Local Amenities Map

**Shops**
1. Sainsburys
2. Tesco Metro
3. Boots

**Café/Restaurants**
4. Caffe Nero
5. Changos Burrito Bar
6. Chilangos
7. Fresco Deli
8. McDonalds
9. Nudo Sushi Box
10. Patisserie Valerie
11. Philpotts
12. Pizza Express
13. Pret A Manger
14. The Paramount Wetherspoons
15. Turtle Bay

**Useful Resources**
16. Samaritans
17. Central Library
18. Post Office
19. ATMS
20. Photocopying
### Shops

1. **Sainsburys** – local supermarket  
   - Usual opening times:  
     - Monday: 07:00 - 23:00  
     - Tuesday: 07:00 - 23:00  
     - Wednesday: 07:00 - 23:00  
     - Thursday: 07:00 - 23:00  
     - Friday: 07:00 - 23:00  
     - Saturday: 07:00 - 23:00  
     - Sunday: 08:00 - 22:00

2. **Tesco Metro** – local supermarket  
   - Usual opening times:  
     - Monday: 06:00 - 23:00  
     - Tuesday: 06:00 - 23:00  
     - Wednesday: 06:00 - 23:00  
     - Thursday: 06:00 - 23:00  
     - Friday: 06:00 - 23:00  
     - Saturday: 06:00 - 23:00  
     - Sunday: 06:00 - 23:00

3. **Boots** – health & beauty, pharmacy, lunch options  
   - Usual opening times:  
     - Monday: 08:00 - 18:00  
     - Tuesday: 08:00 - 18:00  
     - Wednesday: 08:00 - 18:00  
     - Thursday: 08:00 - 18:00  
     - Friday: 08:00 - 18:00  
     - Saturday: 08:00 - 18:00  
     - Sunday: CLOSED

### Café/Restaurants

4. **Caffè Nero** – Hot and cold drinks, breakfast and lunch options – eat in or takeaway

5. **Changos Burrito Bar** – Mexican food – made to order, eat in or takeaway

6. **Chilangos** – Mexican food – made to order, eat in or takeaway

7. **Fresco Deli** – sandwich shop – made to order, eat in or takeaway

8. **McDonalds** – burgers, fries, etc. – eat in or takeaway

9. **Nudo Sushi Box** – Sushi, hot and cold options, eat in or takeaway

10. **Patisserie Valerie** – café with options for breakfast or lunch, eat in or takeaway

11. **Philpotts** – range of hot or cold food for breakfast or lunch, takeaway only

12. **Pizza Express** – Italian pizza restaurant, eat in only

13. **Pret A Manger** – café with options for breakfast or lunch, eat in or takeaway

14. **The Paramount Wetherspoons** – pub which serves hot food throughout the day, eat in only

15. **Turtle Bay** – Caribbean restaurant, eat in only

### Useful Resources

16. **Samaritans** – Confidential Listening Support service. Face-to-face calls 8am – 9pm; 24 hour Freephone telephone number 116 123

17. **Central Library** – access to computers, Wi-Fi, printing, scanning, photocopying  
   - Opening times:  
     - Monday: 09:00 - 20:00  
     - Tuesday: 09:00 - 20:00  
     - Wednesday: 09:00 - 20:00  
     - Thursday: 09:00 - 20:00  
     - Friday: 09:00 - 17:00  
     - Saturday: 09:00 - 17:00  
     - Sunday: CLOSED

18. **Post Office**  
   - Opening times:  
     - Monday: 09:00 - 18:00  
     - Tuesday: 09:30 - 18:00  
     - Wednesday: 09:00 - 18:00  
     - Thursday: 09:00 - 18:00  
     - Friday: 09:00 - 18:00  
     - Saturday: CLOSED  
     - Sunday: CLOSED

19. **ATMS** – free to withdraw cash

20. **Photocopying** – photocopying available for a fee, opening times vary.