



HIGH HALDEN 'COVID19' COMMUNITY GROUP

"PREPARING FOR WINTER"



October 2020

Dear Neighbour,

With Winter fast approaching and the nights drawing in, we will begin to see less of our neighbours. So we wanted to take this opportunity to reassure you that we are still here for you, with the founding group still meeting on a regular basis.

Some people who were in the vulnerable group are choosing to remain safe at home and we will continue to support them for as long as is necessary. Some of you may now be feeling anxious about going out for shopping, as infection rates rise (Ashford is still relatively low compared to the rest of the country), or you may find that you have to self-isolate as a family; if we can help please do not hesitate to contact us.

The group is still in a position to provide emergency food parcels. Please get in touch with one of our 2 co-ordinators (details below) if you need assistance with essentials, all enquiries will be dealt with in the strictest confidence. If you know of someone who is finding it difficult to feed themselves or/and their family please let them know about our service, we don't want anyone to go without necessities in our community. We are able to provide support in the following areas:

- ◆ Prescription Collection/Drop off
- ◆ Shopping
- ◆ Telephone Support (Befriending; Technical Support; Sign Posting)

To get in touch, please call one of the co-ordinators below:

⇒ Kristina Hoath: 07966 396877/01233 850198 (anytime)

⇒ Pauline Rose : 07754 797968/01233 850935 (after ??)

Or, if you prefer, you can email us on: highhaldenc19cg@gmail.com

On the following page there is some local information on Doctors, Prescriptions and local Supermarkets. We are currently working on updating the Information booklet and if you would like a copy, please get in touch with Kristina.



We are also looking to refresh our Volunteers list too , so if you can spare some time at the weekends or during the week, to be available to help over the Winter period. We would love to hear from you ... Also if you have any other ideas of how we might help, please let us know.

Flu Jab

GP surgeries are now offering the Flu vaccine to certain groups initially. The first vaccine delivery in September is for patients over 65. Followed in October, with a further delivery of vaccine for over 65s as well as a delivery for those under 65 but with a chronic condition. In November/December the final group of patients will be for the over 50 age group. Current guidance from Public Health England, is they should be immunised after the other two groups, so they will be the last to be invited.

However , please check with your GP Surgery as there may be a slight variation to the above.

Ivy Court Surgery - 01580 763666

Dispensary Opening times: Mon - Friday 8am to 6pm Saturday 9am - 12midday

Repeat Prescriptions: These can be requested Online or the Repeat Slips attached to the prescription can be delivered by post using the surgery's address or by hand to the surgery post box. **Please allow 2 working days.**

Dispensing: Your prescription will be dispensed to Ivy Court dispensary or your chosen Pharmacy (such as Boots) . If you have a mobile, Ivy Court can text you when the prescription is ready for collection or when it will be delivered.

Delivery: Ivy Court offer a delivery service, but you will need to complete a form to arrange this with them. The same is applicable to Paydens (01580 762730) and Boots (01580 763239)

Woodchurch Surgery - 01233 860236

Dispensary Opening times: Mon - Friday 9am to 6pm

Repeat Prescriptions: These can be requested Online via: www.woodchurchsurgery.co.uk or the Repeat Slips attached to the prescription can be delivered by post using the surgery's address or by hand to the surgery post box. **For all prescription requests, please allow 3 working days.**

Alternatively, you can email your request to: kmccg.prescriptionswoodchurch@nhs.net

Dispensing: If you live more than 1 mile from a chemist, Woodchurch will dispense your drugs.

Delivery: Delivery can be arranged for housebound patients, please speak with the dispensary staff.

Waitrose -Tenterden 01580 765168

Opening hours: Monday - Saturday 7.30am - 8pm Sunday 10am - 4pm

Click and Collect: Order online - Minimum spend £40.00 and free collection from store during shop opening hours

Home Delivery: Order online - Minimum spend £40.00; Free Delivery; 7 days a week 7am-10pm

**Tenterden are still monitoring numbers into the store, and will apply restrictions where necessary.

Tescos - Tenterden 0800 323 4040

Opening hours: Monday - Saturday 8am - 10pm Sunday 10am - 4pm

Click and Collect: **Not available for collection at Tenterden.** Available to collect from Tescos Extra @ Willesborough. Order online; Minimum spend £40.00 and free collection from store during shop opening hours

Home Delivery: Order online; Minimum spend £40.00; Delivery charge £4.40/£5.00; 7 days a week Mon - Friday: 8am - 11pm Saturday: 9am - 11pm Sunday: 9am - 10pm

There are ways of saving on delivery costs, please see www.tesco.com for further information

One Stop - High Halden - 01233 850543

Opening times: Monday - Saturday 7am - 9pm ; Sunday 8am - 9pm

Services: Place an order by phone for collection or delivery.

There are still limitations on the numbers allowed into the shop, please check notices before entering.

The Chequers on the Green - 01233 850503

Opening times: Monday to Sunday: 12midday - 10pm

Hay Bar & Pizza: Wednesday - Saturday 12midday - 9pm; Sunday 4pm - 8pm

Sunday Carvery Roast: Sunday 12midday - 4pm

Details on services available, such as takeaways and to make a reservation, please contact the Chequers on 01233 850503. For menus and updates: www.chequersonthegreen.com or follow them on Facebook : [Chequers on the Green](#)

THAI SO Catering - Tom: 07564 159643

Authentic Thai food made in High Halden.

Opening times for delivery: Wednesday - Saturday, please check with their website for more details.

On a Tuesday from 5pm the Thai Pod is parked outside High Halden War Memorial Hall.

There may be variations to this, so please check their Facebook page for up to date information

Website for takeaway menus and to place an order delivery: www.thaisocatering.co.uk