**SUPPORT YOUR LOCAL SHOPS**

During the current crisis, many of our local shops have responded magnificently, and are rapidly adapting to the new situation, helping to serve those who are now in self-quarantine. Below you can find a list of the actions many of these shops are undertaking; be aware, though, that this list is current as of the date of publication, and may change in the weeks to come.

* Chirbury Post Office and Stores will be operating a delivery service, including fresh sandwiches, cakes and quiches. They can be contacted at 01938 561201.
* The Stiperstones Inn is offering a takeaway food service; contact 01743 791327 for more details.
* Hignetts of Pontesbury is gearing up to provide a new delivery service for those isolating, with updates and details on their Facebook page. They can be contacted at 01743 790228, or through their website at <https://hignetts.co.uk/>.
* Smith’s Butchers of Minsterley is opening between 7:30am and 9am for elderly and vulnerable customers early, and for those unable to leave their home, they are willing to drop off orders for local residents. Call 07807898404 or 01743 791863.
* The Yockleton Arms is offering a takeaway service until further notice, and a delivery service for those in self-isolation, with a minimum order of £15 for free delivery. For more information, contact 01743 821 491.

**KEY PHONE NUMBERS**

**UPDATES AND ADDITIONS: CHANGES IN BLUE**

Worthen Medical Practice: 01743 891401

Westbury Medical Centre: 01743 884727

Pontesbury Medical Practice: 01743 790325

Bishop’s Castle Medical Practice: 01588 638285

Montgomery Medical Practice: 01686 668217

**NHS HELPLINE: 111**

Shropshire Council: 0345 678 9000

Local Support and Prevention Fund: 0345 678 9078

Shropshire Citizen’s Advice: 0344 499 1100

Shropshire Rural Support: Offer support to rural people

during periods of anxiety and stress 0300 1232825

Royal Agricultural Benevolent Society (RABI): Assistance

for individuals and families from the farming sector 0808 281 9490

Mind  **07434 869248**

Samaritans: free from any phone 116 123

  local call charges apply 0330 094 5717

South Shropshire Housing Assoc: 0300 303 1190

Severnside Housing: 0300 300 0059

Universal Credit: 0800 328 5644

Child Benefit: 0300 200 3100

Pensions: 0800 731 0469

Govt Business Support Helpline: 0300 456 3565

HMRC special coronavirus helpline for businesses

or self-employed 0800 024 1222

Chirbury Post Office and Stores: 01938 561201

Cock Inn: 01743 891969

Hignetts of Pontesbury: 01743 790228

Smiths Butchers Minsterley: 01743 791863

Londis (Worthen): 01743 891997

Marton Village Stores: 01938 561279

Stiperstones Inn: 01743 791327

Yockleton Arms: 01743 821491

**Care in the Community Helpline: 0121 318 5138**

**Worthencovid19aid@gmail.com**