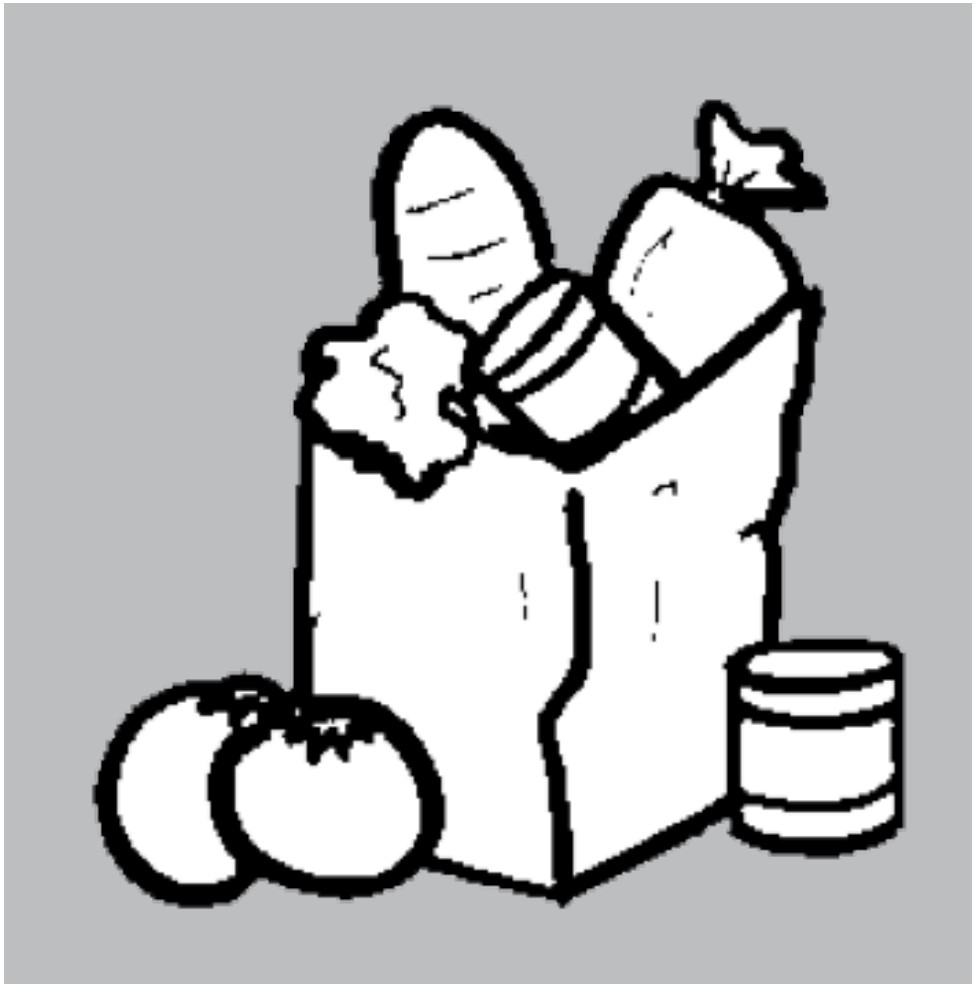


Occupational Therapy Department  
**Shopping services in  
Oxfordshire**  
Information for patients



This leaflet has been designed to give you information about a variety of shopping services in Oxfordshire.

The services described in this leaflet are both voluntary and private.

## Meals to your door

The following companies offer free\* delivery of frozen meals to your door.

### **Wiltshire Farm Foods**

Customer care line:

Tel: **0800 773 773**

Website: [www.wiltshirefarmfoods.com](http://www.wiltshirefarmfoods.com)

### **Oakhouse Foods**

Customer care line: **0845 643 2009**

Website: [www.oakhousefoods.co.uk](http://www.oakhousefoods.co.uk)

\*Free delivery on orders over £30

## Shopping by phone

### **Co-op Home Shopping Service**

Tel: **01235 849 400**

The Co-op Home Shopping Service works in partnership with Age Concern.

This service enables you to order your shopping by phone. Shopping is then delivered and put away by their staff. There is a small delivery charge for this service.

### **Tesco**

Tel: **0845 722 5533**

### **Sainsbury's**

Tel: **0800 328 1700**

Sainsbury's offer a telephone shopping service. There is a small charge when placing the order.

## **Milk and More (Dairy Crest)**

Tel: **0845 606 3606**

Order before 9.00pm and your milkman will deliver the next morning, with no delivery charge.

## Shopping by internet

Many supermarkets are able to deliver to your home when you place an order online, including:

### **Milk and More**

[www.milkandmore.co.uk](http://www.milkandmore.co.uk)

### **Tesco**

[www.tesco.co.uk](http://www.tesco.co.uk)

### **Sainsbury's**

[www.sainsburys.co.uk](http://www.sainsburys.co.uk)

### **Waitrose**

[www.waitrosedeliver.com](http://www.waitrosedeliver.com)

### **Ocado delivery**

[www.ocado.com](http://www.ocado.com)

### **Asda**

[www.asda.co.uk](http://www.asda.co.uk)

### **British Red Cross**

The British Red Cross provide a free shopping service for up to two weeks following discharge from hospital.

To contact the Oxfordshire branch of the Red Cross:

Tel: **08444 122 750**

Website: [www.redcross.org.uk](http://www.redcross.org.uk)

## How to contact us

Please contact Occupational Therapy at the Nuffield Orthopaedic Centre if you have any further questions:

Tel: **01865 737 551**

If you have a specific requirement, need an interpreter, a document in Easy Read, another language, large print, Braille or audio version, please call **01865 221 473** or email **[PALSJR@ouh.nhs.uk](mailto:PALSJR@ouh.nhs.uk)**

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