, laundry and cleaning. • Basics Boxes – Age UK can deliver an 'essentials' box which includes items like bread, milk & tinned foods from £10. 	01903 731800 information@ageukwestsussex.org.uk

Independent Grocery Delivery Services

The following services operate in or deliver to Brighton & Hove. Orders can be made by phone and/or online. Please check website security – look out for padlock at beginning of URL.

In addition to this list **Brighton and Hove Food Partnership** have many more shops listed who can deliver. Visit their website for more details.
<https://bhfood.org.uk/coronavirus-update/>

Adams Wholesale	Minimum delivery order £50. Delivery to Brighton on Tuesdays and Thursdays.	01903 282 220 www.adams-wholesale.com
Sun Harvest	One-stop-shop. Minimum delivery order £25. Free delivery in 3-4 days however priority delivery to vulnerable and NHS workers. Order Monday-Saturday. Place orders by phone, email, WhatsApp and via website. If ordering online and you are vulnerable and need priority delivery, add this to the notes section	01273 777 768 / 01273 697 631 WhatsApp 0794 400 1901 https://www.sunharvestltd.co.uk
Dubleaus the Grocer	Currently no minimum order or delivery charge. Try to achieve next day delivery. Orders over the phone possible. Pay over the phone or if necessary by exact cash on delivery. Lots of fruit and veg and some dairy, bakery and store cupboard items.	01273 945 674 www.dubleaus.com
Dubleaus 60 minute service	You can now receive your order from Dupleaus in 60 minutes if you are living in BN1, BN2 and BN3 for a £2.50 charge. Order by phone. 10am - 4pm Monday - Saturday	01273 945 674
Premier Wholesale Foods	£40 minimum spend and next day delivery if ordering by 3pm. Frozen fruit and veg available	https://www.premierwholesalefoods.co.uk/ 01903 214 747
Premier Food Service Provider	Lots of different produce boxes to choose from on their website and you can make your own by clicking on the tabs at the top of the page. Alternatively you can all to be talked through ordering your box. £1 of every box delivered to Brighton will be donated to a local food bank. Delivery in 1-3 days.	https://shop.premierfsp.com/ 020 7720 7755
Bidfood	Bidfood (normally a wholesaler) are doing next day home delivery when ordering before 2pm. Orders only £100. Please be aware that quantities are large and may not be suitable for people living alone.	https://www.bidfood.co.uk/home-consumer/

Taj	You can now shop with Taj on Western Road online. A selection of boxes available. Free delivery. Delivery in 24 hours.	https://www.tajnaturally.co.uk/
Florence Road Market	The market has gone online! Order on Mondays for best stock availability. No minimum order, delivery £5. Subscription options coming soon.	www.florenceroadmarket.com
DBC Green Grocers	Woodingdean Only. DBC Green Grocers sells fresh fruit, veg and infinity foods products (grains, pulses, nuts, dried fruits etc). Phone or email for weekly delivery or phone in advance and collect. Payment via cash in and envelope or BACCS transfer. Open 9am - 4pm	suedbcgreengrocers@gmail.com 01273 300 441
7 Dials Veg Box	Large Box £30 and Bumper Box £50. Order by 10pm online for next day delivery.	https://www.7dialsvegbox.com/ 07895 019 727
Wild Heart, Portland Road, Hove	Volunteers delivering by foot groceries in the Sackville Road to Hove Junior School area only. Fruit, veg, cheese, bacon, dips and juice available for same day delivery and bread can be included for next day delivery. Payment over the phone. Call or text to order,	https://www.facebook.com/hove.co.uk/ 07708 687 646
Black Radish	Organic greengrocers. Minimum £10 spend and no delivery charge. Can pick up milk for you too if needed. If you are well you can pay contactless at the door otherwise a bank transfer will be arranged.	01273 723 392 www.blackradish-organic.com
Rushfields Farm Shop	Farm shop - bread, cheese, meat, veg. Order online.	https://www.rushfields.com/
Wellocks at Home	Quality ingredients normally sold to Michelin restaurants available online	https://wellocksathome.co.uk/
Sing Kee Foods	Sing Kee has a wide range of provisions from the Far East. It is one of Yorkshire's largest Oriental supermarket networks. Order online or over the phone, there is a £6.99 delivery charge under £70. Available languages: Cantonese, Mandarin and Thai	0199 270 1701 option 4 https://singkeefoods.co.uk/gb/
Food to your Home	Previously supplying restaurants Food to Your Home has been set up to bring food to your doorstep. Order online	https://www.foodtoyourhome.com

Independent Cafes, Bakeries, Fish Mongers and Butchers

In addition to this list **Brighton Quarantine Delivery** have put together a list of independent shops delivering during the coronavirus crisis. Maybe you'll find your locals shops on here. It is great to support local business during this time if you are able to.
www.brightonquarantine.co.uk

Soul Soup	Delivering Monday, Wednesday, Friday soup and fresh produce for a recommended donation, e.g. 4x soup £8. Bank transferred preferred, cash payment possible. Currently possible to order day before desired delivery	07423 557 433 info@soulsoup.cafe
Kari Club Praan Vitality Ready meals	Choose from delicious vegan soups to hearty main courses. All dishes are made individually from fresh with no additives or colours. These dishes come in recyclable cartons and are suitable for freezing. Delivery on Fridays only	https://thekariclub.com/praan/
Brighton and Newhaven Fish Sales	Order fish by phone 7am-3pm for Tuesday-Saturday delivery. Minimum £20 spend and free delivery. Card payment only	01273 420 123 www.brighton-fish-sales.co.uk
Brighton Express Meats	Order meat by phone or online for next day delivery. Free delivery for orders over £20. Card payment preferable	01273 258 208 www.brightonexpressmeats.co.uk
Flourpot Bakery	Order online for bread and food normally sold in the café. Free delivery over £10. Card payment only. Distributing surplus bread to older people in Hannover and to the food bank at Elmgrove Primary	www.theflourpot.co.uk
The Cheese Hut	Selling cheese and cheese isolation packs. Free delivery on orders over £25	https://www.thecheesehut.co.uk/ 01273 789 107
Coburn and Baker	Fresh bread boxes can be ordered and paid for over the phone. Order by 1pm for next day delivery. Boxes start from £7 and delivery is £2. Birthday cakes are available. Their bread van is also visiting different areas of Brighton and Hove throughout the week. See poster online for details or call to ask if they will be visiting your area.	https://www.coburnandbaker.co.uk/ 01273 414 166 01273 414 104

Southwick Square Meats	To place an order please call 01273 592168 or message us on Facebook, orders will have to be in by 11.30am for that day delivery, minimum order £20.00	www.southwicksquaremeatsltd.co.uk 01273 592 168
-------------------------------	--	---

Takeaway and Corner Shop Delivery

During this time more and more restaurants will be making their food available for delivery. If you are unable to get online or use a mobile app you may be able to ask someone to do so for you. Some companies allow you to pay cash on delivery however please put it in an envelope or something similar and maintain the recommended 2m distance.

Dinner 2 Go	Online Brighton based delivery service. Delivering from local restaurants, takeaways and off-licenses. App available. Cash can be paid on delivery if necessary.	www.dinner2go.co.uk/brighton
Restaurants Brighton	Directory of restaurants and cafes delivering in Brighton. Updated regularly	www.restaurantsbrighton.co.uk/brighton-takeaway
Just Eat	Online and app takeaway delivery service. Cash payment possible however place in envelope (or similar) and take measures to keep distance when handing over	www.just-eat.co.uk
Deliveroo	Online and app takeaway delivery service. Card payment only.	www.deliveroo.co.uk
Uber Eats	Online and app takeaway delivery service. Card payment only.	www.ubereats.com

Corner Shop Delivery	Similarly to ordering a takeaway on an app or online you can order groceries from your local corner shop	
Beelivery	Beelivery is a nationwide on demand grocery delivery service using crowdsourced delivery drivers.	www.beelivery.com
Runner UK	Download the app for £2.50 delivery charge of corner shop items e.g. Soft drinks, Drinks, Frozen food, Pantry, Dairy, Bread. Tea/Coffee, Houshold, Pet food, Veg, Fruit.	07308 848520 https://www.runneruk.com/
Grocmania	A new shopping delivery app for smaller shops. Delivery in 1 hour. There is free delivery on orders over £30, while delivery of orders between £10 and £30 cost £2.50, and orders under £10 cost £4.50	https://grocmania.co.uk/

Local Charities and Organisations

Local charities are very aware of the current issues around food access and are working hard to support you.

Brighton & Hove Council have partnered with Brighton & Hove Food Partnership to offer various food supply services. We would recommend that you contact the Council for support and information: <https://new.brighton-hove.gov.uk/coronavirus-covid-19/request-help-yourself-or-someone-else> 01273 293 117

Real Junk Food Project	RJFP will be offering pre-packaged meals and pre-package food packages on a pay as you feel basis for collection only. See website for locations	www.realjunkfoodbrighton.co.uk/covid-19/
BMECP Food Bank	BMECP has set up a foodbank to reach out to the BME, BAME and other communities and help where they can. It will run every Friday from 12.00-3.00 pm.	http://bmecp.org.uk/bmecp-food-bank/
Food and Friendship	Food and Friendship the lunch club normally at Hove Methodist Church are delivering a hot meal free of charge to vulnerable people Tuesdays and Thursdays	cookingcaroline@outlook.com 07813 667 857
Brighton Unemployed Centre Families Project	Emergency food parcels for people with no money or access to food. Please fill out their form online (call if internet access is not possible).	01273 671 213 www.bucfp.org
East Brighton Food Coop	If you live in East Brighton and need a freshly prepared nutritious hot meal or a food parcel during Covid -19 please contact us to place an order at Robert Lodge Community Kitchen	email: eastbrightonfoodcoop@gmail.com or call: 01273 885 068 and leave a message and we will call you back https://www.eastbrightonfoodcoop.uk/
Very Local Food Hubs	Community food boxes, fresh, affordable and available weekly in Moulsecombe, Bevendean and Bates Estate. Prices vary from £12 to £18, available for collection or delivery if you are isolating/vulnerable.	07591 972 600 https://www.facebook.com/verylocalfoodhubs
Lunch Positive	Lunch Positive are now providing home delivery of free meals and food items to anyone with HIV in need. Fill in the form on their website	07846 464 384 www.lunchpositive.org/special-plans

Neighbourhood Volunteer Support

Many new schemes have been set up to support people during Covid-19. Volunteers will have signed an agreement but may not be DBS checked, please use your discretion and alert us to any suspicious behaviour. If you are an older or vulnerable person in need of support navigating the options please call Ageing Well. We will be happy to connect you with options that have worked well for others and refer you to the Ageing Well partners when further support is needed.

Brighton Cooking Club	Brighton Cooking Club can help by providing cooked meals. They team you up with people in your local area who have volunteered to cook. Nutritious meals will be delivered contactless to your door.	https://www.brightoncookingclub.com/
------------------------------	--	---

Mutual Aid Groups	Neighbours are offering to support each other with shopping, telephone calls and more. Find your local group through their website	Emergency phone number 07872 023 446 https://brightonmutualaid.co.uk/
Craven Vale Community Association	Craven Vale Community Association has organised a team of volunteer community helpers to get your shopping. Available to people living in Monument View, Craven Vale and Bakers Bottom. Call or email Sim to request help.	valecentrefoodbank@gmail.com 07774 644 375
Acorn the Union	Acorn are matching volunteers to people needing help with food and supplies. Fill in the form online. Suggested maximum shop of £20, money exchange to be discussed with the volunteer. Volunteers sign data agreement but do not have background checks.	www.acorntheunion.org.uk/corona
NHS Volunteer Responder	You can self refer for support from a NHS volunteer responder. <ul style="list-style-type: none"> • People who want to continue to stay at home or who need to avoid busier public spaces, such as supermarkets • People with caring responsibilities • People who are self-isolating because they've been diagnosed with COVID-19 or have symptoms • People who've been instructed to self-isolate by the 'Test and Trace' service, because they've been near someone infected. • People who are self-isolating ahead of planned hospital care. • Frontline health and care workers • The responder can support with shopping, prescription collection or a friendly chat. 	Call 0808 196 3646 (8am to 8pm) to refer yourself https://volunteering.royalvoluntaryservice.org.uk/nhs-volunteer-responders-portal/isolating
Pop to the Shop	Pop to the Shop connects people who need food or medicine delivered to locals who shop for them. It uses an online system to match people. It's easy to set maximum prices and use a card to pay. The only extra charge is a £1 payments fee.	https://www.poptotheshop.org/

For Fun There are some great opportunities to get online and learn new cooking skills!

Man with a Pan	Man With a Pan is an opportunity for men to learn to cook, be creative, meet new people, build self-confidence and prepare delicious food.	https://www.eventbrite.co.uk/e/man-with-a-pan-online-cookery-course-16-july-13-august-tickets-110598900288
Cooking Confidence with the Community Kitchen	A Facebook group for people who are learning to cook or building up their cooking confidence. Run by the friendly team at the Community Kitchen - a cookery school in Brighton.	https://www.facebook.com/groups/cookingconfidencebtncitchen/
Community Chef, good food for all	Online cookery courses for isolated and vulnerable people	http://communitychef.org.uk/online-cookery-courses-for-isolated-and-vulnerable-people/?fbclid=IwAR3fC-C1qBJ312SPAqAX4sRIkJ2Ycy6Utpsv1ZkuCKu2XINZhItH IW hLto