



DO YOU NEED HELP ?

In response to the current continuing Coronavirus situation, and as we enter a further period of lockdown, the village community support group continues to help those residents affected by the Coronavirus Covid-19 in Aston Clinton. This group is supported by St. Michael's Church and members of the Parish Council with the aim to offer help and support to all vulnerable people in the village and in particular those self-isolating either through choice or necessity.

There is a network of volunteers to cover the whole village, and we can put you in touch with your nearest help by contacting either of the two group co-ordinators whose contact numbers are below:

Rev. Sally Bottomer 07967 208181

Liz Tubb (Blake) 07841 651826

HOW WE CAN HELP YOU:

If you need help (or know an elderly or vulnerable neighbour who does), this group is here for you. Here's how we can help:

Food Shopping & Suppliers: Many local companies are offering food orders for collection/delivery and some are on the list overleaf. Deliveries can be left on doorsteps, to avoid physical contact. Other food shopping can be arranged, we can collect and deliver, please contact us with your enquiries.

Reading Matter, Puzzles & More: Newspapers, books and other reading matter can be delivered/collected. We also have a supply of books, games, puzzles and DVDs, for adults & children, which can be delivered to you on loan. A current list is published on the group's Facebook page, or can be emailed to you on request.

Prescriptions: Our volunteers can collect prescriptions/medications from Aston Clinton or Tring, pharmacies or surgeries, and deliver to you.

Dog Walking: Our nominated dog walkers can help if your pooch needs a walk and you're unable to go out due to illness, or self-isolation.

Gardening Services: If you need help maintaining your garden we can help, providing proper distancing rules can be followed.

Support: As well as offering practical help, volunteers can be there on the other end of the phone, or email, to provide support. This is particularly important for people who live alone or are self-isolating, and who may feel quite alone and cut off from society. If you need help, call us and one of our volunteers in your street or area will make contact.

Food & Drink: Please note that suppliers are changing frequently at the moment, and updates will be published via our Facebook page. Please keep elderly or vulnerable friends, neighbours and relatives in the village aware of updates, if they do not have access to Facebook. Here are some current suggestions:

AC Village Stores is offering a telephone ordering service (**01296 631708**). Call the shop to order and volunteers can collect and deliver the shopping. Note the shop has restricted supplies & opening hours at the moment.

Fruit & Veg: AC Fruit & Veg: stall at the Partridge Arms now offering boxes for delivery. Order online: <https://astonclintonfruitandveg.onlineweb.shop> or by phone: **07921 172642** ... or **Marks Fruit & Veg: 07788 710521**

Meat, delicatessen & bread: Beef Olive, Parton Road: Order online for local delivery: www.beefolive.com - only call **012906 482035** if you're not on email.

Bread/Baked goods: Sandwich Plus Bakery & delivery, Tring **01442 826489**. Or, local handmade bread delivery: www.brownbreadonline.co.uk/delivery

Farm Shops: PE Mead & Sons, Wilstone: 01442 828478 - produce for collection & local delivery. www.pemeadandsons.co.uk .

Kings Farm Shop, Wendover: Limited shop times plus delivery **01296 622014** or order online: www.kingsfarmshop.co.uk

Drinks supplier: Dayla Drinks, providing a great range of products for local delivery. Order online: <https://daylalimited.selz.com>

Volunteers can also collect shopping orders from local supermarkets, or other local food establishments, please call if you need help with this.

General Suppliers:

DIY/Hardware: Metcalfe's, Tring: DIY, household, gardening, call **01442 823144**

Garden Centre: Chiltern View Nursery, great products available only for delivery, visit website: www.chilternviewnursery.co.uk or call **01296 613823**

Rubbish Removal: Licensed operator collects: **A Load of Rubbish Aylesbury**, call **07933 275064** or visit Facebook page.

Arts & Crafts: Supply stationery & more. **Almar**, High Street, Tring: **01442 823934**

SPREAD THE WORD !

Please help spread the word about this group – particularly if you know or live near any elderly or vulnerable villagers, especially those living alone or infirm, and those who may not otherwise hear about the support group. For some, it may simply be enough of a comfort to know we are here. We have a dedicated Facebook page where we will post updates and news, please check it out. (**Aston Clinton COVID-19 Support Group**)

IMPORTANT! Personal contact information is stored securely and only shared with the appropriate volunteers. All volunteers will carry photo identity and you will be notified in advance who will be assisting you. If you have any concerns about a volunteer, please call one of our co-ordinators overleaf for peace of mind.