

Sid Valley HELP  
01395 892 011 or 07378 964 521  
[www.sidvalleyhelp.org.uk](http://www.sidvalleyhelp.org.uk)



## *Telephone Shopping and Home Delivery*



**A guide to shops that take  
telephone orders and deliver in  
the Sid Valley Area  
March 2022**

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This booklet has been produced by Sid Valley Help, a local charity, for residents who are unable to get to the shops or to shop online. The businesses are listed by category (from page 3) and alphabetically (from page 6).

The local shops and businesses listed have told us they are willing to accept orders by telephone and to arrange delivery. Please always check about delivery charges and arrangements as these may change without notice.

Check for up-to-date information on shop delivery services at:

- Sidmouth Town Council [www.sidmouth.gov.uk](http://www.sidmouth.gov.uk)
- Sidmouth Nub News [www.sidmouth.nub.news](http://www.sidmouth.nub.news)
- Sidmouth Herald [www.sidmouthherald.co.uk](http://www.sidmouthherald.co.uk)
- Sid Valley Help [www.sidvalleyhelp.co.uk](http://www.sidvalleyhelp.co.uk)

or phone Sid Valley Help on **01395 892 011**  
or text **07378 964 521**

The inclusion of a business in this booklet does not imply a recommendation and Sid Valley Help does not take responsibility for any errors or omissions.

## LISTING BY CATEGORY

Baby clothes	Fish - fresh
Bedding and furniture	Flowers and pot plants
Books	Food bank
Bread, milk	Fruit and vegetables
Butchers	Grocery
Cakes and sweets	Groceries to order online
Chemist, pharmacy	Housewares
Children's clothes	Jewellery
Clothes and shoes	Laundry, ironing, sewing
Computer and IT	Meals - chilled or frozen
Cookware	Meals - delivered or takeaway
Dairy and delicatessen	Milk, eggs, bread
Disability aids	Newspapers and magazines
Electrical appliances	Pet food and bedding

### **Baby clothes**

- Crane & Kind 07971 700 203

### **Bedding and furniture**

- Fields of Sidmouth 01395 515 124
- Potburys 01395 515 555

### **Books**

- Paragon Books 01395 514 516
- Winstones 01395 579 969

### **Bread, milk**

- Milk & More 0345 606 3 606
- Ducky Delish 01626 859064 or 07896 258403

### **Butchers**

- Drews of Sidbury 01395 597 373

### **Cakes and sweets**

- The Cheeseboard 01395 515 560

### **Chemist, pharmacy**

- Boots, High Street 01395 513 307
- Boots, Woolbrook 01395 579 566
- Lloyds, Beacon Medical Centre 01395 513 478
- Lloyds, High Street 01395 513 420

### **Children's clothes**

- Crane & Kind 07971 700 203

### **Clothes and shoes**

- Fields of Sidmouth 01395 515 124
- M & Co 01395 579 990

### **Computer and IT**

- Sidsoft Computers 01395 516 992

### **Cookware**

- Fields of Sidmouth 01395 515 124
- Gliddons Cook's Corner 01395 514 563

### **Dairy and delicatessen**

- Dairy Shop 01395 513 018
- Milk & More 0345 606 3 606
- The Cheeseboard 01395 515 560

### **Disability aids**

- Coastline Mobility 01395 487 260
- Living & Lifestyle Mobility 01395 260 075

### **Electrical appliances**

- Fords 01395 571 000

### **Fish - fresh**

- Beer Fisheries 01297 20297
- Bill's Fresh Fish 07494 534 270
- Sidmouth Trawlers 01395 512714
- The Devon Fishmonger 01404 548 867

## **Flowers and pot plants**

- Kings Garden & Leisure 01395 262278
- Whoops a Daisy 01395 577 454

## **Food bank**

- Sid Valley Food Bank 07936 917507

## **Fruit and vegetables**

- Drews of Sidbury 01395 597 373
- Market Fruit & Veg 074000 24250
- Milk & More 0345 606 3 606
- Winchester & Sons 07791 586197

## **Grocery**

- Milk & More 0345 606 3 606
- Oakhouse Foods 0333 370 2514
- Spar Delivery Service 01395 513008

## **Groceries to order online**

- Asda [www.groceries.asda.com](http://www.groceries.asda.com)
- Milk & More [www.milkandmore.co.uk](http://www.milkandmore.co.uk)
- Sainsbury's [www.sainsburys.co.uk](http://www.sainsburys.co.uk)
- Tesco [www.tesco.com](http://www.tesco.com)
- Waitrose [www.waitrose.com/deliver](http://www.waitrose.com/deliver)

## **Housewares**

- Fields of Sidmouth 01395 515 124

## **Jewellery**

- Fields of Sidmouth 01395 515 124
- Fitzalan Gems 01395 513 501

## **Laundry, ironing, sewing**

- Laundry and Sewing Service 01395 577 797
- Sidford Laundry 01395 488 915

## **Meals - chilled or frozen**

- COOK 01732 759 000
- Ducky Delish 01626 859064 or 07896 258403

- Oakhouse Foods 0333 370 2514
- The Cheeseboard 01395 515 560
- Wiltshire Farm Foods 01392 829 970

**Meals - delivered or takeaway**

- Balfour Arms 07900 200327
- Cinnamon Tree Restaurant 01395 514 190
- Dairy Shop 01395 513018
- Phoenix Restaurant 01395 514 720
- Pizza Pronto 01395 516 319
- Sidmouth Voluntary Services  
01395 515063 sidmouthvs@gmail.com

**Milk, eggs, bread**

- Ducky Delish 01626 859064 or 07896 258403
- Milk & More 0345 606 3 606

**Newspapers and magazines, snacks**

- McColl's 01395 576 728
- Woolbrook News 01395 514 224

**Pet food and bedding**

- Kings Garden & Leisure 01395 262 278
- Sidmouth Pets 01395 512 056

**LISTING BY SHOP**

Asda (online) <i>supermarket</i>	0800 952 6060 <a href="http://www.groceries.asda.com">www.groceries.asda.com</a>
Balfour Arms <i>collection only (apart from special circumstances)</i>	Deborah Bennett 07900 200327
Beer Fisheries <i>fresh fish</i>	01297 20297
Free delivery for orders over £20	

Bill's Fresh Fish	07494 534 270 or 01395 577 342
<i>fresh fish</i>	
Market Place, Sidmouth	
Boots, High Street	01395 513 307
Boots, Woolbrook	01395 579 566
<i>pharmacy and chemists</i>	
Delivery for prescriptions (free for vulnerable people)	
Cinnamon Tree	01395 514 190
2 Radway, Sidmouth	
<i>Indian restaurant, take-aways</i>	
Minimum order £12	
Coastline Mobility	01395 487 260
75 High Street, Sidmouth EX10 8LD	
<i>chairs, wheelchairs, small aids, servicing</i>	
COOK	01732 759 000
<i>frozen ready meals</i>	
www.cookfood.net Minimum order £40	
Limited range available at The Cheeseboard, High Street, Sidmouth and at Spar, Church Street, Sidford	
Crane & Kind	07971 700 203
Market Place, Sidmouth	
<i>baby and children's clothes</i>	
Free delivery	
Dairy Shop,	01395 513018
Church Street, Sidmouth	
<i>essential food and household items</i>	
Free town centre delivery on orders over £10	
Drews of Sidbury	01395 597 373
<i>family butchers</i>	
Minimum order £20	
Ducky Delish	01626 859064 or 07896 258403
Chudleigh www.duckydelish.co.uk	
<i>freshly cooked chilled meals delivered daily</i>	
Free delivery; printed brochure available on request	

Fields of Sidmouth Market Place, Sidmouth <i>department store: beauty, clothes, fashions, home, garden</i> Delivery negotiable	01395 515 124
Fitzalan Gems Old Fore Street, Sidmouth <i>jewellery and gifts</i>	01395 513 501
Fords Alexander Industrial Estate, Sidmouth <i>electrical and laundry appliances</i> Free local delivery	01395 571 000
Gliddons Cook's Corner Market Place, Sidmouth <i>cookware</i> Free delivery orders over £15	01395 514 563
Kings Garden & Leisure <i>farm shop produce, pet supplies, plants etc</i> Local delivery £8	01395 262278
Laundry and Sewing Service 69 Temple St, Sidmouth <i>laundry, ironing and sewing alterations</i> Free delivery in Sidmouth area on Fridays	01395 577 797
Lloyds, Beacon Medical Centre Lloyds, High Street <i>pharmacy and chemists</i> Free delivery for prescriptions	01395 513 478 01395 513 420
Living & Lifestyle Mobility Churchill Road, Exmouth <i>chairs, wheelchairs, small aids, servicing</i> Free delivery on large items. Small items may be charged £5.	01395 260 075
M&Co 18 High Street, Sidmouth <i>teen's, men's, women's clothing</i>	01395 579 990



Ask about delivery	
McColl's 16 Fore Street, Sidmouth <i>newspapers, food, drink</i> No free delivery	01395 576 728
Milk & More <i>dairy, fresh vegetables, bakery, drinks, pantry, house and garden supplies</i> www.milkandmore.co.uk	0345 606 3 606 Free delivery
Oakhouse Foods <i>frozen meals and desserts</i> www.oakhousefoods.co.uk printed brochure available on request	0333 370 2514
Paragon Books High Street, Sidmouth <i>books</i>	01395 514516
Phoenix Restaurant 30 High Street, Sidmouth <i>Asian restaurant, takeaways and deliveries</i>	01395 514 720
Pizza Pronto 3 Radway Place, Sidmouth <i>pizza, fast food, takeaways, deliveries</i>	01395 516 319
Potburys High Street, Sidmouth <i>furniture and bedding</i>	01395 515 555
Sainsbury's (online) Help line 0800 328 1700	www.sainsburys.co.uk
Sidford Laundry 1 School Street, Sidford <i>laundry, ironing and sewing alterations</i> Delivery charge £2.50 for Sidmouth	01395 488 915
Sidmouth Pets 72 Temple Street, Sidmouth <i>pet food and accessories</i> Same day local delivery	01395 512 056
Sidmouth Trawlers	01395 512714

<i>fresh fish</i>	
Delivery service available	
Sidmouth Voluntary Services sidmouthvs@gmail.com <i>Providing a hot meal and phone support to Sidmouth residents who are elderly and vulnerable</i> Lunch-time bus collection; meal delivery	01395 515063
Sid Valley Food Bank <i>aims to ensure that those in need of food receive essentials, including replacement school lunches</i> www.sidvalleyfoodbank.org.uk	07936 917507
Spar (Temple Street)	01395 513008
Tesco (online) www.tesco.com	Helpline 0330 123 4040
The Cheeseboard 64 High Street, Sidmouth <i>cheese, deli</i> Free delivery if possible	01395 515 560
The Devon Fishmonger, Honiton <i>fresh fish, shellfish, delicatessen</i> Free delivery	01404 548 867
Waitrose (online) www.waitrose.com/deliver	Helpline 0800 188884
Whoops a Daisy The Marketplace, Sidmouth <i>florists, plants, gifts</i> Delivery £6.99	01395 577 454
Wiltshire Farm Foods Frozen meals and desserts <a href="http://www.wiltshirefarmfoods.com">www.wiltshirefarmfoods.com</a> Free delivery Mondays and Thursdays	
Winstones 10 High Street, Sidmouth <i>books</i>	01395 579 969
Woolbrook News	01395 514 224

34 Woolbrook Road, Sidmouth  
*newspapers*  
Delivery 50p per day