

CORONAVIRUS (COVID-19) UPDATE

ALLERDALE

Directory of Community Support for the Allerdale Area

This is the fifth edition of a weekly updated directory of community support, aiming to give information and details of useful contacts during these challenging times.

**Issue 5 v2
6 May 2020**

COVID-19 EMERGENCY SUPPORT HELPLINE

Only for people at high risk of becoming seriously ill as a result of COVID-19, who do not have support available from friends, family or neighbours and are struggling for food, medicines or other essential supplies.

0800 783 1966 or **COVID19support@cumbria.gov.uk**

Full details can be found online at cumbria.gov.uk

Provided by Cumbria County Council and partners including District Councils, CVS, Cumbria Community Foundation, community and voluntary sector, and private sector.



SUPPORT EACH OTHER
#TogetherWeCan

Support from Local Businesses

Area	Business	What's on Offer?	How to Contact
Aspatria	Supermarkets, Grocery Stores, Butchers, Bakers, Greengrocers, Service Stations, Ready-made Meals Suppliers		
	Spar Information correct as of 1 May	Services - Groceries and household items. Opening hours Mon-Sat 7.30am-10.00pm, Sun 9.00am-10.00pm. The store closes to allow deliveries to be received in store. Restrictions on numbers of customers in the store at any one time currently 4 customers. Payment method – cards and cash. No delivery service. Volunteers shopping for groceries. Can take payment in store over the phone via Royal Voluntary Service Scheme	Phone: 016973 20333

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	Co-op Information correct as of 1 May	Services - Groceries and Household items. Opening hours Mon-Sun 7.00am-8.00pm. The store closes to allow deliveries to be received in store. Restrictions on numbers of customers in the store at any one time currently 12 customers. Payment method – cards and cash. No delivery service. Cannot take remote payment in store.	Phone: 016973 20605
	LR and JA Allen Information correct as of 1 May	Services – Fuel and groceries. Opening hours Mon-Sun 7.00am-10.30pm. Services – fuel, groceries. Payment method – cards and cash. No delivery service. Volunteers shopping for groceries. This store able to take payment in store via telephone. Please advise store before goods are put through the till.	Phone: 016973 20300
	C. Bouch and Son Information correct as of 1 May	Services – Groceries and household items. Opening hours Mon-Fri 6.00am-4.00pm, Sat 6.00am-3.00pm, Sun 6.00am-12.00pm. Payment method – cards and cash. No delivery service. Volunteers shopping for groceries. This store able to take payment in store via telephone. Please advise store before goods are put through the till.	Phone: 016973 20252
	Shaw Meats Information correct as of 1 May	Services- Fresh meat, Eggs, Some cooked meats. Opening hours Wed -Thur 9.00am-4.00pm; Fri 9.00am - 5.00pm. Payment method – cards and cash. Free deliveries throughout Allerdale. Volunteers shopping for groceries. This store able to take payment in store via telephone. Please advise store before goods are put through the till.	Phone: 016973 21111
	Post Offices, Banks		
	Aspatia Post Office, King Street Information correct as of 1 May	Opening hours Mon-Wed 9.00am-5.00pm, Thurs 9.00am-1.00pm, Fri 9.00am-5.00pm, Sat 9.00-12 noon.	

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	Cumberland Building Society Information correct as of 1 May	Opening hours Thurs 10-2	
	Chemists		
	Boots West Street Health Centre Information correct as of 1 May	Opening hours Mon-Fri 8.30am-6.30pm, Sat 9.00am-12 noon	Phone: 016973 202356
	Pet Services		
	Aspatia Farmers Station Works Information correct as of 1 May	Services – Open for essential pet food and health requirements only – strict telephone order policy in place, no browsing in store. Opening hours Mon-Fri 8.00am-5.00pm. Please telephone to place orders, payment by card over the phone	Phone: 016973 20207 Email: info@aspatriafarmers.co.uk
	Beacon Veterinary Centre Park Road Business Centre Information correct as of 1 May	Please call for appointment. No routine procedures, only emergency and urgent appointments. Telephone consultations also available. Opening hours Mon-Fri 8.30am-6.30pm, Sat 9.00am-12 noon. 24 hour emergency out of hours service – 016973 20242. Prescriptions can be ordered online or via phone.	Phone: 016973 20242 Email: info@beaconvets.co.uk
Cockermouth	Millcroft Vets Station Road Information correct as of 1 May	Please call for appointment. No routine procedures, only emergency and urgent appointments. Telephone and video call consultations also available. Opening hours Mon-Fri 1.00pm-5.00pm. 24 hour emergency service - 01900 826666. Prescriptions can be ordered via email.	Tel: 016973 23898 Email: lab@millcroftvets.co.uk
	Supermarkets, Grocery Stores, Butchers, Bakers, Greengrocers, Service Stations, Ready-made Meals Suppliers		
	Aldi	Services – Groceries and household items. Opening hours Mon-Sat 8.00am-10.00pm, Sun 10.00am-4.00pm. Payment method – cards and cash. Now providing the "Aldi Food Parcel" containing 22 essential items, cost	Phone: 0800 042 0800 (central Aldi Contact number)

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	Information correct as of 1 May	£24.99. Available online for delivery. Payment via card on ordering. Can be paid for by an individual who is shopping for a customer who is shielding. Delivery address for shielding customer to be added when ordering. Aldi shopping vouchers now available to purchase online –delivery to individuals address or a different specified address. This can then be used by the person who is shopping on behalf of the elderly/vulnerable individuals who are shielding/self-isolating. Cannot take remote payment in store.	
	Lidl Information correct as of 1 May	Service – Groceries and household items. Opening hours Mon-Sat 8.00am – 10.00pm, Sun 10.00am-4.00pm. Payment method – cards and cash. Card is preferred. No delivery service. Cannot take remote payment in store	Phone: 0800 977 7766
	Sainsbury Information correct as of 1 May	Services – Groceries and household items. Opening hours Mon-Sat 8.00am-9.00pm, Sun 11.00am-5.00pm. Mon, Wed & Fri from 8.00-9.00 shopping hour for elderly customers, disabled customers and carers. NHS and social care staff can shop 30 minutes before official opening time Mon-Sat. ID to be shown. Store payment method – cards preferred. Cash via self-checkouts. Online delivery service available – card payments. Priority delivery slots for those vulnerable individuals – Register via GOV.UK. Sainsbury's now has a volunteer shopping card . The card can be purchased online (www.sainsburysgiftcard.co.uk) Between £5 and £250 can be added to the card and this can be emailed directly to the person who is shopping on behalf of the elderly/vulnerable individuals. Cannot take remote payment in store.	Phone: 01900 825694
	Wilko	Services – Groceries and household items. Opening hours Mon-Sat 8.30am-5.00pm, Sun 10.00am-4.00pm. Payment method – cards and cash. Standard online	Phone: 0333 005 2968

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	Information correct as of 1 May	delivery service is available. Cannot take remote payment in store.	
	Oakhurst Service Station Information correct as of 1 May	Services - Fuel and groceries Opening hours Mon-Sun 24 hours. Payment method – cards and cash. No delivery service. Cannot take remote payment in store.	Phone: 01900 829845
	One Stop Information correct as of 1 May	Services –Groceries and household items. Opening hours Mon-Sun 07.00am-9.00pm. Payment method – cards and cash. No delivery service. Cannot take remote payment in store.	Phone: 01900 823086
	Coffee Kitchen Information correct as of 24 April	Services - Bread, confectionary. Opening hours Mon-Fri 8.00am-1.00pm & 4.00pm-7.00pm, Sat 8.00am-2.00pm. Providing home deliveries on Mondays, Wednesday, Fridays and Saturdays. To place a delivery email: contact@thecoffeekitchen.co.uk	email: contact@thecoffeekitchen.co.uk
	Wild Zucchini's Information correct as of 1 May	Wild Zucchini's is offering a hot meal delivery service to Cockermouth and the local area.	Phone: 01900 823446
	Harrison's Butchers Information correct as of 1 May	Services - Meats, Eggs, Deli produce. Opening hours Mon-Fri 7.00am-5.00pm, Sat 7.00am-3.30pm. Payment method – cards and cash. Providing deliveries in the local area. Volunteers shopping for groceries. This store able to take payment in store via telephone. Please advise store before goods are put through the till.	Phone: 01900 823164
	Fyne Fishmongers Information correct as of 1 May	Services – Fish and seafood deli. Opening hours Tues-Fri 9.00am-4.00pm, Sat 8.30am-3.30pm. Payment method – cards and cash. Local deliveries only to the isolated and elderly in the CA13 postcode. Minimum order £20. Volunteers shopping for groceries. This store able to take payment in store via telephone. Please advise store before goods are put through the till.	Phone: 01900 827814

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	County Fruit Store Information correct as of 1 May	Opening hours Mon-Fri 7.30am-5.00pm, Sat 7.30am-1.00pm. Payment method – cards and cash. Deliveries Wed-Sat. Fridays out of town. Email for delivery is preferred. If unable to email please ring the store. Volunteers shopping for groceries. This store able to take payment in store via telephone. Please advise store before goods are put through the till.	Phone: 01900 822108 Email: alacock@aol.com
	Caterite Embleton Information correct as of 1 May	Services – Groceries. Opening hours Mon-Fri 8.00am-6.00pm. Click and collect available for groceries for individual customers. Payment method is card (online). Personal Account does need set up.	Phone: 017687 76000
	Lorton Village stores Information correct as of 1 May	Services – Groceries and household items. Opening hours Mon-Sat 10.00am-5.00pm. A phone ordering service is available for locals who are unable to get out. Call 01900 85102 for this service. Restrictions of 2 customers in the store at any one time, due to space.	Phone: 01900 85102
	Chemists		
	JWW Allisons Information correct as of 1 May	Opening hours Mon-Fri 8.30am-6.00pm, Sat 8.30am-4.00pm	Phone: 01900 822292
	Boots Main Street Information correct as of 1 May	Opening hours Mon-Fri 8.30am-6.00pm, Sat 9.00am-5.30pm	Phone: 01900 823160
	Castlegate Pharmacy Cockermouth Community Hospital Information correct as of 1 May	Opening hours Mon-Sat 7.00am-10.00pm, Sun 10.00am-8.00pm	Phone: 01900 826018

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	Post Offices, Banks		
	Post Office 12 Station Street (in Nisa Store) Information correct as of 1 May	Opening hours Mon-Fri 8.00am-5.30pm, Sat 9.00am-3.00pm	
	Barclays Bank Information correct as of 1 May	Opening hours Mon, Wed & Fri 9.30am-2.00pm.	
	Cumberland Building Society Information correct as of 1 May	Opening hours Mon-Fri 9.00am-2.00pm, Sat 9.00am-12 noon	
	Pet Services		
	Millcroft Vets Wakefield Road Information correct as of 1 May	Please call for appointment. No routine procedures, only emergency and urgent appointments. Telephone and video call consultations also available. Opening hours Mon-Fri 9.30am-6.00pm, Sat 8.30am-5.00pm, Sun 10.00-3.00pm 24 hour emergency service - 01900 826666 . Prescriptions can be ordered via email.	Tel: 01900 82666 Email: lab@millcroftvets.co.uk
	RTSN Huddart Pet Supplies Main Street Information correct as of 1 May	Services – Opening hours for delivery and collection only. Mon-Sat 10.00am-2.00pm. Open for essential pet food and health requirements only. Phone and collect service available. Free local delivery service available. Method of payment for collection or delivery BACS payment, card payment over the phone or cash	Phone: 01900 822118 Deliveries: 07971 048 911
	West Cumbria Farmers (WCF) Station Street Information correct as of 1 May	Services – Opening hours Mon-Sat 9.00am-5.00pm, Sun 10.00am-3.00pm. Open for essential pet food and health requirements only. Method of payment – card payment only. Phone and collect service available. Payment by card over the phone. Online delivery service available at wcfselect.co.uk.	Phone: 01900 822249 Email: cockermouth@wcfpetandequestrian.co.uk
Keswick	Supermarkets, Grocery Stores, Butchers, Bakers, Greengrocers, Service Stations, Ready-made Meals Suppliers		

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	Booths Information correct as of 1 May	<p>Services – Groceries and household items. Opening hours Mon-Sat 8.00am-8.00pm, Sun 10.00am-4.00pm. Key worker hours Mon-Sat 7am-8am & 8.00pm-9.00pm, Sun 9.00am-10.00am. Payment method – cards and cash. A limited phone ordering service for vulnerable and isolating individuals who live within a 6 mile radius of the store is available Mon-Fri. Please call 0800 221 8086 between 9.30am-4.30pm Mon-Fri for this service. A click and collect service has also been introduced. Customers can place an order online from a list of over 150 essentials products. The store will call back next day to arrange payment and collection. Staff can also bring the groceries out to your car for you. Please note there is a £3.00 charge for all click and collect orders. Your shopping will be packed in bags at a cost of 20p per bag. All products offered are subject to availability, you will only be charged for the products you receive. Click on website for more details and to book https://everyday.booths.co.uk/</p> <p>Volunteers shopping for groceries. This store has a clearly dedicated checkout for family, friends, and neighbours to use where payment can be made in store via telephone. The spend limit is £100.</p>	Phone: 017687 73518 Deliveries: 0800 221 8086
	Lakes and Dales Coop	<p>Services- Groceries and household items. Opening hours Mon-Sat 7.00am-9.00pm, Sun 10.00am-4.00pm. Payment method – cards and cash. A delivery service is available but slots are limited. Also taking telephone orders with remote payment. Maximum of 20 items per delivery. Volunteers shopping for groceries. This store able to take payment in store via telephone. Please advise store before goods are put through the till.</p>	Phone: 017687 72688

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	Keswick Mini Market, Market Square Information correct as of 1 May	Services - Groceries and newspapers. Opening hours Mon-Sun 8.00am- 4.00pm. Payment by cards and cash. Local delivery service for groceries. Phone or email for delivery. Volunteers shopping for groceries. This store able to take payment in store via telephone. Please advise store before goods are put through the till.	Phone: 017687 73535 Email: rebecca@keswickminimarket.co.uk
	Open All Hours Information correct as of 1 May	Services – Groceries and household items. Opening hours Mon-Sun 7.00am-7.00pm. Payment method – cards and cash. A local delivery service is available for those customers who are self-isolating. Place the order by 12 noon for same day delivery. Orders received after 12 noon will be delivered next day. Payment by card. Please telephone 017687 75414 to arrange a delivery. Cannot take remote payment in store.	Phone: 017687 75414
	Spar High Hill Garage Information correct as of 1 May	Services - Fuel and groceries. Opening hours Mon-Sun 24 hours. Hatch service from 9.00pm-7.00am. Payment by cards and cash. No delivery service. Cannot take remote payment in store.	Phone: 017687 72768
	Spar Derwent Garage Information correct as of 1 May	Services -Fuel and groceries. Opening hours Mon-Sun 24 hour opening. Payment by cards and cash. No delivery service. Cannot take remote payment in store.	Phone: 017687 72812
	Spar Shorley Lane Information correct as of 1 May	Services - Groceries. Opening hours Mon-Sun 7.30am-7.00pm. Payment by cards and cash. Order and collect service only. Cannot take remote payment in store.	Phone: 017687 74870
	Bryson Bakery Information correct as of 1 May	Services - Bread, cakes. Home delivery and pre-order collection service available. Ring before 3pm for next day delivery in the local area. Card payment.	Phone: 017687 72257

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Information correct as of 1 May	Chintys	Services: Fresh produce Inc. eggs, milk, bread, fresh veg, homemade soup, stew. Chintys is closed but are delivering locally. Contact 017687 71110	Phone: 017687 71110
	Jan's Lakeland Sandwich shop	Services- Sandwiches, soups and cooked boxed meals. Opening hours Mon-Sat 9.00am-2.00pm. Payment by cards and cash. Local delivery service. Volunteers shopping for groceries. This store able to take payment in store via telephone. Please advise store before goods are put through the till.	Phone: 017687 75220
	Thomason's Butchers and Deli	Services - Fresh, cooked meats, eggs, deli products. Opening hours Mon-Fri 8.30am-3.00pm, Sat 8.00am-1.00pm. Payment method – Cards and cash. No delivery service. Phone orders are available for collection in store, payment over the phone. Volunteers shopping for groceries. This store able to take payment in store via telephone. Please advise store before goods are put through the till.	Phone: 017687 80169
	Chemists		
	Boots Main Street	Opening hours Mon-Sat 9.00am-6.00pm, Sun 10.00am-5.00pm	Phone: 017687 72383
	Cohens Station Street	Opening hours Mon-Fri 9.00am-5.00pm, Sat 9.00am-1.00pm	Phone: 017687 72049
	Post Offices, Banks		
	Post Office, 4 Bank Street	Opening hours Mon-Fri 8.30am-5.30pm, Sat 8.30am-12.30pm	
	Barclays Bank	Opening hours Tues, Thurs & Fri 9.30am-2.00pm	

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	Information correct as of 1 May		
	Cumberland Building Society Information correct as of 1 May	Opening hours Wed 10.00am-2.00pm	
	Skipton Building Society Information correct as of 1 May	Opening hours Mon, Wed, Fri 9.30am-1.00pm.	
	Pet Services		
	Millcroft Vets Southey Hill Information correct as of 1 May	Please call for appointment. No routine procedures, only emergency and urgent appointments. Telephone and video call consultations also available. Opening hours Mon-Fri 9.30am-1.30pm. 24 hour emergency service - 01900 826666 . Prescriptions can be ordered via email.	Tel: 017687 72590 Email: lab@millcroftvets.co.uk
Maryport	Podgy Paws Pet Shop. Tithebarn Street Information correct as of 1 May	Services – Open for essential pet food and health requirements only. Opening hours Mon-Fri 9.00am-12 noon. Payment method – cards and cash. Free delivery service in the local area. Please call 017687 73737 or 07703 729164 between 9 and 12 to place your order. Email orders also accepted on info@podgypaws.co.uk . Payment by card over the phone.	Phone: 017687 73737 Email: info@podgypaws.co.uk
	Supermarkets, Grocery Stores, Butchers, Bakers, Greengrocers, Service Stations, Ready-made Meals Suppliers		
	B and M Express (Heron's) Information correct as of 1 May	Services- Groceries and household items. Opening hours Mon-Sat 8.00am-6.00pm, Sun 10.00am-4.00pm. Payment method – cards and cash. Card preferred. No delivery service. Cannot take remote payment in store	Phone: 0345 603 7300 Email: info@heronfoods.com
	B and M Information correct as of 1 May	Services- Groceries and household items. Opening hours Mon-Fri 8.00am-8.00pm, Sat 8.00am-6.00pm, Sun 10.30am-4.30pm Payment method – cards and cash.	Phone: 0330 838 9387

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		Card preferred. No delivery service. Cannot take remote payment in store	
Lidl Information correct as of 1 May		Service – Groceries and household items. Opening hours Mon-Sat 8.00am – 10.00pm, Sun 11.00am-5.00pm. Payment method – cards and cash. Card is preferred. No delivery service. Cannot take remote payment in store	Phone: 0800 977 7766
Tesco Express Information correct as of 1 May		Services- Groceries and household items. Opening hours Mon-Sun 6.00am-11.00pm. Payment method – cards and cash. Card preferred. No delivery service. Cannot take remote payment in store	Phone: 0345 266 9352
Cueto's Newsagents Information correct as of 1 May		Services – Groceries and newspapers. Opening hours Mon-Sat 4.30am-3.00pm, Sun 4.30am-12 noon. Payment method – cards and cash. No delivery service.	Phone: 01900 812692
Ellenborough Mini Market Information correct as of 1 May		Services – Groceries and household items. Opening hours Mon-Sat 5.30am-6.30pm, Sun 6.30am-6.30pm. Payment method – cards and cash in the shop. Free delivery for the over 70's and those vulnerable and self-isolating. Telephone the shop for more information. Payment is via card over the phone for the delivery service. Volunteers shopping for groceries. This store able to take payment in store via telephone. Please advise store before goods are put through the till.	Phone: 01900 813663
Maryport News Information correct as of 1 May		Services – Groceries and newspapers. Opening hours Mon-Sun 5.30am-8.30pm. Payment method – cards and cash. No delivery service. Cannot take remote payment in store	Phone: 01900 812242
Mitchells Food and Wine Information correct as of 1 May		Services- Groceries and household items. Opening hours Mon-Fri 7.00am-8.00pm; Sat - Sun 10am-8pm. Payment method – cards and cash. No delivery service. Cannot take remote payment in store	Phone: 01900 814853

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	Spar Solway Garage Information correct as of 1 May	Services – Fuel, groceries and household items. Forecourt open 24 hours for fuel. Shop open for groceries 6.00am-9.00pm, hatch from 9.00pm-6.00am. Payment method – cards and cash in the shop. No delivery service. Cannot take remote payment in store	Phone: 01900 810171
	Bri-Marg's Information correct as of 1 May	Services – Fruit, veg, milk & eggs. Opening hours Mon-Sat 9.00am-5.00pm. Delivery service is also in place for fruit, veg, milk and eggs (will try to obtain other grocery items as may be requested). Orders taken from 9.00am over the phone or in person. Payment via cash. Cannot take remote payment in store.	Phone: 07756 306017 or 01900 816250 after 6.30pm
	Walsh's Butchers Information correct as of 1 May	Services - Fresh, cooked meats, eggs, deli products. Open for collection only Tues-Fri 10-2. Orders under £20 call in to shop to place order during advertised opening hours. Larger orders place via private message on Facebook.	Via Facebook
	Twentymans Allonby Information correct as of 1 May	Services- Groceries, fresh veg, meat and household. Opening hours Mon –Sun 9.30am-6.30pm. Payment method – Cards and cash. Free delivery service for residents in Allonby and the surrounding area. Cash on delivery or card payment over the phone. Volunteers shopping for groceries. This store able to take payment in store via telephone. Please advise store before goods are put through the till.	Phone: 01900 881247
	Jack's Surf Bar Allonby Information correct as of 1 May	Services –cooked meals available for collection and delivery in Allonby, Silloth, Aspatria areas. Orders accepted from 4.15pm. Contact Mark on 01900 881088. Payment by card.	Phone: 01900 881088
	Cottage Pie Dearham Information correct as of 1 May	Services -Bread, milk, eggs, Pies, Cakes cooked meats. Opening hours Mon-Fri 8.00am-3pm, Sat 8.00am-1.30pm. Deliveries and collections only. Deliveries in the Maryport and Dearham area to over 70's and vulnerable individuals. Ring by 3pm to organise a delivery for the next available day. Payment by card preferred but driver	Phone: 01900 817003

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		can accept cash. Pre-order via phone for collection in shop.	
Woody's of Flimby Information correct as of 1 May		Services – food delivery. Breakfasts, butties and prepared lunches are available for delivery in the local area . Order via What's App 07453 938 452. Opening times Tues-Sat 8.00am-2.00pm (closed Sun & Mon)	Phone: 01900 876263
Select Convenience Store Flimby Information correct as of 1 May		Services- Groceries and household items. Opening hours Mon-Sun 8.00am-8.00pm. Payment method – cards and cash. No delivery service. Cannot take remote payment in store.	Phone: 01900 814513
Essex garage Dearham Information correct as of 1 May		Services –Fuel, groceries and household items. Opening hours Mon-Fri 6:00am-10.00pm, Sat 6.00am-9.00pm, Sun 7.00am-9.00pm. Payment method – cards and cash. No delivery service. Cannot take remote payment in store.	Phone: 01900 814374
Mawbray Cheese Company Information correct as of 1 May		Services- Cheese, butter, cream, cheesecakes, goats milk cheese, goats milk cheesecakes. Delivering throughout the region and no delivery charge is made. Any orders placed are usually delivered on Fridays and Saturdays. Orders are via Facebook or via telephone. Payment is via BACS transfer or PayPal.	Phone: 07964515058 or 07966959729
Chemists			
Alneburgh Pharmacy Ewanrigg Road Information correct as of 1 May		Opening hours Mon-Fri 9.00am-5.00pm	Phone: 01900 819111
Dobies Curzon Street Information correct as of 1 May		Opening hours Mon-Fri 9.00am-5.30pm, Sat 9.00am-12.30pm	Phone: 01900 812662

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Normans Senhouse Street Information correct as of 1 May	Opening hours Mon-Fri 9.00am-5.30pm, Sat 9.00am-5.30pm	Phone: 01900 812615
Laundry Services		
Laundry Basket Solway Estate Information correct as of 1 May	Opening hours are usually Mon, Tues & Thurs mornings. Laundry Basket is open to customers dropping items off and also has a collection and delivery service for vulnerable individuals who are self-isolating in Maryport. Payment method – cash.	Phone: 01900 819797
Post Offices, Banks		
Post Office, High Street Information correct as of 1 May	Opening hours Mon-Fri 9.00am-5.30pm, Sat 9.00am-2.30pm	
Post Office Ellenborough (in Mini Market) Information correct as of 1 May	Opening hours Mon 8.00am-7.00pm, Tues-Fri 8.30am-7.00pm, Sat 9.00am-7.00pm, Sun 9.30am-6.00pm	
Post Office, Central Road, Dearham Information correct as of 1 May	Opening hours Mon 8.45am-5.30pm, Tues & Wed 9.00am-5.30pm, Thurs 8.45am-5.30pm, Fri 9.00am-5.30pm, Sat 9.00am-12.30pm	
Post Office Flimby (in Select Store) Information correct as of 1 May	Opening hours Mon-Sun 9.00am-6.00pm	
Cumberland Building Society Information correct as of 1 May	Opening hours Mon 10.00am-2.00pm	

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	TSB Bank Information correct as of 1 May	Opening hours Mon - Fri 10.00am-12.30pm & 1.30pm-4.00pm	
	Pet Services		
	D and K Pet Supplies Solway Estate Information correct as of 1 May	Opening hours Mon, Tues, Thurs & Fri 10.00am-3.00pm. Services- Open for pet food, pet health products and other pet essentials.	Phone: 01900 819300
	Millcroft Vets Curzon Street Information correct as of 1 May	Please call for appointment. No routine procedures, only emergency and urgent appointments. Telephone and video call consultations also available. Opening hours Mon-Fri 1.00pm-5.00pm. 24 hour emergency service - 01900 826666 . Prescriptions can be ordered via email.	Tel: 01900 816666 Email: lab@millcroftvets.co.uk
Silloth	Supermarkets, Grocery Stores, Butchers, Bakers, Greengrocers, Service Stations, Ready-made Meals Suppliers		
	Coop Information correct as of 1 May	Services- Groceries and household items. Opening hours Mon-Sun 7.00am-8.00pm. Payment method – cards and cash. No delivery service. Cannot take remote payment in store.	Phone: 016973 31368
	Spar Silloth Street Information correct as of 1 May	Services- Groceries and household items. Opening hours Mon-Sat 7.30am-9.00pm, Sun 8.30am-9.00pm. Payment method – cards and cash. No delivery service. Volunteers shopping for groceries. Can take payment in store over the phone via Royal Voluntary Service Scheme	Phone: 016973 31293
	Spar Harrisons Abbeytown Information correct as of 1 May	Services – Groceries and household items. Opening hours. Mon-Sat 7.00am-8.00pm, Sun 8.00am-8.00pm. Payment method – cards and cash. No delivery service. Volunteers shopping for groceries. This store able to take payment in store via telephone. Please advise store before goods are put through the till.	Phone: 016973 61231
	Fruit and Veg company	Services- Fruit and Veg boxes. Company operates a remote delivery service of fruit and veg boxes. Please order via Facebook page. For anyone who doesn't use	Phone: 07842 062118

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	Information correct as of 1 May	the internet please ring 07842062118. Payment method is contactless/ card payment.	
	Berry and Sons Bakers Information correct as of 1 May	Services- Bread, cakes, pies. Opening hours Mon – Sat 8.30-1. Payment method – cash. No delivery service. Cannot take remote payment in store.	Phone: 016973 31831
	Bennetts Fishmongers Information correct as of 1 May	Services: Fresh fish and eggs. Opening hours Wed-Fri 9.00am-3.00pm. Payment method – cash. Delivery service in the local area and throughout Allerdale. Please confirm with the business.	Phone: 07391 576640
	W. Kirkup & Sons butchers. Eden Street Information correct as of 1 May	Services: Fresh meats and pies. Opening hours Mon – Sat 9:00am - 3:00pm. Payment method – cash. No delivery service. Cannot take remote payment in store.	Phone: 016973 32000
	Kandy Shop, Criffel Street Information correct as of 1 May	Services: newspapers, magazines, cards, sweets, stamps. Payments for gas, electric, water and mobile phone top-ups. Opening hours Mon-Sat 8.00am-4.00pm, Sun 8.00am-2.00pm. Payment method: cash and card. Local delivery of newspapers and magazines. Local delivery of other goods can be arranged for anyone self-isolating. Payments for gas, electric, water and mobile phone top-ups for key workers – contact Carmel on 07388 665857 for top-ups out of hours.	Phone: 016973 31741
	Jaybees, Criffel Street, Sillioth Information correct as of 1 May	Services: Household, groceries, pet food and hardware etc. Opening hours Mon – Sat 9.00am-4.00pm, Sun 10.00am-2.00pm. Payment method: cards and cash. Deliveries in Sillioth. Orders over the phone and via Facebook page. Volunteers shopping for groceries. This store able to take payment in store via telephone. Please advise store before goods are put through the till.	Phone: 016973 31245

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	Cumberland Inn, West Silloth Information correct as of 1 May	Services – Sunday lunches to take away. Pop along with your own plate(s) and they will plate them up for you. Also Free delivery service for the over 70's and anyone who is self-isolating. Ring 016973 31431 to order your takeaway/delivery or for more info.	Phone: 016973 31431
	Silloth Motor Company, Petteril Street, Silloth. Information correct as of 1 May	Services: Fuel, Car repairs servicing & MOT's. Opening hours for fuel Mon, Weds & Fri - 9:00am - 3:00pm. Payment method –cash and card.	Phone: 016973 31351
	West Silloth Motors Causewayhead Information correct as of 1 May	Services – Car repairs servicing & MOT's. Opening hours Monday to Friday 8:30am-5:30pm. Payment method: Contactless payment. Local collection and delivery.	Phone: 016973 32833 or email: info@westsillothmotors.co.uk
Chemists			
	Well Silloth Station Road Information correct as of 1 May	Opening times Mon-Fri 10.00am-12.30pm & 2.00pm-6.00pm, Sat 9.00am-1.00pm	Phone: 016973 31394
Laundry Services			
	Hayley's Homecare Criffel Street Information correct as of 1 May	The shop is closed to the general public but the business is still operating and doing laundry for vulnerable individuals. Any washing should be double bagged and would not get done for 3 days, so that any potential virus will have died down. Collection and delivery would need to be made by a volunteer organisation. Contact Hayley's Homecare via telephone 07591 254620 for more information on this service.	Phone: 07591 254620
Post Offices, Banks			

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	Post Office, Eden Street (in Winters Newsagents) Information correct as of 1 May	Opening Hours Mon-Thurs 7.30am-2.00pm, Fri 7.00am-2.00pm, Sat 7.00am-1.00pm, Sun 7.00am-10.00am	
	Cumberland Building Society Information correct as of 1 May	Opening hours Weds 10.00am-2.00pm.	
	Pet Services		
	Beacon Vets Station Road Information correct as of 1 May	Please call for appointment. No routine procedures, only emergency and urgent appointments. Telephone consultations also available. Opening hours Mon 12.00pm-5.00pm, Wed 12.00pm-6.30pm, Thurs 12.00pm-5.00pm, Fri 12.00pm-5.00pm. 24 hour emergency out of hours service – 016973 20242 . Prescriptions can be ordered online or via phone.	Phone: 016973 20242 Email: info@beaconvets.co.uk
Wigton	Supermarkets, Grocery Stores, Butchers, Bakers, Greengrocers, Service Stations, Ready-made Meals Suppliers		
	B and M Information correct as of 1 May	Services- Groceries and household items. Opening hours Mon-Sat 8.00am-6.00pm, Sun 10.00am-4.00pm. Payment method – cards and cash. Card preferred. No delivery service. Cannot take remote payment in store.	Phone: 0330 888 9274
	Coop Information correct as of 1 May	Services- Groceries and household goods. Opening hours Mon-Sat 7.00am-8.00pm, Sun 10.00am-4.00pm. Payment method cards and cash. Telephone delivery service –Minimum order £25. Remote payment possible via head office.	Phone: 01697 345232
	Lidl	Service- Groceries and household items. Opening hours Mon-Sat 8.00am – 10.00pm, Sun 10.00am-4.00pm. Payment method – cards and cash. Card is preferred.	Phone: 0800 977 7766

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	Information correct as of 1 May	No delivery service. Cannot take remote payment in store	
	Spar King Street Information correct as of 1 May	Services- Groceries and household items. Opening hours Mon-Sun 7.00am-9.00pm. Payment method – cards and cash. Card preferred. Volunteers shopping for groceries. Can take payment in store over the phone via Royal Voluntary Service Scheme	Phone: 016973 43903
	Spar South End Road Garage Information correct as of 1 May	Services –Fuel, groceries and household items. Opening hours Mon-Sat 6.00am-9.00pm, Sun 7.00am-7.00pm. Payment method – cards and cash. No delivery service. Only 2 customers allowed in the store at any one time. Cannot take remote payment in store.	Phone: 016973 45234
	Paisleys Butchers Information correct as of 1 May	Services – Fresh and cooked meats and deli. Opening hours Mon-Sat 10.00am-5.00pm. Payment method – cards and cash. Deliveries in the local area. Volunteers shopping for groceries. This store able to take payment in store via telephone. Please advise store before goods are put through the till.	Phone: 016973 44686
	Harrisons Butchers Information correct as of 1 May	Services – Fresh and cooked meats and deli. Opening hours Mon-Sat 7.00am-5.30pm. Payment method – cards and cash. Deliveries in the local area. Volunteers shopping for groceries. This store able to take payment in store via telephone. Please advise store before goods are put through the till.	Phone: 016973 42192
	JH and J Fox Butchers Information correct as of 1 May	Services – Fresh and cooked meats and deli. Opening hours Mon 7.00am-3.00pm, Tues-Fri 7.00am-5.00pm, Sat 7.00am-1.00pm. Payment method – cards and cash. Deliveries in the local area. Volunteers shopping for groceries. This store able to take payment in store via telephone. Please advise store before goods are put through the till. (Please check with store to confirm – issue with device)	Phone: 016973 42201
	Berry and Sons Bakers	Services- Bread, cakes, pies. Opening hours Mon, Tues, Thurs, Fri 8.00am-4.00pm, Wed 8.00am-3.00pm, Sat	Phone: 016973 42273

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	Information correct as of 1 May	8.00am-2pm. Payment method – cash. Cannot take remote payment in store.	
	Midtown General Stores Kirkbride Information correct as of 1 May	Services- Groceries and household goods. Opening hours Mon-Fri 8.00am-5.30pm, Sat 8.30am-5.00pm, Sun 9.00am-10.00am. Payment method – cards and cash. No delivery service. Cannot take remote payment in store.	Phone: 016973 51231
Chemists			
	Well Wigton King Street Information correct as of 1 May	Opening times Mon-Sat 9.00am-1.00pm.	Phone: 016973 42445
	Well Wigton Medical Centre Information correct as of 1 May	Opening hours Mon-Fri 9.00am-6.30pm	Phone: 016973 49145
Post Offices, Banks			
	Post Office King Street (in King Street News) Information correct as of 1 May	Opening hours Mon-Fri 5.00am-3.30pm, Sat 5.00am-1.00pm, Sun 5.00am-11.00am	
	Post Office Kirkbride (in Midtown General Stores) Information correct as of 1 May	Opening hours Mon-Fri 9.00am-5.30pm, Sat 9.00am-12.30pm	
	TSB Information correct as of 1 May	Opening hours Mon, Thurs, Fri 10.00-12.30pm & 1.30pm-4.00pm	
	Cumberland Building Society	Opening hours Mon-Fri 9.00am-2.00pm, Sat 9.00am-12 noon	

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	Information correct as of 1 May		
	Pet Services		
	Belle Vue Vets. Syke Park Information correct as of 1 May	Please call first for appointment. No routine procedures, only emergency and urgent appointments. Telephone consultations also available. Opening hours Mon –Fri 8.30am-5.30pm, Sat 8.30am-12.30pm. 24 hour emergency out of hours service – 016973 42174. Prescriptions can be ordered via email medicine@wigtonvets.co.uk	Phone: 016973 34901 Email: medicine@wigtonvets.co.uk
	Noah's Ark. High Street Information correct as of 1 May	Services – Open for essential pet food and health requirements. Opening hours Mon-Sat 9.00am-5.30pm. Payment method – cards and cash. Free delivery to those self-isolating in the Wigton area. £10 minimum order. Payment via card over the phone.	Phone: 016973 44325 Email: Nixonspetshop@gmail.com
	West Cumbria Farmers (WCF). Old Jam Works Information correct as of 1 May	Services – Opening hours Mon-Sat 9.00am-5.00pm. Open for essential pet food and health requirements only. Method of payment – card payment only. Phone and collect service available. Payment by card over the phone. Online delivery service available at wcfselect.co.uk.	Phone: 016973 45061 Email: wigton@wcfpetandequestrian.co.uk
Workington	Supermarkets, Grocery Stores, Butchers, Bakers, Greengrocers, Service Stations, Ready-made Meals Suppliers		
	Aldi	Services – Groceries and household items. Opening hours Mon-Sat 8.00am-10.00pm, Sun 10.00am-4.00pm. Payment method – cards and cash. Now providing the "Aldi Food Parcel" containing 22 essential items, cost £24.99. Available online for delivery. Payment via card on ordering. Can be paid for by an individual who is shopping for a customer who is shielding. Delivery address for shielding customer to be added when ordering. Aldi shopping vouchers now available to purchase online –delivery to individuals address or a different specified address. This can then be used by the person who is shopping on behalf of the	Phone: 0800 042 0800 (central Aldi Contact number)

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	Information correct as of 1 May	elderly/vulnerable individuals who are shielding/self-isolating. Cannot take remote payment in store.	
	Asda Dunmail Park Information correct as of 1 May	Services – Groceries and household items. Opening hours Mon-Sat 8.00am-10.00pm, Sun 11.00am-5.00pm. The store has a dedicated shopping hour for NHS staff from 8.00am-9.00am on Mon, Wed and Fri. Payment methods – cards and cash. Card preferred. Asda has launched a volunteer shopping card which can be emailed to the volunteer or printed out. The card can be topped up by the individual who is self-isolating. Obtain the card at a sda.com/volunteercard . Online deliveries - Card payment for deliveries. Cannot take remote payment in store.	Phone: 01900 607720
	Asda Mossbay Information correct as of 1 May	Services – Groceries and household items. Opening hours Mon-Sat 8.00am-10.00pm, Sun 10.00am-4.00pm. Payment methods – cards and cash. Card preferred. Asda has launched a volunteer shopping card which can be emailed to the volunteer or printed out. The card can be topped up by the individual who is self-isolating. Obtain the card at a sda.com/volunteercard . Online deliveries - Card payment for deliveries. Cannot take remote payment in store.	Phone: 01900 321800
	B and M Derwent Howe Information correct as of 1 May	Services- Groceries and household items. Opening hours Mon-Sat 8.00am-8.00pm, Sun 10.00am-4.00pm Payment method – cards and cash. Card preferred. Cannot take remote payment in store.	Phone: 0330 838 9387
	B and M express (Heron's) Information correct as of 1 May	Services - Groceries and household items. Opening hours Mon-Sat 8.00am-6.00pm, Sun 10.00am-4.00pm. Payment method – cards and cash. Card preferred. Cannot take remote payment in store.	Phone: 0345 603 7300
	Iceland	Services – Groceries and household items. Opening hours Mon-Sat 9.00am-6.00pm, Sun 10.00am-4.00pm. The store has dedicated the last hour of shopping for NHS staff. Please present ID. Payment method – cards	No phone number available. FAQ's on the website.

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	Information correct as of 1 May	and cash. Card preferred. Online deliveries - Card payment for deliveries. Cannot take remote payment in store.	
	Marks and Spencer	Services- Groceries and household items only. Opening hours Mon-Thurs 9.00am-6.00pm, Fri and Sat 8.30am-6.00pm, Sun 11.00am-4.00pm. The store has dedicated the first hour of trading on Mondays and Thursdays for older and vulnerable customers. Tuesdays and Fridays the first hour is dedicated to NHS and health and social care workers. Payment method – cards and cash. Card preferred. Food Boxes costing from £15 are available for home delivery. There are a variety of boxes from essential items to vegetables and meat boxes. Delivery and collection service available. Delivery charges apply if order is under £50.	Phone: 01900 64661
	Information correct as of 1 May		
	Morrison's	Services – Groceries and household items. Opening hours Mon-Sat 7.00am-9.00pm, Sun 10.00am-4.00pm. The store has a dedicated shopping hour for NHS staff from 6.00am-7.00am Mon-Sat, and from 9.00am-10.00am on Sun. Payment methods – cards and cash. Online deliveries - Card payment for deliveries. Essential Food Boxes costing from £30 are also available for home delivery. Boxes contain a variety of food and essential household items. Order before 3pm for next day delivery. Delivery charge is £5. Newly launched is Morrison's Doorstep deliveries for vulnerable and elderly members of the community unable to shop in store. Call 0345 611 6111 and choose option 5. Orders placed before 4pm should be delivered next day. Delivery is within 10 miles of the Morrisons store. Payment is by card – Contactless if possible but chip and pin is available. Cash is not accepted Cannot take remote payment in store.	Phone: 01900 64336
	Information correct as of 1 May		
	Tesco	Services – Groceries and household items. Opening hours Mon-Sat 8.00am-10.00pm, Sun 10.00am-4.00pm.	Phone: 0345 677 9737

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	Information correct as of 1 May	The store has a dedicated shopping hour for NHS staff from 9.00am-10.00am on Tues and Thurs, and for vulnerable customers from 9.00am-10.00am on Mon, Wed and Fri. Payment method – cards and cash. Card preferred. Online deliveries - Card payment for deliveries. Cannot take remote payment in store.	
	Wilkos Information correct as of 1 May	Services – Groceries and household items. Opening hours Mon-Sat 8.30am-5.00pm, Sun 10.00am-4.00pm. Payment method – cards and cash. Standard online delivery service is available. Cannot take remote payment in store.	Phone: 0333 005 2968
	Marshall's Butchers Information correct as of 1 May	Services – Fresh and cooked meats and deli. Opening hours Mon, Tues, Wed, Fri 7.30am-5.30pm Thurs & Sat 7.30am-3.00pm. Payment method – cards and cash. Deliveries in the local area including to Aspatria and Cockermouth. Card payment over the phone. Volunteers shopping for groceries. This store able to take payment in store via telephone. Please advise store before goods are put through the till.	Phone: 01900 602710
	Caspian Flame Grill and Quick Shop Information correct as of 1 May	Opening hours for delivery service Mon-Sun 11.00am-11.00pm for ordering groceries (milk, eggs, tinned goods, snacks, drinks, toiletries and cleaning products). Same day delivery. Opening hours Mon-Thurs & Sun 11.00am-12 midnight, Fri & Sat 11.00am-1.00am for delivery of take-away food. Order via telephone or via Food Hub app – (quick shop for groceries and Caspian Flame Grill for take-away food). Payment over the phone and via hub is via card. Card is preferred for all transactions. Minimum order is £10 for groceries and £4 for takeaway food. Delivery charges apply. Please check when placing order. Caspian delivers to Workington area as far as Pica (extra charge), Maryport area (not Allonby), Cockermouth area as far as Brigham.	Phone: 01900 63397

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	Costcutter - Station Road Store Information correct as of 1 May	Services- Groceries and household items. Opening hours Mon-Sat 7.00am-7.00pm, Sun 8.00am-7.00pm. Payment method – cards and cash. Card preferred. Does not deliver. Cannot take remote payment in store.	Phone: 01900 602010
	McColl's Harrington Road Information correct as of 1 May	Services- Groceries and household items. Opening Hours: Mon-Sun 7.00am-10.00pm. Payment method – cards and cash. Does not deliver. Cannot take remote payment in store.	Phone: 01900 63861
	Premier Stores Senhouse Street Information correct as of 1 May	Services- Groceries and household items. Opening hours: Mon-Sat 9.00am- 9.00pm, Sun 10.00am-9.00pm. Payment method – cards and cash. Delivering only to the elderly and vulnerable. Cannot take remote payment in store.	Phone: 01900 604697
	Premier Stores Mossbay Information correct as of 1 May	Services- Groceries and household items. Opening Hours: Mon-Sat 6.00am-10.00pm Sun 8.00am-10.00pm. Seven days a week home delivery within 3 miles of the store. Payment method – cards and cash. Deliveries in the local area. Card payment over the phone for deliveries and for volunteers collecting an order. (Order before 9am for same day delivery) Volunteers shopping for groceries. This store able to take payment in store via telephone. Please advise store before goods are put through the till.	Phone: 01900 64422
	Pioneer (Harrington) Information correct as of 1 May	Services- Groceries, fresh produce and household items. Opening Hours: Mon-Fri 7.00am-5.00pm, Sat 7.00am-1.00pm. Payment method – cards and cash. Card preferred. Call and collect service and local delivery service available to Workington, Maryport, and Whitehaven for individuals who are shielding. Volunteers shopping for groceries. This store able to take payment in store via telephone. Please advise store before goods are put through the till.	Phone: 01946 831163

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	McColl's Church Rd, Harrington Information correct as of 1 May	Services- Groceries and household items. Opening Hours: Mon-Sat 6.00am-9.00pm, Sun 6.00am-7.00pm. Payment method – cards and cash. Does not deliver. Cannot take remote payment in store.	Phone: 01946 833676
	Spar Moorclose Information correct as of 1 May	Services- Groceries and household items. Opening hours Mon-Sat 7.00am-10.00pm, Sun 8.00am-10.00pm. Payment method – card and cash. Does not deliver. Volunteers shopping for groceries. Can take payment in store over the phone via Royal Voluntary Service Scheme	Phone: 01900 68273
	Longmile Services - Spar Lilyhall Information correct as of 1 May	Services- Fuel and groceries. Mon-Sun 24hours. Hatch service from 11pm-6pm. Payment method – cards and cash. Limited number of customers allowed in the store. Does not deliver. Volunteers shopping for groceries. This store able to take payment in store via telephone. Please advise store before goods are put through the till.	Phone: 01900 602068
	BP and Spar Stainburn Information correct as of 1 May	Services- Fuel and groceries. Opening hours Mon-Sun 24hours. Short closure periods on Mondays to maintain social distancing during deliveries. Service available at hatch during these times Payment method – cards and cash. Does not deliver. Cannot take remote payment in store.	Phone: 01900 61993
	Esso Services Seaton Information correct as of 1 May	Services- Fuel and groceries. Opening hours Mon-Sun 7.30am-8.00pm. Payment method – cards and cash. Does not deliver. Cannot take remote payment in store.	Phone: 01900 870457
	One Stop Seaton Information correct as of 1 May	Services- Groceries and household items. Opening Hours: Mon-Sun 7.00am-9.00pm. Payment method – cards and cash. Does not deliver. Cannot take remote payment in store.	Phone: 01900 604885
	Premier Stores Seaton	Services- Groceries and household items. Opening Hours: Mon-Sat 7.30am-8.00pm, Sun 8.00am-8.00pm.	Phone: 01900 605478

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	Information correct as of 1 May	Payment method – cards and cash. Cannot take remote payment in store.	
	Al's Kitchen Information correct as of 1 May	Services – home cooked meals, sandwiches, pies. Opening hours Mon-Fri 8.00am-3.00pm, closed on 2 May. Payment method – cards and cash. Phone orders for collection or there is a delivery service (delivery service for businesses and for vulnerable and older individuals who are shielding/self-isolating in the Workington area) . Payment for this by card or cash.	Phone: 01900 65930
	Hungry Caterpillar Information correct as of 1 May	Open for meal deliveries 11.30am-2.30pm & 5.00pm-8.00pm. Delivering in Workington, Whitehaven, Cockermouth and Maryport area . Telephone 01900 601918 to place an order or via food hub. Card payment only.	Phone: 01900 601918
Chemists			
	Asda Pharmacy Dunmail park Information correct as of 1 May	Opening hours Mon-Sat 8.00am-10.00pm, Sun 10.00am-4.00pm	Phone: 01900 607730
	Boots Murray Road Information correct as of 1 May	Opening hours Mon, Tues, Thurs, Fri, Sat 9.00am-5.30pm, Wed 9.00am-6.00pm, Sun 11.00am-4.00pm	Phone: 01900 602405
	W Gourlay Oxford Street Information correct as of 1 May	Opening hours Mon-Fri 9.00am-6.00pm, Sat 9.00am-1.00pm	Phone: 01900 603258
	Moorclose Pharmacy Westfield Drive Information correct as of 1 May	Opening hours Mon-Fri 9.00am-1.00pm & 2.00pm-5.30pm, Sat 9.00am-1.00pm	Phone: 01900 62618
	Harrington Pharmacy Church Road	Opening hours Mon-Fri 9.00am-5.30pm, Sat 9.00am-12.30pm	Phone: 01946 833565

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	Information correct as of 1 May		
	JH Sandham Harrington Road Information correct as of 1 May	Opening hours Mon-Fri 9.00am-6.00pm, Sat 9.00am-1.00pm	Phone: 01900 602044
	Seaton Pharmacy Main Road Information correct as of 1 May	Opening hours Mon-Fri 9.00am-6.00pm, Sat 9.00am-12 noon	Phone: 01900 67679
	Tuschem Workington Community Hospital Information correct as of 1 May	Opening hours Mon-Fri 9.00am-5.30pm	Phone: 01900 705130
	FC Whelan John Street Information correct as of 1 May	Opening hours Mon-Fri 9.00am-6.00pm, Sat 9.00am-12.30pm	Phone: 01900 603332
Laundry Services			
	Laundry Studio Information correct as of 1 May	Opening hours Mon-Fri 9.00am-3pm Laundry Studio is open to customers dropping items off (both laundry and dry cleaning) but also has a collection and delivery service for vulnerable individuals who are self-isolating , The cost for delivery is £2. Payment method – Cards and cash.	Phone: 01900 870087
Post Offices, Banks			
	Post Office Murray Road Information correct as of 1 May	Opening hours Mon 9.00am-5.00pm, Tues 9.00am-4.00pm, Wed-Fri 9.00am-5.00pm, Sat 9.00am-3.00pm	
	Post Office Corporation	Opening hours Mon-Fri 9.00am-6.00pm, Sat 9.00am-1.00pm	

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	Road (in P and D newsagents) Information correct as of 1 May		
	Post Office Harrington (in McColls) Information correct as of 1 May	Mon-Sat 6.00am-9.00pm, Sun 6.00am-7.00pm	
	Post Office Moorclose Information correct as of 1 May	Opening hours Mon-Fri 9.00am-2.00pm, Sat 9.00am-12.30pm	
	Post Office Seaton (in One Stop) Information correct as of 1 May	Opening hours Mon-Fri 9.00am-5.00pm, Sat 9.00am-12.30pm	
	Lloyds Bank Information correct as of 1 May	Opening hours Mon-Fri 10.00am-2.00pm	
	Barclays Bank Information correct as of 1 May	Opening hours Mon, Tues, Thurs, Fri 9.30am-2.00pm, Wed 10.00am-2.00pm	
	NatWest Bank Information correct as of 1 May	Opening hours Mon-Fri 10.00am-1.00pm	
	Halifax Building Society Information correct as of 1 May	Opening hours Mon-Fri 10.00am-2.00pm	
	HSBC Bank Information correct as of 1 May	Opening hours Mon-Fri 10.00am-2.00pm	
	Cumberland Building	Opening hours Mon-Fri 9.00am-2.00pm, Sat 9.00am-12 noon	

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	Society (Pow Street) Information correct as of 1 May		
Pet Services			
	Gray Street Vets Information correct as of 1 May	Please call first for appointment. No routine procedures, only emergency and urgent appointments. Opening hours Mon –Fri 9.20am-10.40am & 4.30pm-6.00pm, Sat 9.30am-10.30am. Emergency services available via Galemire Veterinary Hospital at Cleator Moor. Telephone 01946 810295	Phone: 01900 602138 Email: vets@galemirevets.co.uk
	Millcroft Vets Derwent Howe Industrial Estate Information correct as of 1 May	Please call for appointment. No routine procedures, only emergency and urgent appointments. Telephone and video call consultations also available. Opening hours Mon-Fri 9.30am-6.00pm. 24 hour emergency service - 01900 826666 . Prescriptions can be ordered via email.	Phone: 01900 66666 Email: lab@millcroftvets.co.uk
	Pets Central Store Derwent Howe Industrial Estate Information correct as of 1 May	Services- Open for essential pet food and health requirements only. Opening hours Mon-Fri 9.30am-5.30pm, Sat 9.30am-1.00pm. Method of payment – cards and cash. Card payment preferred. No delivery service.	Phone: 01900 606600
	Pets at Home Derwent Drive Retail Park Information correct as of 1 May	Services- Open for pet food, pet health products and other pet essentials. Opening hours Mon-Sat 9.00am-6.00pm, Sun 10.00am-4.00pm. Shopping hour for NHS staff Tues, Thurs & Sat 8.00am-9.00am. Shopping hour for vulnerable customers Mon, Wed & Fri 8.00am-9.00am. Method of payment – cards only. Online delivery service . Payment via card. Also order and collect. Payment via card.	Phone: 01900 68455
Food Delivery – Specialist and dietary			
Area	Group	What's on Offer?	How to contact

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National	Alimento	Alimento is a national online food delivery service supporting individuals with medical needs i.e.: swallowing conditions https://alimento.co.uk/blogs/knowledge-hub/reliably-delivering-tasty-nutritious-food-drink	Via Website
	Wiltshire Farm Foods	Wiltshire farm foods deliver prepared frozen meals. (Catalogue available or via website). There are meals available for individuals who have specific dietary needs. Orders may be placed online at www.wiltshirefarmfoods.com or over the phone 0800 077 3100 . There is a priority phone number 0800 046 5614 for those who have been identified as extremely vulnerable and have received a letter to that effect from the government. Delivery is free. Payment – card is preferred but cash can be paid to the delivery driver.	Phone: 0800 077 3100 or via website
County	Eva's Organics	Eva's organic is a supplier of fresh and local organic fruit and vegetable boxes. Boxes start at £7.50 – minimum order is £13. Payment is via BACS payment or you can pay the driver with cash or a cheque. Telephone 016977 48331 to order or email: www.evasorganic.co.uk	Phone: 016977 48331 email: info@evabotanicals.co.uk

Support Nationally & From Local Community & Third Sector Groups

Area	Group	What's on Offer?	How to Contact
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If you would like to notify us of any changes or you would like to be added to or removed from this directory, please contact
Allerdale.AreaSupport@cumbria.gov.uk

National	British Legion	<p>The Royal British Legion provides lifelong support to serving and ex-serving personnel and their families whether this be information and advice, financial assistance or, emotional support. Contact via the helpline 0808 802 8080 from 8-8 every day. More information is available at the Royal British Legion website https://www.britishlegion.org.uk/</p> <p>Also providing support to armed forces personnel are:</p> <ul style="list-style-type: none"> • www.rafbf.org.uk - Royal Air Force • www.soldierscharity.org.uk - British Army • www.officersassociation.org.uk - Officers • www.rnbt.org.uk - Royal Navy 	Phone: 0808 802 8080 8am-8pm every day
	Family Line	<p>FamilyLine- Family Support: is a free service available to support adult family members on all aspects of family life issues via telephone, text message and email. Whether it's emotional support or practical advice on any aspect of parenting or broader family issues, phone 0808 802 6666, text 07537 404282 or email familyline@family-action.org.uk Monday to Friday: 9.00am – 3.00pm & 6.00pm – 9.00pm. Outside these hours the helpline is staffed by SHOUT.</p>	<p>Phone: 0808 802 6666 Text: 07537404282 Email: familyline@family-action.org.uk</p>
	Carers Direct	<p>Carers Direct: Confidential information and advice for anyone looking after someone else. Contact: 0300 1231053. www.nhs.uk/carersdirect</p>	Phone: 0300 1231053
	National Domestic Abuse Helpline	<p>Confidential Support available 24/7 on freephone 0808 2000 247.</p>	Freephone: 0808 2000 247

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		In an emergency dial 999. If you can't speak cough or tap 55 on the phone	
	RNIB	RNIB via their website- https://www.rnib.org.uk/talking-books-service has essential information and support for blind and partially sighted people. This covers many topics including shopping, accessing local support networks, medication requests etc. RNIB are also offering 3 months free subscription to an e-text newspaper or broadcast guide during the COVID-19 pandemic. The plain text emails can be easily read with magnification or screen reader software. To sign up call the Helpline on 0303 123 9999 . The Giant print or braille book service has been suspended at the moment but will resume as soon as possible. The usb talking book service is still available but only to existing customers. Also available is a digital download service.	Phone: 0303 123 9999
	Samaritans	Providing support 24/7 over the phone to anyone who is worried about their mental health at this time. Additional support is available via email or via the Samaritans website https://www.samaritans.org	Phone: 116123 Email: jo@samaritans.org
Allerdale	Allerdale Area CV-19 Support Group	Facebook support group for local residents to offer support to each other. https://www.facebook.com/groups/497660480898448/	Via Facebook
	Autism Support Allerdale and Copeland	Autism Support Allerdale and Copeland is a registered charity and are on hand to offer advice and support at this time. Please see the website https://www.asaac.uk/ for further information.	Via website
	CAB Allerdale	Citizen's Advice Allerdale have moved from a face to face service to a telephone advice service. For anyone needing advice please call 01900 604735 and leave your name and a contact number and someone will call you back. Advice can also be found on the website https://www.citizensadvice.org.uk	Phone: 01900 604735

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	Owl Blue	Autism charity “Owl Blue” are still holding advice sessions for families of children with hidden disabilities such as autism & ADHD. These sessions are being held over the phone or by WhatsApp video. Sessions can be arranged by emailing Nichola at nichola@owlblue.org	Email: nichola@owlblue.org
	Together We	Together We are offering mental health support, counselling and low intensive CBT and exercise interventions. Anyone can refer by calling 08081 961 773 , emailing referral@togetherwe.co.uk or texting 07969497258 .	Phone: 08081961773 Text: 07969497258 Email: referral@togetherwe.co.uk
West Cumbria	West Cumbria Covid-19 Mutual Aid	Facebook support group for local residents to offer support to each other. https://www.facebook.com/groups/641606456669395 Support is also available via a helpline- 0333 33 55 226 which is staffed from 9.00am-9.00pm 7 days a week.	Via Facebook Helpline: 0333 33 55 226
	Age UK West Cumbria	Age UK are providing support, information and advice via a telephone helpline to adults 55 and over. Contact 01900 233153 or 01900 233154 Mon-Fri 9-4 to speak to Age UK. Age UK will deliver free of charge an essential parcel of groceries. The groceries cost £10 but delivery is free. Payment either via card over the phone or cash on delivery. Contact 01900 844670 to arrange delivery	Helpline: 01900 233153/4 Delivery: 01900 844670
	North Lakes Foodbank	Foodbank locations: Cockermouth, Maryport, Wigton, Workington. Foodbanks provide emergency food during personal crisis situations such as redundancy, benefit delays. Vouchers for the foodbank are usually issued by referral agencies. The foodbank can help with information on the referral agencies	Phone: 07502 311 452 Email: info@thefoodbank.org.uk

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		they work with. More information on the website: www.thefoodbank.org.uk	
	People First	People First in conjunction with the NHS and other partner organisations have launched a chat and check service for people who have learning disabilities and autism. The service includes check and chat calls from specialist staff who will help with issues like wellbeing, food, medication, support needs, safety and ensure understanding of the lockdown situation. Contact Cathy Mellstrom on 07763 542284 or email cathy.mellstrom@wearepeoplefirst.co.uk for more information	Phone: 07763 542284
	West Cumbria Blind Society	West Cumbria Society for the Blind are providing telephone advice, guidance, support and information during the COVID-19 pandemic. Support is also available via email: sightloss.lifeline@hotmail.co.uk	Phone: 01946 694346 or 01946 592474 Email: sightloss.lifeline@hotmail.co.uk
	West Cumbria Carers	West Cumbria Carers are available to support carers over the phone or via email. Contact 01900 821976 or email general@westcumbriacarers.co.uk during office hours Mon-Thurs 9.00am-5.00pm, Fri 9.00am-4.30pm. Visit the website https://westcumbriacarers.co.uk for further information and advice	Phone: 01900 821976 Email: general@westcumbriacarers.co.uk
	Women out West	Domestic abuse services continue to provide support at this time via phone, email, social media, and website. Call 01946 550103 9.30am-2.30pm Mon-Fri or 07539 780431 9.00am-4.00pm Mon-Fri. Email: contactus@womenoutwest.co.uk In an emergency dial 999. If you can't speak cough or tap 55 on the phone	Phone: 01946 550103 or 07539 780431

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Cumbria	Alzheimer's Society	Dementia support, information, and advice by telephone 01228 819299 (leave message for local team) for anyone living with or affected by dementia; and telephone calls from volunteers to help provide more social contact. Phone 0333 150 3456 for National Dementia Connect support line www.alzheimers.org.uk for regularly updated advice and discussion forum Facebook page at: https://www.facebook.com/AlzheimersSocietyCumbria/	Phone: 01228 819299 (leave message for local team) Or email: cumbria@alzheimers.org.uk
	Chrysalis	Chrysalis supports adults with learning disabilities throughout Cumbria. Chrysalis's community activities are currently still able to offer some priority face to face support, telephone advice, virtual activity sessions, shopping and medication collection. For more information visit the website www.chrysalis-cumbria.co.uk or telephone 016973 44751 and ask for Emma Smith or via email info@chrysalis-cumbria.co.uk /	Phone: 016973 44751 and ask for Emma Smith Email info@chrysalis-cumbria.co.uk
	Cumbria Community Foundation	Cumbria Community Foundation- Cumbria Covid-19 Response Fund: A fund has set up to help charitable groups support vulnerable people affected by Coronavirus (COVID-19). Contact Cumbria Community Foundation either via telephone or email for further information.	Phone: 01900 820825 Email: enquiries@cumbriafoundation.org grants@cumbriafoundation.org
	Cumbria Library Service – Services for visually impaired	Cumbria Library Service have a digital resource ' Borrowbox ' where audio books etc. can be downloaded but would need support from someone in the first instance to download from a device. https://cumbria.gov.uk/libraries/online_resources/ebooks_audiobooks.asp	Email: libraries@cumbria.gov.uk

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	Cumbria Library Services	<p>If you are not currently a library member and would like to join so that you can access our online offer, Cumbria Library Service can provide a temporary membership which will let you use a wide range of online services including eBooks, eaudiobooks, digital magazines, comics and newspapers. If you already have full library membership these services are automatically included so you do not need to re-join. (If you are already a member and can't remember your card number and PIN contact libraries@cumbria.gov.uk)</p> <p>Set up your temporary membership on the library website - click Log In, complete the form and submit it. You will then be emailed your temporary membership number, and you can access digital library services</p>	Email: libraries@cumbria.gov.uk
	Multicultural Cumbria	<p>Multicultural Cumbria has offered free Covid-19 guidance in over 30 languages in order to help multicultural residents in Allerdale and further afield. Visit the website to find out more information and to link to the translated guidance https://www.mcc1.org.uk/covid-19</p>	Via website
	Patient Experience and Involvement Team (PALS)	<p>Do you have friends and family in hospital and are unable to visit? PALS will print and laminate a message from you and will share with your loved one. Contact PALS with the name of your loved one and their date of birth and any message and/or photo. Contact via phone or email</p>	<p>Freephone: 0800 633 5547 Phone: 01228 814008 Email: PALS@ncis.nhs.uk</p>
	Safe Families	<p>Safe Families provides support to families through our volunteers. Safe Families link children, young people and families with local volunteers who can offer them help and support.</p> <p>For more information contact: cumbria@safefamilies.uk</p>	Email: cumbria@safefamilies.uk

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Aspatia Rainbow Response	Local Support Group	For support in the community please contact : 07470024756 or email: aspatriaresiliencegroup@gmail.com Support includes telephone befrienders, collections and deliveries from food banks, shopping, taking out refuse.	Phone: 07470024756 Email: aspatriaresiliencegroup@gmail.com
Aspatia (Hayton)	Hayton Independent Support Group	For support in the community please contact 016973 22712 or email: therbert@globalnet.co.uk . Support includes telephone befrienders, collections and deliveries from food banks, shopping, dog walking, gardening, taking out refuse.	Phone: 016973 22712 Email: therbert@globalnet.co.uk
Aspatia (Plumbland)	PlumblandHelp Facebook Group	Facebook support group for local residents to offer support to each other. https://www.facebook.com/groups/PlumblandHelp/	Via Facebook
Cockermouth	Cockermouth Emergency Support Group (CERG)	For support in the community please contact 07852 599794 or email: admin@cerg.org.uk Support includes collections and deliveries from food banks, shopping and dog walking. CERG also has a dedicated shopping line. Contact 07517519377	Phone: 07852 599794 Shopping line: 07517519377 Email: admin@cerg.org.uk
	Cockermouth COVID-19 Mutual Aid Group	Facebook support group for local residents to offer support to each other. https://www.facebook.com/groups/1369318873253390/	Via Facebook
	Cockermouth Linking Lives	For telephone befriending support in the community please contact 07957515140 .	Phone: 07957515140
	Cockermouth Post Digital Magazine	Online digital magazine providing support and information for the community via website. Please search for Cockermouth Post via search engine	Contact: Via website
Cockermouth Dean	Dean District Sports Committee	For support in the community please contact 0787603 8750 . Support includes telephone befrienders, collections and deliveries from food banks, shopping, dog walking, taking out refuse.	Phone: 07876038750

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Allerdale.AreaSupport@cumbria.gov.uk

Cockermouth (Sunderland)	Sunderland Neighbours Localised Support Group	For support in the community please contact 016973 22357 or 07714234733 (text or call) Support includes telephone befrienders, collections and deliveries from food banks, shopping, dog walking, taking out refuse.	Phone: 016973 22357 or 07714234733 (text or call)
Cockermouth (Melbreak)	Melbreak Communities Localised Support Group	For support in the community please contact 01900 85708 or 07785981934 or email: carolynmarydavis@gmail.com Support includes telephone befrienders, collections and deliveries from food banks, shopping, dog walking, gardening, taking out refuse.	Phone: 01900 85708 or 07785981934 email: carolynmarydavis@gmail.com
Keswick	Keswick Community Emergency Recovery Localised Support Group	For support in the community please email: keswickvolunteers@gmail.com Support includes telephone befrienders, collections and deliveries from food banks, shopping, dog walking, and taking out refuse.	email: keswickvolunteers@gmail.com
Keswick area	Keswick Reminder digital newsletter	Online digital newsletter providing support and information for the community via website https://www.keswickreminder.co.uk/ and Facebook https://www.facebook.com/keswickreminder/	Email: news@keswickreminder.co.uk
Keswick (Braithwaite)	Braithwaite Volunteers Localised Support Group	For support in the community please contact 01768 753119 or email: braithwaitevolunteers@gmail.com Support includes telephone befrienders, collections and deliveries from food banks, shopping, dog walking, and taking out refuse.	Phone: 01768 753119 Email: braithwaitevolunteers@gmail.com
Maryport area	Maryport Matters Digital Newsletter	Online digital newsletter providing support and information for the community via website https://www.ewanrigg.com/maryportmatters and Facebook page https://www.facebook.com/makingmaryportsmile/	Email: info@ewanrigg.com
Maryport (Allonby)	Allonby Parish Council	For support in the community please contact 01900 881216 or email: info-allonby-pc.org.uk . Support includes	Phone: 01900 881216 Email: info-allonby-pc.org.uk

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	Localised Support Group	telephone befrienders, collections and deliveries from food banks, shopping, dog walking, gardening, taking out refuse.	
	Allonby Angels Facebook Group	For support in the community please contact 01900 881216 or email: info-allonby-pc.org.uk . Support includes telephone befrienders, collections and deliveries from food banks, shopping, dog walking, gardening, taking out refuse.	Via Facebook or Phone: 01900 881216 Email: info-allonby-pc.org.uk
	Allonby News Facebook Group	Facebook support group for local residents to offer support to each other. https://www.facebook.com/groups/821482351279056/	Via Facebook
Maryport (Flimby)	Flimby COVID-19 Mutual Aid group	Facebook support group for local residents to offer support to each other. https://www.facebook.com/groups/622192868344124/	Via Facebook
	Flimby Community Vulnerable Persons Group	Facebook support group for local residents to offer support to each other. https://www.facebook.com/groups/545282559432075/	Via Facebook
Silloth	Silloth Rotary	For support in the community please contact Silloth Rotary on 07513 500741 Support includes telephone befrienders, collections and deliveries from food banks, shopping, taking out refuse	Phone: 07513 500741
Silloth area	Solway Buzz Digital Newsletter	Online digital newsletter providing support and information for the community via website https://www.solwaybuzz.co.uk/	Email: peter@solwaybuzz.co.uk
Bowness on Solway	Bowness Community (BCG) C19 Support Group	For support in the community please contact 016973 51426 or 07969 255488 . Support includes telephone befrienders, collections and deliveries from food banks, shopping, dog walking, gardening, taking out refuse.	Phone: 016973 51426 or 07969 255488
Wigton (Blencogo)	Blencogo Local Support Group	For support in the community please contact 016973 61017 or 07443603449 or email: Garybickley130@hotmail.com or becky@blake5.org.uk	Phone: 016973 61017 or 07443603449 Email: Garybickley130@hotmail.com or becky@blake5.org.uk

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		Support includes telephone befrienders, shopping, dog walking, and taking out refuse.	
Wigton	Wigton Community Emergency Response Group	For support in the community please email: wigtontown.council@btconnect.com . Support includes telephone befrienders, collections and deliveries from food banks, shopping, taking out refuse.	Email: wigtontown.council@btconnect.com
Wigton (Boltons, Caldbeck, Ireby, Rosley, Westwards, area)	Northern Fells Group	For support in the community including picking up shopping, posting mail, collecting medications, delivering takeaway meals, dog walking, help and support, buddy scheme, benefits or business advice in the Northern Fells Area	Phone: 016974 77196 Email: simon.braithwaite@northernfellsgroup.org.uk
Workington	Workington Community Emergency Response Group	For support in the community please contact Local Street Warden or 07950 119228 or email: wcerg@outlook.com Support includes telephone befrienders, collections and deliveries from food banks, shopping, taking out refuse.	Contact Local Street Warden or Phone: 07950 119228 Email: wcerg@outlook.com
	St Paul's Church Localised Support Group	For support in the community please contact : 07707 500107 or email: ian.grainger66@btinternet.com Support includes telephone befrienders, collections and deliveries from food banks, shopping, taking out refuse.	Phone: 07707 500107 Email: ian.grainger66@btinternet.com
Workington Moorclose/South Workington	Moorclose Community Centre / South Workington Youth Partnership	For support in the community please contact: 07713 864850 or email: swyp@hotmail.co.uk Support includes telephone befrienders, collections and deliveries from food banks, shopping.	Phone: 07713 864850 Email: swyp@hotmail.co.uk
Workington Seaton	Seaton Community Help-COVID-19 Support Group	Facebook support group. For support in the community please contact 07969 891812 . Support includes telephone befrienders, shopping, collecting prescriptions https://www.facebook.com/groups/167195440925804/?ref=share	Contact via Facebook or Phone: 07969 891812 .
Workington Seaton	Villager	Online digital newsletter providing support and information for the community via website. Please search for Seaton Villager via search engine	Contact: Via website or Facebook

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		https://www.seatonchurches.org.uk/villager/ or Facebook https://www.facebook.com/St-Pauls-Church-Seaton-Workington-Cumbria-382281131915891/	
Countywide	COVID-19 Mutual Aid UK	Covid-19 Mutual Aid UK is a group of volunteers supporting local community groups organising mutual aid throughout the Covid-19 outbreak in the UK.	Website: https://covidmutualaid.org
	Cumbria Lake District COVID Awareness	Facebook support group for residents to offer support to each other. https://www.facebook.com/groups/Cumbria.Covid19.Awareness/	Via Facebook
	Mindline Cumbria	Mindline Cumbria is providing support, information and guidance for people who are facing mental health issues or caring for those who might be in difficulties. Contact via telephone Mon-Fri 12 noon-11.00pm, Sat, Sun and bank holidays 5.00pm-11.00pm. Text service available. Text MIND to 81066 . Web chat and email support via www.mindlinecumbria.org	Phone: 0300 561 0000
	Royal British Legion	Royal British Legion is providing support to the armed forces communities. Please contact 0808 802 80808	Phone: 0808 802 80808

Every Life Matters -Mental Health Resources and Support

	Age UK	Age UK: provides services and support for people in later life. Branches across Cumbria. National Advice and Support Line 0800 678 1602 – open from 8.00am-7.00pm 365 days a year www.ageuk.org.uk	Phone: 0800 169 8787
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	Alcoholics Anonymous	Alcoholics Anonymous: Self support group for anyone hoping to recover from alcoholism. Contact via telephone 0800 9177 650 or email: help@aamail.org www.alcoholics-anonymous.org.uk/	Phone: 0800 9177 650 Email: help@aamail.org.uk/
	Barnardos	Barnardos: various services across Cumbria including targeted support, childrens centres, missing from home, My Time (access via CAMHS) www.barnardos.org.uk	Via website
	Beat Eating Disorders	Beat: Supporting people affected by eating disorders. Helpline: 0808 8010677 Youth Line: 0808 8010711. Student Line: 0808 8010811. Helplines are open 365 days a year from 12pm–8pm during the week, and 4pm–8pm on weekends and bank holidays. www.beateatingdisorders.org.uk	Helpline: 0808 8010677 Youth Line: 0808 8010711
	Bipolar UK	Bipolar UK: web based support and supporting local self-help groups around Cumbria. To arrange a call back, email info@bipolaruk.org with your contact details, or call or text our mobile on 07591375544 www.bipolaruk.org	Phone: 0333 3233880
	Bridgeway Sexual Assault Support Service	Bridgeway Sexual Assault Support Service service for men, women, children and young people in Cumbria who have been raped or sexually assaulted, either recently or in the past. Contact 0808 1186432 www.thebridgeway.org.uk	Phone: 0808 1186432
	CADAS	CADAS: Countywide confidential support and help with drug and alcohol issues. Contact 0300 114002 . At this time CADAS is supporting existing clients only. Please see CADAS Facebook page for signposting and online resources www.cadas.co.uk	Phone: 0300 114002
	CALM	CALM Campaign Against Living Miserably: working to prevent male suicide Helpline: 0800 585858 (open 5pm- midnight) www.thecalmzone.net	Helpline: 0800 585858 (open 5pm-midnight)

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	Childline	Childline: Free 24 hour confidential helpline for children and young people. Contact 0800 1111 www.childline.org.uk	Helpline: 0800 1111
	Child Bereavement UK	Child Bereavement UK helpline: 0800 0288840 www.childbereavementuk.org . Local support is available via telephone on 01539 628311 or via email: cumbriasupport@childbereavementuk.org	Helpline: 0800 0288840
	Combat Stress	Combat Stress: Support for military veterans on a range of mental health conditions including PTSD, anxiety and depression. Contact 0800 1381619 www.combatstress.org.uk	Phone: 0800 1381619
	Cruse Bereavement Care	Cruse Bereavement Care: Bereavement support. Local Help Line: 0300 6003434 www.crusecumbria.org.uk National helpline: 0808 808 1677 www.cruse.org.uk	Local Helpline: 0300 6003434 National Helpline: 0808 808 1677
	Cumbria County Council	Cumbria County Council Adult Social Care. Contact 0300 303 589 Health and Wellbeing Coaches referral is via Adult Social Care. Children's Services Safeguarding 0333 2401727 (including out of hours emergency duty team) www.cumbrialscb.com Focus Families: part of the national troubled families programme offering support to harder to reach families Referral through: focusfamily@cumbria.gov.uk Health & Wellbeing Officers for young people under the age of 18 who show substance misuse needs including alcohol contact in West Cumbria 0788 7947621	

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	Cumbria Gateway	Cumbria Gateway – Services and support for people recovering from drug and alcohol abuse. Tel: 01228 212091 Email: admin@cumbriagateway.co.uk www.cumbriagateway.co.uk	Phone: 01228 524 450
	Cumbria Partnership NHS Foundation Trust	<p>A-maze - Help for people with early symptoms of psychosis (aged 14-65) access via GP or via email: A-Maze@cumbria.nhs.uk</p> <p>ANIS Anorexia Nervosa Intensive Service. Contact 07766443261 or email: ANIS@ncumbria.nhs.uk</p> <p>CAMHS – Child and Adolescent Mental Health Services referral to CAMHS (Tier 3) and My Time (Tier 2) made via CAMHS SPA referral form obtained via local office. No self-referral accepted. Contact in West 01900 705800 camhs.west1@nhs.net</p> <p>First Step – Help and Support service for people with mild to moderate mental health problems. Self-referral or via GP. (Also access to SilverCloud Online CBT) Contact: 0300 1239122</p> <p>Single Point of Access Line 24 hour line for referral into mental health services for professionals and clients/ carers who have accessed services in last 3 years. Contact 0300 123 9015</p>	
	Every Life Matters	Every Life Matters: Suicide prevention charity for Cumbria www.every-life-matters.org.uk	

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	Family Lives	Family Lives: online and helpline resource for families including BullyingUK. Contact helpline 0808 8002222 www.familylives.org.uk	Helpline: 0808 8002222
	Farming Community Network	Farming Community Network: pastoral and practical support to farming community including help with stress, depression, isolation, long term illness, drug or alcohol dependency. Call the helpline 03000 111 999 . Helpline is open from 7.00am-11.00pm 365 days a year www.fcn.org.uk	Helpline: 03000 111 999
	Frank	Frank: Advice, information and support for anyone concerned about drugs and substance misuse. Phone 0300 123 6600 24/7 www.talktofrank.com	
	Gamcare	GAMCARE: provides support & advice to anyone with a gambling problem National Gambling Helpline 0808 820133 Please search for Gamcare via search engine	Helpline: 0808 820133
	Harmless	Harmless: Self harm support also incorporates the Tomorrow Project for people in suicidal crisis www.harmless.org.uk	
	Healthy Hopes	Healthy Hopes promoting health and wellbeing in Cumbria Please search for Healthy Hopes via search engine	
	If U Care Share	If U Care Share: support for those bereaved by suicide and young people who are feeling suicidal. Contact: 0191 387 5661 . www.ifucareshare.co.uk	Phone: 0191 387 5661
	James Place	James' Place: suicidal crisis support for men. Text JP to 85258 24/7.	

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Allerdale.AreaSupport@cumbria.gov.uk

	Kooth	KOOTH free online counselling service commissioned by Cumbria County Council for 11-25 year olds and web support www.kooth.com	
	LGBThq	LGBThq Cumbria provides support and advice including free counselling to LGBT+ also Sticky Bits Café PiNC Youth www.LGBThq.org.uk	
	Mindline Cumbria	Mindline Cumbria Contact 0300 561 0000 . Text: Mind to 81066 . www.mindlinecumbria.org	Phone: 0300 561 0000
	MindOut	MindOut: Lesbian, Gay, Bisexual, Trans & Queer Mental Health Service https://www.mindout.org.uk/	
	National Mind	National Mind is there to help you make choices about treatment, understand your rights or reach out to sources of support. Mind Information Line: 0300123393 Email: info@mind.org.uk Mind Legal Line: 0300 4666463 https://www.mind.org.uk/	Mind Information Line: 0300123393 Email: info@mind.org.uk Mind Legal Line: 0300 4666463
	The Mix	The Mix confidential advice and support to under 25s on mental health, sex, drugs, money etc. Phone: 0808 8084994 https://www.themix.org.uk/get-support	Phone: 0808 8084994
	Muslim Youth Helpline	Muslim Youth Helpline provides faith and culturally sensitive services to Muslim youth in the UK. Helpline 0808 808 2008 . Email: help@myh.org.uk www.myh.org.uk	Helpline 0808 808 2008 . Email: help@myh.org.uk
	Narcotics Anonymous	Narcotics Anonymous: Self-support group for anyone hoping to recover from a drug problem. Contact: 0300 9991212 from 10am-midnight www.ukna.org	Phone: 0300 9991212

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	National Self Harm Network	National Self Harm Network: Online support for individuals who self-harm and their families and carers www.nshn.co.uk	
	NHS 111	NHS 111: Health advice and information service (replaces NHS Direct)	
	No Panic	No Panic: Support for anxiety disorders and panic attacks Helpline 0844 967 4848 Youth Helpline 0330 606 1174 www.nopanic.org.uk	Helpline 0844 967 4848 Youth Helpline 0330 606 1174
	Outreach Cumbria	Outreach Cumbria: Help advice and support to the LGBT community in Cumbria Contact: 0800 345 7440 www.outreachcumbria.co.uk	Phone: 0800 345 7440
	PAC	PAC Therapy: Counselling and art therapy for Young People – Based in Carlisle. Contact: 01228 533874 https://pactherapy.org/	Phone: 01228 533874
	PAPYRUS	PAPYRUS: National organisation dedicated to the prevention of young suicide Hopeline: 0800 068 41 41 open 9am – 10pm weekdays, 2pm – 10pm weekends, 2pm – 10pm bank holidays. Text: 07860039967 Email: pat@papyrus-uk.org https://papyrus-uk.org/	Hopeline: 0800 068 41 41

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	People First	People First: provide advocacy and Healthwatch across Cumbria. Contact the helpline on 03003 038037 from 9am – 5pm Monday to Friday. www.peoplefirstcumbria.org.uk	Helpline: 03003 038037
	Rethink	Rethink: National Organisation providing support to those experiencing severe mental illness, their carers and relatives. Contact the information and advice service on 0300 5000 927 www.rethink.org	Phone: 0300 5000 927
	SAFA	SAFA: Offering counselling and support for individuals aged 11+ who self-harm and to those who support them. Countywide Tel: 01229 832269 . At the moment, during COVID-19 pandemic face to face counselling has ceased please contact 07508 035048 or email: manager@safa-selfharm.com www.safa-selfharm.com	Phone: 01229 832269 or 07508 035048 Email: manager@safa-selfharm.com
	Safety Net	Safety Net: Supporting young people affected by rape, sexual abuse or domestic violence in North & West Cumbria Contact 01228 515859 or email: office@safetynetuk.org https://www.safetynetuk.org/	Phone: 01228 515859
	Samaritans	Providing support 24/7 over the phone – Freephone 116 123 to anyone who is worried about their mental health at this time. Additional support is available via email jo@samaritans.org or via the Samaritans website https://www.samaritans.org	Phone: 116 123
	Sane	SANE: National Organisation providing support and advice to people experiencing mental illness 0300 304 7000. During COVID-19 pandemic please call 07984 967 708 leaving a first name and contact number and a professional or senior volunteer will call you back as soon as is practicable. www.sane.org.uk	Freephone 116 123 Email: jo@samaritans.org

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	Self Harm UK	Selfharm UK: on line alumni support, parents' guide etc. www.selfharm.co.uk	
	Shout	SHOUT: 24 hour crisis text service - Text Shout to 85258	Text Shout to 85258
	Silverline	Silverline: 24 hour help and support line for older people. Contact 0800 4708090	Support Line: 0800 4708090
	Stonewall	Stonewall: LGBT Information and support. Contact 08000 502020 www.stonewall.org.uk	Phone: 08000 502020
	SupportLine	SupportLine: offers confidential emotional support to children, young adults and adults. Tel: 01708 765200 http://www.supportline.org.uk	Phone: 01708 765200
	Support after Suicide	Support after Suicide including the 'Help is at Hand' and 'Finding the Words' https://supportaftersuicide.org.uk/	
	Suicide Bereavement Support	Suicide Bereavement Support (formerly SOBS Cumbria) A self-help organisation in Cumbria for those bereaved by the suicide of a close relative or friend. Local contact John on 0757 297 5721 or Karan on 0789 670 3757 . Contact via telephone or text www.sbs.org.uk	Phone: John on 0757 297 5721 or Karan on 0789 670 3757
	Unity	Unity: Drug and Alcohol Recovery Service across Cumbria Carlisle www.gmw.nhs.uk/unity including access to Breaking Free resource. Contact Allerdale support on 01900 270010	Phone: 01900 270010
	Victim Support	Victim Support providing support to victims of crime; now locally including domestic violence support. Helpline: 0808 168 911 www.victimsupport.org.uk	Helpline: 0808 168 911

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	Winston's Wish	Winston's Wish Providing support and guidance to bereaved children or anyone concerned about a grieving child. Helpline: 0808 8020021 https://www.winstonswish.org/	Helpline: 0808 8020021
	Young Cumbria	Providing responsive support to 11-19 year olds who are experiencing increased stress and anxiety, are affected by depression, isolation and boredom. We can provide support to young people who are experiencing conflict at home and struggling to stay in because of this or where a young person just needs someone to talk this whole thing through with. We will provide support over the phone or via social media which ever suits you best. It can be just the one contact or you can receive ongoing support for a short period, whatever feels comfortable for you. Please contact us either via our Facebook page ' www.facebook.com/youngcumbria/ or email: foundations@youngcumbria.org.uk	Via Facebook Or email: foundations@youngcumbria.org.uk
	Young Minds	Young Minds: National Organisation committed to improving the emotional wellbeing and mental health of children and young people. https://youngminds.org.uk/resources/ Young Mind Parent Line: 0808 802 5544 and 24 hour free crisis messenger service text YM to 85258	Young Mind Parent Line: 0808 802 5544
	Your Voice	Independent advocacy service supporting people across Cumbria. Contact: 0300 012 0103 enquiries@yourvoicecumbria.org	Phone: 0300 012 0103
	Other Online directories of support	Other online directories: Cumbria Together: http://www.cumbriatogether.com/	

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		<p>Equality Cumbria: Resource website for BME groups, LGBT groups, disability groups, interfaith groups. www.equalitycumbria.org</p> <p>GP's LIST: Information about services in GP practices across Cumbria www.nhs.uk/Services/Trusts/GPs/DefaultView.aspx?id=5NE</p> <p>Hub of Hope: www.hubofhope.co.uk national mental health resource network</p>	
	<p>Other resources including websites and apps</p>	<p>Other Resources / websites and apps</p> <p>MindEd free e-learning resource for professionals and parents /carers on mental health issues affecting children and young people produced by Royal College of Psychiatry and NHS England. New section on Older Adults mental health www.minded.org.uk</p> <p>Time to Change has resources, videos, lesson plans on challenging mental health stigma https://www.time-to-change.org.uk/</p> <p>Doc ready helps you prepare to talk to your GP about Mental Health for first time www.docready.org</p> <p>Elefriends is an online community providing support on mental health (aged over 17) www.elefriends.org.uk</p> <p>Big White Wall is an online community providing support www.bigwhitewall.com</p>	

		<p>Boing Boing is a website with resources and research regarding resilience www.boingboing.org.uk</p> <p><u>NHS List of recommended apps</u></p> <p><u>www.nhs.uk/apps-library/category/mental-health/</u></p> <p>STAY ALIVE free app designed by Grassroots to be a virtual suicide prevention resource; includes safety planning etc.</p> <p>CALM HARM: a free app to help distract, resist or manage the urge to self-harm.</p> <p>MindShift free app to help young people and young adults deal with anxiety – looking at anxiety management and relaxation and also specific issues such as perfectionism Other anxiety apps include SAM – self-help for anxiety management and Fear Fighter which is online CBT for anxiety / phobias</p> <p>For younger children – Positive Penguins; Chill Panda, myhappymind</p> <p><u>Self Help Apps: NHS Northumbria Tyne and Wear</u> have developed an app that allows you to access 23 different self-help guides on mental health conditions</p> <p>Reasons 2: A free app designed by Washington Mind in conjunction with young people to help improve our wellbeing</p>	
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Other wellbeing / moodtracker apps include Five Ways to Wellbeing, WRAP, Diary Mood Tracker, Catch it, Virtual

Housing Services

Allerdale	Castles & Coasts	<p>To access all services contact Customer Services Team</p> <p>Non-emergency repairs are suspended only emergency repairs will continue.</p> <p>Gas servicing will continue it is important that if you have a gas servicing appointment arranged, and members of your household do not have any of the symptoms, that you allow the appointment to continue. However, please ensure that social distancing measures are followed throughout the appointment.</p> <p>Rent payments: Guidance and support available from the Income Team</p> <p>Visit this website https://castlesandcoasts.co.uk/ or Facebook https://www.facebook.com/CastlesCoastsHA/ for regular updates</p>	<p>Customer Service Team: 0800 085 1171 cs@castlesandcoasts.co.uk</p> <p>Emergency repairs: 0800 085 1171</p> <p>Income Team 01228 635492</p>
	Home Group	<p>Non-emergency repairs are suspended only emergency repairs will continue. Emergencies are problems that present immediate risks to your safety, security or health, for example loss of heating in winter or flooding. To report an emergency repair call the contact centre for more information.</p>	<p>Contact centre 0345 141 4663</p>

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		<p>Housing Managers are contacting customers directly to discuss individual needs alternatively call the contact centre for guidance and support including rent payments</p> <p>Visit this website https://www.homegroup.org.uk/Media/News/Home-Group-news/Update-Coronavirus or Facebook https://www.facebook.com/CastlesCoastsHA/ for regular updates</p>	
	Impact Housing	<p>All Impact buildings are closed to the public until further notice. This includes access to our offices, furniture stores and The Oval centre.</p> <p>Emergency Repairs and safety compliance provision are available.</p> <p>Rent payments: unable to take rent payments on site as all sites are closed to the public. A policy of no evictions for arrears due to Covid-19 but contact with Impact is essential first. Resources have been introduced including support for tenants who may need to claim benefits, help with all the most up to date DWP information, check entitlement to benefits, budgeting and basic debt advice and make referrals to foodbanks.</p> <p>Rent payments: Telephone Guidance and support available</p> <p>Impact properties will not be advertised or let until current restrictions are lifted. To register for housing this is still possible by contacting Repairs and enquiries.</p> <p>Visit this website https://www.impacthousing.org.uk/</p>	<p>Repairs and enquiries 0344 873 6290 enquiry@impacthousing.org.uk</p> <p>Rent payments: 0344 8736 290 moneymatters@impacthousing.org.uk</p>

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		or Facebook https://www.facebook.com/impacthousing/ for regular updates	
	Westfield Housing	<p>Staff will work remotely and are contactable via enquiries.</p> <p>Repairs: only booking repairs for emergency health and safety related works. This includes gas servicing. Emergency or health and safety repairs can be reported on:</p> <p>Rent: no cash payments although rent can be paid by credit or debit card over the phone or by direct debit. By bank transfer through your online banking facility (Account No. 07812736, Sort Code: 55-81-37) If you feel you are unable to make your usual rent payments or if you require additional advice and support please contact enquiries.</p> <p>Lettings: vacant properties will continue to be let by carrying out our pre-tenancy interviews and reference checks over the phone. Viewings will be carried following an appropriate risk assessment and tenancy agreements signed and returned electronically.</p> <p>Contact: If ill and/or are self-isolating contact the office using the enquiries contact details</p> <p>Updates available on website https://westfieldha.org.uk/ And on Facebook https://www.facebook.com/Westfield-Housing-Association-New-1416103612045105/</p>	<p>Enquiries: 01900 602906 enquiries@westfieldha.org.uk</p> <p>Emergency Repairs: office hours 01900 602906 out of hours on 0151 343 2762 or via email at repairs@westfieldha.org.uk</p> <p>Rent Payments: 01900 602906 enquiries@westfieldha.org.uk</p>
	Cumbria Choice Based Lettings	Significant changes to services from some Choice Based Lettings partners. Some partners have found it necessary to	

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		<p>suspend lettings, including a suspension on placing any new adverts.</p> <p>You can still register for re-housing by completing the form on-line but there may be a delay in processing applications. Contact the housing association administering your application for further details.</p> <p>https://www.cumbriachoice.org.uk/Data/ASPPages/1/30.aspx</p>	
	Homeless and Prevention Team – Allerdale Borough Council	<p>If you are homeless now, or in danger of losing your accommodation, contact the Housing Options team at Allerdale Borough Council</p> <p>https://www.allerdale.gov.uk/en/</p>	<p>Office hours: 01900 702 660</p> <p>Out of office hours: 0303 123 1702</p> <p>homelessness@allerdale.gov.uk</p>
National	Shelter	<p>Contact expert housing advisers either online, or by calling our free national emergency helpline.</p> <p>Information is available on the website including housing advice both urgent and non-urgent issues.</p> <p>Support available: Homelessness, Renting, Tenancy, Mortgage, Eviction, Repairs, Benefits, Council housing</p> <p>Website: https://england.shelter.org.uk/</p>	<p>0808 800 4444</p> <p>8am - 8pm on weekdays</p> <p>9am - 5pm on weekends</p> <p>Online chat: https://england.shelter.org.uk/get_help/webchat</p>
Money Advice			
Allerdale	CAB Allerdale	<p>Citizen's Advice Allerdale have moved from a face to face service to a telephone advice service. For anyone needing advice please call 01900 604735 and leave your name and a contact number and someone will call you back. Advice can also be found on the website</p> <p>https://www.citizensadvice.org.uk/</p>	Phone: 01900 604735

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Cumbria	Cumbria Law Centre	Cumbria Law Centre is a community organisation offering free legal advice and representation to people who live or work in Cumbria. Please ring 01228 515129 during office hours or email reception@cumbria-law.org.uk for advice. Please see the website https://www.cumbrialawcentre.org.uk/ Or Facebook https://www.facebook.com/LawCentres/ for further information	Phone: 01228 515129 Email: reception@cumbria-law.org.uk
National	Money Advice Service	Free and impartial money advice including information on controlling debt, mortgages, benefits. Telephone 0800 138 1677 Mon-Fri 8.00am-6.00pm. See the website https://www.moneyadviceservice.org.uk/en Or Facebook https://www.facebook.com/MoneyAdviceService/ for more information. Webchat is also available via the website.	Phone: 0800 138 1677
	Step Change	Free, confidential and expert debt advice online or over the phone – 0800 138 1111 Mon-Fri 9.00am-5.00pm. See website https://www.stepchange.org/ or Facebook https://www.facebook.com/stepchangedebtcharity/ for more information. Webchat is also available via the website.	Phone: 0800 138 1111
	Turn2Us	Turn2Us is a national charity providing help to people in financial need gain access to welfare benefits, charitable grants and other financial help. Please see the website https://www.turn2us.org.uk/ or Facebook https://www.facebook.com/turn2us/ for further information.	
	National Debtline	National Debtline is an independent charity providing free debt advice by phone and online to people across the UK. Contact via telephone 0808 808 4000 9am - 8pm Monday to	Phone: 0808 808 4000

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		Friday, via Webchat 9am - 8pm Monday to Friday. Please see the website https://www.nationaldebtline.org/ or Facebook https://www.facebook.com/nationaldebtline/ for further information.	
West Cumbria	Affinity Credit Union	A credit union is a financial co-operative owned and run by its members offering a secure, ethical saving facility and fair, affordable loans. All branches are currently closed but contact can be made via email at info@affinitycu.co.uk via telephone on 01946 817508 or 01900 65723 or direct messaging Affinity social media platform Please see the website https://www.affinitycu.co.uk/ Or Facebook https://www.facebook.com/affinitycumbria/	Phone: 01946 817508 or 01900 65723 Email: info@affinitycu.co.uk