

Christmas Arrangements for Shopping and Food Parcels

If you are Clinically Extremely Vulnerable and have money, access to the internet you can access online shopping at the following supermarkets:

Asda
Iceland
Morrisons
Sainsburys
Tesco
Waitrose

You will need to be registered onto the National Shielding Service System to receive a priority delivery slot from the supermarkets listed.

An individual can also request help from an NHS volunteer responder in gaining access to food, prescriptions and other essential items by calling 0808 196 3646 or visiting the Royal Voluntary Service website.

If you are vulnerable or in isolation, have money, no access to the internet and no family /friends to do your shopping

You can telephone:

- **Morrisons:** 0345 611 6111 chose option 5 to make a telephone order
- **Central England Co-op** on 0800 0501601 to make a telephone order - a list of items can be found on the Co-op's website
- **Wilshire Farm Foods** on 0800 773100 to order ready prepared meals

If you are vulnerable or in isolation, have no money, no access to the internet, no family/friends

You can get help from:

- **House of Bread Stafford:** 01785 243 492
- **Elim Hope Church, Stafford:** 01785 242 373
- **County Stores, Stafford:** 07738 729 878

Prescriptions

If you are Clinically Extremely Vulnerable you can contact your local pharmacy - [NHS Responders](#) - and they will deliver your prescriptions for you.

If you are vulnerable and have no family or friends please contact 01785 619000.

General Support

To access general help and support please visit <https://www.staffordbc.gov.uk/support-residents-and-communities>

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Community Support

Find out what support is available in your area:

Support Staffordshire

(<https://www.supportstaffordshire.org.uk/membership/organisation-directory>)

Staffordshire Connects

(<https://www.staffordshireconnects.info/kb5/staffordshire/directory/adult.page?adultchannel=0>)