

(please distribute this document to anyone in the Town that you think this could help)

It has been brought to our notice that some people who are registered as "Shielded" patients are receiving unwanted, free food parcels and don't know how to return them. The following has been suggested:

Try telling the delivery driver if possible, or, Re-register and make sure "food delivery" box is NOT selected. the website is <https://www.gov.uk/coronavirus-extremely-vulnerable> Otherwise, arrange for collection by ringing Tendring Community Shield on 01255 686700, or, Tendring Eldercare on 01255 476889

Organisations offering help

Frinton & Walton Town Council area. Emergency supplies of Food and delivery of prescription medicines.

For those who are isolated and do not have anyone to call on for help **0300 800 0181**

Community Shield, Tendring District Council, to help support the most vulnerable Tendring residents.

01255 686700 Weekdays 9am to 4pm

Community Shield, an ECC initiative, contact is Essex Welfare Services at:

essexwelfareservice.org or, **0300 3039988** Mon. to Fri. 8am to 6pm, Sat & Sun 10am to 2pm

Frinton Cricket Club, collection/delivery of Grocery and medicine, 7 days a week. Register at **info@frintoncc.com**

Tendring Careline, Equipment to keep you safe and living independently in your own home.

01255 222022, careline@tendringdc.gov.uk

Tendring Eldercare, food parcels for elderly or vulnerable, **01255 476889** or admin@tendringeldercare.co.uk

Walton Community Care Hospital car service, **01255 675840**

AgeUK help line for Essex dwellers **01245 346106**, may be able to deliver food parcels for isolated people

Frinton Christian Community Care, offering transport for any medical appointments **01255 677000**

Food Home Deliveries (other than major store chains)

Please note that businesses may have a minimum order value or charges, please ask.

Lilleys Bakery, Bread for those in isolation, 01255 672373

Cash or Bank Transfer

Gordon's Fruit & Veg, delivery of fruit/Veg boxes, 07958 997108 (Walton Market stall.)

Cash or Bank Transfer

Young's fisheries, delivery over £20 01255 674906

Card over phone

Wrights Deli 01255 851663 and **Wrights Butchers** 01255 674410 can deliver.

Cash, Bank Transfer, cheque, Card

Park Fruit Farm 01255 674621 weekly delivery, order by Thursday, phonline only.

Card over phone

Prepared meals and foods. Delivery and/or Collection from shop

Please note that businesses may have a minimum order value or charges, please ask.

British India, delivery, 01255 670549

Frinton Golf Club, Ready meals delivered 01255 682454

Card over phone

Avenue Bistro, Take-away meals and delivery, 01255 675676

Shanti's restaurant, meals delivered 01255 850649, 07940 173089

Cash or cheque

Star of India, delivery and take-away, 01255 672386

card over phone or Cash

Connaught's Coffee House, delivery cakes, teabags etc. 01255 850611

Poppins, limited delivery of sandwiches, jackets etc, 01255 851205

Akash Indian food, 5 Old Pier St. Walton. Takeaway and delivery 01255 677444

card over phone or Cash

The Family Pizza Co. 8 Old Pier St. Walton. Takeaway and Delivery 01255 671673

card over phone or Cash

Yates's Fish & Chips 15-21 Old Pier St. Walton Takeaway 01255 674303

Phoenix House (Chinese), 105 Pole Barn Lane, Frinton. Delivery or Collection 01255 675015

Shops open for general food supplies

Frinton, Connaught

Avenue

Co-op store, no. 102-104

Sainsburys store, no. 78-80

Premier store, no. 57

Youngs Fisheries, no. 53

Wrights butchers, no. 47

Lilleys bakers, no. 125

Holland & Barratt, No.69

The Cake Kitchen, (incl. Bread) No.51

Wrights Deli, no.25

D & A Health & Pet food, No.94

Walton

Marks & Spencers, Arthur Ransome Way

Aldi, Ransome Way, Kirby Road

Co-op foodstore, 74 High Street

Fruit & Veg stall, in Market Square each Thursday

Fresh fish stall, on seafront opposite The Royal Albion. Thurs & Sat, 8 'til 1

Tesco Express, 22 High Street

Premier, 53-55 High Street

Lilleys bakers, Portobello Road

Naze Park Store, 116 Hall Lane

Triangle Shopping Centre	Co-op store Iceland
Kirby Cross	One Stop Community Stores , 30 Frinton Road
Kirby-le-Soken	Kirby Stores , 62 Walton Road

Post offices

inside **Co-op** store in Connaught Avenue, open with reduced hours.

inside **Martin's** newsagent at Triangle Shopping centre

Main Delivery office, 101 Connaught Avenue. New opening hours, 7:00 to 9:00

Banks

Refer to own branch, telephone or website

Newsagents

Smiths, Connaught Avenue, local deliveries 01255 672592

Martin's, 10-11 Triangle Shopping centre. 01255 852215

Other services

Please note that businesses may have a minimum order value or charges, please ask.

Johnson's Cycles, 122 Connaught Ave. Open for reduced hours 01255 851852

D & A Health and Pet Foods, 94 Connaught Avenue

Caxton Book Shop, Frinton. Mail order service, 07790 670861 or caxton.books.frinton@gmail.com

Love your Feet, Podiatry Clinic. 82 Old Road. Emergency Clinic for those at risk of ulcerations/pain, also special appointments available for key workers, 01255 678600, 07805 557762 see loveyourfeet.co.uk

Frinton Eye & Hearing Centre, 86 Connaught Ave. Urgent eye or hearing care/repair/etc
01255 677710 or eastenglandeyecare@outlook.com

Great Danes, 12 Connaught Avenue. Shop closed but offering online ordering and local delivery.
website: www.gr8danes.uk email: mike@gr8danes.uk phone: 01255 852285

S D Arnold, Portobello Buildings, High St. Walton. Shop closed, emergency help service available.
For emergency help only 07515 630278

Wine Boutique, Old Rd. Frinton. Delivery service 01255 852239

The Olde Sweet Shop, Connaught Ave. local deliveries, min. order £5. 07968 378295

Limehouse, 44 Connaught Ave. Shop closed, open online. www.limehouseonline.co.uk or 07969 961059
www.limehouseonline.co.uk or 07969 961059

The Laundry Room, 26 Kirby Rd. Kirby Cross. Fully open, incl. collect & Deliver 01255 671755

Parker's Garden Centre. Home delivery only, of a limited range.

For details and placing orders, call 01255 674838 10am to 4pm, Mon. to Fri. only

Frinton Home Stores, 25-27 Connaught Ave. Open with limited hours.

Thornton's, 145B Connaught Ave. DIY/decorating. Dely service. Phone orders 9:30 to 2:00, or email. Card Only.
01255 852277 or 07447 687375, thorntonsoffrinton@outlook.com

Paws & Claws, 28 Frinton Road, Kirby Cross. Pet Shop. Open 10am to 3pm Can do Free dely. 01255 677255

Elite Fencing, Harmers Foundry Yard, Hall Lane, Walton. Timber yard & Builders merchant. Open for business
Ring 01255 675047 if any special requirement.

Sound & Vision, at The Triangle. Shop closed but taking order on the phone daily, up to 3pm 01255 673766

Coastal Physiotherapy, 93 Connaught Ave. Shop closed but Online consultations can be purchased.
book online www.coastalphysiofrinton.com or phone 01255 850350