

Store / Outlet	Service	Need to Know.....	Village	Opening times	Contact Details
Tesco Express	Groceries	<ul style="list-style-type: none"> <li>• Shop in store</li> <li>• 1 hour before opening for NHS staff only on Sundays</li> </ul>	Rottingdean High St	<ul style="list-style-type: none"> <li>• Daily</li> <li>• 7am to 10 pm</li> </ul>	
SA Deveson	Groceries	<ul style="list-style-type: none"> <li>• Order online (preferred) or ring</li> <li>• Place order day before for collection</li> <li>• Payment by contactless</li> </ul>	Rottingdean High St	<ul style="list-style-type: none"> <li>• Mon to Sat</li> <li>• 6am to 6pm</li> <li>• Sunday</li> <li>• 10am to 4pm</li> </ul>	<ul style="list-style-type: none"> <li>• <a href="mailto:sadeveson@gmail.com">sadeveson@gmail.com</a></li> <li>• 01273 303257</li> </ul>
Dapper Dogs	Pet Shop	<ul style="list-style-type: none"> <li>• FREE Pet supplies delivery.</li> <li>• £3 off delivery orders over £30.</li> </ul>	Saltdean	<ul style="list-style-type: none"> <li>• 8:30am - 5:30pm Mon - Sat</li> <li>• 10am - 4pm Sun</li> </ul>	<ul style="list-style-type: none"> <li>• 43 Longridge Ave, Saltdean, BN2 8LG</li> <li>• 01273 307122</li> </ul>
David Shoebridge	Butchers	<ul style="list-style-type: none"> <li>• Well stocked with all the normal meats, bread, milk, butter, eggs, cheeses and pies.</li> <li>• Delivery arranged for those in need.</li> </ul>		<ul style="list-style-type: none"> <li>• Open 7.30 - 5pm Daily</li> <li>• Monday &amp; Wednesday open to 1pm.</li> </ul>	<ul style="list-style-type: none"> <li>• Call <b>David</b> on: <b>01273 302423</b></li> <li>• 77 Lustrells Vale, Saltdean, BN2 8FA</li> </ul>
Windmill Bakery	Bakery	<ul style="list-style-type: none"> <li>• Orders only - Bread &amp; deli counter</li> <li>• Orders will need to be in by 11am on a Monday for collection/ delivery Tuesday &amp; orders by 11am on Thursday for Friday.</li> <li>• You can either phone or order on our Facebook page.</li> <li>• Delivery if you can't get to the shop</li> </ul>	Rottingdean High St	<ul style="list-style-type: none"> <li>• Tuesday</li> <li>• Friday</li> </ul>	<ul style="list-style-type: none"> <li>• Phone 07388 095949</li> <li>• FB page <a href="https://www.facebook.com/thewindmillrottingdean/">https://www.facebook.com/thewindmillrottingdean/</a></li> </ul>
Handy Hardware	Hardware, pet food etc	<ul style="list-style-type: none"> <li>• Call between 9am and 12pm</li> <li>• Phone messages will be answered the next day</li> <li>• Door step drop deliveries</li> </ul>	Rottingdean	<ul style="list-style-type: none"> <li>• Closed for face to face customers</li> <li>• Telephone orders only</li> </ul>	<ul style="list-style-type: none"> <li>• 01273 390141</li> </ul>
Asda	Groceries	<ul style="list-style-type: none"> <li>• Social distancing means number of people entering the store is limited</li> <li>• Shopping for NHS/elderly 8am to 9am</li> <li>• Click &amp; collect - expect high volume so slow to get on to</li> </ul>	Marina	<ul style="list-style-type: none"> <li>• Mon to Sat 8am to 8 pm</li> <li>• Sunday 11 am to 3 pm</li> </ul>	

		<ul style="list-style-type: none"> <li>• <a href="#">Volunteer Shopping Card</a> - a cashless way for people to help get the shopping in. Ideal for those who might be self-isolating, older or medically vulnerable, the Volunteer Shopping Card provides a contactless, safe and secure way to allow others to shop for them.</li> </ul>			
Ovingdean Village store	General Store	<ul style="list-style-type: none"> <li>• Possible to do some deliveries, please call &amp; ask</li> <li>• Still getting stocks in, some are limited, but can always call &amp; speak to James if you are after something</li> <li>• Hours may change from next week tbc</li> </ul>	Ovingdean Longhill Rd	<ul style="list-style-type: none"> <li>• Mon to Sat 6am to 6.30pm</li> <li>• Sun 7am to 1pm</li> </ul>	<ul style="list-style-type: none"> <li>• 01273 302176</li> </ul>
G R Rushman and Son	Butchers		Rottingdean High Street	<ul style="list-style-type: none"> <li>• Mon to Sat 7.30am to 5pm</li> </ul>	<ul style="list-style-type: none"> <li>• 01273 303254</li> </ul>
Healthy U Pharmacy	Pharmacy	<ul style="list-style-type: none"> <li>• Open Pharmacy.</li> <li>• Delivery enquiries welcome.</li> <li>• Delivery based on assessed need.</li> </ul>	Saltdean	<ul style="list-style-type: none"> <li>• 9am - 1pm and 2pm - 6:30pm Mon - Fri</li> </ul>	<ul style="list-style-type: none"> <li>• 59 Lustrells Vale, Saltdean, BN2 8FA</li> <li>• 01273 301644</li> </ul>
Crocodile Cafe	Restaurant	<ul style="list-style-type: none"> <li>• Grocery deliveries by day</li> <li>• Hot food deliveries and pick up by evening</li> </ul>	Saltdean		<ul style="list-style-type: none"> <li>• 01273 300515</li> <li>• 16 Longridge Ave, Saltdean, BN2 8LH</li> </ul>
Bistro Gourmand - Frank	French Restaurant	<ul style="list-style-type: none"> <li>• Call Frank for menu details</li> <li>• Collection</li> </ul>	Rottingdean Nevill Rd		<ul style="list-style-type: none"> <li>• 01273 390998</li> </ul>
SNK Convenient Store	Corner Shop	<ul style="list-style-type: none"> <li>• Paper deliveries enquiries welcome.</li> </ul>	Saltdean	<ul style="list-style-type: none"> <li>• 7am - 4pm Mon - Sat</li> </ul>	<ul style="list-style-type: none"> <li>• Call <b>Bala</b> on: 01273 304231</li> <li>• 138 Saltdean Vale, BN2 8HF</li> </ul>
Saltdean Post Office	Post Office	<ul style="list-style-type: none"> <li>• Banking services offered:</li> <li>• Bank Withdrawals and bank deposits</li> <li>• Tracy says people in isolation can contact their Gas &amp; Electric companies who can supply by post pre-loaded cards.</li> </ul>	Saltdean	<ul style="list-style-type: none"> <li>• 08:30 - 5:30 Mon - Fri</li> <li>• 09:00 - 12:30 Sat</li> </ul>	<ul style="list-style-type: none"> <li>• 01273 301117</li> <li>• 26 Longridge Ave, Saltdean, BN2 8LJ</li> </ul>
PJ Stores	Convenience Store		Saltdean	<ul style="list-style-type: none"> <li>• 7am - 7pm Sun - Tues</li> <li>• 7am - 11pm</li> </ul>	<ul style="list-style-type: none"> <li>• 126 Lustrells Vale, Saltdean, BN2 8FB</li> </ul>

				Wed - Sat	
Lloyds Pharmacy	Pharmacy	<ul style="list-style-type: none"> <li>• Delivery enquiries welcome.</li> <li>• Delivery based on assessed need.</li> </ul>	Saltdean	<ul style="list-style-type: none"> <li>• 9am - 6pm Mon - Fri</li> <li>• 9am - 5pm Sat</li> </ul>	<ul style="list-style-type: none"> <li>• 01273 302800</li> <li>• 9 Longridge Ave, Saltdean, BN2 8LG</li> </ul>
Saltdean Launderette	Launderette		Saltdean	<ul style="list-style-type: none"> <li>• 07:30am - 07:30pm Mon - Sun</li> </ul>	<ul style="list-style-type: none"> <li>• 01273 382727</li> <li>• 114 Lustrells Vale, Saltdean, BN2 8FB</li> </ul>
Thaiangle	Thai / Sri Lankan meals: Takeaway / Delivery	<ul style="list-style-type: none"> <li>• Friday &amp; Saturday evenings</li> <li>• Place order by 9pm previous evening for collection / some local delivery</li> <li>• 10% off if you order both nights</li> <li>• 20% off if you are self-isolating for medical reasons</li> <li>• 50% off if you are frontline NHS staff.</li> <li>• If you live outside of Saltdean but within a mile or so then we'll do our best to deliver to you too, so just jot it down on the order form and we'll let you know how it's looking later in the week.</li> <li>• Menu changes weekly - FB best place for updates &amp; for order forms</li> </ul>	Saltdean		<ul style="list-style-type: none"> <li>• 07723 381259</li> <li>• <a href="mailto:hello@thaiangle.co.uk">hello@thaiangle.co.uk</a></li> <li>• FB page <a href="https://www.facebook.com/Thaiangle/">https://www.facebook.com/Thaiangle/</a></li> <li>• <a href="http://thaiangle.co.uk/">http://thaiangle.co.uk/</a></li> </ul>
Wild Flour	Pizza	<ul style="list-style-type: none"> <li>• Observe social distancing so please come alone</li> <li>• Only one person inside the door at any one time</li> <li>• Cards only. NO CASH</li> <li>• Takeaway only (delivery/collection)</li> <li>• Call or order online to order</li> </ul>	Ovingdean	<ul style="list-style-type: none"> <li>• Friday &amp; Saturday</li> <li>• 5pm to 9pm</li> </ul>	<ul style="list-style-type: none"> <li>• 01273 950991</li> <li>• <a href="https://www.wildflourpizza.co.uk">https://www.wildflourpizza.co.uk</a></li> </ul>
VIP	Pizza	<ul style="list-style-type: none"> <li>• From now you can pre-order your delivery every day between 12pm till 5pm</li> <li>• Delivery to your door</li> <li>• Choose half hour slot between 5pm to 10pm</li> <li>• We will not be taking orders after 5 pm</li> </ul>	Saltdean	<ul style="list-style-type: none"> <li>• Daily - order before 5pm</li> <li>• Delivery between 5pm &amp; 10pm</li> </ul>	<ul style="list-style-type: none"> <li>• 01273 300998</li> <li>• <a href="http://www.pizzavip.co.uk">www.pizzavip.co.uk</a></li> </ul>
Seaspray cafe	Meals	<ul style="list-style-type: none"> <li>• Will deliver as per set menu to</li> <li>• <a href="mailto:orders@seaspraycafe.co.uk">orders@seaspraycafe.co.uk</a></li> </ul>	Rottingdean	Delivery between 7.30am and 4pm	<ul style="list-style-type: none"> <li>• 01273 307631</li> <li>• <a href="https://www.facebook.com/Seasprayrottingdean">https://www.facebook.com/Seasprayrottingdean</a></li> </ul>

Park Farm Shop	Groceries and fresh produce	<ul style="list-style-type: none"> <li>• Shop in store observing social distancing</li> <li>• Key worker shopping 8:30-9am</li> <li>• Online ordering (no delivery to Ovingdean - collect in shop) of fruit &amp; veg boxes</li> </ul>	Falmer	Tues - Sat 8:30-5pm  CLOSED EASTER WEEKEND	<ul style="list-style-type: none"> <li>• 01273 671002</li> </ul> <a href="https://www.parkfarmshop.co.uk/">https://www.parkfarmshop.co.uk/</a>
Dubleaus	Grocer	<ul style="list-style-type: none"> <li>• If you are a Vulnerable Customer or you need a same day delivery please call the shop on 01273 945 674 and one of our lovely staff will be able to help</li> </ul>	Brighton	<ul style="list-style-type: none"> <li>• 8.30am - 5pm Mon-Sat</li> <li>• 11am - 5pm Sundays</li> </ul>	<ul style="list-style-type: none"> <li>• 01273 945 674</li> <li>• 18 Whitehawk Road BN2 5FA</li> <li>• <a href="mailto:info@dubleaus.com">info@dubleaus.com</a></li> <li>• <a href="https://dubleaus.com">https://dubleaus.com</a></li> </ul>
Catch of the Day	Fish	<ul style="list-style-type: none"> <li>• Fresh fish delivery</li> </ul>	Peacehaven	Call Tim, who will deliver to your door	<ul style="list-style-type: none"> <li>• 07974464724</li> <li>• 01273 58 2637</li> <li>• <a href="mailto:timwoodward@live.co.uk">timwoodward@live.co.uk</a></li> </ul>
Wiltshire Farm Foods	Frozen ready meals	<ul style="list-style-type: none"> <li>• Frozen meals delivery</li> <li>• Cost per meal £3.25-£6.00</li> <li>• Min. order size £15</li> <li>• No delivery charge</li> <li>• Priority for extremely vulnerable</li> </ul>	Franchise with local branch	Deliver on Fridays	<ul style="list-style-type: none"> <li>• 0800 0773100</li> <li>• <a href="https://www.wiltshirefarmfoods.com/">https://www.wiltshirefarmfoods.com/</a></li> </ul>
Oakhouse Foods	Frozen ready meals	<ul style="list-style-type: none"> <li>• Frozen meals delivery</li> <li>• Cost per meal £2.50 - £6</li> <li>• Min. order size £10</li> <li>• £1 delivery charge</li> <li>• Free delivery on orders over £30.</li> </ul>	Franchise with local branch		<ul style="list-style-type: none"> <li>• 0333 3702520</li> <li>• <a href="https://www.oakhousefoods.co.uk">https://www.oakhousefoods.co.uk</a></li> </ul>
LIDL	Supermarket	<ul style="list-style-type: none"> <li>• No dedicated NHS or Silver hours</li> </ul>	National chain	8:00am to 22:00pm Mon-Sat 10:00am to 16:00pm Sun	<a href="https://www.lidl.co.uk/about-us/store-finder-openinghours">https://www.lidl.co.uk/about-us/store-finder-openinghours</a>
ALDI	Supermarket	<ul style="list-style-type: none"> <li>• Anyone from NHS, Police or Fire Service can queue jump to enter store upon showing ID</li> </ul>	National chain	8:00am to 20:00pm Mon-Sat 10:00am to 16:00pm Sun	<a href="https://www.aldi.co.uk/covid19">https://www.aldi.co.uk/covid19</a>
Morrisons	Supermarket	<ul style="list-style-type: none"> <li>• Priority shopping for NHS with ID badge: 7:00am to 8:00am Mon-Sat</li> </ul>	National chain	7:00am to 22:00pm Mon-Sat 11:00am to 17:00pm Sun	<a href="https://my.morrisons.com/storefinder/">https://my.morrisons.com/storefinder/</a>
Co-Op	Supermarket	<ul style="list-style-type: none"> <li>• Priority shopping for NHS / Vulnerable / Elderly and their carers: 8:00am to 9:00am</li> </ul>	National chain	7:00am to 23:00pm Mon-Sun	<a href="https://www.coop.co.uk/coronavirus">https://www.coop.co.uk/coronavirus</a>

		Mon-Sat			
Iceland	Supermarket	<ul style="list-style-type: none"> <li>Priority shopping for NHS workers 17:30pm to 18:00pm Mon-Sat</li> <li>Priority shopping for Vulnerable/Elderly and their carers 8:00am to 9:00am Mon-Sat</li> </ul>	National chain	9:00am to 18:00pm Mon-Sat 10:00am to 16:00pm Sun	<a href="https://www.iceland.co.uk/customer-support/help-articles#coronavirus">https://www.iceland.co.uk/customer-support/help-articles#coronavirus</a>
Tesco	Supermarket	<ul style="list-style-type: none"> <li>Priority shopping for Vulnerable/Elderly and their carers 9:00am to 10:00am Mon, Wed, Fri</li> <li>Priority shopping for NHS workers 9:00am to 10:00am Tues, Thurs and 10:00am to 11:00am Sun (browsing only)</li> </ul>	National chain	8:00am to 22:00pm Mon-Fri 8:00am to 21:00pm Sat 10:00am to 16:00pm Sun	<a href="https://www.tesco.com/help/covid-19/?icid=DCHP_C2_COVID_GENERIC_WK4">https://www.tesco.com/help/covid-19/?icid=DCHP_C2_COVID_GENERIC_WK4</a>
Sainsbury's	Supermarket	<ul style="list-style-type: none"> <li>Priority shopping for Vulnerable/Elderly and their carers 8:00am to 9:00am Mon-Sat</li> <li>Priority shopping for NHS workers 07:30 to 8:00am Mon-Sat</li> </ul>	National chain	8:00am to 20:00pm Mon-Sat 11:00am to 17:00pm Sun	<a href="https://www.sainsburys.co.uk/webapp/wcs/stores/servlet/gb/groceries/working-to-feed-the-nation-/latest-information--?storeId=10151&amp;langId=44&amp;krypto=Vc%2FsYNaP7O8l9pILsIH%2F%2F2xIWsaZy6oIQHBP1Ekw6tRKuT05HL4pOrj5ORf68glWgaUbyAanP7IT2e1Lm%2BV9F3VGktuhw1iOUjfCKdHjBLQse26qk5SWUkGfWOWaKXIJ&amp;ddkey=https%3Agb%2Fgroceries%2Fworking-to-feed-the-nation-%2Flatest-information--">https://www.sainsburys.co.uk/webapp/wcs/stores/servlet/gb/groceries/working-to-feed-the-nation-/latest-information--?storeId=10151&amp;langId=44&amp;krypto=Vc%2FsYNaP7O8l9pILsIH%2F%2F2xIWsaZy6oIQHBP1Ekw6tRKuT05HL4pOrj5ORf68glWgaUbyAanP7IT2e1Lm%2BV9F3VGktuhw1iOUjfCKdHjBLQse26qk5SWUkGfWOWaKXIJ&amp;ddkey=https%3Agb%2Fgroceries%2Fworking-to-feed-the-nation-%2Flatest-information--</a>
Brighton and Hove Food Partnership	Local CIC	<ul style="list-style-type: none"> <li>List of local food and veg deliveries from Brighton and Hove Food Partnership</li> <li>Signposting for Foodbanks and a directory of services relating to food</li> </ul>			<a href="https://bhfood.org.uk/how-to-hub/local-veg-box-schemes-and-farmers-markets/?fbclid=IwAR2C6ha0A9ECGJYrVjnPEbyoCkf1AOdHSJRNnuPBWAlbpxdvJKTqyFKyxlq">https://bhfood.org.uk/how-to-hub/local-veg-box-schemes-and-farmers-markets/?fbclid=IwAR2C6ha0A9ECGJYrVjnPEbyoCkf1AOdHSJRNnuPBWAlbpxdvJKTqyFKyxlq</a>
Brighton Quarantine	Independent website built by Chris Boakes with data from Jo Child	<ul style="list-style-type: none"> <li>Website listing alphabetically most independent shops in Brighton and Hove delivering during the crisis</li> </ul>			<a href="https://www.brightonquarantine.co.uk/?fbclid=IwAR1r2kKBdA3XNwKxFfrhsJsrgnKSPEySrLv2j9Cx6qTWDHbWU-HxMKPoJX8">https://www.brightonquarantine.co.uk/?fbclid=IwAR1r2kKBdA3XNwKxFfrhsJsrgnKSPEySrLv2j9Cx6qTWDHbWU-HxMKPoJX8</a>
Brighton and Hove	Community Transport	<ul style="list-style-type: none"> <li>Our new service is for <b>anyone who is self-isolating and cannot easily access</b></li> </ul>	<ul style="list-style-type: none"> <li>Mon to Fri 09:00 to</li> </ul>	Delivery on Mondays and Thursdays	<a href="https://food.bhct.co.uk/pages/brighton-hove-community-transport">https://food.bhct.co.uk/pages/brighton-hove-community-transport</a>

Community Transport Food Project		<p><b>food and provisions.</b> You do not need to be an existing member and you do not need to be elderly or disabled. The service is for everyone in the Brighton &amp; Hove area who for whatever reason can't easily access basic essentials and we are delighted to be working with local independent grocer <a href="#">Dubleaus</a> to provide you with good quality fresh food at affordable prices.</p> <ul style="list-style-type: none"> <li>• Saltdean, Rottingdean, Woodingdean &amp; Ovingdean; <b>delivered on Mondays &amp; Thursdays</b></li> </ul>	17:00.	£6 delivery charge	<a href="#">ort-food-project</a> You can order <a href="#">online on this website</a> or by calling Ellis: 07548 226452 or Daniel: 07739 953600
The Big Lemon	Bus Service	<ul style="list-style-type: none"> <li>• There will no longer be a dedicated 16 service. Instead, journeys on service 47 towards Sainsbury's will continue to Portslade Health Centre, Boundary Road and Portslade Station.</li> <li>• Services 47 and 52 will run most (but not all) journeys from the beginning of the day until about 11.45am. There will then be a break until about 3pm, when services will resume, at a slightly lower frequency, until the end of the day. We have prioritised the morning and evening peaks as that is when our remaining passengers need us most.</li> <li>• Sunday services on Route 57 will operate two hourly throughout the day.</li> </ul>			47 new timetable: <a href="https://thebiglemon.com/wp-content/uploads/2020/03/47-Timetable-from-1-April-2020.pdf">https://thebiglemon.com/wp-content/uploads/2020/03/47-Timetable-from-1-April-2020.pdf</a> 52 new timetable: <a href="https://thebiglemon.com/wp-content/uploads/2020/03/52-Time-table-from-1-April-2020.pdf">https://thebiglemon.com/wp-content/uploads/2020/03/52-Time-table-from-1-April-2020.pdf</a> 57 update: <a href="https://thebiglemon.com/57-1/">https://thebiglemon.com/57-1/</a>
Aging Well	Service Directory	<ul style="list-style-type: none"> <li>• Ageing Well have collated the following list of local and national services. We will be constantly adding to and updating the information here every other day, so please keep checking our website for the most recent version. If something is missing from this list please call the Ageing Well telephone number on 07770 061 072 and we will do our best to find the information you need.</li> </ul>			<a href="http://ageingwellbh.org/wp-content/uploads/2020/04/Ageing-Well-Support-Directory_06.04.pdf">http://ageingwellbh.org/wp-content/uploads/2020/04/Ageing-Well-Support-Directory_06.04.pdf</a>

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