

## Dear Neighbour

We hope you are keeping well. In case you are self-isolating or just avoiding going shopping here is information on a few local independent businesses offering deliveries plus some other helpful information. (Note – this information is correct when we first created this – 15.4.20, so apologies if anything has changed since)



### Helplines:

**BCP Council: 0300 123 7052** 8am – 8pm 7 days a week

Dedicated helpline that can provide a range of support, from organising deliveries of food and household supplies to people in need and providing information and advice.

**Age UK: 01202 530530** 9am – 6pm Monday – Friday

**Samaritans: 116 123** Freephone 24 hours, 365 days per year

### Local Deliveries:

#### LEE LEMON

Fresh veg and other groceries / household goods available on request.

Call 01202 979133 10am – 2pm Call 07730278842 2pm onward

#### THR FRUIT & VEG

Mixed Boxes of fruit, veg or salad delivered free. £15 - £25 per box.

Deliveries Monday – Saturday. Call Ben 07979 766744

#### TRULY'S OF WESTBOURNE

Freshly cooked meals delivered cold to heat up, Wednesday to Sunday. Can also order some groceries, depending on availability. Please have shopping list ready before you call.

Call Lauren 01202 757479 or visit [www.trulys.co.uk](http://www.trulys.co.uk)

#### PETER TREBLE BUTCHERS

Meat and some fresh prepared meals ready to cook. Delivered Tuesday – Saturday. Min. order £20. Call: 01202 763437 or visit [www.petertreble.com/shop](http://www.petertreble.com/shop)

#### CENTRAL CONVENIENCE STORES

General groceries & household items, fresh produce, beers, wines & spirits etc delivered free. Call: 01202 765304

#### THE MILK CART - POOLE

Fresh milk, dairy, tea & coffee. Call: 07564 472215

#### WESTBOURNE WINES

Craft beers, wines & spirits for delivery. £5 delivery charge or free for orders over £40. Call: 01202 767190



**ALMOND & CO.**

Dried goods like pasta, rice, cereal, snacks, bread, fresh vegetables.

Call: 01202 280303 or visit [www.almondandco.co.uk](http://www.almondandco.co.uk)

**BOURNEMOUTH & POOLE MOBILE MARKET**

Fruit and vegetable boxes plus essentials including pasta, rice, tinned tomatoes, potatoes and juice.

Call: 01202 831785 / 07783 583370

**COUNTY FOODS - POOLE**

Fresh meat hampers plus seafood, pasta, milk and more. Call: 01202 440900 or visit [www.countyfoods.co.uk](http://www.countyfoods.co.uk)

**GOOD CHOICE CATERING**

Afternoon Tea delivery, sandwiches and cakes. Call: 07429 523313

**HARVEST FINE FOODS**

Vegetable boxes, dairy items, dry goods, meats and more. Call: 01202 470444 or visit [www.harvestfinefoods.co.uk](http://www.harvestfinefoods.co.uk)

**PATISSERIE MARK BENNETT - POOLE**

Bread, pastries, sandwiches. Call 01202 059444 or visit [www.artisanmark.com](http://www.artisanmark.com)

**SIMPLY EVENTS CATERING - POOLE**

Fruit and vegetable boxes plus dairy products. Call: 01202 233225

**MIKE OWEN**

Trays of Geraniums delivered. Call 07971601748 or visit [www.cityofclouds.com](http://www.cityofclouds.com)

**DISCOUNT HEALTH STORES - WESTBOURNE**

Supplements, superfoods, natural bodycare and foods for special dietary needs.

Call: Sharon 01202 764064 / 07570 950034

**VANTAGE PHARMACY - WESTBOURNE**

Delivering prescription and non-prescription items. Call: 01202 761177 or email [vantage29.pharmacy@aah-n3.co.uk](mailto:vantage29.pharmacy@aah-n3.co.uk)

**BH FISH - POOLE**

Freshly caught fish from Poole. Delivering Mon – Sat. Call Jon 01202 844199 or visit [www.bhfish.co.uk](http://www.bhfish.co.uk)

**Please check cost and payment method with supplier when ordering and also discuss arrangements for contactless/socially distanced delivery.**



This leaflet has been produced by We have the POWER to support Westbourne residents without internet access and independent Westbourne businesses taking telephone orders and delivering.

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