



**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 6781602
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
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.

Amended Services/Delivery options;

Garthowen Garden Centre, Alton Lane, open and accepting click and collect, info@garthowen.co.uk

Cassandras Cup, Chawton, village shop open, click and collect, 01420 83144,
tearooms@cassandrascup.co.uk

The Yew Tree, Lower Wield, takeaways offered, see Facebook, 01256 389224

Nosh Café, takeaway street food, Pizzas, 01420 568179

CCC Fruit and Veg, delivery in Alton and surrounding areas, 07881930118

Jo Walters, Online wellbeing, Yoga and pilates, 07946272714, Creativefit@gmail.com

Vicky Johnson, mental health support for youths, diegoandvick@icloud.com

Naomi's Preserves, local deliveries of preserves and gifts, 07765891937, www.naomispreserves.co.uk

My Nans Jam, Local gifts including Four Marks puzzle, www.mynansjam.co.uk and on Facebook

Hampshire Furniture Giftshop, essential shopping items, takeaway coffee. Free delivery to GU34,
also offers Click and Collect, 01420 550525 www.hampshirefurniture.co.uk



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