



The information on this sheet is subject to change. We apologise if some of the services below are no longer available and will up-date as regularly as possible.

GROCERIES

BIDDERS BUTCHERS: Yelverton Deliver locally (and Plymouth to regular self -isolating customers) Deliver meats, Cornish tea, coffee, tinned goods. May be able to source toiletries/cleaning/laundry products for most vulnerable, self-isolating customers.

Deliveries done on Thursdays and Fridays

(Contact them if you are a local business who would like to join forces in setting up a shared delivery service)

Tel: 01822 852008.

CARTER'S DELI TAVISTOCK: We are a local shop offering: Deli counter products. Big selection of Spirits, Wines and Beers. Great selection of Coffee beans and Teas. We can deliver everyday (Tavistock and areas but also Plymouth). All deliveries would take place afternoon/evening. Payment available over the phone. All deliveries are free. No minimum order. We are taking special measures to ensure all products we deliver have been handled with special care to minimise any chance of contamination. You can also find us on Facebook and Instagram (cartersdelitavistock) **Tel: 01822 612266**

CONTINENTAL FRUITS: Fruit and veg boxes with free local delivery in Tavistock and the surrounding areas. We can include bread, milk, dried goods as well as our usual fresh fruit. Please allow for a four day delivery time

Contact email: continentalfruitstavi@outlook.com

Tel: 01822 616148

COPPER PENNY FARM: We are now offering free delivery on a range of products in the Tavistock area. For a price list email hillfarm4meats@hotmail.com We are offering contactless and online payments, or cash on delivery. Discount available for NHS staff.

Tel: 07971466889

COUNTRY CHEESES: Local delivery of cheese, crackers, chutney, bread & eggs. Tavistock area deliveries on Fridays. Minimum order of £10

Contact info@countrycheeses.co.uk

Tel: 01822 615035

DARTMOOR BREWERY: 8-bottle packs - FREE LOCAL DELIVERY to Princetown, Tavistock, Yelverton, Dousland, Plymouth PL1-PL4 & Plympton Only. **Tel: 01822 890789**

EVERSFIELD ORGANICS: Meat, veg, and all sorts of box on line deliveries: We deliver organic meat, dairy, groceries and larder items Tuesday – Saturday 7am-7pm via our National courier service. We also have a free local delivery service using our own vans every Thursday for orders over £25.

Contact: www.eversfieldorganic.co.uk

Tel: 01837871400

FRESH FISH DELIVERY:

We have spoken with the www.call4fish.com merchants and Plymouth based supplier Rex Down has agreed to do a trial delivery on 17th April to Tavistock (including Yelverton and Horrbridge).

Accordingly Rex Down is now taking orders so can you please send your fish orders/enquiries to:
rikki@rexdown.co.uk, 01752 220293 www.rexdownltd.co.uk

HEARN'S MEATBOX COMPANY: home deliveries of delicious meats, eggs and more. Delivery on a Tuesday 5 – 8pm.

Contact: info@dartmoormeatbox.co.uk

Tel: 07876 666 693

J S DOWNING: Free local delivery to people who need to self-isolate. We can bring meat, home-made pasties, pies, quiches, scotch eggs, sausage rolls, milk, vegetables etc. (fruit and veg are sourced from Continental Fruits and at present have a shorter delivery time)

If order made in morning, they are delivering same day at the moment, next day delivery at latest.

Tel: 01822 819759

LYDFORD FARM SHOP: We have a selection of fresh fruits and vegetables. Bakery products. Milk, cheeses, yogurts, ice creams, cold meats. Biscuits, crisps, tinned foods, pasta, rice, flour, bread flour, cereals, newspapers, toilet rolls. Butchery counter. Homemade pasties, sausage rolls, Brownies, rock cakes, loaf cakes, and more. We are providing gloves for our customers and ask for only one customer at a time in the shop to help with social distancing. **Tel: 01822 820737**

MORRISONS TAVISTOCK. We have set up a food bank donation area within the store, we can provide help with delivering food to the vulnerable and any needy people, this would consist of non-perishable and fresh goods. If you would require any help, please contact Helen France/Claire Jones on **Tel: 01822 610743** within the hours of 9am-4pm Mon-Fri. This will be a free service. Please share to any local public and groups who you think may benefit from our services. If you have difficulty getting an answer please PM me or phone 07960106476

PALMERS OF TAVISTOCK: We can help, offering free local delivery in Tavistock and the surrounding areas. We can supply fresh and cooked meat, pies, pasties, milk, eggs, cheese as well as lots of local chutneys, jams and marmalades.

Delivery time two days. Early evening delivery may be possible.

Contact: info@tavistockbutchers.co.uk

Tel: 01822 612000

RIVERSIDE STORES & POST OFFICE: Bridestowe riversidestores@hotmail.com All groceries, fresh veg, fruit, bread, milk, fish and a selection of cold meats, papers, wines, beers and spirits. **Tel: 01837 861321**

ROOTS & VINES: Veg box deliveries and plenty more on line for delivery.

Are now only able to take a limited number of phone orders per day as inundated. Still taking on-line orders. Three to four-day delivery time.

Tel: 01822 616818

STAPLETON FARM: delivering to PL19 area www.stapletonfarm.co.uk/shop We are now taking orders for deliveries of yogurt, milk and ice cream direct to your door.

Tel: 01805 601414

STEEVENSON WINES: Offering Free Local Delivery to the following Postcodes; PL16, PL17, PL18, PL19 & PL20 for orders of 6 bottles or more. Will be selling local beer on behalf of Stannary Brewery. Also sell spirits (local gins) and non-alcoholic gin.

Contact: website www.steevensonwines.co.uk where you can view our full range of products.

Tel: 01822 616272

STRAWBERRY FIELDS FARM SHOP: online orders and delivery to Tavistock and surrounding areas; click and collect. See www.strawberryfieldsliftonline.co.uk. Tel: 01566 784605

TAMAR VALLEY FOOD HUBS: Tamar Valley Food Hubs deliver the best of Tamar Valley food and drink every Friday afternoon to doors and collection points. Order by 9.30am on Wednesday for delivery on Friday afternoons.
Tel: 01579 208412

THE VILLAGE (Whitchurch Post Office): is working with local volunteers to provide a free delivery service for a huge range of groceries, green groceries, dairy, bakery and meat as well as wines, beers and spirits. Contact Town Councillor Graham Parker to place your order. We do our best to meet all of your grocery needs.
Tel: 07545 075942

TAVISTOCK MARKET WHOLEFOODS: Order by Wednesday evening for delivery Friday morning (or pick up from the shop 12 -4.30).
send to simon.hughes44@yahoo.co.uk
Send your Name, Address, Postcode, Phone number, Your order
Tel: 01822 610267

BAKED GOODS, PASTIES, CAKES.

ELLIS BAKERY: can make home deliveries: bread, milk, cakes, also some fruit and veg sourced from Continental Fruits. Next day delivery
Okehampton, Tavistock, Lewdown and Lifton areas.
Tel: 01822613795

DARTMOOR BAKERY, YELVERTON: open again from 0930-1230 Mon-Fri, contactless payment only. Order online for collection next day. Dartmoor Bakery encouraging as many as possible to order and collect. You can walk in to buy, BUT social distancing in place on collection. Delivery service for elderly, vulnerable and self-isolating folk. www.dartmoorbakery.co.uk Tel: 01822 854682

FLAPJACKERY : Gluten Free Handmade flapjacks, chocolate and fudge along with bags of gluten Free oats. We have a nationwide delivery service accessed through our website or can offer a local delivery service.
Contact: enquiries@flapjackery.co.uk
Tel: 01822 258153 / 01822. 852038 (Phone before 3pm day before)

HONEY'S BAKERY HORRABRIDGE: order/collection, cash only. Tel: 01822 852038

HOT MEALS, PIZZA, TAKEAWAYS

BERTIE'S BREWS: <https://www.bertiesbrews.com/> free delivery of coffee, cakes and bakes
bertiesbrews@outlook.com. Can also pick up/drop of prescriptions, all payments cashless through the website Tel: 01822 841441

BIRDS NEST: Reopening April 30th collection takeaway Chinese Food. Open from 5pm. Closed Tuesdays. Ring and order for collection: Tel: 01822 610611

BLACK SHEEP BREW: coffee, tea and assorted beverages for breakfast and lunch. Sandwiches, wraps, salads and cakes: (delivery service)
Contact: blacksheepbrew.uk for menu details
Tel: 01822 259335

THE BLACKSMITHS ARMS at Lamerton PL19 8QR are doing takeaway/delivery:
info@blacksmithsarmstavistock.co.uk; see www.blacksmitharmstavistock.co.uk or Facebook page for menus. Delivery within 3-mile radius £1.50 or collect free from the pub. **Tel: 01822 612962**

BLUE SKIES CATERING: Hot meals delivered for lunch and supper
Tel: 07523 054530

DARTMOOR ICE CREAM CO: Home delivery: carol.bache@dartmooricecream.uk
For menus <https://www.dartmooricecream.uk/> **Tel: 07837 889463**

MIME LTD: Hot evening meal delivery to Tavistock and surrounding areas. £7 for a full meal or £10 to include a pudding. Daily options available. Offers and discounts available for those that are struggling financially. Order by 5pm for same day delivery. On social media @mimetavistock
Tel: 01822 612888 or 07540958108

PASTY HOUSE: home delivery from 0930-1800 **Tel: 01822 616003**

PROPER PIZZA: Deliver all your favourite dishes. A non-contact delivery service for your safety, card payment is advised but not essential, our delivery vehicle and warming bags are sanitised before every delivery and the driver will sterilise his hands before making your delivery. If you are worried about or cannot leave your home to get the essential things you may need, we now have fresh bread and milk in stock so we can deliver this with your order too. OAPs automatically get A 10% discount and free delivery in Tavistock... If you have any questions, please **Tel: 01822 258040**

ROBERTSONS RESTAURANT AND PIZZA: With any order over £15 FREE DELIVERY, to your home or work (small delivery charge for under £15)
Tel: 01822 612117

THE ROYAL SPICE: Indian takeaway. Ring and order, for collection:
Tel: 01822 611233

TAVI FRIAR. Delivery Only. Orders from 16:00. No cash, payment by phone. Minimum order £10 and £2.50 delivery charge for Tavistock.
Tel 01822 617884

THARIKS: Indian takeaway. Ring and order for collection, from Tuesday 23 March
Tel: 01822 616520

QUEENIES CATERING: Based in Mary Tavy. Meals on Wheels Scheme. Delivering meals to your door, as requested. Delivery is free, meals are £3.50 or £4.00 with dessert. 07967560061

DIY, LAUNDRY, PETS & GARDENING

A Scent-Sation <https://www.ascent-sation.co.uk> Offer your condolences and show they are in your thoughts with a thoughtful arrangement of beautiful flowers. Need advice about organising flowers for a funeral? Call Linda on 07411 431916 or visit our website.

ENDSLEIGH GARDENS (Milton Abbot) e-mail an order and once they have a reasonable load, they will deliver: see www.endsleighgardens.co.uk and email or

Tel: 01822 870235

IMPACT LAUNDRY CLEANING: Please see their website for details:

www.impactlaundryandcleaning.com

LAWSONS: open for telephone orders and deliveries: or www.lawsonshop.co.uk and order online

Tel: 01822 610200

RON'S PETS SUPPLIES: Delivery or Click and Collect. Delivery best option for less footfall in shop. For click and collect, only one person in shop at a time. Hours 0900-1600 with daily delivery service at present, please try to order one week ahead. **Tel: 01822 611110**

SHIELD'S DIY: DIY Materials If you would like to place an order please call and leave a message on 01822 615451, email sales@shieldsdiy.co.uk or Facebook message us today. **Tel: 01822 615451**

TAVISTOCK PET EMPORIUM: free local delivery. No min order, kerbside collection, pay by card, bacs and paypal

Tel :01822 617277

TOR GARDEN PLANTS We deliver locally for free and based in Brentor. Offering pond plants and perennials. Www.torgardenplants.co.uk

WORTH ELECTRICAL WHOLESALERS: free local delivery, contact-free collection. Card payments, bacs or Paypal

Contact: worthelectical.co.uk

Tel: 01822 617777

CLOTHING

ACTIVE CO: If you require any home fitness equipment ie: exercise mats, Resistance bands, Dumbbells, or anything to help keep you entertained like darts or table tennis. Please phone or contact through email or our Facebook page. I could hopefully deliver at the end of the day or arrange delivery for you.

Tel: 01822 616400

BOUTIQUE 32: Don't want to come out of your home? Shop our website We offer a range of delivery services as well as a click & collect option where you can just run in & grab your parcel for free! Any queries then please don't hesitate to send us a message! Stay safe. **www.boutique32.co.uk**

BRIGID FOLEY: Paddons Row, women's fashion, home and gifts. They also do gift tokens (accepted online and in store) so you can help the business stay afloat now and visit the shop when all is better.

www.brigidfoley.co.uk/home.php

RAINBOW NATION CLOTHING: Items can be ordered online, checkout with reserve and collect, or free postage with code 'rncfree'

RUN VENTURE: are happy to post out any running gear to folk and do live video feed for customers who want running shoes but don't want to come in store. It might seem trivial and running is last in everyone's priorities but keeping active will have many stay mentally and physically fit runventureonline.com **Tel: 01822 612548**

LAUNDRY SERVICE

TAVISTOCK LAUNDRY: Regretfully no longer able to offer a service

NEWSPAPERS/BOOKS

NEWSPAPER DELIVERY SERVICE: £10 month delivery charge. Call Ross for details **Tel: 01822 853631**

BOOK STOP: Free delivery on all your orders for Books, CDs, Records and DVDs.

Email: bookstoptavistock@gmail.com or Tel: **01822 617244**

TAVISTOCK LIBRARY: For free eBooks and audio books. email tavistock.library@librariesunlimited.org.uk for advice and help with downloading free books, or visit our Facebook page <https://www.facebook.com/TavistockLibrary>

LOCAL SHOPS ON-LINE ONLY:

Boutique 32: www.boutique32.co.uk

Cabana Interiors www.cabanainteriors.co.uk

[Chic Interiors](#): see their f/b and Instagram page for help and guidance, Melissa can recommend fabrics and colours: 01822 611140

Dartmoor Photographic: www.dartmoorphotographic.co.uk

Dartmoor Skin Care, contactless delivery: www.dartmoorskincare.co.uk

InsideOut: www.insideouthome.co.uk

Lawsons: www.lawsonshop.co.uk

Neals Yard: email: exeter@nealsyardremedies.com . If you cannot get access on-line, call 01822 617671. If not answered, you can leave a message a member of the team will call you back

Rainbow Nation Clothing: www.rainbownationclothing.com

Run Venture: www.runventureonline.com

MORRISONS: TAVISTOCK JOB VACANCIES

Coronavirus is affecting people's livelihoods daily with work drying up especially for self-employed people - as most of you know I am the Store Manager of Morrisons store in Tavistock and as you have seen in the press and on the news our stores are under real pressure due to customers stocking up ahead of potentially having to be isolated. Anyone looking for temporary work to see themselves through please get in contact as

we have numerous stores across the county who could definitely do with a helping hand.

Email is james.loyd@morrisonspc.co.uk

PHARMACIES

TAVYSIDE PHARMACY, BOOTS and DAYLEWIS PHARMACY are delivering to patients already on their delivery service list, but due to the unprecedented demand they are not able to take on new customers at present. Until this issue is resolved they are advising those who cannot leave their home due to corona virus symptoms or other underlying health problems to nominate a representative, a neighbour or relative (or a volunteer from Tavistock Locals Help), to pick up the prescription on their behalf.

ABBEY SURGERY are delivering to those patients already on their mailing list and are still aiming to offer prescription delivery services to those who are most vulnerable and unable to leave home for even essential requirements.

NB. Anyone who can get to the pharmacy without assistance can do so as this is an essential service, but they must comply strictly with the government's guidelines on social distancing and handwashing.

The above home delivery services are limited and are essential for those who are not able to leave their home due to ill health or because they have corona virus symptoms. The government is allowing other members of the public to make essential trips to buy food and pick up health products.