

**South Petherton
Community Support Team**

Wellbeing - Essential Supplies – Medication

**Services
Directory
January 2021**

**Here to Help
01460 510022**

www.pethertonsupport.co.uk

Supported and paid for by the South Petherton Parish Council

South Petherton Community Support Team (SPCST)

In March 2020 a group of people came together to form the SPCST. The team worked hard helping people, delivering prescriptions and answering phone calls while local businesses provided deliveries and worked extra hours.

We now find ourselves in our third national lockdown. As so many of our businesses and services are now set up to deal with this “new” way of working, we are in a much better position – but this is only of use if our community knows about what is on offer.

Within this booklet you will find details of various suppliers of food and services, a list of emergency contact numbers, wellbeing support and how prescription deliveries will operate.

We are confident that with this information in hand, the community will be well supported, as we see out the end of the winter and progress towards warmer weather and, hopefully, easier times.

I would like to take this opportunity to thank everyone who has helped compile this booklet, our shops and local businesses and everyone who extends a hand of help to their family, friends or neighbours.

Wishing you all well in 2021

Jenn Hodge
(SPCST Co-ordinator)

This handbook has been compiled from information provided by the suppliers and produced by South Petherton Community Support Team (SPCST) with the backing of South Petherton Parish Council. Whilst every care has been taken in its production, the compilers, the SPCST and South Petherton Parish Council assume no responsibility for errors, inaccuracies, omissions or any other inconsistencies therein or for any services and products provided.

Prescriptions

- Please continue to order your prescriptions as you have been doing before the lockdown.
- If you are not shielding or isolating, please collect your prescription as normal from the pharmacy.
- If you are shielding or isolating, please speak to friends, family or neighbours, who may be able to help by collecting your prescription for you.
- If no one can collect for you, please contact your pharmacy who should be able to deliver to you. You may have to pay a small charge for this service if you use Boots, but this may change. If you struggle with deliveries from Boots you can also get in touch with the pharmacy at the GP Surgery as they may be able to take over the dispensing of your prescription.
- If the pharmacy needs extra help with deliveries, they will get in touch with us.

South Petherton Pharmacy

Bernard Way, South Petherton, TA13 5EF
01460 242269

Boots

6 Market Square, South Petherton, TA13 5BT
01460 240430

Please contact them for up-to-date opening times.

Wellbeing and Support

It's good to talk

The past year has been hard on everyone, and sometimes just having someone to talk to can make all the difference. In addition to the numbers supplied on the next page, we can also offer more localised support.

Whether you are feeling low or you just want to connect with someone, then please get in touch. We will put you in contact with a village resident who is happy to chat, and who can stay in touch if you wish.

You can also contact Wendy, our Village Agent (details opposite) who can provide a range of information and support.

Youth

REACH, who run our local youth provision, provide an evening service on Tuesdays and Thursdays via text or call to any young person in the Parish who needs support. They are also providing some hot meals and food parcels to families in need – if this could help you, please get in touch with them.

Financial hardship

If you find yourself in financial hardship and are struggling to get the essentials there are a few people that may be able to help. The South Petherton Foodshare has a store of frozen and fresh items that are free to residents in need.

We may also be able to help in other ways such as paying for some shopping or utility bills. If you are in need of support please contact Adam Dance.

Useful Numbers

Somerset Coronavirus Helpline 0300 790 6275

Parish Services

SPCST Wellbeing 01460 510022

Village Agent (Wendy) 07572 024492

Parish Council 01460 241002

REACH (Youth) 07966 281959

info@reachyouth.co.uk

Adam Dance 07767 224213

(Parish, District and County Councillor)

South Petherton Community Food Share

Contact through Wendy, Adam or our Wellbeing number above, by email at *foodsharesouthpeth@gmail.com* or through their Facebook page: *facebook.com/southpethertonfoodshare*

Wellbeing

NHS Direct 111

MIND 0300 123 3393

Mindline Somerset 01823 276892

The Samaritans 116 123

Childline 0800 1111

Drugs and Alcohol Abuse 0300 123 6600

Open Mental Health

Open Mental Health offers 24/7 support to people in Somerset experiencing distress, anxiety or low mood

01823 276892

support@openmentalhealth.org.uk

Emergency Numbers

Emergency Services	999
Non-Emergency Police	101
Western Power Distribution	105
Wessex Water	0345 600 4 600
Gas Emergency Line	0800 111 999

N & D News

26 St James's Street
South Petherton
TA13 5BW



01460 249564



nanddnews26@gmail.com



**Full range of groceries; milk
Newsagents
Greetings cards and stationery**



Mon - Fri 06.00 - 14.00

Sat - Sun 06.00 - 12.00



- By card
- By cash



Free grocery deliveries around South Petherton, Lopen, Over Stratton, East and West Lambrook and the Seavingtons

Groceries, meat & vegetables

A.J.Winter (Butchers)

32 St James's Street
South Petherton
TA13 5BW



01460 240569



**Fresh meat, eggs, cooked meats,
quiches, pasties, pies and an
assortment of condiments**



- By card
- By cash



- Free, with no minimum order in South Petherton (wide) catchment includes Stoke sub Hamdon, Ilminster.
- Deliveries Mon-Fri., mainly next day but minimum 24 hours notice required. We can guarantee the delivery day, but not the time

Bakery Roy-Al

30 St James's Street
South Petherton
TA13 5BS



01460 242632



Baked goods, baking ingredients



Mon - Fri 08.30 - 14.30
Sat 08.30 - 13.00



By cash



Collection only

Groceries, meat & vegetables

Hurcott Farm



07582 776398

Hurcott
Seavington
Ilminster TA19 0JS



Farm potatoes

12.5kg £6.00

25kg £8.00



- By PayPal : spuds@hurcottfarm.co.uk
(Please add 50p to cover bank fee or send as a gift).
- By cash



- Delivered free to South Petherton and surrounding villages. Please ask us to quote if further away.
- Collect from the farm

The Fruit & Veg Shop

32 St James's Street
South Petherton
TA13 5BS



01460 242523



thefruitandvegshoporders@gmail.com



Fruit, vegetables, eggs



- By card over the phone
- By cash on delivery



We will deliver FREE to South Petherton and surrounding areas (Over Stratton, Shepton Beauchamp, Seavingtons, Lambrooks, Hinton). Outlying villages are once a week – check which day when ordering.

Groceries, meat & vegetables

Trading Post Farm Shop

Lopenhead
TA13 5JH



01460 241666



kate@tradingpostfarmshop.co.uk



Full range of groceries, veg, fruit and salad boxes



- By cash
- By card
- BACS



- Collection or delivery on Tuesdays only, allocated by time slot starting after 15.00 for either collection or delivery.
- *To collect on a Tuesday, email on the Sunday before. If no email access, you can phone your order but last orders are on a Monday morning.*

Minimum order value of £30 for delivery and the delivery charge is £2. Delivery within a 5 mile radius of Trading Post

Groceries, meat & vegetables

Hinton St George Shop

47 High Street
Hinton St George
TA17 8SE



01460 72706



orders@ourshophinton.org



General groceries, fruit and veg
“Cooks” pre-made meals



Mon - Sat 08.00 - 14.00



- By cash in person
- By card over the phone



- Order in advance for socially distanced collection
- Delivery to Hinton St George
- Emergency deliveries can be arranged to those shielding in South Petherton
- Shop in person

Phoenix Fish Bar

8A St James's Street
South Petherton
TA13 5BS



01460 241640



www.phoenix-takeaway.co.uk



Fish & chips and Chinese meals



- Tues -Thur 17.00 - 21.30
- Fri - Sat 12.00 - 13.30 17.00 - 22.00



- By cash
- By card for orders over £10



Collection only

Groceries, meat & vegetables

Takeaway Food

The Brewers Arms

18 St James's Street
South Petherton
TA13 5BW



01460 241887



Full standard menu & daily specials
Sunday – roasts only



Tues - Sat 17.00 - 20.00
Sun 12.00 - 15.00



- By card
- By cash



- **Deliveries only**
- Free to South Petherton and surrounding villages

New Farm Restaurant

Over Stratton
South Petherton
TA13 5LQ



01460 240584



dine@newfarmrestaurant.co.uk



Hot meals
Frozen meals for your freezer



Weds - Sat
Phone for collection/delivery time slots



- By card
- By cash in an envelope



Free to South Petherton and surrounding villages but please be considerate

The Royal Oak

Over Stratton
South Petherton
TA13 5LQ



01460 240907



bexstreet82@gmail.com



Hot meals – daily menu



Tues - Sat 17.00 - 20.00
Sun 12.00 - 15.00



- By card
- By cash on delivery
- BACS



- Collection
- Delivery (free within 3 mile radius. Further distances charged case-by-case)

Old Dairy Café

Bower Hinton Farm
Back Lane
Bower Hinton
Martock TA12 6LH



01935 824978
Out of hours 07801 639937



Hot meals

Farm shop: local vegetables, fruit, milk and dairy, bread, eggs, some baking ingredients.



- By card over the phone
- By cash



- Drive-thru or collection.
- Can deliver on Weds depending on need.
- Free delivery for people who are in need

The Ranch Café

Parrett Works
Martock
TA12 6AE



07799 083419



www.theranchcafedeli.com



Café & delicatessen. Hot food –

breakfast, lunch, mid-week evening roasts.

Deli – cakes, local cheeses, meats,
homemade pastries and local preserves/honey



- By card over the phone
- By cash on delivery



- Collection or delivery. Deliveries can combine hot food orders with deli.
- Free delivery within 3 mile radius of Parrett Works

Farm & Field Café

Frogmary Green Farm
West Street
South Petherton
TA13 5DJ



01460 242775



info@frogmarygreenfarm.co.uk



Hot and cold food takeaway



Weds	16.30 - 20.00
Fri - Sat	09.30 - 20.00
Sun	09.30 - 16.30

*Please phone
ahead to order
evening meals*



- By card
- By cash
- Online via Facebook



Collection only

Pip's Railway Carriage

Lopenhead
TA13 5JH



07729 685412



**Hot and cold, sweet and savoury,
home-baked products**



- Fri - Sat 10.30 - 14.00



- By card
- By cash



Collection only

Lopen Raj

Lopenhead
TA13 5JH



01460 242566



info@lopenraj.co.uk



Indian and Thai cuisine



Mon - Sat 12.00 - 14.00 (except Fri)

Mon - Sat 17.00 - 23.00

Sun 12.00 - 22.00



- By card
- By cash



- Collection
- Free delivery within 5 mile radius

Takeaway Food & Meals

PAWS Pet Shop

4 Ditton Street
Ilminster
TA19 0BQ



01460 57334



Paws Pet Shop



Pet food and accessories



Mon - Fri 08.00 - 16.30

Sat 08.00 - 14.30

Sun 10.00 - 14.00



- By card over the phone
- By cash on delivery



Delivery only. Delivery charge £1 per delivery

Tom the Gardener



07795 473268



tom.hannell@googlemail.com



Gardening services



- By cash
- BACS



Anywhere in South Petherton catchment. No mileage charge but please be considerate

Miscellaneous Services

Yeabridge Farm



07702 498495

Yeabridge Farm
South Petherton
TA13 5LP



hello@yeabridge.farm



Self storage facility



Open 7 days a week, 24 hours a day



- By standing order
- By debit card
- By cheque

South Somerset Cars

4 Manor Farm
Cottages,
Crewkerne
TA18 7PN



01935 507655



Deliveries: We will deliver for FREE to any person who is isolated, unable to get out and who lives in West Chinnock, Chiselborough, Norton, Stoke-Sub-Hamdon, Merriott, Crewkerne and surrounding villages



Free

Miscellaneous Services

Anna Morrell



01460 240093



thingsandstuff@gmail.com



Dog Walking – 30-minute slots



- By cash (in envelope)
- By cheque
- BACS



South Petherton only at present

Wessex Water



0345 600 3 600



customer.services@wessexwater.co.uk



Clearing shared drains: Free service

Private drain clearing: contact us for a quotation



Mon - Fri 08.00 - 20.00

Sat 08.00 - 14.00



By card over the phone

Pamper Me Gorgeous



07540 885239



zadee@me.com



Bodyshop products



- BACS (preferred)
- By cash



Delivery only, free within 10 mile radius of TA13

Wright Cleaning Company

South Petherton
TA13 5AY



07476 994428



Cleaning: Deep cleans, end of tenancy, regular, carpets, wheelie bin.

Laundry/ ironing - collect and deliver - next day service



- By cash
- By cheque
- BACS



- Cleaning on site.
- Laundry collections and deliveries
- South Petherton and surrounding villages

Miscellaneous Services

South Petherton Community Support Team

The SPCST is an informal group of residents who aim to provide the village with support, information and assistance.

We hope that this booklet will help people – especially those who are shielding or isolating.

By using local businesses, who – if you cannot get out – can deliver everything from milk, bread, meat, veg, groceries and household items – not only are you supporting them, but you are also removing the need for lots of volunteers to be out and about.

Our help-line is up and running again: **01460 510022**
You can call this number to speak to someone who will put you in touch with a local “befriender” or to help signpost you to further help. You can also contact Wendy, our village agent.

If you want to contact the team please email info@pethertonsupport.co.uk or call the number above (you may need to leave a message).

Please note

We are not taking calls for prescription delivery – this needs to be done through your pharmacy.

The SPCST is coordinated by Cllr Jenn Hodge with the support of Cllr Adam Dance, Tim Burch of 2nd South Petherton Scout Group, Spark Somerset, REACH and our amazing volunteer network.