

Sonning Common Parish Frequently asked questions (FAQ) Coronavirus

If you need support

National

For updates: www.gov.uk/coronavirus

Age UK are running a telephone buddies scheme. A new help-line number has been launched to offer a reassuring voice and advice to older people concerned about implications of self-isolating. Call 01865 411 288

Oxfordshire

For Updates: OCC News & Updates

Oxfordshire All in <https://www.oxfordshireallin.org/local-support-groups>

Anybody the NHS has identified as high risk can call Oxfordshire County Council on 01865 897 820 or shield@oxfordshire.gov.uk

This new, dedicated line provides advice and support to our extremely vulnerable residents that don't have a support network.

South Oxfordshire

For updates: SODC <http://www.southoxon.gov.uk/>

New South Oxfordshire community support line. Anybody that doesn't have anybody around them but not in the high risk category can also contact directly us on that line on 01235 422600 or communitysupport@southandvale.uk

The South Oxfordshire Community Support line will provide practical help and guidance to vulnerable residents. They will then match anybody that needs urgent help with the right local volunteer group to provide them with what they need. Support lines and email addresses operate from 8.30am-8pm Monday to Friday and 9am-5pm on weekends.

Sonning Common

Sonning Common Health Centre

Most appointments now being made over the 'phone- call 01189 722188. **If you have coronavirus symptoms please call NHS 111 do not visit the Health Centre.**

'We are trying to minimise everyone's risk by reducing the number of patients attending the health centre. **For all appointments already booked and future appointments, we ask you to not visit the health centre and the clinician will phone you at the time of your booked appointment on the phone number we have.** We hope that most problems can be dealt with over the phone but we will continue to see patients if needed. If you know you need a face to face appointment, e.g. for a wound dressing, come in as normal if you have no coronavirus symptoms. Please phone to check beforehand if you are unsure.

Please visit the NHS111 online at <https://111.nhs.uk/service/covid-19> or call NHS111 if you have symptoms.'

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SoCo Corona Volunteers

07468004541 or 0118 3800127 socohelpers@gmail.com

Can provide help in the form of picking up prescriptions, food boxes and/or a call to keep in touch.

Please take some time to plan meals in advance where possible and make any requests for food boxes early so that volunteers can help before you run out.

Please also contact them if you want to help, for prescriptions and friendly phone calls.

If you are DBS checked and able to help, please email your certificate to socohelpers@gmail.com and ask to be added to the helpers Whatsapp groups.

FISH

<https://www.fishvolunteercentre.org.uk/>

Are also continuing to offer support by collection of prescription, shopping and offering calls, co-ordinating with the SOCO Volunteer group.

The volunteer group are using the fish landline – call [0118 972 3986](tel:01189723986) as usual.

Spring Water Church

Has a food bank if you cannot afford food and other supplies during this time.

There is a box outside the front door for donations if you are able to help.

Please call if you need something to arrange pick up and if you can't leave the house there are volunteers who can deliver it to you.

Rev 07508308705

Phone: 0118 972 4519

The Manse, Blounts Ct Rd, Henley-on-Thames RG9 5EU

<https://www.springwaterchurch.org.uk/>

Donation to the Church or mail a cheque to the church, FAO Food Bank.

Sonning Trust

The Sonning Trusts make small grants to people living in the Sonning Common Parish who are suffering from hardship and can't buy necessary things for their household, or for their or their children's education. New website <http://sonningwelfaretrust.org.uk> , new [application form](#).

Domestic Abuse Services

Oxfordshire Domestic Abuse Service- call 0800 7310055

Domestic Violence hotline- 0800 2000247

Mental Health Support

Samaritans- 0800 116 123

Mind – 03001233393

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Shops and Takeaways

Government guidance supports Pubs acting as takeaways in the current climate, so please support those businesses who have chosen to provide this really useful service by providing your custom sensibly:

<https://www.gov.uk/government/news/government-to-grant-permission-for-pubs-and-restaurants-to-operate-as-takeaways-as-part-of-coronavirus-response>

Recommended businesses register on www.facebook.com/southoxtakeaways/

CoOp

Has also marked out appropriate distances for all customers- open 7am-8pm.

One Stop

Open 7am-9pm – will provide shopping deliveries to anyone self isolating- call 01189721181.

Carl Woods Butchers

Open and now have contactless. Phone through an order in advance if you can to reduce the queue [0118 972 2228](tel:0118972228)

The Herb Farm

Providing home delivery of items such as bread, plants/herbs, eggs, flour, honey and other food items from the shop. Email herbfarmorder@gmail.com for a full list or call 01189724220.

Dudmans

Offering Delivery service which includes Sonning Common <http://dudmansofberkshire.co.uk/>
0118 947 1471, 07973 624 631 info@dudmans.co.uk

Day Lewis Pharmacy

[https://www.daylewis.co.uk/pharmacyFinder.php?phm_value=sonning%20common&redirect=Revised opening times 10-13:00 - 14.00 - 17:00](https://www.daylewis.co.uk/pharmacyFinder.php?phm_value=sonning%20common&redirect=Revised%20opening%20times%2010-13:00%20-%2014:00%20-%2017:00)

Rising Sun

<http://risingsunwithridgehill.com/index.html> The Rising Sun in Witheridge Hill is supplying groceries, hot food and cold drinks for collection or delivery for a £3 fee. Delivery covers Highmoor, Nettlebed, Stoke Row and areas in between. Any questions give Kate and her team a call! 01491 640 856

White Hart

The White Hart in Nettlebed is running a shop for orders and collections:
<https://www.thewhshop.co.uk/>

Nettlebed Creamery

<https://www.nettlebedcreamery.com/> is open every weekday 9:30 am – 4 pm selling organic cheese and milk from the Cheese Hatch. For pre-orders please email orders@nettlebedcreamery.com which can be collected from the Cheese hatch.

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Orwells

The Orwells Community Shop provides ready meals, freshly baked bread and anything else you may need. Offering a collection service and a delivery service within the immediate area, however for deliveries further afield a delivery charge will be applied depending on distance. 01189 403 673 or send an email at eat@orwellsrestaurant.co.uk

Heath and Watkins

Keep up to date with their revised opening times online

<https://www.facebook.com/pages/category/Hardware-Store/Heath-Watkins-951590961708986/>

More Milk

www.milkandmore.co.uk Website is experiencing delays

Pet Supplies

<http://www.petcountriesupplies.co.uk/> - Open Tuesday and Thursday 9-2pm, Saturday 9am-3pm.

The Pet Barn

Open 10-4pm Tuesday- Saturday.

Brightons Newsagents Peppard road

sonningcommon.newsagents@googlemail.com 0118 972 2245

Tandoori Connoisseur

<http://www.tandooriconnoisseur.co.uk/> 0118 972 3104

Hot Wok

Re-opening 7th April

Rupesh Thapa

www.rtcateringevents.co.uk 07808495651

Offering Indian food and British Classics for takeaway- please give two days notice.

BB Wines

Open as usual.

O'Neills

Fruit and Veg boxes available for order and collection at Henley Market on a Thursday morning 8.30am-1pm (order by Tuesday evening), or collect at Woodley Market on a Saturday- oneills@live.co.uk.

Time for Tea

<https://www.timeforteavintage.co.uk/about-us> Doing Veg Boxes with Milk and Bread Charlotte 07920 596862 Email: contact@timeforteavintage.co.uk

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Waitrose

Waitrose Reading are offering a delivery service 01189422444 for more vulnerable people. Only basics, not chilled or frozen products. Waitrose Henley or Caversham are not delivering but are offering pickup slots.

Morrisons Food Boxes

Boxes of essentials delivered to your door by DPD couriers £35 a box- next day delivery available.

<https://www.morrisons.com/food-boxes/boxes>

CCA Charity Shop

Closed, please do not leave donations outside. If you are able to safely donate food or small household items, please email: response@ccam.org.uk

Olioex.com

Cook4kids- cook school lunches for families in need or request school lunches if you need them. www.olioex.com

Closed

- Sonning Common Garage now completely closed - Any local NHS staff requiring emergency fuel can contact us on paul.mullin@sonningcommonvauxhall.com
- Council Parks and Public Spaces
- The New Inn <http://www.thenewinnkidmoreend.co.uk/> 0118 972 3115 -closed
- Malster themaltstersarms.co.uk closed
- Greyhound <https://awtgreyhound.com/> 0118 9722227 -closed
- Butchers Arms Orders 0118972 1490 - closed
<http://www.thebutchersarmspub.co.uk/Development/>
- Hare and Hounds <https://www.hareandhoundssc.co.uk/> - closed
- Unicorn <http://www.unicornkingwood.co.uk/> - closed
- Crooked Billet <http://thecrookedbillet.co.uk/> TEL: 01491 681048 -closed
- Turkish Grill, Emmer Green- closed.
- Occasions closed for two weeks from 31/3/20
- Peppard Building Supplies- closed.
- Brambles- closed.
- CCA Charity shop- closed

Emergency Plumbing

Local plumber Andy Houghton has offered his services should anyone need anything urgently.