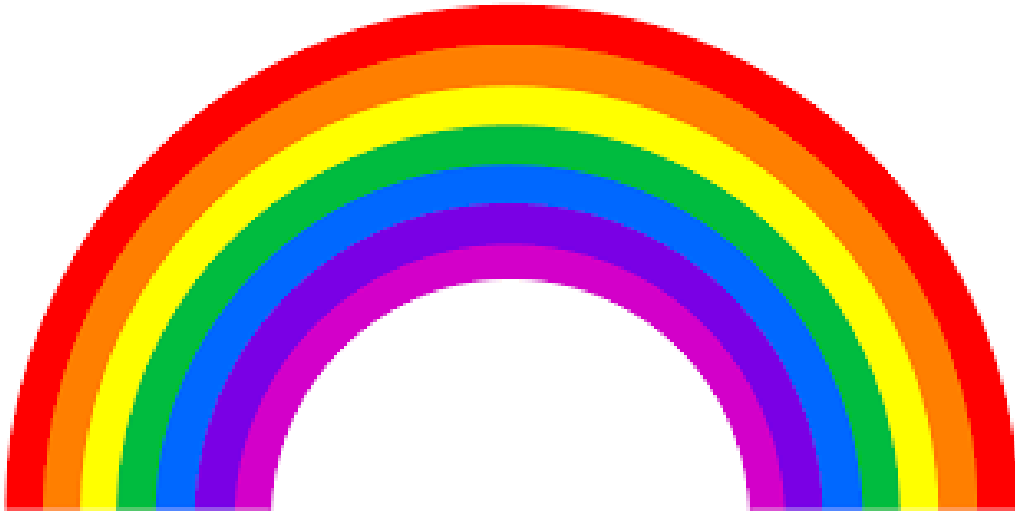


# The Clifton Chronicles

Covid 19—Information Sheet  
May 2020



Clifton Care Scheme  
07817 614654

Clifton Chronicles May 2020

will be published online: [www.clifton-beds.co.uk](http://www.clifton-beds.co.uk)

Dear Fellow Residents

This leaflet is designed to be a one-stop reference to services and resources which are currently available to support our community during the Covid 19 pandemic—**without leaving home or the village**. It is especially for those who do not have internet access so are not on the Clifton Facebook page or on one of the street WhatsApp groups.

Please lets all look out for neighbours particularly those who are self-isolating, elderly or vulnerable.

Kathy Blackmore, Editor, Clifton Chronicles

## Health & Wellbeing

### Sheffield Health Centre

Ring the Health Centre as normal: 810034 for appointments and 818620 for other enquiries but our way of working has inevitably changed.

As from Monday 16th March our front doors were closed to walk-in patients and there are no pre-booked appointments. Please phone the Surgery on the day you wish to be seen. No appointments will be made on your initial conversation with the receptionist. The receptionist will deal with your request and you will be called back by one of the team later that day.

We will be releasing online telephone triage appointments **ONLY**. These slots are only 2 minutes long and are for clinicians to carry an initial assessment of your need.

On-line consultations are also available via the practice website. You will need to fill out the detailed health questionnaire for the clinicians to be able to assist you.

We are continuing to carry out regular checks, tests and our immunisation programme.

### Pharmacies—opening times

#### Sheffield Health Centre

- 9.00 to 16.30 Monday to Friday

## **Lloyd's in Shefford**

- Mondays 10.30 to 17.30
- Tuesday to Friday 9.30 to 17.30
- Saturdays 10.00 to 16.00

## **Clifton Care Scheme - 07817 614654**

Due to isolation and distancing requirements, we have sadly had to suspend most of our normal services. What we are doing:

- 1 **Collecting and delivering prescribed medication** daily from Shefford Health Centre and Lloyds in Shefford. When you call we will need the following:
  - Your full name, as it appears on your prescription, and date of birth
  - Address, telephone number
  - Date for collection and which pharmacy you use.
- 2 We are also able to help with some **light shopping** if you are unable to do it yourself and do not have a relative, friend or neighbour who can help.
- 3 If you're alone at home and would like a **friendly weekly call** just to check that you are OK, call us to let us know.
- 4 We have volunteers making **scrubs bags for the NHS**, we would welcome more volunteers and we need donations of cotton sheets, pillowcases and duvet covers (any colour or pattern). We're also knitting hearts. One heart is given to the patient and the other to a family member who is unable to be with them. **Contact Judith Hagger on 01462 814693.**

## **Hearing aid batteries 01234 792191 / 795888**

Phone Bedford Hospital Audiology Dept, batteries posted to you.

## **All Saints Church, Revd Caren Topley, 615499**

Although our church is closed we are continuing to pray for all those in need. Do get in touch if you need support. You could also text 07885176079. Services are being broadcast on Facebook daily.

## **Samaritans Call Free 116 123**

Whatever You're Going Through, Call Us Free Any Time on 116 123

# Shopping & food

## **Clifton Cuisine, 01462 811813**

Usual delivery and collect services for orders every day except Monday 5.00-9.00.

## **J W Baxter, Butchers, 01462 812263**

Orders can be delivered, minimum order £10.

## **Langford Garden Centre 01462 700791**

Home delivery service, Call Monday to Friday 10am till 4 pm & Saturday 9am till 12pm.

Email us if possible on: wendy@langfordgc.co.uk

## **The Admiral, 01462 811069**

## **The Fruit Basket 07427 054150** (phone or text)

Delivers twice a week, Tuesday and Friday. Call for details.

## **The Steamer, Clifton Road, Shefford, 01462 814414**

Currently selling take away groceries & food, 1.00-5.00 and Hot take-away food 5.00-7.00. If you are **not able** to collect because you are isolating or vulnerable please ask for details of delivery.

## **The Refill Emporium**

Golden Lion, Clifton every Sunday, 10.00-11.00, general provisions.

## **Riverford Vegetable Boxes, 01767 677852**

Weekly deliveries.

## **Wiltshire Farm Foods, 02085 008088**

Ready prepared frozen meals. Are taking new customers and give priority to vulnerable people.

**All phones are very busy, please call back or email or get someone to email providers for you!**

Stay well, stay safe, keep active and look out for all our neighbours

We have tried to make this leaflet as comprehensive & accurate as possible at time of printing 25th April 2020.

Clifton Chronicles & Clifton Care Scheme