



FOUR MARKS COVID-19 HELP AND INFORMATION

WHERE TO GET HELP

CORONAVIRUS HAMPSHIRE HELPLINE 0333 370 400

Open 7 days a week for vulnerable people needing practical help

Four Marks Parish Council	01420 768284
Age Concern National help line	0800 12 44 222
Age Concern Alton	01420 84257
Citizens Advice Bureau	0300 330 9028
Alton Foodbank	07773 034 447
Hampshire Domestic Abuse Service	03300 165112
Samaritans	116 123
Alton Mutual Aid	0800 066 3697
On Facebook -Four Marks Coronavirus community support group	
https://www.facebook.com/groups/235902607787538/	

MEDICAL HELP

NHS 111 or online symptom checker <http://111.nhs.uk/covid-19>

Four Marks Pharmacy 01420 561270 – closed daily from 1-2

Boundaries Surgery, Winchester Rd, 01420 562153
www.boundaries-surgery.com
 Reserved for triage referrals, car park prescription collection permitted.

Mansfield Park Surgery, Lymington Bottom, 01420 562922
www.watercressmedical.co.uk
 See website for up to date appointment information.

FOOD DELIVERY/COLLECTION (Co-Op, M&S, Tesco remain open)

OUTLET	SERVICE	CONTACT
Clementines	Re opening shop, contactless fruit/veg box deliveries	01420 563984 clementinesdelivery@outlook.com
Garthowen Garden Centre	Pantry goods and meals – qualifying spend for delivery	01420 564325 info@garthowen.co.uk
Loaf, Oak Green Parade	Shop open, offering delivery on bread over £20	01420 562 449
Triple FFF, Station Approach	Deliveries available	01420 562 422 www.triplefff.com
The Naked Grape, Oak Green	Deliveries available	01420 562060 www.thenakedgrape.co.uk
The Saffron, Oak Green	Take away collection	01420 561872
Castle of comfort/Meaty Meats	Pub meals for collection/Groceries and meat delivery	01420 562112 (pub) 07759 551678 (alternative for MM)
Nosh Café, Lymington Barns	Pop up take away menu	01420 568179 www.noshcafebar.com
NW Read Butchers, Medstead	Telephone orders for collection	01420 562139 www.hampshirebutcher.co.uk
The Handy Store, Medstead	Open for fruit, vegetables, other groceries.	01420 563141
The Yew Tree, Lower Wield	Pub menu available for collection	01256 389224
Cassandras Cup, Chawton	Operating as a corner shop, pre order and collect	07973714734 simon@pookapubs.co.uk