**Useful Contacts for those shielding, self isolating or in an at risk group**

Food and shopping

**Scouts** – leaders are shopping locally for anyone isolated - 07903445955

**Co-op Eldon St** – volunteer run delivery service for elderly and self isolating – 01475 727762

**Harry Lalley Day-Today** – Delivery of essential items; £5 min order; free delivery to all of Greenock, Gourock, Inverkip and Wemyss Bay – 07867492509 (Harry); 01475 632986 (Auchmead Rd store); 01475 631390 (Fife Rd store)

**Belville Community Gardens** – supply food/hygiene boxes to those self isolating who don’t have means to order one (no internet, credit card, friend or relatives etc). If required phone BCG on 01475 726034 with name, address, tel no of person who requires delivery.

**Inverclyde Home Fresh** – farmers market produce – needs a weeks notice as one man business – free delivery to Inverclyde – 07412 013352; [www.homefreshinverclyde.co.uk](http://www.homefreshinverclyde.co.uk)

**Robert Alexander Butcher** – delivery service throughout Inverclyde – free delivery – order online at [www.alexanderbutchers.co.uk](http://www.alexanderbutchers.co.uk) or call 01475 741399

**Tesco** elderly opening hours – Mon, Wed, Fri – 9am-10am (PG and Greenock)

**M&S** elderly/vulnerable opening hours – Mon & Thurs (first hour of opening)

**Iceland** – Elderly, vulnerable and key workers opening hours – first hour of opening every day

**Morrisons** - Elderly, vulnerable and NHS staff opening hours – first hour of opening every day

**McCaskie Butchers**, Wemyss Bay – delivery of butcher products; order online at [www.mccaskiebutcher.co.uk](http://www.mccaskiebutcher.co.uk); or call 01475 520192

**Premier, Sinclair St** – offering deliveries; 01475 808030

**Costcutter, Captain St** – delivery of essentials, free for people 70+ - [www.just-eat.co.uk](http://www.just-eat.co.uk); 01475 731678

**Duncan McKenzie craft butcher** – free delivery in Inverclyde; call 01475 791677; 07368 320423; 07984 610921

**MVM Fruit and Veg** – telephone orders – 01475 785000 – leave name, address, postcode, order details

**The Platter Merchant** Fishmongers, delivery – 07725348160

**Colin Love Fishmonger**, Kilmacolm – priority to elderly customers – give 24 hour notice – call 01505 872030