

ARE YOU SELF ISOLATING?

Mary Tavy Community Support is a volunteer group of local residents who can help people:

- collecting prescriptions
- delivering shopping
- taking pets to the vets
- dog walking
- a friendly phone call

If you are self isolating please let us know by calling **Bev Ross** on **01822 811019** or email **MaryTavyCS@gmail.com**

Services will continue in the event of a full lockdown

CAN YOU HELP?

Can you give some time to help local people?

Please call our volunteer co-ordinator **Bev Ross** on **01822 811019**

STAY SAFE

- don't answer the door to strangers
- don't give money, bank cards or PIN numbers to strangers
- If you have asked for help, we will always tell you who is coming

We will never charge for our help

Mary Tavy Community Support

see other side for information if you are self-isolating

FOOD ORDERS

MARY TAVY POST OFFICE: Free delivery service in Mary Tavy, Brentor, Lydford, Peter Tavy, Horndon and elsewhere. They currently have a very well stocked shop, including pasta, paracetamol, hand wash & toilet roll. 01822 810422 / marytavypo@gmail.com

MARY TAVY INN: If you are over 70 and in isolation then they will look at home delivery of their takeaway menu where possible. 01822 810326

HEARN'S MEATBOX COMPANY: home deliveries of delicious meats, eggs and more: www.dartmoormeatbox.co.uk

ROOTS & VINES: veg box deliveries and plenty more on line for delivery: 01822 616818

LYDFORD FARM SHOP: Fresh meat, fruit and veg, pickles and chutneys, jams, cakes, pasties, coffees, ice cream, newspapers. 01822 820737

EVERSFIELD: meat, veg, and all sorts box on line deliveries. They also have a free local delivery service using their own vans every Thursday for orders over £25. www.eversfieldorganic.co.uk.

CONTINENTAL FRUITS: fruit and veg boxes with free local delivery in Tavistock and the surrounding areas. They can include bread, milk, dried goods as well as their usual fresh fruit and veg. This shop is collaborating with other Tavi business to do joint deliveries 01822 616148 / continentalfruitstavi@outlook.com

J S DOWNING: Free local delivery to people who need to self-isolate. They can bring meat, home-made pasties, pies, quiches, scotch eggs, sausage rolls, milk, vegetables etc. 01822 819759

PALMERS OF TAVISTOCK: free local delivery in Tavistock and the surrounding areas. They can supply fresh and cooked meat, pies, pasties, milk, eggs, cheese as well as lots of local chutneys, jams and marmalades. If your cannot have a delivery during the day then an early evening delivery may be possible. 01822 612000 / info@tavistockbutchers.co.uk.

ELLIS BAKERY: can make home deliveries: bread, milk, cakes. Oke or Tavy areas, Lewdown and Lifton areas. 01822 613795

OKESIDE COTTAGE CAKES: Usual weekly delivery in this area is on Thursday afternoon, to Tavistock (4.00-6.00pm). Home delivery will be available by pre-payment/pre-order only. Place your order by Sunday for deliver during that week. cakes@okesidecottage.co.uk

HONEYS BAKERY Horrabridge. They can deliver to Crapstone post office, Yelverton garage and Carr's garage. Phone before 3.00pm day before 01822 852038.