

# **CORONAVIRUS (COVID-19) UPDATE**

**ALLERDALE**

# **Directory of Community Support for the Allerdale Area**

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

**Issue 6  
11 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](http://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	<b>Supermarkets, Grocery Stores, Butchers, Bakers, Greengrocers, Service Stations, Ready-made Meals Suppliers</b>		
	<b>Spar</b>	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. <b>Volunteers shopping for groceries. Can take payment in store over the phone via Royal Voluntary Service Scheme</b>	Phone: <b>016973 20333</b>
	Information correct as of 7 May		

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<p><b>Co-op</b></p> <p>Information correct as of 7 May</p>	<p>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. <b>Cannot take remote payment in store.</b></p>	<p>Phone: <b>016973 20605</b></p>
<p><b>LR and JA Allen</b></p> <p>Information correct as of 7 May</p>	<p>Services – Fuel and groceries. Opening hours Mon-Sun 7.00am-10.30pm. Services – fuel, groceries. Payment method – cards and cash. No delivery service. <b>Volunteers shopping for groceries. This store able to take payment in store via telephone. Please advise store before goods are put through the till.</b></p>	<p>Phone: <b>016973 20300</b></p>
<p><b>C. Bouch and Son</b></p> <p>Information correct as of 7 May</p>	<p>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. <b>Volunteers shopping for groceries. This store able to take payment in store via telephone. Please advise store before goods are put through the till.</b></p>	<p>Phone: <b>016973 20252</b></p>
<p><b>Shaw Meats</b></p> <p>Information correct as of 7 May</p>	<p>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. <b>Volunteers shopping for groceries. This store able to take payment in store via telephone. Please advise store before goods are put through the till.</b></p>	<p>Phone: <b>016973 21111</b></p>
<p><b>Post Offices, Banks</b></p>		
<p><b>Aspatia Post Office, King Street</b></p> <p>Information correct as of 7 May</p>	<p>Opening hours Mon-Wed 9.00am-5.00pm, Thurs 9.00am-1.00pm, Fri 9.00am-5.00pm, Sat 9.00-12 noon.</p>	

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	<b>Cumberland Building Society</b> Information correct as of 7 May	Opening hours Thurs 10-2	
<b>Chemists</b>			
	<b>Boots West Street Health Centre</b> Information correct as of 7 May	Opening hours Mon-Fri 8.30am-6.30pm, Sat 9.00am-12 noon	Phone: <b>016973 202356</b>
<b>Pet Services</b>			
	<b>Aspatia Farmers Station Works</b> Information correct as of 7 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: <b>016973 20207</b> Email: <b>info@aspatriafarmers.co.uk</b>
	<b>Beacon Veterinary Centre Park Road Business Centre</b> Information correct as of 7 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. <b>24 hour emergency out of hours service – 016973 20242.</b> Prescriptions can be ordered online or via phone.	Phone: <b>016973 20242</b> Email: <b>info@beaconvets.co.uk</b>
	<b>Millcroft Vets Station Road</b>  Information correct as of 7 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. <b>24 hour emergency service - 01900 826666.</b> Prescriptions can be ordered via email.	Tel: <b>016973 23898</b> Email: <b>lab@millcroftvets.co.uk</b>
<b>Cockermouth</b>	<b>Supermarkets, Grocery Stores, Butchers, Bakers, Greengrocers, Service Stations, Ready-made Meals Suppliers</b>		
	<b>Aldi</b>	Services – Groceries and household items. Opening hours Mon-Sat 8.00am-10.00pm, Sun 10.00am-4.00pm. Key workers who are entitled to a Blue Light card will take priority over queues on production of blue light card.	Phone: <b>0800 042 0800</b> (central Aldi Contact number)

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	<p>Information correct as of 7 May</p>	<p>Aldi is opening 30 minutes early Monday - Saturday for the Elderly (over 70) and vulnerable. Please note, in England this is for browsing only. Payment method – cards and cash. <b>Now providing the “Aldi Food Parcel” containing 22 essential items, cost £24.99. Available online for delivery.</b> 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. <b>Aldi shopping vouchers</b> 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. <b>Cannot take remote payment in store.</b></p>	
	<p><b>Lidl</b> Information correct as of 7 May</p>	<p>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. <b>Cannot take remote payment in store</b></p>	<p>Phone: <b>0800 977 7766</b></p>
	<p><b>Sainsbury</b></p>	<p>Services – Groceries and household items. Opening hours Mon-Sat 8.00am-9.00pm, Sun 11.00am-5.00pm. Mon, Wed &amp; 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. <b>Online delivery service available</b> – card payments. Priority delivery slots for those vulnerable individuals – Register via GOV.UK. Sainsbury's now has a <b>volunteer shopping card</b>. 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</p>	<p>Phone: <b>01900 825694</b></p>

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	Information correct as of 7 May	elderly/vulnerable individuals. <b>Cannot take remote payment in store.</b>	
	<b>Wilkos</b>  Information correct as of 7 May	Services – Groceries and household items. Opening hours Mon-Sat 8.30am-5.00pm, Sun 10.00am-4.00pm. Payment method – cards and cash. <b>Standard online delivery service is available.</b> <b>Cannot take remote payment in store.</b>	Phone: <b>0333 005 2968</b>
	<b>Oakhurst Service Station</b>  Information correct as of 7 May	Services - Fuel and groceries Opening hours Mon-Sun 24 hours. Payment method – cards and cash. No delivery service. <b>Cannot take remote payment in store.</b>	Phone: <b>01900 269892</b>
	<b>One Stop</b>  Information correct as of 7 May	Services –Groceries and household items. Opening hours Mon-Sun 07.00am-9.00pm. Payment method – cards and cash. No delivery service. <b>Cannot take remote payment in store.</b>	Phone: <b>01900 823086</b>
	<b>Coffee Kitchen</b>  Information correct as of 7 May	Services - Bread, confectionary. Opening hours Mon-Fri 8.00am-1.00pm & 4.00pm-7.00pm, Sat 8.00am-2.00pm. <b>Providing home deliveries on Mondays, Wednesday, Fridays and Saturdays.</b> To place a delivery email: <b>contact@thecoffeekitchen.co.uk</b>	email: <b>contact@thecoffeekitchen.co.uk</b>
	<b>Wild Zucchini's</b>  Information correct as of 7 May	Wild Zucchini's is offering a <b>hot meal delivery service</b> to Cockermouth and the local area.	Phone: <b>01900 823446</b>
	<b>Harrison's Butchers</b>  Information correct as of 7 May	Services - Meats, Eggs, Deli produce. Opening hours Mon-Fri 7.00am-5.00pm, Sat 7.00am-3.30pm. Payment method – cards and cash. <b>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.</b>	Phone: <b>01900 823164</b>
	<b>Fyne Fishmongers</b>	Services – Fish and seafood deli. Opening hours Tues-Fri 9.00am-4.00pm, Sat 8.30am-3.30pm. Payment method – cards and cash. <b>Local deliveries only to the isolated and elderly in the CA13 postcode.</b> Minimum	Phone: <b>01900 827814</b>

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	Information correct as of 7 May	order £20. <b>Volunteers shopping for groceries. This store able to take payment in store via telephone. Please advise store before goods are put through the till.</b>	
	<b>County Fruit Store</b>  Information correct as of 7 May	Opening hours Mon-Fri 7.30am-5.00pm, Sat 7.30am-1.00pm. Payment method – cards and cash. <b>Deliveries Wed-Sat. Fridays out of town.</b> Email for delivery is preferred. If unable to email please ring the store. <b>Volunteers shopping for groceries. This store able to take payment in store via telephone. Please advise store before goods are put through the till.</b>	Phone: <b>01900 822108</b> Email: <b>alacock@aol.com</b>
	<b>Caterite Embleton</b>  Information correct as of 7 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: <b>017687 76000</b>
	<b>Lorton Village stores</b>  Information correct as of 7 May	Services – Groceries and household items. Opening hours Mon-Sat 10.00am-5.00pm. <b>A phone ordering service is available for locals who are unable to get out.</b> Call 01900 85102 for this service. Restrictions of 2 customers in the store at any one time, due to space.	Phone: <b>01900 85102</b>
<b>Chemists</b>			
	<b>JWW Allisons</b> Information correct as of 7 May	Opening hours Mon-Fri 8.30am-6.00pm, Sat 8.30am-4.00pm	Phone: <b>01900 822292</b>
	<b>Boots Main Street</b> Information correct as of 7 May	Opening hours Mon-Fri 8.30am-6.00pm, Sat 9.00am-5.30pm	Phone: <b>01900 823160</b>
	<b>Castlegate Pharmacy Cocker mouth Community Hospital</b>	Opening hours Mon-Sat 7.00am-10.00pm, Sun 10.00am-8.00pm	Phone: <b>01900 826018</b>

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	Information correct as of 7 May		
<b>Post Offices, Banks</b>			
	<b>Post Office 12 Station Street (in Nisa Store)</b> Information correct as of 7 May	Opening hours Mon-Fri 8.00am-5.30pm, Sat 9.00am-3.00pm	
	<b>Barclays Bank</b> Information correct as of 7 May	Opening hours Mon, Wed & Fri 9.30am-2.00pm.	
	<b>Cumberland Building Society</b> Information correct as of 7 May	Opening hours Mon-Fri 9.00am-2.00pm, Sat 9.00am-12 noon	
<b>Pet Services</b>			
	<b>Millcroft Vets Wakefield Road</b>  Information correct as of 7 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 <b>24 hour emergency service - 01900 826666</b> . Prescriptions can be ordered via email.	Tel: <b>01900 82666</b> Email: <b>lab@millcroftvets.co.uk</b>
	<b>RTSN Huddart Pet Supplies Main Street</b>  Information correct as of 7 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: <b>01900 822118</b> Deliveries: <b>07971 048 911</b>
	<b>West Cumbria Farmers (WCF) Station Street</b>  Information correct as of 7 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. <b>Online delivery service available at wcfselect.co.uk.</b>	Phone: <b>01900 822249</b> Email: <b>cockermouth@wcfpetandequestrian.co.uk</b>
<b>Keswick</b>	<b>Supermarkets, Grocery Stores, Butchers, Bakers, Greengrocers, Service Stations, Ready-made Meals Suppliers</b>		

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	<p><b>Booths</b></p> <p>Information correct as of 7 May</p>	<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 &amp; 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 <b>0800 221 8086</b> between 9.30am-4.30pm Mon-Fri for this service. A <b>click and collect</b> 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 <a href="https://everyday.booths.co.uk/">https://everyday.booths.co.uk/</a></p> <p><b>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.</b></p>	<p>Phone: <b>017687 73518</b> Deliveries: <b>0800 221 8086</b></p>
	<p><b>Lakes and Dales Coop</b></p> <p>Information correct as of 7 May</p>	<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. <b>Volunteers shopping for groceries. This store able to take payment in store via telephone. Please advise store before goods are put through the till.</b></p>	<p>Phone: <b>017687 72688</b></p>

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	<b>Keswick Mini Market, Market Square</b>  Information correct as of 7 May	Services - Groceries and newspapers. Opening hours Mon-Sun 8.00am- 4.00pm. Payment by cards and cash. <b>Local delivery service for groceries.</b> Phone or email for delivery.  <b>Volunteers shopping for groceries. This store able to take payment in store via telephone. Please advise store before goods are put through the till.</b>	Phone: <b>017687 73535</b> Email: <b>rebecca@keswickminimarket.co.uk</b>
	<b>Open All Hours</b>  Information correct as of 7 May	Services – Groceries and household items. Opening hours Mon-Sun 7.00am-7.00pm. Payment method – cards and cash. <b>A local delivery service is available for those customers who are self-isolating.</b> 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. <b>Cannot take remote payment in store.</b>	Phone: <b>017687 75414</b>
	<b>Spar High Hill Garage</b> Information correct as of 7 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. <b>Cannot take remote payment in store.</b>	Phone: <b>017687 72768</b>
	<b>Spar Derwent Garage</b> Information correct as of 7 May	Services -Fuel and groceries. Opening hours Mon-Sun 24 hour opening. Payment by cards and cash. No delivery service. <b>Cannot take remote payment in store.</b>	Phone: <b>017687 72812</b>
	<b>Spar Shorley Lane</b> Information correct as of 7 May	Services - Groceries. Opening hours Mon-Sun 7.30am-7.00pm. Payment by cards and cash. Order and collect service only. <b>Cannot take remote payment in store.</b>	Phone: <b>017687 74870</b>
	<b>Bryson Bakery</b> Information correct as of 7 May	Services - Bread, cakes. <b>Home delivery</b> and pre-order collection service available. Ring before 3pm for next day delivery in the local area. Card payment.	Phone: <b>017687 72257</b>

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	<p><b>Chintys</b></p> <p>Information correct as of 7 May</p>	<p>Services: Fresh produce Inc. eggs, milk, bread, fresh veg, homemade soup, stew. <b>Chintys is closed but are delivering locally.</b> Contact 017687 71110</p>	<p>Phone: <b>017687 71110</b></p>
	<p><b>Jan's Lakeland Sandwich shop</b></p> <p>Information correct as of 7 May</p>	<p>Services- Sandwiches, soups and cooked boxed meals. Opening hours Mon-Sat 9.00am-2.00pm. Payment by cards and cash. <b>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.</b></p>	<p>Phone: <b>017687 75220</b></p>
	<p><b>Thomason's Butchers and Deli</b></p> <p>Information correct as of 7 May</p>	<p>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. <b>Volunteers shopping for groceries. This store able to take payment in store via telephone. Please advise store before goods are put through the till.</b></p>	<p>Phone: <b>017687 80169</b></p>
<b>Chemists</b>			
	<p><b>Boots Main Street</b></p> <p>Information correct as of 7 May</p>	<p>Opening hours Mon-Sat 9.00am-6.00pm, Sun 10.00am-5.00pm</p>	<p>Phone: <b>017687 72383</b></p>
	<p><b>Cohens Station Street</b></p> <p>Information correct as of 7 May</p>	<p>Opening hours Mon-Fri 9.00am-5.00pm, Sat 9.00am-1.00pm</p>	<p>Phone: <b>017687 72049</b></p>
<b>Post Offices, Banks</b>			
	<p><b>Post Office, 4 Bank Street</b></p> <p>Information correct as of 7 May</p>	<p>Opening hours Mon-Fri 8.30am-5.30pm, Sat 8.30am-12.30pm</p>	
	<p><b>Barclays Bank</b></p>	<p>Opening hours Tues, Thurs &amp; Fri 9.30am-2.00pm</p>	

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	Information correct as of 7 May		
	<b>Cumberland Building Society</b> Information correct as of 7 May	Opening hours Wed 10.00am-2.00pm	
	<b>Skipton Building Society</b> Information correct as of 7 May	Opening hours Mon, Wed, Fri 9.30am-1.00pm.	
<b>Pet Services</b>			
	<b>Millcroft Vets Southey Hill</b> Information correct as of 7 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. <b>24 hour emergency service - 01900 826666</b> . Prescriptions can be ordered via email.	Tel: <b>017687 72590</b> Email: <b>lab@millcroftvets.co.uk</b>
	<b>Podgy Paws Pet Shop. Tithebarn Street</b> Information correct as of 7 May	Services – Open for essential pet food and health requirements only. Opening hours Mon-Fri 9.00am-12 noon. Payment method – cards and cash. <b>Free delivery service in the local area.</b> Please call <b>017687 73737</b> or <b>07703 729164</b> between 9 and 12 to place your order. Email orders also accepted on <b>info@podgypaws.co.uk</b> . Payment by card over the phone.	Phone: <b>017687 73737</b> Email: <b>info@podgypaws.co.uk</b>
<b>Maryport</b>	<b>Supermarkets, Grocery Stores, Butchers, Bakers, Greengrocers, Service Stations, Ready-made Meals Suppliers</b>		
	<b>B and M Express (Heron's)</b> Information correct as of 7 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. <b>Cannot take remote payment in store</b>	Phone: <b>0345 603 7300</b> Email: <b>info@heronfoods.com</b>
	<b>B and M</b> Information correct as of 7 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: <b>0330 838 9387</b>

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		Card preferred. No delivery service. <b>Cannot take remote payment in store</b>	
	<b>Lidl</b>  Information correct as of 7 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. <b>Cannot take remote payment in store</b>	Phone: <b>0800 977 7766</b>
	<b>Tesco Express</b>  Information correct as of 7 May	Services- Groceries and household items. Opening hours Mon-Sun 6.00am-11.00pm. Payment method – cards and cash. Card preferred. No delivery service. <b>Cannot take remote payment in store</b>	Phone: <b>0345 266 9352</b>
	<b>Cueto’s Newsagents</b>  Information correct as of 7 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: <b>01900 812692</b>
	<b>Ellenborough Mini Market</b>           Information correct as of 7 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. <b>Free delivery for the over 70’s and those vulnerable and self-isolating.</b> Telephone the shop for more information. Payment is via card over the phone for the delivery service. <b>Volunteers shopping for groceries. This store able to take payment in store via telephone. Please advise store before goods are put through the till.</b>	Phone: <b>01900 813663</b>
	<b>Maryport News</b>  Information correct as of 7 May	Services – Groceries and newspapers. Opening hours Mon-Sun 5.30am-8.30pm. Payment method – cards and cash. No delivery service. <b>Cannot take remote payment in store</b>	Phone: <b>01900 812242</b>
	<b>Mitchells Food and Wine</b>  Information correct as of 7 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. <b>Cannot take remote payment in store</b>	Phone: <b>01900 814853</b>

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	<b>Spar Solway Garage</b>  Information correct as of 7 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. <b>Cannot take remote payment in store</b>	Phone: <b>01900 810171</b>
	<b>Bri-Marg's</b>  Information correct as of 7 May	Services – Fruit, veg, milk & eggs. Opening hours Mon-Sat 9.00am-5.00pm. <b>Delivery service is also in place</b> 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. <b>Cannot take remote payment in store.</b>	Phone: <b>07756 306017</b> or <b>01900 816250 after 6.30pm</b>
	<b>Walsh's Butchers</b>  Information correct as of 7 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
	<b>Twentymans Allonby</b>  Information correct as of 7 May	Services- Groceries, fresh veg, meat and household. Opening hours Mon –Sun 9.30am-6.30pm. Payment method – Cards and cash. <b>Free delivery service for residents in Allonby and the surrounding area.</b> Cash on delivery or card payment over the phone. <b>Volunteers shopping for groceries. This store able to take payment in store via telephone. Please advise store before goods are put through the till.</b>	Phone: <b>01900 881247</b>
	<b>Jack's Surf Bar Allonby</b> Information correct as of 7 May	Services –cooked meals available for collection and <b>delivery</b> in Allonby, Silloth, Aspatria areas. Orders accepted from 4.15pm. Contact Mark on 01900 881088. Payment by card.	Phone: <b>01900 881088</b>
	<b>Cottage Pie Dearham</b>  Information correct as of 7 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: <b>01900 817003</b>

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		can accept cash. <b>Pre-order via phone for collection in shop.</b>	
<b>Woody's of Flimby</b> Information correct as of 7 May		Services – food delivery. Breakfasts, butties and prepared lunches are available for <b>delivery in the local area</b> . Order via What's App 07453 938 452. Opening times Tues-Sat 8.00am-2.00pm (closed Sun & Mon)	Phone: <b>01900 876263</b>
<b>Select Convenience Store Flimby</b> Information correct as of 7 May		Services- Groceries and household items. Opening hours Mon-Sun 8.00am-8.00pm. Payment method – cards and cash. No delivery service. <b>Cannot take remote payment in store.</b>	Phone: <b>01900 814513</b>
<b>Essex Garage Dearham</b> Information correct as of 7 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. <b>Cannot take remote payment in store.</b>	Phone: <b>01900 814374</b>
<b>Mawbray Cheese Company</b> Information correct as of 7 May		Services- Cheese, butter, cream, cheesecakes, goats milk cheese, goats milk cheesecakes. <b>Delivering throughout the region</b> 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: <b>07964515058</b> or <b>07966959729</b>
<b>Chemists</b>			
<b>Alneburgh Pharmacy Ewanrigg Road</b> Information correct as of 7 May		Opening hours Mon-Fri 9.00am-5.00pm	Phone: <b>01900 819111</b>
<b>Dobies Curzon Street</b> Information correct as of 7 May		Opening hours Mon-Fri 9.00am-5.30pm, Sat 9.00am-12.30pm	Phone: <b>01900 812662</b>

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<b>Normans Senhouse Street</b> Information correct as of 7 May	Opening hours Mon-Fri 9.00am-5.30pm, Sat 9.00am-5.30pm	Phone: <b>01900 812615</b>
<b>Laundry Services</b>		
<b>Laundry Basket Solway Estate</b> Information correct as of 7 May	Opening hours are usually Mon, Tues & Thurs mornings. Laundry Basket is open to customers dropping items off and also <b>has a collection and delivery service for vulnerable individuals who are self-isolating</b> in Maryport. Payment method – cash.	Phone: <b>01900 819797</b>
<b>Post Offices, Banks</b>		
<b>Post Office, High Street</b> Information correct as of 7 May	Opening hours Mon-Fri 9.00am-5.30pm, Sat 9.00am-2.30pm	
<b>Post Office Ellenborough (in Mini Market)</b> Information correct as of 7 May	Opening hours Mon 8.00am-7.00pm, Tues-Fri 8.30am-7.00pm, Sat 9.00am-7.00pm, Sun 9.30am-6.00pm	
<b>Post Office, Central Road, Dearham</b> Information correct as of 7 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	
<b>Post Office Flimby (in Select Store)</b> Information correct as of 7 May	Opening hours Mon-Sun 9.00am-6.00pm	
<b>Cumberland Building Society</b> Information correct as of 7 May	Opening hours Mon 10.00am-2.00pm	

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	<b>TSB Bank</b> Information correct as of 7 May	Opening hours Mon - Fri 10.00am-12.30pm & 1.30pm-4.00pm	
	<b>Pet Services</b>		
	<b>D and K Pet Supplies</b> <b>Solway Estate</b> Information correct as of 7 May	Opening hours Mon, Tues, Thurs & Fri 10.00am-3.00pm. Services- Open for pet food, pet health products and other pet essentials.	Phone: <b>01900 819300</b>
	<b>Millcroft Vets</b> <b>Curzon Street</b>  Information correct as of 7 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. <b>24 hour emergency service - 01900 826666</b> . Prescriptions can be ordered via email.	Tel: <b>01900 816666</b> Email: <a href="mailto:lab@millcroftvets.co.uk">lab@millcroftvets.co.uk</a>
<b>Silloth</b>	<b>Supermarkets, Grocery Stores, Butchers, Bakers, Greengrocers, Service Stations, Ready-made Meals Suppliers</b>		
	<b>Coop</b>  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. <b>Cannot take remote payment in store.</b>	Phone: <b>016973 31368</b>
	<b>Spar</b> <b>Silloth Street</b>  Information correct as of 7 May	Services- Groceries and household items. Opening hours Mon-Sat 7.30am-10.00pm, Sun 8.30am-8.00pm. Payment method – cards and cash. No delivery service. <b>Volunteers shopping for groceries. Can take payment in store over the phone via Royal Voluntary Service Scheme</b>	Phone: <b>016973 31293</b>
	<b>Spar Harrisons</b> <b>Abbeytown</b>  Information correct as of 7 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. <b>Volunteers shopping for groceries. This store able to take payment in store via telephone. Please advise store before goods are put through the till.</b>	Phone: <b>016973 61231</b>
	<b>Fruit and Veg company</b>	Services- Fruit and Veg boxes. <b>Company operates a remote delivery service of fruit and veg boxes.</b> Please order via Facebook page. For anyone who doesn't use	Phone: <b>07842 062118</b>

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	Information correct as of 7 May	the internet please ring 07842062118. Payment method is contactless/ card payment.	
	<b>Berry and Sons Bakers</b> Information correct as of 7 May	Services- Bread, cakes, pies. Opening hours Mon – Sat 8.30-1. Payment method – cash. No delivery service. <b>Cannot take remote payment in store.</b>	Phone: <b>016973 31831</b>
	<b>Bennetts Fishmongers</b> Information correct as of 7 May	Services: Fresh fish and eggs. Opening hours Wed-Fri 9.00am-3.00pm. Payment method – cash. <b>Delivery service in the local area and throughout Allerdale.</b> Please confirm with the business.	Phone: <b>07391 576640</b>
	<b>W. Kirkup &amp; Sons butchers. Eden Street</b> Information correct as of 7 May	Services: Fresh meats and pies. Opening hours Mon – Sat 9:00am - 3:00pm. Payment method – cash. No delivery service. <b>Cannot take remote payment in store.</b>	Phone: <b>016973 32000</b>
	<b>Kandy Shop, Criffel Street</b> Information correct as of 7 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. <b>Local delivery of newspapers and magazines. Local delivery of other goods can be arranged for anyone self-isolating.</b> 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: <b>016973 31741</b>
	<b>Jaybees, Criffel Street, Silloth</b> Information correct as of 7 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. <b>Deliveries in Silloth.</b> Orders over the phone and via Facebook page. <b>Volunteers shopping for groceries. This store able to take payment in store via telephone. Please advise store before goods are put through the till.</b>	Phone: <b>016973 31245</b>

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	<p><b>Cumberland Inn, West Silloth</b></p> <p>Information correct as of 7 May</p>	<p>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.</p> <p>Ring 016973 31431 to order your takeaway/delivery or for more info.</p>	<p>Phone: <b>016973 31431</b></p>
	<p><b>Silloth Motor Company, Petteril Street, Silloth.</b></p> <p>Information correct as of 7 May</p>	<p>Services: Fuel, Car repairs servicing &amp; MOT's. Opening hours for fuel Mon, Weds &amp; Fri - 9:00am - 3:00pm. Payment method –cash and card.</p>	<p>Phone: <b>016973 31351</b></p>
	<p><b>West Silloth Motors Causewayhead</b></p> <p>Information correct as of 7 May</p>	<p>Services – Car repairs servicing &amp; MOT's. Opening hours Monday to Friday 8:30am-5:30pm. Payment method: Contactless payment. Local collection and delivery.</p>	<p>Phone: <b>016973 32833</b> or email: <a href="mailto:info@westsillothmotors.co.uk">info@westsillothmotors.co.uk</a></p>
<b>Chemists</b>			
	<p><b>Well Silloth Station Road</b></p> <p>Information correct as of 7 May</p>	<p>Opening times Mon-Fri 9.00am-6.00pm, Sat 9.00am-1.00pm</p>	<p>Phone: <b>016973 31394</b></p>
<b>Laundry Services</b>			
	<p><b>Hayley's Homecare Criffel Street</b></p> <p>Information correct as of 7 May</p>	<p>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 <b>07591 254620</b> for more information on this service.</p>	<p>Phone: <b>07591 254620</b></p>
<b>Post Offices, Banks</b>			

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	<b>Post Office, Eden Street (in Winters Newsagents)</b> Information correct as of 7 May	Opening Hours Mon-Thurs 7.30am-2.00pm, Fri 7.00am-2.00pm, Sat 7.00am-1.00pm, Sun 7.00am-10.00am	
	<b>Cumberland Building Society</b> Information correct as of 7 May	Opening hours Weds 10.00am-2.00pm.	
<b>Pet Services</b>			
	<b>Beacon Vets Station Road</b>  Information correct as of 7 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 <b>emergency out of hours service – 016973 20242</b> . Prescriptions can be ordered online or via phone.	Phone: <b>016973 20242</b> Email: <b>info@beaconvets.co.uk</b>
<b>Wigton</b>	<b>Supermarkets, Grocery Stores, Butchers, Bakers, Greengrocers, Service Stations, Ready-made Meals Suppliers</b>		
	<b>B and M</b>  Information correct as of 7 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. <b>Cannot take remote payment in store.</b>	Phone: <b>0330 888 9274</b>
	<b>Coop</b>  Information correct as of 7 May	Services- Groceries and household goods. Opening hours Mon-Sat 7.00am-8.00pm, Sun 10.00am-4.00pm. Payment method cards and cash. <b>Telephone delivery service –Minimum order £25</b> . Remote payment possible via head office.	Phone: <b>01697 345232</b>
	<b>Lidl</b>	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: <b>0800 977 7766</b>

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	Information correct as of 7 May	No delivery service. <b>Cannot take remote payment in store</b>	
	<b>Spar King Street</b>  Information correct as of 7 May	Services- Groceries and household items. Opening hours Mon-Sun 7.00am-9.00pm. Payment method – cards and cash. Card preferred. <b>Volunteers shopping for groceries. Can take payment in store over the phone via Royal Voluntary Service Scheme</b>	Phone: <b>016973 43903</b>
	<b>Spar South End Road Garage</b>  Information correct as of 7 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. <b>Cannot take remote payment in store.</b>	Phone: <b>016973 45234</b>
	<b>Paisleys Butchers</b>  Information correct as of 7 May	Services – Fresh and cooked meats and deli. Opening hours Mon-Sat 10.00am-5.00pm. Payment method – cards and cash. <b>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.</b>	Phone: <b>016973 44686</b>
	<b>Harrisons Butchers</b>  Information correct as of 7 May	Services – Fresh and cooked meats and deli. Opening hours Mon-Sat 7.00am-5.30pm. Payment method – cards and cash. <b>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.</b>	Phone: <b>016973 42192</b>
	<b>JH and J Fox Butchers</b>  Information correct as of 7 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. <b>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)</b>	Phone: <b>016973 42201</b>
	<b>Berry and Sons Bakers</b>	Services- Bread, cakes, pies. Opening hours Mon, Tues, Thurs, Fri 8.00am-4.00pm, Wed 8.00am-3.00pm, Sat	Phone: <b>016973 42273</b>

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	Information correct as of 7 May	8.00am-2pm. Payment method – cash. <b>Cannot take remote payment in store.</b>	
	<b>Midtown General Stores Kirkbride</b> Information correct as of 7 May	Services- Groceries and household goods. Opening hours Mon-Fri 8.00am-5.30pm, Sat 8.30am-5.00pm, Sun 8.30am-10.30am. Payment method – cards and cash. No delivery service. <b>Cannot take remote payment in store.</b>	Phone: <b>016973 51231</b>
<b>Chemists</b>			
	<b>Well Wigton King Street</b> Information correct as of 7 May	Opening times Mon-Fri 9.00am-5.30pm. Sat 9.00am-1.00pm	Phone: <b>016973 42445</b>
	<b>Well Wigton Medical Centre</b> Information correct as of 7 May	Opening hours Mon-Fri 9.00am-6.30pm	Phone: <b>016973 49145</b>
<b>Post Offices, Banks</b>			
	<b>Post Office King Street (in King Street News)</b> Information correct as of 7 May	Opening hours Mon-Fri 5.00am-3.30pm, Sat 5.00am-1.00pm, Sun 5.00am-11.00am	
	<b>Post Office Kirkbride (in Midtown General Stores)</b> Information correct as of 7 May	Opening hours Mon-Fri 9.00am-5.30pm, Sat 9.00am-12.30pm	
	<b>TSB</b> Information correct as of 7 May	Opening hours Mon, Thurs, Fri 10.00-12.30pm & 1.30pm-4.00pm	
	<b>Cumberland Building Society</b>	Opening hours Mon-Fri 9.00am-2.00pm, Sat 9.00am-12 noon	

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	Information correct as of 7 May		
	<b>Pet Services</b>		
	<p><b>Belle Vue Vets. Syke Park</b></p> <p>Information correct as of 7 May</p>	<p>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. <b>24 hour emergency out of hours service – 016973 42174.</b> Prescriptions can be ordered via email <a href="mailto:medicine@wigtonvets.co.uk">medicine@wigtonvets.co.uk</a></p>	<p>Phone: <b>016973 34901</b> Email: <a href="mailto:medicine@wigtonvets.co.uk">medicine@wigtonvets.co.uk</a></p>
	<p><b>Noah’s Ark. High Street</b></p> <p>Information correct as of 7 May</p>	<p>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.</p>	<p>Phone: <b>016973 44325</b> Email: <a href="mailto:Nixonspetshop@gmail.com">Nixonspetshop@gmail.com</a></p>
	<p><b>West Cumbria Farmers (WCF). Old Jam Works</b></p> <p>Information correct as of 7 May</p>	<p>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. <b>Online delivery service available at <a href="http://wcfselect.co.uk">wcfselect.co.uk</a>.</b></p>	<p>Phone: <b>016973 45061</b> Email: <a href="mailto:wigton@wcfpetandequestrian.co.uk">wigton@wcfpetandequestrian.co.uk</a></p>
<b>Workington</b>	<b>Supermarkets, Grocery Stores, Butchers, Bakers, Greengrocers, Service Stations, Ready-made Meals Suppliers</b>		
	<p><b>Aldi</b></p>	<p>Services – Groceries and household items. Opening hours Mon-Sat 8.00am-10.00pm, Sun 10.00am-4.00pm. Key workers who are entitled to a Blue Light card will take priority over queues on production of blue light card. Aldi is opening 30 minutes early Monday - Saturday for the Elderly (over 70) and vulnerable. Please note, in England this is for browsing only. Payment method – cards and cash. <b>Now providing the “Aldi Food Parcel” containing 22 essential items, cost £24.99. Available online for delivery.</b> 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</p>	<p>Phone: <b>0800 042 0800</b> (central Aldi Contact number)</p>

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	Information correct as of 7 May	customer to be added when ordering. <b>Aldi shopping vouchers</b> 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. <b>Cannot take remote payment in store.</b>	
	Information correct as of 7 May	<b>Asda Dunmail Park</b> 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 <b>volunteer shopping card</b> 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 href="https://www.asda.com/volunteercard">asda.com/volunteercard</a> . <b>Online deliveries</b> - Card payment for deliveries. <b>Cannot take remote payment in store.</b>	Phone: <b>01900 607720</b>
	Information correct as of 7 May	<b>Asda Mossbay</b> 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 <b>volunteer shopping card</b> 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 href="https://www.asda.com/volunteercard">asda.com/volunteercard</a> . <b>Online deliveries</b> - Card payment for deliveries. <b>Cannot take remote payment in store.</b>	Phone: <b>01900 321800</b>
	Information correct as of 7 May	<b>B and M Derwent Howe</b> 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. <b>Cannot take remote payment in store.</b>	Phone: <b>0330 838 9387</b>
		<b>B and M express (Heron's)</b> 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. <b>Cannot take remote payment in store.</b>	Phone: <b>0345 603 7300</b>

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	Information correct as of 7 May		
	<p><b>Iceland</b></p> <p>Information correct as of 7 May</p>	<p>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. <b>Online deliveries</b> - Card payment for deliveries. <b>Cannot take remote payment in store.</b></p>	<p>No phone number available. FAQ's on the website.</p>
	<p><b>Marks and Spencer</b></p> <p>Information correct as of 7 May</p>	<p>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. <b>Food Boxes costing from £15 are available for home delivery.</b> 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.</p>	<p>Phone: <b>01900 64661</b></p>
	<p><b>Morrison's</b></p>	<p>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. <b>Online deliveries</b> - Card payment for deliveries. <b>Essential Food Boxes costing from £30 are also available for home delivery.</b> 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</p>	<p>Phone: <b>01900 64336</b></p>

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	Information correct as of 7 May	within 10 miles of the Morrisons store. Payment is by card – Contactless if possible but chip and pin is available. Cash is not accepted. <b>Cannot take remote payment in store.</b>	
	Information correct as of 7 May	<b>Tesco</b> 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. <b>Online deliveries</b> - Card payment for deliveries. <b>Cannot take remote payment in store.</b>	Phone: <b>0345 677 9737</b>
	Information correct as of 7 May	<b>Wilkos</b> Services – Groceries and household items. Opening hours Mon-Sat 8.30am-5.00pm, Sun 10.00am-4.00pm. Payment method – cards and cash. <b>Standard online delivery service is available.</b> <b>Cannot take remote payment in store.</b>	Phone: <b>0333 005 2968</b>
	Information correct as of 7 May	<b>Marshall's Butchers</b> 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. <b>Deliveries in the local area</b> including to Aspatria and Cockermouth. Card payment over the phone. <b>Volunteers shopping for groceries. This store able to take payment in store via telephone. Please advise store before goods are put through the till.</b>	Phone: <b>01900 602710</b>
		<b>Caspian Flame Grill and Quick Shop</b> Opening hours for <b>delivery service</b> 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	Phone: <b>01900 63397</b>

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	<p>Information correct as of 7 May</p>	<p>transactions. Minimum order is £10 for groceries and £4 for takeaway food. Delivery charges apply. Please check when placing order. <b>Caspian delivers to Workington area as far as Pica (extra charge), Maryport area (not Allonby), Cockermouth area as far as Brigham.</b></p>	
	<p><b>Costcutter - Station Road Store</b> Information correct as of 7 May</p>	<p>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. <b>Cannot take remote payment in store.</b></p>	<p>Phone: <b>01900 602010</b></p>
	<p><b>McColl's Harrington Road</b> Information correct as of 7 May</p>	<p>Services- Groceries and household items. Opening Hours: Mon-Sun 7.00am-10.00pm. Payment method – cards and cash. Does not deliver. <b>Cannot take remote payment in store.</b></p>	<p>Phone: <b>01900 63861</b></p>
	<p><b>Premier Stores Senhouse Street</b> Information correct as of 7 May</p>	<p>Services- Groceries and household items. Opening hours: Mon-Sat 9.00am- 9.00pm, Sun 10.00am-9.00pm. Payment method – cards and cash. <b>Delivering only to the elderly and vulnerable. Cannot take remote payment in store.</b></p>	<p>Phone: <b>01900 604697</b></p>
	<p><b>Premier Stores Mossbay</b>  Information correct as of 7 May</p>	<p>Services- Groceries and household items. Opening Hours: Mon-Sat 6.00am-10.00pm Sun 8.00am-10.00pm. Seven days a week <b>home delivery within 3 miles of the store.</b> 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) <b>Volunteers shopping for groceries. This store able to take payment in store via telephone. Please advise store before goods are put through the till.</b></p>	<p>Phone: <b>01900 64422</b></p>
	<p><b>Pioneer (Harrington)</b></p>	<p>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 <b>local</b></p>	<p>Phone: <b>01946 831163</b></p>

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	Information correct as of 7 May	delivery service available to Workington, Maryport, and Whitehaven for individuals who are shielding. <b>Volunteers shopping for groceries. This store able to take payment in store via telephone. Please advise store before goods are put through the till.</b>	
	<b>McColl's Church Rd, Harrington</b> Information correct as of 7 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. <b>Cannot take remote payment in store.</b>	Phone: <b>01946 833676</b>
	<b>Spar Moorclose</b> Information correct as of 7 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. <b>Volunteers shopping for groceries. Can take payment in store over the phone via Royal Voluntary Service Scheme</b>	Phone: <b>01900 68273</b>
	<b>Longmile Services - Spar Lilyhall</b> Information correct as of 7 May	Services- Fuel and groceries. Mon-Sun 24hours. Hatch service from 11pm-6am. Payment method – cards and cash. Limited number of customers allowed in the store. Does not deliver. <b>Volunteers shopping for groceries. This store able to take payment in store via telephone. Please advise store before goods are put through the till.</b>	Phone: <b>01900 602068</b>
	<b>BP and Spar Stainburn</b> Information correct as of 7 May	Services- Fuel and groceries. Opening hours Mon-Sun 24hours. Short closure periods on Monday mornings to maintain social distancing during deliveries. Service available at hatch during these times Payment method – cards and cash. Does not deliver. <b>Cannot take remote payment in store.</b>	Phone: <b>01900 61993</b>
	<b>Esso Services Seaton</b> Information correct as of 7 May	Services- Fuel and groceries. Opening hours Mon-Sun 7.30am-8.00pm. Payment method – cards and cash. Does not deliver. <b>Cannot take remote payment in store.</b>	Phone: <b>01900 870457</b>
	<b>One Stop Seaton</b>	Services- Groceries and household items. Opening Hours: Mon-Sun 7.00am-9.00pm. Payment method –	Phone: <b>01900 604885</b>

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Information correct as of 7 May	cards and cash. Does not deliver. <b>Cannot take remote payment in store.</b>	
<b>Premier Stores Seaton</b> Information correct as of 7 May	Services- Groceries and household items. Opening Hours: Mon-Sun 8.00am-8.00pm. Payment method – cards and cash. <b>Cannot take remote payment in store.</b>	Phone: <b>01900 605478</b>
<b>Al's Kitchen</b> Information correct as of 7 May	Services – home cooked meals, sandwiches, pies. Opening hours Mon-Fri 8.00am-3.00pm, Sat 9.00am-2.00pm. Payment method – cards and cash. Phone orders for collection or there is a <b>delivery service (delivery service for businesses and for vulnerable and older individuals who are shielding/self-isolating in the Workington area)</b> . Payment for this by card or cash.	Phone: <b>01900 65930</b>
<b>Hungry Caterpillar</b> Information correct as of 7 May	Open for meal deliveries 11.30am-2.30pm & 5.00pm-8.00pm. <b>Delivering in Workington, Whitehaven, Cockermouth and Maryport area</b> . Telephone 01900 601918 to place an order or via food hub. Card payment only.	Phone: <b>01900 601918</b>
<b>Chemists</b>		
<b>Asda Pharmacy Dunmail park</b> Information correct as of 7 May	Opening hours Mon-Sat 8.00am-10.00pm, Sun 10.00am-4.00pm	Phone: <b>01900 607730</b>
<b>Boots Murray Road</b> Information correct as of 7 May	Opening hours Mon, Tues, Thurs, Fri, Sat 9.00am-5.30pm, Wed 9.00am-6.00pm, Sun 11.00am-4.00pm	Phone: <b>01900 602405</b>
<b>W Gourlay Oxford Street</b> Information correct as of 7 May	Opening hours Mon-Fri 9.00am-6.00pm, Sat 9.00am-1.00pm	Phone: <b>01900 603258</b>
<b>Moorclose Pharmacy Westfield Drive</b>	Opening hours Mon-Fri 9.00am-1.00pm & 2.00pm-5.30pm, Sat 9.00am-1.00pm	Phone: <b>01900 62618</b>

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	Information correct as of 7 May		
	<b>Harrington Pharmacy</b> Church Road Information correct as of 7 May	Opening hours Mon-Fri 9.00am-5.30pm, Sat 9.00am-12.30pm	Phone: <b>01946 833565</b>
	<b>JH Sandham</b> Harrington Road Information correct as of 7 May	Opening hours Mon-Fri 9.00am-6.00pm, Sat 9.00am-1.00pm	Phone: <b>01900 602044</b>
	<b>Seaton Pharmacy</b> Main Road Information correct as of 7 May	Opening hours Mon-Fri 9.00am-6.00pm, Sat 9.00am-12 noon	Phone: <b>01900 67679</b>
	<b>Tuschem Workington Community Hospital</b> Information correct as of 7 May	Opening hours Mon-Fri 9.00am-5.30pm	Phone: <b>01900 705130</b>
	<b>FC Whelan</b> John Street Information correct as of 7 May	Opening hours Mon-Fri 9.00am-6.00pm, Sat 9.00am-12.30pm	Phone: <b>01900 603332</b>
<b>Laundry Services</b>			
	<b>Laundry Studio</b> Information correct as of 7 May	Opening hours Mon, Wed & Fri 9.00am-3.00pm 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: <b>01900 870087</b>
<b>Post Offices, Banks</b>			

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<b>Post Office Murray Road</b> Information correct as of 7 May	Opening hours Mon 9.00am-5.00pm, Tues 9.00am-4.00pm, Wed-Fri 9.00am-5.00pm, Sat 9.00am-3.00pm	
<b>Post Office Corporation Road (in P and D newsagents)</b> Information correct as of 7 May	Opening hours Mon-Fri 9.00am-6.00pm, Sat 9.00am-1.00pm	
<b>Post Office Harrington (in McColls)</b> Information correct as of 7 May	Mon-Sat 6.00am-9.00pm, Sun 6.00am-7.00pm	
<b>Post Office Moorclose</b> Information correct as of 7 May	Opening hours Mon-Fri 9.00am-2.00pm, Sat 9.00am-12.30pm	
<b>Post Office Seaton (in One Stop)</b> Information correct as of 7 May	Opening hours Mon-Fri 9.00am-5.00pm, Sat 9.00am-12.30pm	
<b>Lloyds Bank</b> Information correct as of 7 May	Opening hours Mon-Fri 10.00am-2.00pm	
<b>Barclays Bank</b> Information correct as of 7 May	Opening hours Mon, Tues, Thurs, Fri 9.30am-2.00pm, Wed 10.00am-2.00pm	
<b>NatWest Bank</b> Information correct as of 7 May	Opening hours Mon-Fri 10.00am-1.00pm	
<b>Halifax Building Society</b> Information correct as of 7 May	Opening hours Mon-Fri 10.00am-2.00pm	

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	<b>HSBC Bank</b> Information correct as of 7 May	Opening hours Mon-Fri 10.00am-2.00pm	
	<b>Cumberland Building Society (Pow Street)</b> Information correct as of 7 May	Opening hours Mon-Fri 9.00am-2.00pm, Sat 9.00am-12 noon	
<b>Pet Services</b>			
	<b>Gray Street Vets</b>  Information correct as of 7 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: <b>01900 602138</b> Email: <a href="mailto:vets@galemirevets.co.uk">vets@galemirevets.co.uk</a>
	<b>Millcroft Vets Derwent Howe Industrial Estate</b> Information correct as of 7 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. <b>24 hour emergency service - 01900 826666</b> . Prescriptions can be ordered via email.	Phone: <b>01900 66666</b> Email: <a href="mailto:lab@millcroftvets.co.uk">lab@millcroftvets.co.uk</a>
	<b>Pets Central Store Derwent Howe Industrial Estate</b>  Information correct as of 7 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: <b>01900 606600</b>
	<b>Pets at Home Derwent Drive Retail Park</b>	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. <b>Online</b>	Phone: <b>01900 68455</b>

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	Information correct as of 7 May	delivery service. Payment via card. Also order and collect. Payment via card.	
Food Delivery – Specialist and dietary			
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 <a href="https://alimento.co.uk/blogs/knowledge-hub/reliably-delivering-tasty-nutritious-food-drink">https://alimento.co.uk/blogs/knowledge-hub/reliably-delivering-tasty-nutritious-food-drink</a>	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 <a href="http://www.wiltshirefarmfoods.com">www.wiltshirefarmfoods.com</a> or over the phone <b>0800 077 3100</b> . There is a <b>priority</b> phone number <b>0800 046 5614</b> for those who have been identified as <b>extremely vulnerable</b> 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: <b>0800 077 3100</b> 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 <b>016977 48331</b> to order or email: <a href="http://www.evasorganic.co.uk">www.evasorganic.co.uk</a>	Phone: <b>016977 48331</b> email: <a href="mailto:info@evabotanicals.co.uk">info@evabotanicals.co.uk</a>

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# Support Nationally & From Local Community & Third Sector Groups

Area	Group	What's on Offer?	How to Contact
National	<b>British Legion</b>	<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 <b>0808 802 8080</b> from 8-8 every day. More information is available at the Royal British Legion website <a href="https://www.britishlegion.org.uk/">https://www.britishlegion.org.uk/</a></p> <p>Also providing support to <b>armed forces personnel</b> are:</p> <ul style="list-style-type: none"> <li>• <a href="http://www.rafbf.org.uk">www.rafbf.org.uk</a> - Royal Air Force</li> <li>• <a href="http://www.soldierscharity.org.uk">www.soldierscharity.org.uk</a> - British Army</li> <li>• <a href="http://www.officersassociation.org.uk">www.officersassociation.org.uk</a> - Officers</li> <li>• <a href="http://www.rnbt.org.uk">www.rnbt.org.uk</a> - Royal Navy</li> </ul>	Phone: <b>0808 802 8080</b> 8am-8pm every day
	<b>Family Line</b>	<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 <b>0808 802 6666</b>, text <b>07537 404282</b> or email <a href="mailto:familyline@family-action.org.uk">familyline@family-action.org.uk</a> Monday to Friday: 9.00am – 3.00pm &amp; 6.00pm – 9.00pm. Outside these hours the helpline is staffed by SHOUT.</p>	Phone: <b>0808 802 6666</b> Text: <b>07537404282</b> Email: <a href="mailto:familyline@family-action.org.uk">familyline@family-action.org.uk</a>
	<b>Carers Direct</b>	<p><b>Carers Direct:</b> Confidential information and advice for anyone looking after someone else. Contact: <b>0300 1231053</b>. <a href="http://www.nhs.uk/carersdirect">www.nhs.uk/carersdirect</a></p>	Phone: <b>0300 1231053</b>

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	<b>Galop</b>	Galop provides Hate Crime, <b>Domestic Abuse</b> and Sexual Violence support services to LGBT+ victims/survivors by telephone, email, text and WhatsApp. Please contact us via email: <a href="mailto:help@galop.org.uk">help@galop.org.uk</a> or via the National LGBT+ domestic abuse helpline <b>0800 999 5428</b> . The helpline is staffed from 10-5 on Mondays, Tuesdays and Fridays and from 10-8 on Wednesdays and Thursdays. Please visit the website for more information: <a href="http://www.galop.org.uk/">http://www.galop.org.uk/</a> <b>In an emergency dial 999. If you can't speak cough or tap 55 on the phone</b>	Helpline: <b>0800 999 5428</b> If you are in immediate danger call <b>999</b>
	<b>Mankind</b>	Mankind's confidential helpline is available for male victims of <b>domestic abuse</b> and male victims of domestic violence across the UK. Mankind supports men suffering from domestic abuse from their current or former wife or partner (including same-sex partner). Call <b>01823 334244</b> Mon-Fri 10-4. For more information visit the website <a href="https://www.mankind.org.uk/">https://www.mankind.org.uk/</a>  <b>In an emergency dial 999. If you can't speak cough or tap 55 on the phone</b>	Confidential helpline: <b>01823 334244</b> If you are in immediate danger call <b>999</b>
	<b>Men's Advice Line</b>	<b>Domestic abuse</b> affects men too. The Men's Advice Line Advisors will believe you, offer you non-judgmental emotional support, practical advice and information. Call <b>0808 8010327</b> from 9-5 on Mondays, Tuesdays, Thursdays and Fridays and from 9-8 on Wednesdays. <b>In an emergency dial 999. If you can't speak cough or tap 55 on the phone</b>	Advice Line: <b>0808 8010327</b> If you are in immediate danger call <b>999</b>
	<b>National Domestic Abuse Helpline</b>	<b>Are you experiencing domestic abuse?</b> You are not alone. Confidential Support available 24/7 on Freephone <b>0808 2000 247</b> .	Freephone: <b>0808 2000 247</b> If you are in immediate danger call <b>999</b>

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		<b>In an emergency dial 999. If you can't speak cough or tap 55 on the phone</b>	
	<b>Refuge</b>	Refuge supports women and children who experience all forms of violence and abuse. Visit the website for more information, help and advice <a href="https://www.refuge.org.uk/">https://www.refuge.org.uk/</a> <b>In an emergency dial 999. If you can't speak cough or tap 55 on the phone</b>	
	<b>RNIB</b>	<b>RNIB</b> via their website- <a href="https://www.rnib.org.uk/talking-books-service">https://www.rnib.org.uk/talking-books-service</a> 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 <b>0303 123 9999</b> . 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: <b>0303 123 9999</b>
	<b>Samaritans</b>	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 <a href="https://www.samaritans.org">https://www.samaritans.org</a>	Phone: <b>116123</b> Email: <a href="mailto:jo@samaritans.org">jo@samaritans.org</a>
	<b>Victim Support</b>	<b>Victim Support</b> providing support to victims of crime; now locally including <b>domestic violence</b> support. Helpline: <b>0808 168 911</b> <a href="http://www.victimsupport.org.uk">www.victimsupport.org.uk</a>	Helpline: <b>0808 168 911</b>

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	<b>Women’s Aid</b>	Women’s Aid provides support and information for those experiencing <b>domestic abuse</b> . For information and support email <a href="mailto:info@womensaid.org.uk">info@womensaid.org.uk</a> <b>In an emergency dial 999. If you can’t speak cough or tap 55 on the phone</b>	Email: <a href="mailto:info@womensaid.org.uk">info@womensaid.org.uk</a> If you are in immediate danger call <b>999</b>
<b>Allerdale</b>	<b>Allerdale Area CV-19 Support Group</b>	Facebook support group for local residents to offer support to each other. <a href="https://www.facebook.com/groups/497660480898448/">https://www.facebook.com/groups/497660480898448/</a>	Via Facebook
	<b>Allerdale Disability Association</b>	Allerdale Disability Association are now available remotely and will be providing a telephone Information service. New and existing clients can get in touch for help with disability welfare benefits between 10am and 3pm Monday-Friday on the following numbers: <b>0790 7343662 / 0790 7343572</b> <a href="http://www.allerdaledisability.com/">http://www.allerdaledisability.com/</a>	Phone: <b>0790 7343662 / 0790 734572</b>
	<b>Autism Support Allerdale and Copeland</b>	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 <a href="https://www.asaac.uk/">https://www.asaac.uk/</a> for further information.	Via website
	<b>CAB Allerdale</b>	Citizen’s Advice Allerdale have moved from a face to face service to a telephone advice service. For anyone needing advice please call <b>01900 604735</b> and leave your name and a contact number and someone will call you back. Advice can also be found on the website <a href="https://www.citizensadvice.org.uk">https://www.citizensadvice.org.uk</a>	Phone: <b>01900 604735</b>
	<b>Owl Blue</b>	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.	Email: <a href="mailto:nichola@owlblue.org">nichola@owlblue.org</a>

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		Sessions can be arranged by emailing Nichola at <a href="mailto:nichola@owlblue.org">nichola@owlblue.org</a>	
	<b>Together We</b>	Together We are offering mental health support, counselling and low intensive CBT and exercise interventions. Anyone can refer by calling <b>08081 961 773</b> , emailing <a href="mailto:referral@togetherwe.co.uk">referral@togetherwe.co.uk</a> or texting <b>07969497258</b> .	Phone: <b>08081961773</b> Text: <b>07969497258</b> Email: <a href="mailto:referral@togetherwe.co.uk">referral@togetherwe.co.uk</a>
<b>West Cumbria</b>	<b>West Cumbria Covid-19 Mutual Aid</b>	Facebook support group for local residents to offer support to each other. <a href="https://www.facebook.com/groups/641606456669395">https://www.facebook.com/groups/641606456669395</a> Support is also available via a helpline- <b>0333 33 55 226</b> which is staffed from 9.00am-9.00pm 7 days a week.	Via Facebook Helpline: <b>0333 33 55 226</b>
	<b>Age UK West Cumbria</b>	Age UK are providing support, information and advice via a telephone helpline to adults 55 and over. Contact <b>01900 233153 or 01900 233154</b> 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 <b>01900 844670</b> to arrange delivery	Helpline: <b>01900 233153/4</b> Delivery: <b>01900 844670</b>
	<b>North Lakes Foodbank</b>	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: <a href="http://www.thefoodbank.org.uk">www.thefoodbank.org.uk</a>	Phone: <b>07502 311 452</b> Email: <a href="mailto:info@thefoodbank.org.uk">info@thefoodbank.org.uk</a>

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	<b>People First</b>	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 <b>07763 542284</b> or email <a href="mailto:cathy.mellstrom@wearepeoplefirst.co.uk">cathy.mellstrom@wearepeoplefirst.co.uk</a> for more information	Phone: <b>07763 542284</b>
	<b>Project Freedom West Cumbria</b>	Project Freedom offers free support and help to anyone suffering <b>domestic abuse</b> . Project Freedom provides advice, information, guidance and mentoring to anyone struggling to escape an abusive relationship. Call the confidential helpline 7 days a week <b>07712117986</b> For more information visit the website: <a href="https://www.freedom-project-west-cumbria.org.uk/">https://www.freedom-project-west-cumbria.org.uk/</a> <b>In an emergency dial 999. If you can't speak cough or tap 55 on the phone</b>	Confidential helpline: <b>07712117986</b> If you are in immediate danger call <b>999</b>
	<b>West Cumbria Blind Society</b>	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: <a href="mailto:sightloss.lifeline@hotmail.co.uk">sightloss.lifeline@hotmail.co.uk</a>	Phone: <b>01946 694346</b> or <b>01946 592474</b> Email: <a href="mailto:sightloss.lifeline@hotmail.co.uk">sightloss.lifeline@hotmail.co.uk</a>
	<b>West Cumbria Carers</b>	West Cumbria Carers are available to support carers over the phone or via email. Contact <b>01900 821976</b> or email <a href="mailto:general@westcumbriacarers.co.uk">general@westcumbriacarers.co.uk</a> during office hours Mon-Thurs 9.00am-5.00pm, Fri 9.00am-4.30pm. Visit the website <a href="https://westcumbriacarers.co.uk">https://westcumbriacarers.co.uk</a> for further information and advice	Phone: <b>01900 821976</b> Email: <a href="mailto:general@westcumbriacarers.co.uk">general@westcumbriacarers.co.uk</a>

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	<b>Women out West</b>	<p><b>Domestic abuse services</b> continue to provide support at this time via phone, email, social media, and website. Call <b>01946 550103</b> 9.30am-2.30pm Mon-Fri or <b>07539 780431</b> 9.00am-4.00pm Mon-Fri. Email: <a href="mailto:contactus@womenoutwest.co.uk">contactus@womenoutwest.co.uk</a></p> <p><b>In an emergency dial 999. If you can't speak cough or tap 55 on the phone</b></p> <p><b>In an emergency dial 999. If you can't speak cough or tap 55 on the phone</b></p>	<p>Phone: <b>01946 550103</b> or <b>07539 780431</b></p> <p>If you are in immediate danger call <b>999</b></p>
<b>Cumbria</b>	<b>Alzheimer's Society</b>	<p>Dementia support, information, and advice by telephone <b>01228 819299</b> (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 <b>0333 150 3456</b> for National Dementia Connect support line</p> <p><a href="http://www.alzheimers.org.uk">www.alzheimers.org.uk</a> for regularly updated advice and discussion forum</p> <p>Facebook page at: <a href="https://www.facebook.com/AlzheimersSocietyCumbria/">https://www.facebook.com/AlzheimersSocietyCumbria/</a></p>	<p>Phone: <b>01228 819299</b> (leave message for local team)</p> <p>Or email: <a href="mailto:cumbria@alzheimers.org.uk">cumbria@alzheimers.org.uk</a></p>
	<b>Chrysalis</b>	<p>Chrysalis supports adults with learning disabilities throughout Cumbria.</p> <p>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 <a href="http://www.chrysalis-cumbria.co.uk">www.chrysalis-cumbria.co.uk</a> or telephone <b>016973 44751</b> and ask for Emma Smith or via email <a href="mailto:info@chrysalis-cumbria.co.uk">info@chrysalis-cumbria.co.uk</a> /</p>	<p>Phone: <b>016973 44751</b> and ask for Emma Smith</p> <p>Email <a href="mailto:info@chrysalis-cumbria.co.uk">info@chrysalis-cumbria.co.uk</a></p>

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	<p><b>Cumbria Community Foundation</b></p>	<p>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.</p>	<p>Phone: <b>01900 820825</b>                  Email: <a href="mailto:enquiries@cumbriafoundation.org">enquiries@cumbriafoundation.org</a>  <a href="mailto:grants@cumbriafoundation.org">grants@cumbriafoundation.org</a></p>
	<p><b>Cumbria Library Service – Services for visually impaired</b></p>	<p>Cumbria Library Service have a digital resource ‘<b>Borrowbox</b>’ where audio books etc. can be downloaded but would need support from someone in the first instance to download from a device.  <a href="https://cumbria.gov.uk/libraries/online_resources/ebooks_audiobooks.asp">https://cumbria.gov.uk/libraries/online_resources/ebooks_audiobooks.asp</a></p>	<p>Email: <a href="mailto:libraries@cumbria.gov.uk">libraries@cumbria.gov.uk</a></p>
	<p><b>Cumbria Library Services</b></p>	<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 <a href="mailto:libraries@cumbria.gov.uk">libraries@cumbria.gov.uk</a>)   <a href="#">Set up your temporary membership on the library website</a> - click Log In, complete the form and submit it. You will then be emailed your temporary membership number, and you can access <a href="#">digital library services</a></p>	<p>Email: <a href="mailto:libraries@cumbria.gov.uk">libraries@cumbria.gov.uk</a></p>
	<p><b>Multicultural Cumbria</b></p>	<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  <a href="https://www.mcc1.org.uk/covid-19">https://www.mcc1.org.uk/covid-19</a></p>	<p>Via website</p>

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	<b>Patient Experience and Involvement Team (PALS)</b>	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: <b>0800 633 5547</b> Phone: <b>01228 814008</b> Email: <b>PALS@ncis.nhs.uk</b>
	<b>Safe Families</b>	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.  For more information contact: <b>cumbria@safefamilies.uk</b>	Email: <b>cumbria@safefamilies.uk</b>
<b>Aspatia Rainbow Response</b>	<b>Local Support Group</b>	For support in the community please contact : <b>07470024756</b> or email: <b>aspatriaresiliencegroup@gmail.com</b> Support includes telephone befrienders, collections and deliveries from food banks, shopping, taking out refuse.	Phone: <b>07470024756</b> Email: <b>aspatriaresiliencegroup@gmail.com</b>
<b>Aspatia (Hayton)</b>	<b>Hayton Independent Support Group</b>	For support in the community please contact <b>016973 22712</b> or email: <b>therbert@globalnet.co.uk</b> . Support includes telephone befrienders, collections and deliveries from food banks, shopping, dog walking, gardening, taking out refuse.	Phone: <b>016973 22712</b> Email: <b>therbert@globalnet.co.uk</b>
<b>Aspatia (Plumbland)</b>	<b>PlumblandHelp Facebook Group</b>	Facebook support group for local residents to offer support to each other. <b><a href="https://www.facebook.com/groups/PlumblandHelp/">https://www.facebook.com/groups/PlumblandHelp/</a></b>	Via Facebook
<b>Cockermouth</b>	<b>Cockermouth Emergency Support Group (CERG)</b>	For support in the community please contact <b>07852 599794</b> or email: <b>admin@cerg.org.uk</b> Support includes collections and deliveries from food banks, shopping and dog walking. CERG also has a dedicated shopping line. Contact <b>07517519377</b>	Phone: <b>07852 599794</b> Shopping line: <b>07517519377</b> Email: <b>admin@cerg.org.uk</b>

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	<b>Cockermouth COVID-19 Mutual Aid Group</b>	Facebook support group for local residents to offer support to each other. <a href="https://www.facebook.com/groups/1369318873253390/">https://www.facebook.com/groups/1369318873253390/</a>	Via Facebook
	<b>Cockermouth Linking Lives</b>	For telephone befriending support in the community please contact <b>07957515140</b> .	Phone: <b>07957515140</b>
	<b>Cockermouth Post Digital Magazine</b>	Online digital magazine providing support and information for the community via website. Please search for <b>Cockermouth Post</b> via search engine	Contact: <b>Via website</b>
<b>Cockermouth Dean</b>	<b>Dean District Sports Committee</b>	For support in the community please contact <b>0787603 8750</b> . Support includes telephone befrienders, collections and deliveries from food banks, shopping, dog walking, taking out refuse.	Phone: <b>07876038750</b>
<b>Cockermouth (Sunderland)</b>	<b>Sunderland Neighbours Localised Support Group</b>	For support in the community please contact <b>016973 22357</b> or <b>07714234733</b> (text or call) Support includes telephone befrienders, collections and deliveries from food banks, shopping, dog walking, taking out refuse.	Phone: <b>016973 22357</b> or <b>07714234733</b> (text or call)
<b>Cockermouth (Melbreak)</b>	<b>Melbreak Communities Localised Support Group</b>	For support in the community please contact <b>01900 85708</b> or <b>07785981934</b> or email: <a href="mailto:carolynmarydavis@gmail.com">carolynmarydavis@gmail.com</a> Support includes telephone befrienders, collections and deliveries from food banks, shopping, dog walking, gardening, taking out refuse.	Phone: <b>01900 85708</b> or <b>07785981934</b> email: <a href="mailto:carolynmarydavis@gmail.com">carolynmarydavis@gmail.com</a>
<b>Keswick</b>	<b>Keswick Community Emergency Recovery Localised Support Group</b>	For support in the community please email: <a href="mailto:keswickvolunteers@gmail.com">keswickvolunteers@gmail.com</a> Support includes telephone befrienders, collections and deliveries from food banks, shopping, dog walking, and taking out refuse.	email: <a href="mailto:keswickvolunteers@gmail.com">keswickvolunteers@gmail.com</a>
<b>Keswick area</b>	<b>Keswick Reminder digital newsletter</b>	Online digital newsletter providing support and information for the community via website <a href="https://www.keswickreminder.co.uk/">https://www.keswickreminder.co.uk/</a> and Facebook <a href="https://www.facebook.com/keswickreminder/">https://www.facebook.com/keswickreminder/</a>	Email: <a href="mailto:news@keswickreminder.co.uk">news@keswickreminder.co.uk</a>

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<b>Keswick (Braithwaite)</b>	<b>Braithwaite Volunteers Localised Support Group</b>	For support in the community please contact <b>01768 753119</b> or email: <a href="mailto:braithwaitevolunteers@gmail.com">braithwaitevolunteers@gmail.com</a> Support includes telephone befrienders, collections and deliveries from food banks, shopping, dog walking, and taking out refuse.	Phone: <b>01768 753119</b> Email: <a href="mailto:braithwaitevolunteers@gmail.com">braithwaitevolunteers@gmail.com</a>
<b>Maryport area</b>	<b>Maryport Matters Digital Newsletter</b>	Online digital newsletter providing support and information for the community via website <a href="https://www.ewanrigg.com/maryportmatters">https://www.ewanrigg.com/maryportmatters</a> and Facebook page <a href="https://www.facebook.com/makingmaryportsmile/">https://www.facebook.com/makingmaryportsmile/</a>	Email: <a href="mailto:info@ewanrigg.com">info@ewanrigg.com</a>
<b>Maryport (Allonby)</b>	<b>Allonby Angels Facebook Group</b>	For support in the community please contact <b>01900 881216</b> or email: <a href="mailto:info-allonby-pc.org.uk">info-allonby-pc.org.uk</a> . Support includes telephone befrienders, collections and deliveries from food banks, shopping, dog walking, gardening, taking out refuse.	Via Facebook or Phone: <b>01900 881216</b> Email: <a href="mailto:info-allonby-pc.org.uk">info-allonby-pc.org.uk</a>
	<b>Allonby News Facebook Group</b>	Facebook support group for local residents to offer support to each other. <a href="https://www.facebook.com/groups/821482351279056/">https://www.facebook.com/groups/821482351279056/</a>	Via Facebook
<b>Maryport (Flimby)</b>	<b>Flimby COVID-19 Mutual Aid group</b>	Facebook support group for local residents to offer support to each other. <a href="https://www.facebook.com/groups/622192868344124/">https://www.facebook.com/groups/622192868344124/</a>	Via Facebook
	<b>Flimby Community Vulnerable Persons Group</b>	Facebook support group for local residents to offer support to each other. <a href="https://www.facebook.com/groups/545282559432075/">https://www.facebook.com/groups/545282559432075/</a>	Via Facebook
<b>Silloth</b>	<b>Silloth Rotary</b>	For support in the community please contact Silloth Rotary on <b>07513 500741</b> Support includes telephone befrienders, collections and deliveries from food banks, shopping, taking out refuse	Phone: <b>07513 500741</b>
<b>Silloth area</b>	<b>Solway Buzz Digital Newsletter</b>	Online digital newsletter providing support and information for the community via website <a href="https://www.solwaybuzz.co.uk/">https://www.solwaybuzz.co.uk/</a>	Email: <a href="mailto:peter@solwaybuzz.co.uk">peter@solwaybuzz.co.uk</a>

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<b>Bowness on Solway</b>	<b>Bowness Community (BCG) C19 Support Group</b>	For support in the community please contact <b>016973 51426</b> or <b>07969 255488</b> . Support includes telephone befrienders, collections and deliveries from food banks, shopping, dog walking, gardening, taking out refuse.	Phone: <b>016973 51426</b> or <b>07969 255488</b>
<b>Thursby</b>	<b>Thursby Parish Council Covid-19 Support Group</b>	For support in the community please contact: <b>07918 482344</b> or email: <b>thursbypccovid19@gmail.com</b> Support includes shopping, dog walking.	Phone: <b>07918 482344</b> Email: <b>thursbypccovid19@gmail.com</b>
<b>Wigton (Blencogo)</b>	<b>Blencogo Local Support Group</b>	For support in the community please contact <b>016973 61017</b> or <b>07443603449</b> or email: <b>Garybickley130@hotmail.com</b> or <b>becky@blake5.org.uk</b> Support includes telephone befrienders, shopping, dog walking, and taking out refuse.	Phone: <b>016973 61017</b> or <b>07443603449</b> Email: <b>Garybickley130@hotmail.com</b> or <b>becky@blake5.org.uk</b>
<b>Wigton</b>	<b>Wigton Community Emergency Response Group</b>	For support in the community please email: <b>wigtontown.council@btconnect.com</b> . Support includes telephone befrienders, collections and deliveries from food banks, shopping, taking out refuse.	Email: <b>wigtontown.council@btconnect.com</b>
<b>Wigton (Boltons, Caldbeck, Ireby, Rosley, Westwards, area)</b>	<b>Northern Fells Group</b>	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: <b>016974 77196</b> Email: <b>simon.braithwaite@northernfellsgroup.org.uk</b>
<b>Workington</b>	<b>Workington Community Emergency Response Group</b>	For support in the community please contact Local Street Warden or <b>07950 119228</b> or email: <b>wcerg@outlook.com</b> Support includes telephone befrienders, collections and deliveries from food banks, shopping, taking out refuse.	Contact Local Street Warden or Phone: <b>07950 119228</b> Email: <b>wcerg@outlook.com</b>
	<b>St Paul's Church Localised Support Group</b>	For support in the community please contact : <b>07707 500107</b> or email: <b>ian.grainger66@btinternet.com</b> Support includes telephone befrienders, collections and deliveries from food banks, shopping, taking out refuse.	Phone: <b>07707 500107</b> Email: <b>ian.grainger66@btinternet.com</b>

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<b>Workington Moorclose/South Workington</b>	<b>Moorclose Community Centre / South Workington Youth Partnership</b>	For support in the community please contact: <b>07713 864850</b> or email: <a href="mailto:swyp@hotmail.co.uk">swyp@hotmail.co.uk</a> Support includes telephone befrienders, collections and deliveries from food banks, shopping.	Phone:07713 864850 Email: <a href="mailto:swyp@hotmail.co.uk">swyp@hotmail.co.uk</a>
<b>Workington Seaton</b>	<b>Seaton Community Help-COVID-19 Support Group</b>	Facebook support group. For support in the community please contact <b>07969 891812</b> . Support includes telephone befrienders, shopping, collecting prescriptions <a href="https://www.facebook.com/groups/167195440925804/?ref=share">https://www.facebook.com/groups/167195440925804/?ref=share</a>	Contact via Facebook or Phone: <b>07969 891812</b> .
<b>Workington Seaton</b>	<b>Villager</b>	Online digital newsletter providing support and information for the community via website. Please search for <b>Seaton Villager</b> via search engine or via Facebook <a href="https://www.facebook.com/St-Pauls-Church-Seaton-Workington-Cumbria-382281131915891/">https://www.facebook.com/St-Pauls-Church-Seaton-Workington-Cumbria-382281131915891/</a>	Contact: <b>Via website or Facebook</b>
<b>Countywide</b>	<b>COVID-19 Mutual Aid UK</b>	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: <a href="https://covidmutualaid.org">https://covidmutualaid.org</a>
	<b>Cumbria Lake District COVID Awareness</b>	Facebook support group for residents to offer support to each other. <a href="https://www.facebook.com/groups/Cumbria.Covid19.Awareness/">https://www.facebook.com/groups/Cumbria.Covid19.Awareness/</a>	Via Facebook
<b>Every Life Matters -Mental Health Resources and Support</b>			
	<b>Age UK</b>	<b>Age UK:</b> provides services and support for people in later life. Branches across Cumbria. National Advice and Support Line <b>0800 678 1602</b> – open from 8.00am-7.00pm 365 days a year <a href="http://www.ageuk.org.uk">www.ageuk.org.uk</a>	Phone: <b>0800 169 8787</b>

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<b>Alcoholics Anonymous</b>	<b>Alcoholics Anonymous:</b> Self support group for anyone hoping to recover from alcoholism. Contact via telephone <b>0800 9177 650</b> or email: <a href="mailto:help@aamail.org">help@aamail.org</a> <a href="http://www.alcoholics-anonymous.org.uk/">www.alcoholics-anonymous.org.uk/</a>	Phone: <b>0800 9177 650</b> Email: <a href="mailto:help@aamail.org">help@aamail.org/</a>	
<b>Barnardos</b>	<b>Barnardos:</b> various services across Cumbria including targeted support, childrens centres, missing from home, My Time (access via CAMHS) <a href="http://www.barnardos.org.uk">www.barnardos.org.uk</a>	Via website	
<b>Beat Eating Disorders</b>	<b>Beat:</b> Supporting people affected by eating disorders. Helpline: <b>0808 8010677</b> Youth Line: <b>0808 8010711. Student Line: 0808 8010811.</b> Helplines are open 365 days a year from 12pm–8pm during the week, and 4pm–8pm on weekends and bank holidays. <a href="http://www.beateatingdisorders.org.uk">www.beateatingdisorders.org.uk</a>	Helpline: <b>0808 8010677</b> Youth Line: <b>0808 8010711</b>	
<b>Bipolar UK</b>	<b>Bipolar UK:</b> web based support and supporting local self-help groups around Cumbria. To arrange a call back, email <a href="mailto:info@bipolaruk.org">info@bipolaruk.org</a> with your contact details, or call or text our mobile on <b>07591375544</b> <a href="http://www.bipolaruk.org">www.bipolaruk.org</a>	Phone: <b>0333 3233880</b>	
<b>Bridgeway Sexual Assault Support Service</b>	<b>Bridgeway Sexual Assault Support Service</b> service for men, women, children and young people in Cumbria who have been raped or sexually assaulted, either recently or in the past. Contact <b>0808 1186432</b> <a href="http://www.thebridgeway.org.uk">www.thebridgeway.org.uk</a>	Phone: <b>0808 1186432</b>	
<b>CADAS</b>	<b>CADAS:</b> Countywide confidential support and help with drug and alcohol issues. Contact <b>0300 114002</b> (Mon–Thu 10am–5pm) for general enquiries or email <a href="mailto:info@cadass.co.uk">info@cadass.co.uk</a> . CADAS have also launched an <b>Addiction Helpline: 0800 254 56 58</b> (Mon–Sat 11am–8pm) or email: <a href="mailto:contact@cadass.co.uk">contact@cadass.co.uk</a> (for immediate call back requests,	General Enquiries: <b>0300 114002</b> Email: <a href="mailto:info@cadass.co.uk">info@cadass.co.uk</a> Addiction helpline: <b>0800 2545658</b> Email: <a href="mailto:contact@cadass.co.uk">contact@cadass.co.uk</a>	

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		advice and guidance Mon–Fri 10am–5pm). The helpline is here for anyone struggling with their, or anyone else’s, addictive habits. Please see CADAS Facebook page for further signposting and online resources <a href="http://www.cadas.co.uk">www.cadas.co.uk</a>	
	<b>CALM</b>	<b>CALM Campaign Against Living Miserably:</b> working to prevent male suicide Helpline: <b>0800 585858 (open 5pm- midnight)</b> <a href="http://www.thecalmzone.net">www.thecalmzone.net</a>	Helpline: <b>0800 585858 (open 5pm-midnight)</b>
	<b>Childline</b>	<b>Childline:</b> Free 24 hour confidential helpline for children and young people. Contact <b>0800 1111</b> <a href="http://www.childline.org.uk">www.childline.org.uk</a>	Helpline: <b>0800 1111</b>
	<b>Child Bereavement UK</b>	<b>Child Bereavement UK</b> helpline: <b>0800 0288840</b> <a href="http://www.childbereavementuk.org">www.childbereavementuk.org</a> . Local support is available via telephone on <b>01539 628311</b> or via email: <a href="mailto:cumbriasupport@childbereavementuk.org">cumbriasupport@childbereavementuk.org</a>	Helpline: <b>0800 0288840</b>
	<b>Combat Stress</b>	<b>Combat Stress:</b> Support for military veterans on a range of mental health conditions including PTSD, anxiety and depression. Contact <b>0800 1381619</b> <a href="http://www.combatstress.org.uk">www.combatstress.org.uk</a>	Phone: <b>0800 1381619</b>
	<b>Cruse Bereavement Care</b>	<b>Cruse Bereavement Care:</b> Bereavement support. Local Help Line: <b>0300 6003434</b> <a href="http://www.crusecumbria.org.uk">www.crusecumbria.org.uk</a> National helpline: <b>0808 808 1677</b> <a href="http://www.cruse.org.uk">www.cruse.org.uk</a>	Local Helpline: <b>0300 6003434</b> National Helpline: <b>0808 808 1677</b>
	<b>Cumbria County Council</b>	Cumbria County Council Adult Social Care. Contact <b>0300 303 589</b> Health and Wellbeing Coaches referral is via Adult Social Care.	

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		<p>Children’s Services Safeguarding <b>0333 2401727 (including out of hours emergency duty team)</b>  <a href="http://www.cumbrialscb.com">www.cumbrialscb.com</a></p> <p>Focus Families: part of the national troubled families programme offering support to harder to reach families  Referral through: <a href="mailto:focusfamily@cumbria.gov.uk">focusfamily@cumbria.gov.uk</a></p> <p>Health &amp; Wellbeing Officers for young people under the age of 18 who show substance misuse needs including alcohol contact in West Cumbria <b>0788 7947621</b></p>	
	<p><b>Cumbria Gateway</b></p>	<p><b>Cumbria Gateway</b> – Services and support for people recovering from drug and alcohol abuse.  Tel: <b>01228 212091</b> Email: <a href="mailto:admin@cumbriagateway.co.uk">admin@cumbriagateway.co.uk</a>  <a href="http://www.cumbriagateway.co.uk">www.cumbriagateway.co.uk</a></p>	<p>Phone: <b>01228 524 450</b></p>
	<p><b>Cumbria Partnership NHS Foundation Trust</b></p>	<p><b>A-maze</b> - Help for people with early symptoms of psychosis (aged 14-65) access via GP or via email:  <a href="mailto:A-Maze@cumbria.nhs.uk">A-Maze@cumbria.nhs.uk</a></p> <p><b>ANIS Anorexia Nervosa Intensive Service.</b> Contact <b>07766443261</b> or email: <a href="mailto:ANIS@ncumbria.nhs.uk">ANIS@ncumbria.nhs.uk</a></p> <p><b>CAMHS – Child and Adolescent Mental Health Services</b> 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 <b>01900 705800</b>  <a href="mailto:camhs.west1@nhs.net">camhs.west1@nhs.net</a></p> <p><b>First Step</b> – 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: <b>0300 1239122</b></p>	

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		<b>Single Point of Access Line</b> 24 hour line for referral into mental health services for professionals and clients/ carers who have accessed services in last 3 years. Contact <b>0300 123 9015</b>	
	<b>Every Life Matters</b>	<b>Every Life Matters:</b> Suicide prevention charity for Cumbria <a href="http://www.every-life-matters.org.uk">www.every-life-matters.org.uk</a>	
	<b>Family Lives</b>	Family Lives: online and helpline resource for families including BullyingUK. Contact helpline <b>0808 8002222</b> <a href="http://www.familylives.org.uk">www.familylives.org.uk</a>	Helpline: <b>0808 8002222</b>
	<b>Farming Community Network</b>	<b>Farming Community Network:</b> pastoral and practical support to farming community including help with stress, depression, isolation, long term illness, drug or alcohol dependency. Call the helpline <b>03000 111 999</b> . Helpline is open from 7.00am-11.00pm 365 days a year <a href="http://www.fcn.org.uk">www.fcn.org.uk</a>	Helpline: <b>03000 111 999</b>
	<b>Frank</b>	<b>Frank:</b> Advice, information and support for anyone concerned about drugs and substance misuse. Phone <b>0300 123 6600</b> 24/7 <a href="http://www.talktofrank.com">www.talktofrank.com</a>	
	<b>Gamcare</b>	<b>GAMCARE:</b> provides support & advice to anyone with a gambling problem National Gambling Helpline <b>0808 820133</b> Please search for <b>Gamcare</b> via search engine	Helpline: <b>0808 820133</b>
	<b>Harmless</b>	<b>Harmless:</b> Self harm support also incorporates the Tomorrow Project for people in suicidal crisis <a href="http://www.harmless.org.uk">www.harmless.org.uk</a>	

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<b>Healthy Hopes</b>	Healthy Hopes promoting health and wellbeing in Cumbria Please search for <b>Healthy Hopes</b> via search engine	
<b>If U Care Share</b>	<b>If U Care Share:</b> support for those bereaved by suicide and young people who are feeling suicidal. Contact: <b>0191 387 5661</b> . <a href="http://www.ifucareshare.co.uk">www.ifucareshare.co.uk</a>	Phone: <b>0191 387 5661</b>
<b>James Place</b>	<b>James' Place:</b> suicidal crisis support for men. Text <b>JP to 85258 24/7</b> .	
<b>Kooth</b>	<b>KOOTH</b> free online counselling service commissioned by Cumbria County Council for 11-25 year olds and web support <a href="http://www.kooth.com">www.kooth.com</a>	
<b>LGBThq</b>	<b>LGBThq Cumbria</b> provides support and advice including free counselling to LGBT+ also Sticky Bits Café PiNC Youth <a href="http://www.LGBThq.org.uk">www.LGBThq.org.uk</a>	
<b>Mindline Cumbria</b>	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 <b>81066</b> . Web chat and email support via <a href="http://www.mindlinecumbria.org">www.mindlinecumbria.org</a>	Phone: <b>0300 561 0000</b>
<b>MindOut</b>	<b>MindOut:</b> Lesbian, Gay, Bisexual, Trans & Queer Mental Health Service <a href="https://www.mindout.org.uk/">https://www.mindout.org.uk/</a>	
<b>National Mind</b>	<b>National Mind</b> is there to help you make choices about treatment, understand your rights or reach out to sources of support. Mind Information Line: <b>0300123393</b>	Mind Information Line: <b>0300123393</b> Email: <a href="mailto:info@mind.org.uk">info@mind.org.uk</a> Mind Legal Line: <b>0300 4666463</b>

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		Email: <a href="mailto:info@mind.org.uk">info@mind.org.uk</a> Mind Legal Line: <b>0300 4666463</b> <a href="https://www.mind.org.uk/">https://www.mind.org.uk/</a>	
	<b>The Mix</b>	<b>The Mix</b> confidential advice and support to under 25s on mental health, sex, drugs, money etc. Phone: <b>0808 8084994</b> <a href="https://www.themix.org.uk/get-support">https://www.themix.org.uk/get-support</a>	Phone: <b>0808 8084994</b>
	<b>Muslim Youth Helpline</b>	<b>Muslim Youth Helpline</b> provides faith and culturally sensitive services to Muslim youth in the UK. Helpline <b>0808 808 2008</b> . Email: <a href="mailto:help@myh.org.uk">help@myh.org.uk</a> <a href="http://www.myh.org.uk">www.myh.org.uk</a>	Helpline <b>0808 808 2008</b> . Email: <a href="mailto:help@myh.org.uk">help@myh.org.uk</a>
	<b>Narcotics Anonymous</b>	<b>Narcotics Anonymous</b> : Self-support group for anyone hoping to recover from a drug problem. Contact: <b>0300 9991212</b> from 10am-midnight <a href="http://www.ukna.org">www.ukna.org</a>	Phone: <b>0300 9991212</b>
	<b>National Self Harm Network</b>	<b>National Self Harm Network</b> : Online support for individuals who self-harm and their families and carers <a href="http://www.nshn.co.uk">www.nshn.co.uk</a>	
	<b>NHS 111</b>	<b>NHS 111</b> : Health advice and information service (replaces NHS Direct)	
	<b>No Panic</b>	<b>No Panic</b> : Support for anxiety disorders and panic attacks Helpline <b>0844 967 4848</b> Youth Helpline <b>0330 606 1174</b> <a href="http://www.nopanic.org.uk">www.nopanic.org.uk</a>	Helpline <b>0844 967 4848</b> Youth Helpline <b>0330 606 1174</b>
	<b>Outreach Cumbria</b>	<b>Outreach Cumbria</b> : Help advice and support to the LGBT community in Cumbria Contact: <b>0800 345 7440</b> <a href="http://www.outreachcumbria.co.uk">www.outreachcumbria.co.uk</a>	Phone: <b>0800 345 7440</b>

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<b>PAC</b>	<b>PAC Therapy:</b> Counselling and art therapy for Young People – Based in Carlisle. Contact: <b>01228 533874</b> <a href="https://pactherapy.org/">https://pactherapy.org/</a>	Phone: <b>01228 533874</b>
<b>PAPYRUS</b>	<b>PAPYRUS:</b> National organisation dedicated to the prevention of young suicide Hopeline: <b>0800 068 41 41</b> open 9am – 10pm weekdays, 2pm – 10pm weekends, 2pm – 10pm bank holidays. Text: <b>07860039967</b> Email: <a href="mailto:pat@papyrus-uk.org">pat@papyrus-uk.org</a> <a href="https://papyrus-uk.org/">https://papyrus-uk.org/</a>	Hopeline: <b>0800 068 41 41</b>
<b>People First</b>	<b>People First:</b> provide advocacy and Healthwatch across Cumbria. Contact the helpline on <b>03003 038037</b> from 9am – 5pm Monday to Friday. <a href="http://www.peoplefirstcumbria.org.uk">www.peoplefirstcumbria.org.uk</a>	Helpline: <b>03003 038037</b>
<b>Rethink</b>	<b>Rethink:</b> National Organisation providing support to those experiencing severe mental illness, their carers and relatives. Contact the information and advice service on <b>0300 5000 927</b> <a href="http://www.rethink.org">www.rethink.org</a>	Phone: <b>0300 5000 927</b>
<b>SAFA</b>	<b>SAFA:</b> Offering counselling and support for individuals aged 11+ who self-harm and to those who support them. Countywide Tel: <b>01229 832269</b> . At the moment, during COVID-19 pandemic face to face counselling has ceased please contact <b>07508 035048</b> or email: <a href="mailto:manager@safa-selfharm.com">manager@safa-selfharm.com</a> <a href="http://www.safa-selfharm.com">www.safa-selfharm.com</a>	Phone: <b>01229 832269</b> or <b>07508 035048</b> Email: <a href="mailto:manager@safa-selfharm.com">manager@safa-selfharm.com</a>
<b>Safety Net</b>	<b>Safety Net:</b> Supporting young people affected by <b>rape, sexual abuse or domestic violence</b> in North & West Cumbria Contact <b>01228 515859</b> or email: <a href="mailto:office@safetynetuk.org">office@safetynetuk.org</a> <a href="https://www.safetynetuk.org/">https://www.safetynetuk.org/</a>	Phone: <b>01228 515859</b>

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<b>Samaritans</b>	Providing support 24/7 over the phone – <b>Freephone 116 123</b> to anyone who is worried about their mental health at this time. Additional support is available via email <a href="mailto:jo@samaritans.org">jo@samaritans.org</a> or via the Samaritans website <a href="https://www.samaritans.org">https://www.samaritans.org</a>	Phone: <b>116 123</b>
<b>Sane</b>	SANE: National Organisation providing support and advice to people experiencing mental illness 0300 304 7000. During COVID-19 pandemic please call <b>07984 967 708</b> leaving a first name and contact number and a professional or senior volunteer will call you back as soon as is practicable. <a href="http://www.sane.org.uk">www.sane.org.uk</a>	Freephone <b>116 123</b> Email: <a href="mailto:jo@samaritans.org">jo@samaritans.org</a>
<b>Self Harm UK</b>	<b>Selfharm UK:</b> on line alumni support, parents’ guide etc. <a href="http://www.selfharm.co.uk">www.selfharm.co.uk</a>	
<b>Shout</b>	<b>SHOUT:</b> 24 hour crisis text service - Text <b>Shout to 85258</b>	Text <b>Shout to 85258</b>
<b>Silverline</b>	<b>Silverline:</b> 24 hour help and support line for older people. Contact <b>0800 4708090</b>	Support Line: <b>0800 4708090</b>
<b>Stonewall</b>	<b>Stonewall:</b> LGBT Information and support. Contact <b>08000 502020</b> <a href="http://www.stonewall.org.uk">www.stonewall.org.uk</a>	Phone: <b>08000 502020</b>
<b>SupportLine</b>	<b>SupportLine:</b> offers confidential emotional support to children, young adults and adults. Tel: <b>01708 765200</b> <a href="http://www.supportline.org.uk">http://www.supportline.org.uk</a>	Phone: <b>01708 765200</b>
<b>Support after Suicide</b>	<b>Support after Suicide</b> including the ‘Help is at Hand’ and ‘Finding the Words’ <a href="https://supportaftersuicide.org.uk/">https://supportaftersuicide.org.uk/</a>	

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	<b>Suicide Bereavement Support</b>	<b>Suicide Bereavement Support (formerly SOBS Cumbria)</b> A self-help organisation in Cumbria for those bereaved by the suicide of a close relative or friend. Local contact John on <b>0757 297 5721</b> or Karan on <b>0789 670 3757</b> . Contact via telephone or text <a href="http://www.sbs.org.uk">www.sbs.org.uk</a>	Phone: John on <b>0757 297 5721</b> or Karan on <b>0789 670 3757</b>
	<b>Unity</b>	<b>Unity:</b> Drug and Alcohol Recovery Service across Cumbria Carlisle <a href="http://www.gmw.nhs.uk/unity">www.gmw.nhs.uk/unity</a> including access to Breaking Free resource. Contact Allerdale support on <b>01900 270010</b>	Phone: <b>01900 270010</b>
	<b>Victim Support</b>	<b>Victim Support</b> providing support to victims of crime; now locally including <b>domestic violence</b> support. Helpline: <b>0808 168 911</b> <a href="http://www.victimsupport.org.uk">www.victimsupport.org.uk</a>	Helpline: <b>0808 168 911</b>
	<b>Winston's Wish</b>	<b>Winston's Wish</b> Providing support and guidance to bereaved children or anyone concerned about a grieving child. Helpline: <b>0808 8020021</b> <a href="https://www.winstonswish.org/">https://www.winstonswish.org/</a>	Helpline: <b>0808 8020021</b>
	<b>Young Cumbria</b>	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 <a href="https://www.facebook.com/youngcumbria/">www.facebook.com/youngcumbria/</a> or email: <a href="mailto:foundations@youngcumbria.org.uk">foundations@youngcumbria.org.uk</a>	Via Facebook Or email: <a href="mailto:foundations@youngcumbria.org.uk">foundations@youngcumbria.org.uk</a>

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	<b>Young Minds</b>	<p><b>Young Minds:</b> National Organisation committed to improving the emotional wellbeing and mental health of children and young people.  <a href="https://youngminds.org.uk/resources/">https://youngminds.org.uk/resources/</a>                  Young Mind Parent Line: <b>0808 802 5544</b> and 24 hour free crisis messenger service text <b>YM to 85258</b></p>	Young Mind Parent Line: <b>0808 802 5544</b>
	<b>Your Voice</b>	<p>Independent advocacy service supporting people across Cumbria. Contact:<b>0300 012 0103</b>  <a href="mailto:enquiries@yourvoicecumbria.org">enquiries@yourvoicecumbria.org</a></p>	Phone: <b>0300 012 0103</b>
	<b>Other Online directories of support</b>	<p><b>Other online directories:</b>  <b>Cumbria Together:</b> <a href="http://www.cumbriatogether.com/">http://www.cumbriatogether.com/</a>  <b>Equality Cumbria:</b> Resource website for BME groups, LGBT groups, disability groups, interfaith groups.  <a href="http://www.equalitycumbria.org">www.equalitycumbria.org</a>  <b>GP's LIST:</b> Information about services in GP practices across Cumbria  <a href="http://www.nhs.uk/Services/Trusts/GPs/DefaultView.aspx?id=5NE">www.nhs.uk/Services/Trusts/GPs/DefaultView.aspx?id=5NE</a>  <b>Hub of Hope:</b> <a href="http://www.hubofhope.co.uk">www.hubofhope.co.uk</a> national mental health resource network</p>	
	<b>Other resources including websites and apps</b>	<p><b><u>Other Resources / websites and apps</u></b>  <b>MindEd</b> 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 <a href="http://www.minded.org.uk">www.minded.org.uk</a></p>	

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		<p><b>Time to Change</b> has resources, videos, lesson plans on challenging mental health stigma <a href="https://www.time-to-change.org.uk/">https://www.time-to-change.org.uk/</a></p> <p><b>Doc ready</b> helps you prepare to talk to your GP about Mental Health for first time <a href="http://www.docready.org">www.docready.org</a></p> <p><b>Elefriends</b> is an online community providing support on mental health (aged over 17) <a href="http://www.elefriends.org.uk">www.elefriends.org.uk</a></p> <p><b>Big White Wall</b> is an online community providing support <a href="http://www.bigwhitewall.com">www.bigwhitewall.com</a></p> <p><b>Boing Boing</b> is a website with resources and research regarding resilience <a href="http://www.boingboing.org.uk">www.boingboing.org.uk</a></p> <p><b><u>NHS List of recommended apps</u></b></p> <p><b><u><a href="http://www.nhs.uk/apps-library/category/mental-health/">www.nhs.uk/apps-library/category/mental-health/</a></u></b></p> <p><b>STAY ALIVE</b> free app designed by Grassroots to be a virtual suicide prevention resource; includes safety planning etc.</p> <p><b>CALM HARM:</b> a free app to help distract, resist or manage the urge to self-harm.</p> <p><b>MindShift</b> 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</p>	
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		<p>Other anxiety apps include <b>SAM</b> – self-help for anxiety management and <b>Fear Fighter</b> which is online CBT for anxiety / phobias</p> <p><b>For younger children</b> – Positive Penguins; Chill Panda, myhappymind</p> <p><b>Self Help Apps: <u>NHS Northumbria Tyne and Wear</u></b> have developed an app that allows you to access 23 different self-help guides on mental health conditions</p> <p><b>Reasons 2:</b> A free app designed by Washington Mind in conjunction with young people to help improve our wellbeing</p> <p><b>Other wellbeing / moodtracker apps</b> include Five Ways to Wellbeing, WRAP, Diary Mood Tracker, Catch it, Virtual</p>	
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## Housing Services

<p><b>Allerdale</b></p>	<p><b>Castles &amp; Coasts</b></p>	<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</p>	<p>Customer Service Team: <b>0800 085 1171</b> cs@castlesandcoasts.co.uk</p> <p>Emergency repairs: <b>0800 085 1171</b></p> <p>Income Team <b>01228 635492</b></p>
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		<p>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 <a href="https://castlesandcoasts.co.uk/">https://castlesandcoasts.co.uk/</a> or Facebook <a href="https://www.facebook.com/CastlesCoastsHA/">https://www.facebook.com/CastlesCoastsHA/</a> for regular updates</p>	
	<b>Home Group</b>	<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>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 <a href="https://www.homegroup.org.uk/Media/News/Home-Group-news/Update-Coronavirus">https://www.homegroup.org.uk/Media/News/Home-Group-news/Update-Coronavirus</a> or Facebook <a href="https://www.facebook.com/CastlesCoastsHA/">https://www.facebook.com/CastlesCoastsHA/</a> for regular updates</p>	Contact centre <b>0345 141 4663</b>
	<b>Impact Housing</b>	<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>	Repairs and enquiries 0344 873 6290 <a href="mailto:enquiry@impacthousing.org.uk">enquiry@impacthousing.org.uk</a>

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		<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 <a href="https://www.impacthousing.org.uk/">https://www.impacthousing.org.uk/</a> or Facebook <a href="https://www.facebook.com/impacthousing/">https://www.facebook.com/impacthousing/</a> for regular updates</p>	<p><b>Rent payments:</b> 0344 8736 290 <a href="mailto:moneymatters@impacthousing.org.uk">moneymatters@impacthousing.org.uk</a></p>
	<p><b>Westfield Housing</b></p>	<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)</p>	<p>Enquiries: 01900 602906 <a href="mailto:enquiries@westfieldha.org.uk">enquiries@westfieldha.org.uk</a></p> <p>Emergency Repairs: office hours <b>01900 602906</b> out of hours on <b>0151 343 2762</b> or via email at <a href="mailto:repairs@westfieldha.org.uk">repairs@westfieldha.org.uk</a></p> <p>Rent Payments: <b>01900 602906</b> <a href="mailto:enquiries@westfieldha.org.uk">enquiries@westfieldha.org.uk</a></p>

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		<p>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 <a href="https://westfieldha.org.uk/">https://westfieldha.org.uk/</a> And on Facebook <a href="https://www.facebook.com/Westfield-Housing-Association-New-1416103612045105/">https://www.facebook.com/Westfield-Housing-Association-New-1416103612045105/</a></p>	
	<p><b>Cumbria Choice Based Lettings</b></p>	<p>Significant changes to services from some Choice Based Lettings partners. Some partners have found it necessary to 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><a href="https://www.cumbriachoice.org.uk/Data/ASPPages/1/30.aspx">https://www.cumbriachoice.org.uk/Data/ASPPages/1/30.aspx</a></p>	
	<p><b>Homeless and Prevention Team – Allerdale Borough Council</b></p>	<p>If you are homeless now, or in danger of losing your accommodation, contact the Housing Options team at Allerdale Borough Council</p> <p><a href="https://www.allerdale.gov.uk/en/">https://www.allerdale.gov.uk/en/</a></p>	<p>Office hours: <b>01900 702 660</b></p> <p>Out of office hours: <b>0303 123 1702</b></p>

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			<a href="mailto:homelessness@allerdale.gov.uk">homelessness@allerdale.gov.uk</a>
<b>National</b>	<b>Shelter</b>	Contact expert housing advisers either online, or by calling our free national emergency helpline. Information is available on the website including housing advice both urgent and non-urgent issues. Support available: <a href="#">Homelessness</a> , Renting, Tenancy, Mortgage, Eviction, <a href="#">Repairs</a> , <a href="#">Benefits</a> , <a href="#">Council housing</a> Website: <a href="https://england.shelter.org.uk/">https://england.shelter.org.uk/</a>	<b>0808 800 4444</b> 8am - 8pm on weekdays 9am - 5pm on weekends  Online chat: <a href="https://england.shelter.org.uk/get_help/webchat">https://england.shelter.org.uk/get_help/webchat</a>

## Money Advice

<b>Allerdale</b>	<b>CAB Allerdale</b>	Citizen’s Advice Allerdale have moved from a face to face service to a telephone advice service. For anyone needing advice please call <b>01900 604735</b> and leave your name and a contact number and someone will call you back. Advice can also be found on the website <a href="https://www.citizensadvice.org.uk/">https://www.citizensadvice.org.uk/</a>	Phone: <b>01900 604735</b>
<b>Cumbria</b>	<b>Cumbria Law Centre</b>	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 <a href="mailto:reception@cumbria-law.org.uk">reception@cumbria-law.org.uk</a> for advice. Please see the website <a href="https://www.cumbrialawcentre.org.uk/">https://www.cumbrialawcentre.org.uk/</a> Or Facebook <a href="https://www.facebook.com/LawCentres/">https://www.facebook.com/LawCentres/</a> for further information	Phone: <b>01228 515129</b> Email: <a href="mailto:reception@cumbria-law.org.uk">reception@cumbria-law.org.uk</a>
<b>National</b>	<b>Money Advice Service</b>	Free and impartial money advice including information on controlling debt, mortgages, benefits. Telephone <b>0800 138 1677</b> Mon-Fri 8.00am-6.00pm. See the website <a href="https://www.moneyadviceservice.org.uk/en">https://www.moneyadviceservice.org.uk/en</a> Or Facebook	Phone: <b>0800 138 1677</b>

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		<p><a href="https://www.facebook.com/MoneyAdviceService/">https://www.facebook.com/MoneyAdviceService/</a> for more information. Webchat is also available via the website.</p>	
	<b>Step Change</b>	<p>Free, confidential and expert <a href="#">debt advice</a> online or over the phone – <b>0800 138 1111</b> Mon-Fri 9.00am-5.00pm. See website <a href="https://www.stepchange.org/">https://www.stepchange.org/</a> or Facebook <a href="https://www.facebook.com/stepchangedebtcharity/">https://www.facebook.com/stepchangedebtcharity/</a> for more information. Webchat is also available via the website.</p>	Phone: <b>0800 138 1111</b>
	<b>Turn2Us</b>	<p>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 <a href="https://www.turn2us.org.uk/">https://www.turn2us.org.uk/</a> or Facebook <a href="https://www.facebook.com/turn2us/">https://www.facebook.com/turn2us/</a> for further information.</p>	
	<b>National Debtline</b>	<p>National Debtline is an independent charity providing free debt advice by phone and online to people across the UK. Contact via telephone <b>0808 808 4000</b> 9am - 8pm Monday to Friday, via <a href="#">Webchat</a> 9am - 8pm Monday to Friday. Please see the website <a href="https://www.nationaldebtline.org/">https://www.nationaldebtline.org/</a> or Facebook <a href="https://www.facebook.com/nationaldebtline/">https://www.facebook.com/nationaldebtline/</a> for further information.</p>	Phone: <b>0808 808 4000</b>
<b>West Cumbria</b>	<b>Affinity Credit Union</b>	<p>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 <a href="mailto:info@affinitycu.co.uk">info@affinitycu.co.uk</a> via telephone on <b>01946 817508</b> or <b>01900 65723</b> or direct messaging Affinity social media platform Please see the website <a href="https://www.affinitycu.co.uk/">https://www.affinitycu.co.uk/</a> Or Facebook <a href="https://www.facebook.com/affinitycumbria/">https://www.facebook.com/affinitycumbria/</a></p>	Phone: <b>01946 817508</b> or <b>01900 65723</b> Email: <a href="mailto:info@affinitycu.co.uk">info@affinitycu.co.uk</a>

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