

The **Bury Meadows Residents Association (BMRA)** is working to identify and help vulnerable people who would like support within our local community during the pandemic. We are also offering support to vulnerable residents of the St James Ward who do not have access to other support from a local residents' association.

**LOCKDOWN
SUPPORT**



BMRA
Bury Meadow
Residents Association

WEBSITE: www.burymeadow.co.uk
EMAIL: info@burymeadow.co.uk

Before volunteering, consider your other commitments, own health and wellbeing to ensure you have enough time to volunteer.

Also, please make sure you read the following NHS guidance related to Coronavirus and tasks you may be volunteering to carry out
<https://www.nhs.uk/conditions/coronavirus-covid-19/>

If you wish to volunteer to help the vulnerable, please email ExeterStJames@gmail.com

If you need help, please, in the first instance, contact the Exeter City Council/Wellbeing Exeter Community Response Office at <https://exeter.gov.uk/wellbeing> under the link to **Individuals requesting community support**. They will redirect requests to the appropriate volunteer service, including the BMRA. You can also call Exeter Wellbeing on **01392 265000** (Mon-Fri 9am-5pm, Sat-Sun 9am-12 noon).

Whether you are a volunteer or person in need, it is important to follow official contact guidelines to ensure a safe and effective service. Here are some useful links to help you with this:

- **Phone support: Check In and Chat Guide:** <https://bit.ly/2JQ4JSc>
- **Community support, such as running errands:** <https://bit.ly/34iwtbJ>

Whether you are a volunteer or someone seeking help, further advice on protocols for ensuring safety on check-in calls, dog walking, shopping and the handling of goods and payments, as well as the collecting of prescriptions and other medicines, is available on the **BMRA website at www.burymeadow.co.uk** which will also include updates on businesses offering home delivery.

Please remember that if you are in a high risk category yourself, you should not volunteer for services that might expose you to greater risk.

www.burymeadow.co.uk

LOCKDOWN HOME DELIVERIES



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Groceries			
Darts Farm	order.dartfresh.co.uk	01392 878200	
Emmas Bakery	emmasbakeryltd.selz.com		
Greendale Farm	greendale.com/FB page	01395 232836	
Knight's Farm Shop	knightsfarmshop.co.uk		
Powderham Farm Shop	powderhamfarmshop.co.uk	01626 891883	
Greengrocers			
Veg-in-a-box	veg-inabox.com		Fresh fruit and veg from EX5.
Agricultural Inn	agriculturalinn.co.uk		
The Grocer on the Green	The Grocer on the Green FB page	07926 717648	Organic fruit and veg from Magdalen Road, St Leonard's shop.
The Thatched House	via Mypubshop.com/The Thatched House FB page		
Hartnell Fresh Foods	Hartnell Fresh Foods FB page	01392 272080	Fresh meat, fruit and veg from Longbrook St EX4.
Seasons	seasons-exeter.com	01392 201282	Plus baked goods, wholefoods etc. 100% Vegan food suppliers, EX4.
Wholesalers			
RD Johns	rdjohns.co.uk	01626 368800	
J&R Food services	jrfoodservice.co.uk	01392 445510	Ambient, chilled, frozen and non-food. Wholesale food suppliers. You must register to use this service. Take special note of the size of packs when ordering as this is designed as a wholesale service.
Caterfood	caterfood.co.uk/Caterfood FB page	01803 664422	Meat, fruit and veg. Paignton-based suppliers of frozen and other foods.
Total Produce	Total Produce FB page	01626 832848	Newton Abbot-based suppliers of fresh fruit and veg.
Dart Fresh Produce	order.dartfresh.co.uk		
Convenience Stores			
Broadway Stores	broadwaystores.co.uk	01392 272052	Delivers Cowick Lane area
Saunders Stores	Saunders Stores FB page	01392 258086	Newtown Store - delivers within a 3 mile radius
		01392 420967	Victoria Street - delivers within a 3 mile radius
Spar	Spar.co.uk		
	Spar Alphington FB page	01392 258103	Alphington area
	Spar Pinhoe FB page	01392 467193	Pinhoe area
Treats and more (All delivered through Exeterindy - www.inexeter.com)			
Ebdon's	ebdonsrefreshments.com	01392 758140	Soups, salads cakes, cheese, wine, beer, coffee
Pullo	www.pullo.shop	01392 757893	Wine, cider, cheese, coffee
Sidwell street			
cafe & bakehouse	stsidwells.org.uk	01392 666222	Half-portion home-made meals, sourdough, cakes
Kid's Hub Coffee	kidshubcoffee.co.uk	07554 321995	Turkish treats, pastries
Lockdown Exeter	lockdownexeter.co.uk		Online hub for groceries, meat & fish, bakery products, non-food essentials.