

CORONAVIRUS (COVID-19) UPDATE

ALLERDALE

Directory of Community Support for the Allerdale Area

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

**Issue 2
14 April 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 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	Services - Groceries and household items. Opening hours Mon-Sat 7.30am-9.00pm, Sun 9.00am-9.00pm. 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. Cannot take remote payment in store.	Phone: 016973 20333
	Co-op	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	Phone: 01434 382300

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	numbers of customers in the store at any one time currently 15 customers. Payment method – cards and cash. Deliveries are available but very limited (only 20 items per delivery). Card payment for deliveries. Cannot take remote payment in store.	
LR and JA Allen	Services – Fuel and groceries. Opening hours Mon-Sun 7.00am-9.00pm. 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	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	Services- Fresh meat, Eggs, Some cooked meats. Opening hours Thur & Fri 9.00am-5.00pm, Sat 8.00am-12 noon. Payment method – cards and cash. 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	Opening hours Mon-Wed 9.00am-5.00pm, Thurs 9.00am-1.00pm, Fri 9.00am-5.00pm, Sat 9.00-12 noon.	
Chemists		
Boots West Street Health Centre	Opening hours Mon-Fri 8.30am-6.30pm, Sat 9.00am-12 noon	Phone: 016973 202356

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Pet Services		
Aspatria Farmers Station Works	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	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
Millcroft Vets Station Road	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
Cockermouth		
Supermarkets, Grocery Stores, Butchers, Bakers, Greengrocers, Service Stations, Ready-made Meals Suppliers		
Aldi	Services – Groceries and household items. Opening hours Mon-Sat 8.00am-8.00pm, Sun 10.00am-4.00pm. Payment method – cards and cash. Online delivery service for certain products but NOT groceries. Cannot take remote payment in store.	Phone: 0800 042 0800 (central Aldi Contact number)
Lidl	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
Sainsbury	Services – Groceries and household items. Opening hours Mon-Sat 8.00am-8.00pm, Sun 10.00am-4.00pm. 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	Phone: 01900 825694

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	method – cards preferred. Cash via self-checkouts. Online delivery service available – card payments. Priority delivery slots for those vulnerable individuals – Register via GOV.UK. Cannot take remote payment in store.	
Wilkos	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
Oakhurst Service Station	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	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	Services - Sandwiches, confectionary. Opening hours Mon-Fri 8.00am-1.00pm & 4.00pm-7.00pm (for keyworkers), Sat 8.00am-2.00pm. Providing home deliveries on Mondays, Wednesday and Fridays to people who are isolating in the local area. To place a delivery email: contact@thecoffeekitchen.co.uk	email: contact@thecoffeekitchen.co.uk
Wild Zucchini's	Wild Zucchini's is offering a hot meal delivery service to Cockermouth and the local area.	Phone: 01900 823446
Harrison's Butchers	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

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Fyne Fishmongers	Services – Fish and seafood deli. Opening hours Mon-Sat 8.30am-4.00pm. 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
County Fruit Store	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	Services – Groceries. Opening hours Mon-Fri 8.30am-midnight, Sat 08.30-2.00, Sun 7.00pm-midnight. 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	Services – Groceries and household items. Opening hours Mon-Fri 9.00am-6.00pm, Sat 9.00am-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	Opening hours Mon-Fri 8.30am-6.00pm, Sat 8.30am-4.00pm	Phone: 01900 822292
Boots Main Street	Opening hours Mon-Fri 8.30am-6.00pm, Sat 9.00am-5.30pm	Phone: 01900 823160

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	Castlegate Pharmacy Cockermouth Community Hospital	Opening hours Mon-Sat 7.00am-10.00pm, Sun 10.00am-8.00pm	Phone: 01900 826018
Post Offices, Banks			
	Post Office 12 Station Street (in Nisa Store)	Opening hours Mon-Sun 7.00am-11.00pm.	
	Barclays Bank	Opening hours Mon, Tues & Fri 9.30am-1.00pm. Wed 10.00am-1.00pm	
	Cumberland Building Society	Opening hours Mon-Fri 9.00am-2.00pm, Sat 9.00am-12 noon	
Pet Services			
	Millcroft Vets Wakefield Road	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.	Tel: 01900 82666 Email: lab@millcroftvets.co.uk
	RTSN Huddart Pet Supplies Main Street	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 or cash	Phone: 01900 822118 Deliveries: 07971 048 911
	West Cumbria Farmers (WCF) Station Street	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: 01900 822249 Email: cockermouth@wcfpetandequestrian.co.uk

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Keswick		
Supermarkets, Grocery Stores, Butchers, Bakers, Greengrocers, Service Stations, Ready-made Meals Suppliers		
Booths	<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 3 mile radius of the store is available Mon-Fri. Please call 0800 221 8086 between 9.30am-4.30pm Mon-Fri for this service.</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>	<p>Phone: 017687 73518 Deliveries: 0800 221 8086</p>
Lakes and Dales Coop	<p>Services- Groceries and household items. Opening hours Mon-Sat 7.00am-8.00pm, Sun 10.00am-4.00pm. Key worker, vulnerable customers and carers shopping hours Mon-Sat 8am-9am, Sun 10.00am-11.00am. 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>	<p>Phone: 017687 72688</p>
Keswick Mini Market, Market Square	<p>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.</p> <p>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>	<p>Phone: 017687 73535 Email: rebecca@keswickminimarket.co.uk</p>

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Open All Hours	Services – Groceries and household items. Opening hours Mon-Sun 8.00pm. Payment method – cards and cash. A local delivery service is available for those customers who are self-isolating. Payment by card. Please telephone 017687 75414 to arrange a delivery. Cannot take remote payment in store.	Phone: 017687 75414
Spar High Hill Garage	Services - Fuel and groceries. Opening hours Mon-Sun 24 hours. Hatch service from 10.00pm-7.00am. Payment by cards and cash. No delivery service. Cannot take remote payment in store.	Phone: 017687 72768
Spar Derwent Garage	Services -Fuel and groceries. Opening hours Mon-Sun 7.00am- 8.00pm. Payment by cards and cash. No delivery service. Cannot take remote payment in store.	Phone: 017687 72812
Spar Shorley Lane	Services - Groceries. Opening hours Mon-Sun 7.30am-7.00pm.Payment by cards and cash. Local delivery service available. Cannot take remote payment in store.	Phone: 017687 74870
Bryson Bakery	Services - Bread, cakes. Home delivery only. Ring before 3pm for next day delivery in the local area. Card payment.	Phone: 017687 72257
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
The Chalet-mini-shop. Portinscale	Services: Groceries, ready-made meals. Opening hours Mon-Fri 10.00am-12.00 noon. Payments by card and cash. Deliveries in afternoons to Portinscale only	Phone: 017687 72757
Chemists		
Boots Main Street	Opening hours Mon-Sat 9.00am-5.00pm, 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	
Cumberland Building Society	Opening hours Alternate Weds 1.00pm-4.00pm. 1 st Wednesday open is 8 th April	
Skipton Building Society	Opening hours Mon-Fri 9.30am-1.00pm, Sat 9.30am-12 noon.	

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Pet Services			
	Millcroft Vets Southey Hill	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
	Podgy Paws Pet Shop. Tithebarn Street	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
Maryport			
Supermarkets, Grocery Stores, Butchers, Bakers, Greengrocers, Service Stations, Ready-made Meals Suppliers			
	B and M Express (Heron's)	Services- Groceries and household items. Opening hours Mon-Sat 9.00am-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	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 838 9387
	Lidl	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	Services- Groceries and household items. Opening hours Mon-Sun 6.00am-10.00pm. Payment method – cards and cash. Card preferred. No delivery service. Cannot take remote payment in store	Phone: 0345 266 9352
	Cueto's Newsagents	Services – Groceries and newspapers. Opening hours Mon-Sun 5.30am-3.00pm. Payment method – cards	Phone: 01900 812692

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		and cash. No delivery service. Cannot take remote payment in store.	
Ellenborough Mini Market		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 cash for the delivery service. Cannot take remote payment in store	Phone: 01900 813663
Maryport News		Services – Groceries and newspapers. Opening hours Mon-Sun 5.30am-8.00pm. Payment method – cards and cash. No delivery service. Cannot take remote payment in store	Phone: 01900 812242
Mitchells Food and Wine		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: 01900 814853
Spar Solway Garage		Services – Fuel, groceries and household items. Forecourt open 24 hours for fuel. Shop open for groceries 6.00am-11.00pm, hatch from 11.00pm-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		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
Twentymans Allonby		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. Cannot take remote payment in store.	Phone: 01900 881247

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Jack's Surf Bar Allonby	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	Services -Bread, milk, eggs, Pies, Cakes cooked meats. Opening hours Mon-Wed 6.30am-4.00pm, Thu-Fri 6.30am-4.30pm, Sat 6.30am-1.30pm. Deliveries in the Maryport and Dearham area. To over 70's and vulnerable individuals. Ring by 3pm to organise a delivery for the following days. Payment by card preferred but driver can accept cash. Pre-order via phone for collection in shop is also encouraged.	Phone: 01900 817003
Woody's of Flimby	Services – food delivery. Breakfasts, butties and prepared lunches are available for delivery in the local area. Order via What's App 07453938452	Phone: 01900 876263
Select Convenience Store Flimby	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	Services –Fuel, groceries and household items. Opening hours Mon-Sat 6:00am-10.00pm, 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	Services- Cheese, butter, cream, cheesecakes, goats milk cheese, goats milk cheesecakes. Opening hours for delivery Mon-Sun 9.00am-5.00pm. 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
Chemists		
Alneburgh Pharmacy Ewanrigg Road	Opening hours Mon-Fri 9.00am-5.00pm	Phone: 01900 819111

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	Dobies Curzon Street	Opening hours Mon-Fri 9.00am-5.30pm, Sat 9.00am-12.30pm	Phone: 01900 812662
	Normans Senhouse Street	Opening hours Mon-Fri 9.00am-5.30pm, Sat 9.00am-5.30pm	Phone: 01900 812615
Post Offices, Banks			
	Post Office, High Street	Opening hours Mon-Fri 9.00am-5.30pm, Sat 9.00am-2.30pm	
	Post Office Ellenborough (in Mini Market)	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	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)	Opening hours Mon-Sun 8.00am-8.00pm	
	TSB Bank	Opening hours Mon, Wed, Thurs 10.00am-12.30pm & 1.30pm-4.00pm	
Pet Services			
	D and K Pet Supplies Solway Estate	Opening hours Mon, Tues & Thurs 10.00am-3.00pm. Services- Open for pet food, pet health products and other pet essentials.	Phone: 01900 819300
	Millcroft Vets Curzon Street	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	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

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	Spar Silloth Street	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. Cannot take remote payment in store.	Phone: 016973 31293
	Spar Harrisons Abbeytown	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. 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 the internet please ring 07842062118. Payment method is contactless/ card payment.	Phone: 07842 062118
	Berry and Sons Bakers	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	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	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
	Candy Shop, Criffel Street	Services: newspapers, magazines, cards, sweets, stamps. Payments for gas, electric, water and mobile phone top-ups. Payments for gas, electric, water and mobile phone top-ups. Payment method: cash and card. Local delivery of newspapers and magazines. Local delivery of other goods can be arranged for anyone self-isolating. For key	Phone: 016973 31741

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		workers – contact Carmel on 07388 665857 for top-ups out of hours.	
Jaybees, Criffel Street, Silloth		Services: Household, groceries and hardware etc. Opening hours Mon - Sat 9:00am - 4:00pm Sun 10:00am - 2:00pm. Payment method: cards and cash. Deliveries in Silloth. 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
Cumberland Inn, West Silloth		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.		Services: Fuel. Opening hours for fuel Mon, Weds & Fri - 9:00am - 3:00pm. Payment method –cash and card.	Phone: 016973 31351
Chemists			
Well Silloth Station Road		Opening times Mon-Fri 9.00am-6.00pm, Sat 9.00am-1.00pm	Phone: 016973 31394
Post Offices, Banks			
Post Office, Eden Street (in Winters Newsagents)		Opening Hours Mon-Fri 7.30am-2.00pm, Sat 7.00am-1.00pm, Sun 7.00am-10.00am	
Cumberland Building Society		Opening hours Alternate Weds 1.00pm-4.00pm. 1 st Wednesday open is 8 th April	

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	Pet Services	
	Beacon Vets Station Road	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	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	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. Cannot take remote payment in store.
		Phone: 01697 345232
	Lidl	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	
Spar	Services- Groceries and household items. Opening hours Mon-Sun 6.45am-9.15pm. Payment method – cards and cash. Card preferred. Cannot take remote payment in store	
	Phone: 016973 43903	
Paisleys Butchers	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	

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Harrisons Butchers	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	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 8.00am-2pm. Payment method – cash. Cannot take remote payment in store.	Phone: 016973 42273
Midtown General Stores Kirkbride	Services- Groceries and household goods. Opening hours Mon-Fri 8.00am-5.30pm, Sat 8.30am-4.30pm. Payment method – cards and cash. No delivery service. Cannot take remote payment in store.	Phone: 016973 51231
Chemists		
Well Wigton King Street	Opening times Mon-Fri 9.00am-5.30pm, Sat 9.00am-1.00pm	Phone: 016973 42445
Well Wigton Medical Centre	Opening hours Mon-Fri 9.00am-6.30pm	Phone: 016973 49145
Post Offices, Banks		
Post Office King Street (in King Street News)	Opening hours Mon-Sat 5.00am-5.30pm, Sun 5.00am-11.00am	

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	Post Office Kirkbride (in Midtown General Stores)	Opening hours Mon-Fri 9.00am-5.30pm, Sat 9.00am-12.30pm	
	TSB	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	
Pet Services			
	Belle Vue Vets. Syke Park	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	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	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-8.00pm, Sun 10.00am-4.00pm. Online delivery service for certain products but NOT groceries. Payment method – cards and cash. Cannot take remote payment in store.	Phone: 0800 042 0800 (central Aldi Contact number)

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	Asda Dunmail Park	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 asda.com/volunteercard . Online deliveries - Card payment for deliveries. Cannot take remote payment in store.	Phone: 01900 607720
	Asda Mossbay	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 asda.com/volunteercard . Online deliveries - Card payment for deliveries. Cannot take remote payment in store.	Phone: 01900 321800
	B and M Derwent Howe	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: 0330 838 9387
	B and M express (Heron's)	Services - Groceries and household items. Opening hours Mon-Sat 9.00am-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 and cash. Card preferred. Online deliveries - Card payment for deliveries. Cannot take remote payment in store.	No phone number available. FAQ's on the website.

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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 10.00am-4.00pm. Payment method – cards and cash. Card preferred.	Phone: 01900 64661
Morrison's	Services – Groceries and household items. Opening hours Mon-Sat 8.00am-8.00pm, Sun 9.30am-4.00pm. The store has a dedicated shopping hour for NHS staff from 7.00am-8.00am Mon-Sat, and from 9.00am-9.30am 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. Cannot take remote payment in store.	Phone: 01900 64336
Tesco	Services – Groceries and household items. Opening hours Mon-Sat 8.00am-10.00pm, Sun 10.00am-4.00pm. 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.	Phone: 0345 677 9737
Wilkos	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	Services – Fresh and cooked meats and deli. Opening hours Mon-Sat 10.30am-3.30pm. Payment method – cards and cash. Deliveries in the local area. 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

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	Caspian Flame Grill and Quick Shop	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 delivery. 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, Maryport area (not Allonby), Cockermouth area as far as Brigham. Order and collect is also available for both groceries and take-away food.	Phone: 01900 63397
	Costcutter - Station Road Store	Services- Groceries and household items. Opening hours Mon-Sat 7.00am-7.00pm, Sun 9.00am-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	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	Services- Groceries and household items. Opening hours: Mon-Sun 9.00am- 9.00pm. Payment method – cards and cash. Does not deliver. Cannot take remote payment in store.	Phone: 01900 604697
	Premier Stores Mossbay	Services- Groceries and household items. Opening Hours: Mon-Sun 6.00am-10.00pm Sun 8.00am-10.00pm. Home delivery within 3 miles of the store. Payment method – cards and cash. Deliveries in the	Phone: 01900 64422

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		local area. Card payment over the phone for deliveries and for volunteers collecting an order. (Please ring before 11am) Volunteers shopping for groceries. This store able to take payment in store via telephone. Please advise store before goods are put through the till.	
Pioneer (Harrington)	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. 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	
McColl's Church Rd, Harrington	Services- Groceries and household items. Opening Hours: Mon-Sat 7.00am-8.00pm, Sun 7.00am-7.00pm. Payment method – cards and cash. Does not deliver. Cannot take remote payment in store.	Phone: 01946 833676	
Spar Moorclose	Services- Groceries and household items. Opening hours Mon-Sat 7.00am-9.00pm, Sun 8.00am-9.00pm. Payment method – card and cash. Does not deliver. Cannot take remote payment in store.	Phone: 01900 68273	
Longmile Services - Spar Lilyhall	Services- Fuel and groceries. Mon-Sun 24hours. Hatch service from 11pm-6pm. Payment method – cards and cash. 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	Services- Fuel and groceries. Opening hours Mon-Sun 24hours. Payment method – cards and cash. Does not deliver. Cannot take remote payment in store.	Phone: 01900 61993	
Esso Services Seaton	Services- Fuel and groceries. Opening hours Mon-Fri 7.00am-8.00pm, Sat & Sun 7.30am-8.00pm. Payment	Phone: 01900 870457	

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	method – cards and cash. Does not deliver. Cannot take remote payment in store.	
One Stop Seaton	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. Payment method – cards and cash. Online deliveries are starting next week from 6th April. Please check with the store to confirm. Cannot take remote payment in store.	Phone: 01900 605478
Al's Kitchen	Services – home cooked meals, sandwiches, pies. Opening hours Mon-Fri 8.00am-3.00pm, Sat 8.00am-2.00pm. Payment method – cards and cash. Phone orders for collection or there is a delivery service (delivery service 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	Open for meal deliveries 11.30am-2.30pm & 5.00pm-7.30pm. Delivering in Workington, Cockermouth and Maryport area. Telephone 01900 601918 to place an order. Card payment only.	Phone: 01900 601918
Chemists		
Asda Pharmacy Dunmail park	Opening hours Mon-Sat 8.00am-10.00pm, Sun 11.00am-5.00pm	Phone: 01900 607730
Boots Murray Road	Opening hours Mon-Sat 10.00am-5.30pm, Sun 11.00am-4.00pm	Phone: 01900 602405
W Gourlay Oxford Street	Opening hours Mon-Fri 9.00am-6.00pm, Sat 9.00am-1.00pm	Phone: 01900 603258
Moorclose Pharmacy Westfield Drive	Opening hours Mon-Fri 9.00am-1.00pm & 2.00pm-5.30pm, Sat 9.00am-1.00pm	Phone: 01900 62618

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Harrington Pharmacy Church Road	Opening hours Mon-Fri 9.00am-5.30pm, Sat 9.00am-12.30pm	Phone: 01946 833565
JH Sandham Harrington Road	Opening hours Mon-Fri 9.00am-6.00pm, Sat 9.00am-1.00pm	Phone: 01900 602044
Seaton Pharmacy Main Road	Opening hours Mon-Fri 9.00am-6.00pm, Sat 9.00am-12 noon	Phone: 01900 67679
Tuschem Workington Community Hospital	Opening hours Mon-Fri 9.00am-5.30pm	Phone: 01900 705130
FC Whelan John Street	Opening hours Mon-Fri 9.00am-6.00pm, Sat 9.00am-12.30pm	Phone: 01900 603332
Post Offices, Banks		
Post Office Murray Road	Opening hours Mon-Sat 9.00am-3.00pm	
Post Office Corporation Road (in P and D newsagents)	Opening hours Mon-Fri 9.00am-6.00pm, Sat 9.00am-1.00pm	
Post Office Harrington (in McColls)	Mon-Sat 7.00am-8.00pm, Sun 7.00am-7.00pm	
Post Office Moorclose	Opening hours Mon-Fri 9.00am-2.00pm, Sat 9.00am-12.30pm	
Post Office Seaton (in One Stop)	Opening hours Mon-Sun 7.00am-9.00pm	
Lloyds Bank	Opening hours Mon-Fri 10.00am-2.00pm	
Barclays Bank	Opening hours Mon, Tues, Thurs, Fri 9.30am-2.00pm, Wed 10.00am-2.00pm	
NatWest Bank	Opening hours Mon-Fri 10.00am-1.00pm	

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Halifax Building Society	Opening hours Mon-Fri 10.00am-2.00pm	
HSBC Bank	Opening hours Mon-Fri 10.00am-2.00pm	
Cumberland Building Society (Pow Street)	Opening hours Mon-Fri 9.00am-2.00pm, Sat 9.00am-12 noon	
Pet Services		
Gray Street Vets	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	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	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	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

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Support from Local Community & Third Sector Groups

Area	Group	What's on Offer?	How to Contact
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
National	Family Line	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.	Phone: 0808 802 6666 Text: 07537404282 Email: familyline@family-action.org.uk
National	National Domestic Abuse Helpline	Confidential Support available 24/7 on freephone 0808 2000 247 . In an emergency dial 999. If you can't speak cough or tap 55 on the phone	Freephone: 0808 2000 247
National	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

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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
Allerdale	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
Allerdale	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
Allerdale	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
West Cumbria	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.	Helpline: 01900 233153/4 Delivery: 01900 844670

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		Payment either via card over the phone or cash on delivery. Contact 01900 844670 to arrange delivery	
West Cumbria	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 they work with. More information on the website: www.thefoodbank.org.uk .	Phone: 07502 311 452 Email: info@thefoodbank.org.uk
West Cumbria	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	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

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West Cumbria	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
Cumbria	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	Multicultural Cumbria	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	Via website
Cumbria	Patient Experience and Involvement Team (PALS)	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	Freephone: 0800 633 5547 Phone: 01228 814008 Email: PALS@ncis.nhs.uk
Aspatria (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
Aspatria (Plumbland)	PlumblandHelp Facebook Group	Facebook support group for local residents to offer support to each other. https://www.facebook.com/groups/PlumblandHelp/	Via Facebook

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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	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	Cockermouth Linking Lives	For telephone befriending support in the community please contact 07957515140 .	Phone: 07957515140
Cockermouth	Cockermouth Post Digital Magazine	Online digital magazine providing support and information for the community via website https://www.thecockermouthpost.co.uk/	Contact: Via website
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/	Email: news@keswickreminder.co.uk

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		and Facebook https://www.facebook.com/keswickreminder/	
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 Localised Support 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.	Phone: 01900 881216 Email: info-allonby-pc.org.uk
Maryport (Allonby)	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
Maryport (Flimby)	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

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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 Support includes telephone befrienders, shopping, dog walking, and taking out refuse.	Phone: 016973 61017 or 07443603449 Email: Garybickley130@hotmail.com or becky@blake5.org.uk
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
Workington	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

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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 https://www.seatonchurches.org.uk/villager/ or Facebook https://www.facebook.com/St-Pauls-Church-Seaton-Workington-Cumbria-382281131915891/	Contact: Via website or Facebook
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
Countywide	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
Countywide	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

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Countywide	Royal British Legion	Royal British Legion is providing support to the armed forces communities. Please contact 0808 802 80808	Phone: 0808 802 80808
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