



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	07466 304501
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

Please see website for protocol on eConsult, telephone and face to face appointments.

Mansfield Park Surgery, Lymington Bottom, 01420 562922

www.watercressmedical.co.uk

Please see website for up to date information on appointments.