**Local Amenities**

Meal Deliveries

Many cafes and restaurants are offering a delivery service – a few are listed below, but there are others out there too.

**Cave Valley Kitchens** Oswestry Town Market 07939 473055 Delivery Roasts every day. Charge depends on how many people they are delivering too at the time. Various prices on meals eg Roast Pork and beef mix £8.95 Lamb Shank £11.95 Chicken £8.95. Cash on delivery, or they send an invoice which you can pay on the phone.

**Hayes Kitchen** 07932 335409 ringing or texting Mon – Sat 8.30 am – 10 am and 12pm – 2pm

**Lepones Restaurant** 659965 Free deliveries 5 miles radius

**The Sweeney** **Hotel** 652450 only taking orders for 3 day deliveries, £30 per head for 3 two course meals. Free delivery within a 5 mile radius. All meals will now be delivered cold for re-heating or freezing.

**Oakhouse Foods** frozen meals delivered direct to your home 0333 370 2517 oakhousefoods.co.uk

**Gousto** Recipe boxes with precise ingredients. Fresh food and recipes delivered direct to your home: gousto.co.uk

Meat and Veg

**Hartshorn** 659546 cash payment only on delivery

**The Meat Man** 658270 free delivery Oswestry. Can take payment over the phone

**M Battams** Butchers and **Covent Garden** Fruit and Veg have joined together butchers 654844 fruit and veg 659516 Min order £20 delivery Oswestry only can pay over the phone or cash on delivery.

**M E Evans Overton** Traditional Butches and Deli, Fruit and Veg Whittington area only free delivery pay over phone or click and collect (table outside) 01978 710342

**Gilhams** – 653187 Free home delivery bread milk eggs jam etc can take payment over the phone, also happy to take cash.

Bakery

**F Smith & Son** Upper Ash Road 654556 Free delivery

Supermarkets

**Stans** St Martins 772348 free delivery within a 5 mile radius (small charge after that) for the over 60 can take payment over the phone.

**Sainsburys** – open for the elderly and vulnerable between 7 am – 9 am on Thursdays.

**Mark & Spencers** 681033 They are open to the elderly and vulnerable between 8 am – 9am Monday , Wednesday and Friday

**Morrisons** Oswestry Rachel and Kylie would like to help the elderly and vulnerable: contact 01691 749001 or 07817 723704 between 9 – 3pm. Or champion.oswestry@morrisonsplc.co.uk 8 – 8pm by email

Pharmacy

All chemists have a home delivery service. The Rotary Club is helping Old Chapel Pharmacy. We at Plas Ffynnon will deliver to rural patients.

Miscellaneous

**Hartshorns Dairy** - 661885

**Jack Burton Dairy Ltd**., (St Martins) 07507 682667 will cover Oswestry Monday Wednesday and Friday milk, all dairy, fruit and bread

**Dogz Dinnerz** Market Hall 07905 426704 free home deliveries or meet and greet by appointment.

**The Flower Gallery** can still deliver flowers to your doorstep 01691 671977

Isolation

[www.omega.uk.net/a-letter-from-louise-p-214.htm](http://www.omega.uk.net/a-letter-from-louise-p-214.htm) Letter writing befriending service.

Also Chatterbox their telephone befriending service is trying to recruit new phone volunteers to cope with their increase in demand for phone befriending.

Contact line for any coronavirus (COVID-19) issues and enquiries. Please ring 0345 678 9028. They can arrange food parcels and other support.

**If you are a local business or service and you would like to be included on this list please email us on admin.pfmc@nhs.net**