

BARFORD, SHERBOURNE & WASPERTON JPC COVID 19 SUPPORT

Information and Sources of Help for Residents of the Parishes

Coronavirus Help:

Please note that, as we go into lockdown again that some of the activities events and contact details may have changed

Covid related support hotline: About Current Coronavirus Rules	https://www.gov.uk/coronavirus	0800 408 1447
Advice if you have been tested positive for Coronavirus or think you may be infected with the virus:	https://www.gov.uk/government/publications/covid-19-stay-at-home-guidance?priority-taxon=774cee22-d896-44c1-a611-e3109cce8eae	
Food Bank	http://warwickdistrict.foodbank.org.uk/wp-content/uploads/sites/324/2017/01/Foodbank-Flyer-031016.pdf	07850 293383
Prescription Deliveries from Mellors Pharmacy to your door	For those residents who have been told that they must self-isolate. There may be a delivery charge for this depending upon your financial circumstances	01926 492002
Wellesbourne Pharmacy		01789 840484
Vasa Transport Services:	Vasa Volunteer drivers can take passengers to medical appointments at hospitals, GP surgeries, chiropodists, opticians and dentists or to groups and activities to help encourage social inclusion including lunch clubs and transport to day care. Areas covered: Stratford on Avon, Warwick, Leamington Spa, Kenilworth, Southam, Alcester, Studley, Wellesbourne, Shipston on Stour, Rugby and the surrounding villages: https://www.vasa.org.uk/services/community-transport/	01789 262889
Barford Coffee Mornings	Open to all ages and sexes, including parents and babies. Anyone interested in joining should contact Wendy Barlow on:	01926 624296
Barford Baby Group	Contact Lorraine Barlow on:	07977 998140

Keep fit classes in Barford:	If lockdown rules prohibit these classes continuing as normal, they may be held as zoom sessions. Please contact the organisers directly	
Rebel Fitness	Total body workouts for all ages and abilities, circuit training as well as personal training sessions and small workout groups. Classes on Tuesdays and Friday mornings at 9.30 am in the MUGA, they are Total Body Workouts for all ages and abilities, then a Wednesday evening circuit class with weights in the village hall at 6.15pm. Contact Kate Slim on Instagram: @rebel_fitness_barford. Facebook: Rebel Fitness	07593978153
All In Fit	Emily is a Group Exercise to Music Fitness instructor and runs community fitness classes in Barford and surrounding areas. High or Low impact Cardio to music, followed by All Over Body Conditioning. Monday morning 9.30-10.30am Barford MUGA Wednesday evenings 7.30-8.30pm Leek Wooton Village Hall Friday mornings, time and venue to be confirmed https://www.facebook.com/emilyallinfit/ or email: emily@allinfit.uk	07989 652423
Hospitals:	Warwick Hospital A & E University Hospital Coventry & Warwickshire	01926 495321 02476 964000
Mental health helpline	Talk to trained supporters	0800 616 171
Samaritans:	Whatever you're going through, a Samaritan will face it with you. We're here 24 hours a day, 365 days a year	call 116123 free
Citizens Advice Bureau	Leamington Spa Stratford Upon Avon	0344 411 1444 0300 330 1183
Warwick District Council	Riverside House, Milverton Hill, Leamington Spa. CV35 5HZ www.warwickdc.gov.uk	01926 450000
Warwickshire County Council	Shire Hall, Market Place, Warwick. CV34 4RL www.warwickshire.gov.uk	01926 410410