

Please support our local businesses where ever you can. Below are the businesses I know about that can and have changed their service to help us.

Company	Product	Delivery/Collection	Address	Order method	Contact
<b>FOOD &amp; DRINK</b>					
<b>Carnival Coffee</b>	<b>Coffee</b>	Delivery.	carnivalcoffeeroasters@gmail.com www.carnivalcoffee.co.uk		Text 07989322253
<b>Southey Brewery:</b>	<b>Beer</b>	Delivery/collection	21 Southey St, SE20 7JD		beer@southeybrewing.co.uk
<b>Craft Metropolis:</b>	<b>Beers</b>	Delivery			020 8659 2678
<b>The Alexandra</b>	<b>Food</b>	Collection/ setting up delivery			020 8289 6176
<b>Marlow Road Fish &amp; Chips</b>	<b>Food</b>	Delivery for vulnerable where possible (maybe not at busy times)			0208 778 8574
<b>Murrays Butchers</b>	<b>Butchers</b>	Next day delivery	Penge High St	call to order by 2.00pm	0208 776 5535
<b>Whites Pet Shop</b>	<b>Pet Shop</b>	Delivery	80 Sydenham Rd		0208 778 6981

**VERY USEFUL LOCAL INFO / SERVICES & MISCELLANEOUS**

**Mortgage Confidence:** offering advice appointments switching to voice / video call meetings 07742 228302 www.mortgageconfidence.co.uk

**Marquis Auto Locksmiths** - For Key Workers if you get locked out of your car or lose your keys will help you for FREE 07793 751858

**Alexandra Nurseries:** offering a local delivery service – compost, plants & garden supplies 020 8778 4145 www.alexandranurseries.co.uk

**LOCAL ENTERTAINMENT:**

**Bromley libraries** will let you join online and issue temporary PIN so you can access their eBooks etc. www.br better.org.uk

**Alex McRitchie Pub quizzes** are online! Make a date with Alex Facebook @eggnogquiz

**byobcomedy.com** Lock down laughs for parents every Thursday

**MENTAL/PHYSICAL HEALTH/CRAFTS**

**She Shines Pilates:** Free mini daily home workouts via Facebook live to lift spirits. **www.sheshinespilates.com** Go to She Shines Pilates Facebook Page & like to access workouts. All regular classes taking place via Zoom. I will be adding more full length pay as you go daytime classes.

**Flourish with Lauren:** Providing online support via my business **www.facebook.com/flourishwithlauren** some of which is free for anxiety and stress management, online therapy and soon online group therapy. Very soon free classes will be put out for relaxation and an opportunity to socialise via online gaming

**Taylor & Able** Delivery for their haberdashery /craft products also contact them re making Scrubs **07770 223680**

**ONLINE VIRTUAL TOURS!** These 12 famous museums offer virtual tours you can take on your couch <https://hellogiggles.com/news/museums-with-virtual-tours/>

**KIDS ENTERTAINMENT/FUN LEARNING/EDUCATION**

Debbie - Sentimental Keepsakes Cremation jewellery& breast milk jewellery & eLearning courses. www.sentimentalkeepsake.co.uk for jewellery or <https://keepsakeboss.podia.com/> for learning.

Free audio books [www.timeout.com/news/you-can-now-download-hundreds-of-audiobooks-from-audible-for-free-032320](http://www.timeout.com/news/you-can-now-download-hundreds-of-audiobooks-from-audible-for-free-032320)

Edinburgh zoo [www.edinburghzoo.org.uk/webcams/panda-cam/](http://www.edinburghzoo.org.uk/webcams/panda-cam/) There is a few webcams of animals here, quite good for all ages

**Prescriptions** Your Dr can now often issue your pharmacist with the prescription online, the chemist often will deliver

**Supermarkets** Prioritized delivery slots for the vulnerable, if you shop online, check out your account. If you don't have an account or are vulnerable, and can't get a slot, do call them to explain.

**Rights as an employee, self employed & furloughing** <https://www.moneysavingexpert.com/news/2020/03/coronavirus-self-employed-and-employment-help/#template>

**Beware of Coronavirus scams** <https://www.nationaltradingstandards.uk/news/beware-of-covid19-scams/>

**Penge Bid** Information on business rates and grants from London Borough of Bromley <https://pengese20.co.uk/news/information-on-business-rates-and-grants-from-london-borough-of-bromley-2/>

**Request for assistance BromleyLB** <https://www.bromley.gov.uk/requestforassistanceform>

**As you hear about other local business adapting their services, do let me know at SE20MAG@AOL.COM. I'll add them to the list and circulate updates. These were correct at the time of circulation, always subject to change quite quickly in these uncertain times Revised 16/4/20**