

Strand on the Green Coronavirus helpdesk

Circular no. 1

Here is some information that may be useful, and please let us know if there is any help you need, - there have been many of you who are keen to do anything they can. We may be isolated behind, but we are not alone.

Food shopping:

Some of these local shops offer tailored services, and if you still need help, contact us, - we have volunteers who may be able to collect and deliver for you:

- **Hammonds, Kew Bridge**
Open Tuesday to Saturday from 9.00am to 6.00pm, and Sundays 10.00am to 4.00pm.
Can deliver to those who are isolated and/or vulnerable. Please call them on 020 8994 1105.
- **Sainsburys, Kew Bridge**
Open for elderly or vulnerable customers between 8.00am and 9.00am, on Mondays, Wednesdays and Fridays.
- **Strand on the Green grocer next to Mrs Joshi**
Open long hours up to 10.30pm, and often has fresh vegetables and other staples.
- **Waitrose, Chiswick High Road**
There are reports that their online delivery service has, like those of all the majors, been overwhelmed, but they are busy recruiting and hope to repair the situation soon.
- **Sainsburys, Chiswick High Road**
Open for shoppers in vulnerable groups between 8.00am and 9.00am on Mondays, Wednesdays and Fridays
- **Tescos, Chiswick High Road**
The larger stores have special opening times but this may not apply to the smaller Tesco's.
- **Marks and Spencer, Chiswick High Road**
Dedicating the first hour of trading to NHS staff and the older and more vulnerable.

Restaurants & pubs

You will know already from the news that restaurants and pubs have been asked to close. To protect their businesses, some are already or may soon be offering delivery and takeaway meals. Those we know of include:

- **Strand Café, (109, Strand on the Green, 020 8995 1012)**
Thai menu and will deliver locally, but check first.
- **Oregano (108, Strand on the Green, 020 8995 2452 and their menu is on www.oregano-w4.co.uk)**
Pizza takeaway on Strand on the Green near Kew Bridge.
- **City Barge, Strand on the Green**
There have been reports that they are about to introduce a delivery service

- **The Greyhound, Kew Green. (020 8332 9666 or www.info@thegreyhoundkew.co.uk)**
They are offering a Mothering Sunday delivery service.

Chemists

Please note: if you think you have symptoms of the virus, do NOT visit your local chemist, NHS service or hospital. Stay at home, check the NHS website for advice and call the NHS 111 service.

- **Busbys, Grove Park Pharmacy, by the Chswick station and railway bridge, 020 8857 5904, is your closest pharmacy.**

If anyone who is self-isolating needs help collecting prescriptions (repeat or otherwise), please let us know.

Other help

- If you need help getting online or using any of the various services that keep us all connected, both through voice and video, please get in touch using robertcolvill@me.com or phone him on 020 8994 7328.
- In the same way, please respond with any suggestions and corrections to this note.
- There is a vast amount of information, medical and otherwise, available online, but beware of scams, such as offers of testing kits, and so on.

If you want to follow the statistics about the course of the pandemic, the following website is updated daily on an international basis:

<https://www.worldometers.info/coronavirus/>

but be warned, it can make depressing reading.

This and other local news will be added to the SOGA website at www.strandonthegreen.org.uk

Happy Mothers Day and stay fit, - we do not want to lose you!

Sunday 22nd March, 2020