

Christmas Arrangements for Shopping and Food Parcels

If you are Clinical Extremely Vulnerable, have money and access to the internet you can access online shopping at the following supermarkets:

- Asda
- Iceland
- Morrisons
- Sainsburys
- Tesco
- Waitrose

You will need to be registered with the National Shielding Service System to receive a priority delivery slot from the supermarkets listed.

An individual can also request help from an NHS volunteer responder in gaining access to food, prescriptions and other essential items by calling **0808 196 3646** or visiting the Royal Voluntary Service website.

If you are vulnerable or in isolation, have money but no access to the internet and no family /friends to do your shopping

You can telephone:

- **Morrisons: 03456 116111** choose option 5 to make a telephone order
- **Central England Co-op: 08000 501601** to make a telephone order - a list of items can be found on the Co-op's website
- **Wilshire Farm Foods: 08000 773100** to order ready prepared meals

If you are vulnerable or in isolation, have no money, no access to the internet and no family/friends

You can get help from:

- **House of Bread Stafford: 01785 243492**
- **Elim Hope Church, Stafford: 01785 242373**
- **County Stores, Stafford: 07738 729878**

Prescriptions

If you are Clinically Extremely Vulnerable you can contact your local pharmacy - NHS Responders - and they will deliver your prescriptions for you.

If you are vulnerable and have no family or friends please contact **01785 619000**

General Support

To access general help and support please visit:

<https://www.staffordbc.gov.uk/support-residents-and-communities>

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Community Support

Find out what support is available in your area

Support Staffordshire:

<https://www.supportstaffordshire.org.uk/membership/organisation-directory>

Staffordshire Connects:

<https://www.staffordshireconnects.info/kb5/staffordshire/directory/adult.page?adultchannel=0>