

<b>Name</b>	<b>Service/ Goods</b>	<b>Address/Contact Details</b>	<b>Hours (Normal, NHS/ Vulnerable</b>	<b>Delivery/ Collection</b>
<b>GROCERY FOOD &amp; TAKEAWAY</b>				
<b>All Seasons</b>	Food, Newsagents, Mini- Supermarket Wines, Spirits & Beers	52 High Street Wimbledon Village <a href="https://www.wimbledon-village.com/item/all-seasons/">https://www.wimbledon-village.com/item/all-seasons/</a>	Usually open until 7pm	Shop in-store. No deliveries.
<b>Bayley &amp; Sage</b>	Fruit & Veg, Cheese, Bakery, Wine. Large frozen range. Household essentials.	60 High Street, Wimbledon Village <a href="mailto:sw19@bayley-sage.co.uk">sw19@bayley-sage.co.uk</a>  T. 020 7199 8699	Mon-Sun 8am- 6.30pm 10% discount for NHS staff.	In-store only.
<b>Cakeology</b>	Celebration cakes, cake decorating supplies Classes will resume when lockdown ends	582 Kingston Rd London SW20 8DN  <a href="http://www.cakeology.net">www.cakeology.net</a> <a href="mailto:info@cakeology.net">info@cakeology.net</a>  T. 020-8127 5166	Supports Dons Food Bank, Kingston & St Georges Neonatal and Cranbrook Rd Post Office	Click/call and collect or delivery via Royal Mail
<b>Co-op</b>	Groceries, Chilled Food, Household Items & ATM	83 Ridgway, SW19 <a href="https://stores.thesouthernco-operative.co.uk/greater-london/london/83-the-ridgway.html">https://stores.thesouthernco-operative.co.uk/greater-london/london/83-the-ridgway.html</a> T. 020 8947 7420	Currently Sun-Sat 7am-8pm	In-store.
<b>Coppin Brothers</b>	Butcher, Mitcham Rd	Herman 07957 666191 <a href="http://www.coppin-butchers.com">www.coppin-butchers.com</a>		Free local delivery, min £15 if further away
<b>Donald Russell</b>	Butcher & Ready Meals	<a href="https://www.donaldrusell.com">https://www.donaldrusell.com</a>  T. 01467 629666		20% discount for both if you introduce a friend
<b>Farm Direct</b>	Fruit, veg, meat, fish, groceries, dairy from small producers	<a href="http://www.farm-direct.com">www.farm-direct.com</a>  T. 020 8801 0400 T. 07919 368 230		Delivery to SW19 Sat 9-11  Order before Wed 9am for best choice
<b>Field &amp; Flower</b>	Butcher / fishmonger	<a href="https://field-flower.mention-me.com/m/wa/ho5zy-">https://field-flower.mention-me.com/m/wa/ho5zy-</a>		Delivery M-F £2.95 Weekend £3.95

		<a href="mailto:antonia-nogales-pena">antonia-nogales-pena</a> T. 020 3735 8005		
<b>First Choice</b>	Veg boxes, dairy, bread, frozen	<a href="https://www.firstchoiceproduce.com">https://www.firstchoiceproduce.com</a> <a href="mailto:sales@firstchoiceproduce.com">sales@firstchoiceproduce.com</a> T. 020 7498 0550		24 hour phone line
<b>Frankonia</b>	Patisserie & Bakery	<a href="http://www.frankonia.co.uk">www.frankonia.co.uk</a> T' 020-8391 5849	Mon-Fri 8:30-17:00 Sat 8 - 12:30 Sun closed	In store or home delivery Ready to go box or choose your own mix of delicious breads
<b>Friarwood</b>	Boutique Fine Wine Merchant	31 High Street, Wimbledon Village <a href="http://www.friarwood.com/">http://www.friarwood.com/</a> T. 020 7736 2628	Sun-Thurs 11am-4pm Sat 11am-6pm	In Store & Next Day Delivery
<b>Gail's</b>	Bakery	9 High Street Wimbledon Village <a href="https://gailsbread.co.uk/bakeries/wimbledon-village/">https://gailsbread.co.uk/bakeries/wimbledon-village/</a> T. 020 8946 0880	Mon-Sun 7am-4pm	Check re delivery to your postcode.
<b>I A Harris</b>	Fruit, veg, dairy, dried goods (rice/pasta), tins	<a href="mailto:orders@iaharris.co.uk">orders@iaharris.co.uk</a> T. 0207 622 7176		Min order £20, free delivery
<b>Hallidays</b>	Home & hardware	T. 020 8879 6099 M. 07515 483 875	Open 8am-1pm	Tel for collection
<b>Heanens</b>	Butcher	<a href="http://heanens.com/?LMCL=AvXTO2">http://heanens.com/?LMCL=AvXTO2</a>		Survival Pack £25  6chicken breasts 6Cumberland sausage 10 bacon rashers 500gm beef mince 6 premium burgers 6 eggs
<b>Pale Green Dot</b>	Veg boxes delivered	<a href="https://palegreendot.co.uk">https://palegreendot.co.uk</a>		
<b>Solstice</b>	Fruit, veg and 'larder' (milk, butter, bread, eggs) add on boxes	<a href="mailto:homedelivery@solstic.co.uk">homedelivery@solstic.co.uk</a>		Free next day delivery on orders placed by 8pm

<b>Sushi Cupcake</b>	Fruit, Veg, Dairy & bread boxes	<a href="https://sushicupcake.co.uk/grocery/">https://sushicupcake.co.uk/grocery/</a> <a href="mailto:grocery@sushicupcake.co.uk">grocery@sushicupcake.co.uk</a>		Free delivery for elderly/vulnerable £7.50 for others  Min order £60
<b>SW Fruit &amp; Veg</b>	Fruit, veg & other essentials including rice, flour, pasta, eggs, coffee, ...	<a href="http://www.swfruitandveg.com">www.swfruitandveg.com</a> <a href="mailto:swfruitandvegorders@gmail.com">swfruitandvegorders@gmail.com</a> T. 073 7555 0790	Donate-a-box possible  Supports community shops, Alton Estate Roehampton & St Marys Church Battersea	SW-postcodes, delivery Tues & Fridays <b>OR</b>  Wed & Sat, collect at Green Monkey Café 2d Tooting Bec Rd, Tooting Bec, London SW17 8BD
<b>Tesco</b>	Food & Drink Orders Online	<a href="https://www.tesco.com/groceries/">https://www.tesco.com/groceries/</a>		Home deliveries
<b>Tesco Express</b>	Groceries, Drink, Gift Cards, ATM	120 Wimbledon Hill Rd Wimbledon Village T. 0345 671 9262	9-8 Mon-Sat 9-5 Sundays	In Store
<b>Tesco Metro, Old Town Hall, Wimbledon</b>	Groceries, Drink, Gift Cards, MoneyGram, Wi Fi, ATM	<a href="https://www.tesco.com/store-locator/uk/?bID=3389">https://www.tesco.com/store-locator/uk/?bID=3389</a> T. 0345 677 9713	Usually 7am-8pm Mon-Sat Check re Easter hours NHS Tues & Thurs 9-10 am	In Store
<b>Vallebona</b>	Italian & Japanese Deli	<a href="https://www.vallebona.co.uk/">https://www.vallebona.co.uk/</a> T. 020-8944 5665		
<b>Yorworts</b>	Fresh Fish  Order online or by phone & collect from opposite Rose & Crown	<a href="http://www.yorwarthsfrshfish.co.uk/">http://www.yorwarthsfrshfish.co.uk/</a>  T. 01323-899484		

<b>RESTAURANTS - COOK YOUR OWN</b>				
<b>Cent Anni</b>	Italian Takeaway	33 High Street, Wimbledon Village <a href="https://centanni.co.uk/">https://centanni.co.uk/</a> T. 020 3971 9781	Mon-Thurs 12noon-8pm Fri-Sat 12noon-10pm	Collect or via Deliveroo
<b>Cote-At-Home</b>		<a href="https://coteathome.co.uk">https://coteathome.co.uk</a>		Meals & drinks delivered home £40 min, free delivery over £80
<b>Gigging Squid</b>	Thai Takeaway & Delivery	26 High St Wimbledon Village <a href="http://www.gigglingsquid.com">www.gigglingsquid.com</a> T. 020-8946 4196		
<b>Hemingways</b>	Cocktails Bottled (5 servings) or single Cocktails  Pizzas, Bacon Rolls Smoked Salmon Bagels & Deserts Iced & hot spiced Coffees  Wines by the bottle or the Case, Beers	57 High Street Wimbledon Village SW19 5EE  T.020 8944 7722 or <a href="mailto:information@hemingwaysbar.co.uk">information@hemingwaysbar.co.uk</a>  <a href="http://www.Hemingwaysbar.co.uk">www.Hemingwaysbar.co.uk</a>	20% off for NHS staff	12noon - 8pm Tuesday -Sunday  Collect or Delivery
<b>Jimmy's Pop-Up</b>	A choice of 3 different delicious cooking hampers giving you some of Jimmy's best food packages for you to get some variety into the kitchen. Each box is for 2, but additional boxes can be added	<a href="https://www.jimmypopup.com/isolation-hampers">https://www.jimmypopup.com/isolation-hampers</a>		
<b>Joe &amp; The Juice</b>	Coffee & Juice Bar - Takeaway	78 High Street Wimbledon Village <a href="https://www.joejuice.com/covid-19-approach">https://www.joejuice.com/covid-19-approach</a>	Mon-Sun 8am-6pm	Contactless pre-order via Joe App. Order via Deliveroo.co.uk

<b>Lighthouse / Light on Common</b>	Seasonal food Takeaway	48 High St Wimbledon Village  020-946 3031	Thursday-Sundays collect 10:00-14:00  delivery option soon	Order from weekly menu Wed – Sat (8:30 – 14:00)
<b>Maison St Cassien</b>	Mediterranean & Lebanese Restaurant/ Takeaway	71 High Street Wimbledon Village <a href="https://maisonstcassien.co.uk/">https://maisonstcassien.co.uk/</a> T. 020 8944 1200	Mon-Sun 7am-6pm Hours may differ.	Order via Deliveroo.co.uk
<b>Meghan Makes</b>	Professional chef making home cooked meals ready to reheat or freeze	T. 07824163376 <a href="mailto:meg@meghanmakes.co.uk">meg@meghanmakes.co.uk</a>  <a href="http://www.meghanmakes.co.uk">www.meghanmakes.co.uk</a>	Menus change weekly	Order before Saturday for next week delivery
<b>Mustard Family Foods</b>	Frozen meals	<a href="mailto:info@mustardfoods.com">info@mustardfoods.com</a> T, 020 3848 1303		Service for NHS workers for St Georges & other hospitals
<b>Rajdoot</b>	Tandoori Takeaway & Delivery	72 High Street Wimbledon Village <a href="https://www.rajdootsw19.co.uk/">https://www.rajdootsw19.co.uk/</a> T. 8946 0238 or 947 4054	Mon-Thurs 5-11.30pm Fri 5pm-Midnight Sun 6-11.00pm Hours may differ.	Order via Deliveroo.co.uk
<b>Triphal</b>	Indian Takeaway & Delivery	201 Replingham Rd <a href="http://www.triphal.co.uk">www.triphal.co.uk</a>  T. 0208 870 0188	Thurs-Sun 5:30-10:30	
<b>Two Teaspoons</b>		<a href="https://www.two-teaspoons.com/two-teaspoons-to-your-door">https://www.two-teaspoons.com/two-teaspoons-to-your-door</a>		Donates one meal to vulnerable for every meal ordered
<b>Wimbledon Rugby Football Club Gourmet Kitchen</b>		<a href="https://twitter.com/wrfc_gourmet">https://twitter.com/wrfc_gourmet</a>		20% donation to vulnerable
<b>Wimbledon Tandoori</b>		26 Ridgeway <a href="http://www.wimbledontandoori.co.uk">www.wimbledontandoori.co.uk</a> T. 020 8946 1797 T. 020 8947 7006		Call to make your order for delivery

<b>HEALTH &amp; FITNESS</b>				
<b>PHARMACIES</b>				
<b>Ridgway Pharmacy</b>	Pharmacy/Dispensing Chemists. Sells a wide range of toiletries, herbal teas, vitamins, beauty & household items.	65 Ridgway, Wimbledon T. 020 8946 7829	Mon-Fri 9am-7pm Sat 9am-1pm Sun Closed	Prescription service. Shop for items in store. Very fairly priced goods.
<b>Wimbledon Pharmacy</b>		80 High Street Wimbledon Village T. 8946 0543 <a href="mailto:wimbledon@pearlchemistgroup.co.uk">wimbledon@pearlchemistgroup.co.uk</a>	Mon-Fri 9am-6pm Sat 9am-6pm Sun Closed	
<b>DENTISTS</b>				
<b>Dental Rooms</b>	Dentists providing telephone advice. Please call the practice or visit our website for details. Now also carrying out free VIRTUAL CONSULTATIONS	1 Ridgway Wimbledon Village SW19 4RS 020 8946 2426 <a href="http://www.dentalrooms.co.uk">www.dentalrooms.co.uk</a> info@dentalrooms.co.uk	Everyday 9am-6pm  In an emergency pls call the practice any time for instructions	If we need to prescribe antibiotics, we will send prescriptions to Wimbledon Pharmacy

<b>OTHER HEALTH &amp; FITNESS</b>			
<b>Annette Wiik</b>	Yoga & Mindfulness Meditation	T. 07789 175481 <a href="http://annettewiikyoga.com/">http://annettewiikyoga.com/</a> <a href="https://www.facebook.com/annettewiikyoga/">https://www.facebook.com/annettewiikyoga/</a>	Online Yoga sessions – Mon, Wed and Fri 9.30am, and Wed 7pm. Online Mindfulness – Tues 7pm £10/ 1 hour class / as many in household
<b>APPI</b>	Physiotherapy & Pilates	1 Thornton Road Wimbledon T. 020 8879 7711 <a href="https://appiclinics.com/wimbledon-clinic">https://appiclinics.com/wimbledon-clinic</a> <a href="https://appiclinics.com/important-update/">https://appiclinics.com/important-update/</a>	New! Live-streamed classes, 1:1's and physio consultations through Zoom. Sign up via weblink.
<b>FIT8</b>	Live Exercises for NHS staff via their YouTube channel	<a href="http://www.fit8.co.uk">www.fit8.co.uk</a> T. 0333-8008008 <a href="mailto:fit8@fit8.co.uk">fit8@fit8.co.uk</a>	<a href="https://www.youtube.com/channel/UChy7t3fHycWQFtr-y9UINew">https://www.youtube.com/channel/UChy7t3fHycWQFtr-y9UINew</a>  <ul style="list-style-type: none"> <li>• Tuesdays 9.30am</li> <li>• Thursday 6.30pm</li> <li>• Sunday 11.00am</li> </ul>
<b>Freestyle Functional Fitness</b>	Personal Training  Running Coaching  Wellness Advice	T. 07775 945 889  <a href="mailto:jason@freestylefunctionalfitness.com">jason@freestylefunctionalfitness.com</a>  <a href="https://www.freestylefunctionalfitness.com/">https://www.freestylefunctionalfitness.com/</a>	Live-Streamed Personal Training, Online Training Plans, Running Coaching, and Wellness Advice.
<b>LND Pilates</b>	Pilates	Email: <a href="mailto:newsomdavis@mac.com">newsomdavis@mac.com</a> Mobile: 07855822902	Live-streamed group classes / video classes – working on better posture, balance, coordination, good walking, effective breathing and core strength. Those things being essential to <b>keeping mobile and strong and ageing better.</b> £10/week for Live class inc video to practice again as many times as you like, plus a second video of a stretch class
<b>Physiocentric</b>	Physiotherapy	18a Ridgway Wimbledon Village T. 020 8879 3608 Email: <a href="mailto:info@physiocentric.co.uk">info@physiocentric.co.uk</a> <a href="http://physiocentric.co.uk/wimbledon-village/">http://physiocentric.co.uk/wimbledon-village/</a>	Remote physiotherapy service to support clients during this uncertain period, offering both video and telephone consultations.
<b>WV Osteopath</b>	Osteopathy	39 Church Road Wimbledon Village <a href="http://www.wvosteopath.com">www.wvosteopath.com</a> Email: <a href="mailto:info@wvosteopath.com">info@wvosteopath.com</a> T. 020 8286 7024	Telephone or video consultations to Existing patients only while clinic is closed due to Covid-19.

<b>PETS</b>				
<b>Pet Pavillion</b>	Pet Food only. <i>Grooming services currently unavailable due to Govt. Regs.</i>	47 High Street Wimbledon Village E: info@petpavilion.co.uk T. 020 8739 2919 <a href="https://www.petpavilion.co.uk/">https://www.petpavilion.co.uk/</a>	10am-5pm Door drop service available.	
<b>GARDEN</b>				
<b>Chessington Garden Centre</b>	Plants, compost, gardening essentials, outdoor furniture, pet foods and products	Chessington Garden Centre, Leatherhead Road, Chessington, Surrey, KT9 2NG. <a href="https://www.chessingtongardencentre.co.uk/">https://www.chessingtongardencentre.co.uk/</a>  T. 01372 725638	Store currently closed however telephones open 9am-4pm Mon-Fri	Over the phone orders – delivery to KT and SW (delivery fees may apply) - £50 min spend  Collection also available. No minimum spend on collection order  Online orders also available
<b>Mobile Bicycle Repairs</b>	Carien Clement-Pascall	<a href="mailto:carien@vonkrank.com">carien@vonkrank.com</a> <a href="http://www.vonkrank.com">www.vonkrank.com</a>  T. 07872 934206 T. 0333-448 558		