

UPDATED 30/3/20

NAME	TYPE OF HELP	CONTACT	INFORMATION
Harriet Helliwell	Gardening Advice	www.downtoearth.co.uk	I'm a professional gardener living in Bickington with 20 years experience, specialising in pruning and vegetable growing. Lots of people are wanting to start productive veg gardening at home now, but don't always have the knowledge or confidence to do so. I would be happy to offer a free email service for anyone in the parish who needs advice or would like help and support to get started. This would only be online or phone support, not in person. Here's a link to my website holding page. http://downtoearthadvice.co.uk/ Phone calls to be restricted to before 7.00pm please.
Fremington Parish Council	As much as possible	01271 321063 Monday – Friday, 9am – 1pm	We are able to try and locate volunteers in our Parish who can help with shopping/prescriptions/a friendly phone call and anything else that you may require help with
North Devon Labour Party	General Help	admin@northdevonlabour.org	To help pick up and drop off prescriptions. Collect food and toiletries, contact individuals to reduce loneliness etc.
Y-Drive Taxis	Delivery	01271 326000	Collection and delivery service for supermarket orders.
Green Party-Cllr Robbie Mack	Assistance to the vulnerable and self-isolating	01271 375411	Offering assistance to vulnerable & self-isolating residents - pick up and drop off prescriptions, collect, drop off food, toiletries and baby items. Contact isolated residents to reduce isolation