

**Honiton Coronavirus Network
Lockdown Three
January 2021**

Essential local services and advice lines

East Devon District Council Coronavirus support line – 01395 571500 Monday to Friday 9am to 5pm or out of hours' emergency line 01395 516854

Trip Community Transport - 46529

Shopping for those who cannot get out or do not have anyone else to do it

Transport to essential medical appointments including the **vaccination centre** [for those who have no one else to do it]

Delivery of medical equipment, hot meals and much more

Devon Freewheelers - 0300 800 0101

Medication delivery [**only available for those who can show an official shielding letter**]

Honiton Foodbank – 01404 43800 or foodbank@thecommunitychurch.co.uk

The Fresh Food Hub - honitonfoodsavesave@gmail.com 07475399995

Honiton Foodsave provides free, fresh surplus food items and meals from supermarkets, restaurants and other local sources - giving away anything from fruit and veg, to bread, meats and homemade meals.

Delivery can be arranged if needed

Honiton Community Advice Service – honitoncas@hotmail.com Telephone number to follow shortly
HCAS offers independent, confidential and free advice, guidance and pointers on issues ranging from benefits, housing and family matters to money and employment queries.

Honiton Health Matters - www.honitonhealthmatters.org.uk for list of all other local community groups

Mental & Physical Wellbeing

NHS 111 – Advice

MIU Honiton Hospital 8am to 8pm 7 days a week walk in service for minor injuries

Honiton Surgery - 01404 548544 – Urgent medical help

NHS 24/7 Urgent Mental Health Helpline - 0808 196 8708

Talkworks – NHS free talking service for Devon 0300 555 3344

The Parent Support Hub - 07788 445223 supporting families living with mental health issues

Sarah-lou@parent-support-hub.co.uk

Honiton Memory Café – 07789 104601 – info@honitondaa.org.uk

Honiton Carers Support Group – 07974 636929 - winniekjaer@btinternet.com

Open Arms East Devon - 07716 519608 - openarmseastdevon@gmail.com Mental Wellbeing support group

St Michaels 55+ Centre - 01404 43545 Meals on wheels & Day services

Pets' wellbeing

New Street Vets – 01404 42750

Vale Vets – 01404 44095

Compiled by Honiton Hospital & Community League of Friends

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