

CORONAVIRUS (COVID-19) UPDATE

ALLERDALE

Directory of Community Support for the Allerdale Area

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

**Issue 1
6 April 2020**

COVID-19 EMERGENCY SUPPORT HELPLINE

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

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

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

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



Support from Local Businesses

Area	Business	What's on Offer?	How to Contact
Aspatria	Spar	Services - Groceries and household items. Opening hours Mon-Sat 7.30am-9.00pm, Sun 9.00am-9.00pm. The store closes to allow deliveries to be received in store. Restrictions on numbers of customers in the store at any one time currently 4 customers. Payment method – cards and cash. No delivery service. Cannot take remote payment in store.	Phone: 016973 20333
	Co-op	Services - Groceries and Household items. Opening hours Mon-Sun 7.00am-8.00pm. The store closes to allow deliveries to be received in store. Restrictions on numbers of customers in the store at any one time currently 15 customers. Payment method – cards and cash. Deliveries	Phone: 01434 382300

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		are available but very limited (only 20 items per delivery). Card payment for deliveries. Cannot take remote payment in store.	
	LR and JA Allen	Services – Fuel and groceries. Opening hours Mon-Sun 7.00am-9.00pm. Services – fuel, groceries. Payment method – cards and cash. No delivery service. Volunteers shopping for groceries. This store able to take payment in store via telephone. Please advise store before goods are put through the till.	Phone: 016973 20300
	C. Bouch and Son	Services – Groceries and household items. Opening hours Mon-Fri 6.00am-4.00pm, Sat 6.00am-3.00pm, Sun 6.00am-12.00pm. Payment method – cards and cash. No delivery service. Volunteers shopping for groceries. This store able to take payment in store via telephone. Please advise store before goods are put through the till.	Phone: 016973 20252
	Shaw Meats	Services- Fresh meat, Eggs, Some cooked meats. Opening hours Thur & Fri 9.00am-5.00pm, Sat 8.00am-12 noon. Payment method – cards and cash. Deliveries throughout Allerdale. Volunteers shopping for groceries. This store able to take payment in store via telephone. Please advise store before goods are put through the till.	Phone: 016973 21111
Cockermouth	Aldi	Services – Groceries and household items. Opening hours Mon-Sat 8.00am-8.00pm, Sun 10.00am-4.00pm. Payment method – cards and cash. Online delivery service for certain products but NOT groceries. Cannot take remote payment in store.	Phone: 0800 042 0800 (central Aldi Contact number)
	Lidl	Service – Groceries and household items. Opening hours Mon-Sat 8.00am – 10.00pm, Sun 11.00am-5.00pm. Payment method – cards and cash. Card is preferred. No delivery service. Cannot take remote payment in store	Phone: 0800 977 7766
	Sainsbury	Services – Groceries and household items. Opening hours Mon-Sat 8.00am-8.00pm, Sun 10.00am-4.00pm. Mon, Wed & Fri from 8.00-9.00 shopping hour for elderly customers, disabled customers and carers. NHS and social care staff	Phone: 01900 825694

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		can shop 30 minutes before official opening time Mon-Sat. ID to be shown. Store payment method – cards preferred. Cash via self-checkouts. Online delivery service available – card payments. Priority delivery slots for those vulnerable individuals – Register via GOV.UK. Cannot take remote payment in store.	
	Wilkos	Services – Groceries and household items. Opening hours Mon-Sat 8.30am-5.00pm, Sun 10.00am-4.00pm. Payment method – cards and cash. Standard online delivery service is available. Cannot take remote payment in store.	Phone: 0333 005 2968
	Oakhurst Service Station	Services - Fuel and groceries Opening hours Mon-Sun 24 hours. Payment method – cards and cash. No delivery service. Cannot take remote payment in store.	Phone: 01900 829845
	Coffee Kitchen	Services - Sandwiches, confectionary. Opening hours Mon-Fri 8.00am-1.00pm & 4.00pm-7.00pm (for keyworkers), Sat 8.00am-2.00pm. Providing home deliveries on Mondays, Wednesday and Fridays to people who are isolating in the local area. To place a delivery email: contact@thecoffeekitchen.co.uk	email: contact@thecoffeekitchen.co.uk
	Harrison's Butchers	Services - Meats, Eggs, Deli produce. Opening hours Mon-Fri 7.00am-5.00pm, Sat 7.00am-3.30pm. Payment method – cards and cash. Providing deliveries in the local area. Volunteers shopping for groceries. This store able to take payment in store via telephone. Please advise store before goods are put through the till.	Phone: 01900 823164
	Fyne Fishmongers	Services – Fish and seafood deli. Opening hours Mon-Sat 8.30am-4.00pm. Payment method – cards and cash. Local deliveries only to the isolated and elderly in the CA13 postcode. Minimum order £20. Volunteers shopping for groceries. This store able to take payment in store via telephone. Please advise store before goods are put through the till.	Phone: 01900 827814

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County Fruit Store	Opening hours Mon-Fri 7.30am-5.00pm, Sat 7.30am-1.00pm. Payment method – cards and cash. Deliveries Wed-Sat. Fridays out of town. Email for delivery is preferred. If unable to email please ring the store. Volunteers shopping for groceries. This store able to take payment in store via telephone. Please advise store before goods are put through the till.	Phone: 01900 822108 Email: alucock@aol.com
Caterite Embleton	Services – Groceries. Opening hours Mon-Fri 8.30am-midnight, Sat 08.30-2.00, Sun 7.00pm-midnight. Click and collect available for groceries for individual customers. Payment method is card (online). Personal Account does need set up.	Phone: 017687 76000
Lorton Village stores	Services – Groceries and household items. Opening hours Mon-Fri 9.00am-6.00pm, Sat 9.00am-5.00pm. A phone ordering service is available for locals who are unable to get out. Call 01900 85102 for this service. Restrictions of 2 customers in the store at any one time, due to space.	Phone: 01900 85102
Wild Zucchini's	Wild Zucchini's is offering a hot meal delivery service to Cocker mouth and the local area.	Phone: 01900 823446
Barclays Bank	Opening hours – Mon, Tues & Fri 9.30am-1.00pm. Wed 10.00am-1.00pm	
Cumberland Building Society	Mon-Fri 9.00am-2.00pm, Sat 9.00am-12.00 noon	

Keswick	Booths	Services – Groceries and household items. Opening hours Mon-Sat 8.00am-8.00pm, Sun 10.00am-4.00pm. Key worker hours Mon-Sat 7am-8am & 8.00pm-9.00pm, Sun 9.00am-10.00am. Payment method – cards and cash. A limited phone ordering service for vulnerable and isolating individuals who live within a 3 mile radius of the store is available Mon-Fri. Please call 0800 221 8086 between 9.30am-4.30pm Mon-Fri for this service. 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.	Phone: 017687 73518 Deliveries: 0800 221 8086
	Lakes and Dales Coop	Services- Groceries and household items. Opening hours Mon-Sat 7.00am-8.00pm, Sun 10.00am-4.00pm. Key worker, vulnerable customers and carers shopping hours Mon-Sat 8am-9am, Sun 10.00am-11.00am. Payment method – cards and cash. A delivery service is available but slots are limited. Also taking telephone orders with remote payment. Maximum of 20 items per delivery. Volunteers shopping for groceries. This store able to take payment in store via telephone. Please advise store before goods are put through the till.	Phone: 017687 72688
	Thomason's Butchers and Deli	Services - Fresh, cooked meats, eggs, deli products. Opening hours Mon-Fri 8.30am-3.00pm, Sat 8.00am-1.00pm. Payment method – Cards and cash. No delivery service. Phone orders are available for collection in store, payment over the phone. Volunteers shopping for groceries. This store able to take payment in store via telephone. Please advise store before goods are put through the till.	Phone: 017687 80169

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	Open All Hours	Services – Groceries and household items. Opening hours Mon-Sun 8.00pm. Payment method – cards and cash. A local delivery service is available for those customers who are self-isolating. Payment by card. Please telephone 017687 75414 to arrange a delivery. Cannot take remote payment in store.	Phone: 017687 75414
	Spar High Hill Garage	Services - Fuel and groceries. Opening hours Mon-Sun 24 hours. Hatch service from 10.00pm-7.00am. Payment by cards and cash. No delivery service. Cannot take remote payment in store.	Phone: 017687 72768
	Spar Derwent Garage	Services -Fuel and groceries. Opening hours Mon-Sun 7.00am- 8.00pm. Payment by cards and cash. No delivery service. Cannot take remote payment in store.	Phone: 017687 72812
	Spar Shorley Lane	Services - Groceries. Opening hours Mon-Sun 7.30am-7.00pm.Payment by cards and cash. Local delivery service available. Cannot take remote payment in store.	Phone: 017687 74870
	Keswick Mini Market, Market Square	Services - Groceries and newspapers. Opening hours Mon-Sun 8.00am- 4.00pm. Payment by cards and cash. Local delivery service for groceries. Phone or email for delivery. Volunteers shopping for groceries. This store able to take payment in store via telephone. Please advise store before goods are put through the till.	Phone: 017687 73535 Email: rebecca@keswickminimarket.co.uk
	Bryson Bakery	Services - Bread, cakes. Home delivery only. Ring before 3pm for next day delivery in the local area. Card payment.	Phone: 017687 72257
	Jan's Lakeland Sandwich shop	Services- Sandwiches, soups and cooked boxed meals. Opening hours Mon-Sat 9.00am-2.00pm. Payment by cards and cash. Local delivery service. Volunteers shopping for groceries. This store able to take payment in store via telephone. Please advise store before goods are put through the till.	Phone: 017687 75220

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	Chintys	Services: Fresh produce Inc. eggs, milk, bread, fresh veg, homemade soup, stew. Chintys is closed but are delivering locally. Contact 017687 71110	Phone: 017687 71110
	The Chalet-mini-shop. Portinscale	Services: Groceries, ready-made meals. Opening hours Mon-Fri 10.00am-12.00 noon. Payments by card and cash. Deliveries in afternoons to Portinscale only	Phone: 017687 72757
	Barclays Bank	Opening hours Tues, Thurs & Fri 9.30am-2.00pm	
	Skipton Building Society	Opening hours Mon-Fri 9.30am-1.00pm, Sat 9.30am-12 noon.	
Maryport	Ellenborough Mini Market	Services – Groceries and household items. Opening hours Mon-Sat 5.30am-6.30pm, Sun 6.30am-6.30pm. Payment method – cards and cash in the shop. Free delivery for the over 70's and those vulnerable and self-isolating. Telephone the shop for more information. Payment is via cash for the delivery service. Cannot take remote payment in store	Phone: 01900 813663
	Bri-Marg's	Services – Fruit, veg, milk & eggs. Shop is open and delivery service is also in place for fruit, veg, milk and eggs. Orders taken from 9.00am. Payment via card.	Phone: 07756 306017
	Spar Solway Garage	Services – Fuel, groceries and household items. Forecourt open 24 hours for fuel. Shop open for groceries 6.00am-11.00pm, hatch from 11.00pm-6.00am. Payment method – cards and cash in the shop. No delivery service. Cannot take remote payment in store	Phone: 01900 810171
	Lidl	Service – Groceries and household items. Opening hours Mon-Sat 8.00am – 10.00pm, Sun 11.00am-5.00pm. Payment method – cards and cash. Card is preferred. No delivery service. Cannot take remote payment in store	Phone: 0800 977 7766
	B and M Express (Heron's)	Services- Groceries and household items. Opening hours Mon-Sat 9.00am-6.00pm, Sun 10.00am-4.00pm. Payment method – cards and cash. Card preferred. No delivery service. Cannot take remote payment in store	Phone: 0345 603 7300 Email: info@heronfoods.com

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B and M	Services- Groceries and household items. Opening hours Mon-Sat 8.00am-6.00pm, Sun 10.00am-4.00pm Payment method – cards and cash. Card preferred. No delivery service. Cannot take remote payment in store	Phone: 0330 838 9387
Tesco Express	Services- Groceries and household items. Opening hours Mon-Sun 6.00am-10.00pm. Payment method – cards and cash. Card preferred. No delivery service. Cannot take remote payment in store	Phone: 0345 266 9352
Mitchells Food and Wine	Services- Groceries and household items. Opening hours Mon-Sun 7.00am-8.00pm. Payment method – cards and cash. No delivery service. Cannot take remote payment in store	Phone: 01900 814853
Maryport News	Services – Groceries and newspapers. Opening hours Mon-Sun 5.30am-8.00pm. Payment method – cards and cash. No delivery service. Cannot take remote payment in store	Phone: 01900 812242
Cueto's Newsagents	Services – Groceries and newspapers. Opening hours Mon-Sun 5.30am-3.00pm. Payment method – cards and cash. No delivery service. Cannot take remote payment in store.	Phone: 01900 812692
Twentymans Allonby	Services- Groceries, fresh veg, meat and household. Opening hours Mon –Sun 9.00am-6.30pm. Payment method – Cards and cash. Free delivery service for residents in Allonby and the surrounding area. Cash on delivery. Cannot take remote payment in store.	Phone: 01900 881247
Jack's Surf Bar Allonby	Services –cooked meals available for collection and delivery in Allonby, Silloth, Aspatria areas. Orders accepted from 4.15pm. Contact Mark on 01900 881088. Payment by card.	Phone: 01900 881088
Cottage Pie Dearham	Services -Bread, milk, eggs, Pies, Cakes cooked meats. Opening hours Mon-Wed 6.30am-4.00pm, Thu-Fri 6.30am-4.30pm, Sat 6.30am-1.30pm. Deliveries in the Maryport and Dearham area. To over 70's and vulnerable individuals. Ring by 3pm to organise a delivery for the following days. Payment by card preferred but driver can accept cash. Pre-order via phone for collection in shop is also encouraged.	Phone: 01900 817003

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	Essex garage Dearham	Services –Fuel, groceries and household items. Opening hours Mon-Sat 6:00am-10.00pm, Sun 7.00am-9.00pm. Payment method – cards and cash. No delivery service. Cannot take remote payment in store.	Phone: 01900 814374
	Mawbray Cheese Company	Services- Cheese, butter, cream, cheesecakes, goats milk cheese, goats milk cheesecakes. Opening hours for delivery Mon-Sun 9.00am-5.00pm. Delivering throughout the region and no delivery charge is made. Any orders placed are usually delivered on Fridays and Saturdays. Orders are via Facebook or via telephone. Payment is via BACS transfer or PayPal.	Phone: 07964515058
	Woody’s of Flimby	Services – food delivery. Breakfasts, butties and prepared lunches are available for delivery in the local area . Order via What’s App 07453938452	Phone: 01900 876263
	Select Convenience Store Flimby	Services- Groceries and household items. Opening hours Mon-Sun 8.00am-8.00pm. Payment method – cards and cash. No delivery service. Cannot take remote payment in store.	Phone: 01900 814513
	TSB Bank	Opening hours Mon, Wed, Thurs 10.00am-12.30pm & 1.30pm-4.00pm	
Silloth	Spar Silloth Street	Services- Groceries and household items. Opening hours Mon-Sat 7.30am-9.00pm, Sun 8.30am-9.00pm. Payment method – cards and cash. No delivery service. Cannot take remote payment in store.	Phone: 016973 31293
	Coop	Services- Groceries and household items. Opening hours Mon-Sun 7.00am-8.00pm. Payment method – cards and cash. No delivery service. Cannot take remote payment in store.	Phone: 016973 31368
	Spar Harrisons Abbeytown	Services – Groceries and household items. Opening hours. Mon-Sat 7.30am-9.00pm, Sun 8.30am-9.00pm. Payment method – cards and cash. No delivery service. Volunteers shopping for groceries. This store able to take payment in store via telephone. Please advise store before goods are put through the till.	Phone: 016973 61231

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	Fruit and Veg company	Services- Fruit and Veg boxes. Company operates a remote delivery service of fruit and veg boxes. Please order via Facebook page. For anyone who doesn't use the internet please ring 07842062118. Payment method is contactless/ card payment.	Phone: 07842 062118
	Berry and Sons Bakers	Services- Bread, cakes, pies. Opening hours Mon – Sat 8.30-1. Payment method – cash. No delivery service. Cannot take remote payment in store.	Phone: 016973 31831
	Bennetts Fishmongers	Services: Fresh fish and eggs. Opening hours Wed-Fri 9.00am-3.00pm. Payment method – cash. Delivery service in the local area and throughout Allerdale. Please confirm with the business.	Phone: 07391 576640
Wigton	B and M	Services- Groceries and household items. Opening hours Mon-Sat 8.00am-6.00pm, Sun 10.00am-4.00pm Payment method – cards and cash. Card preferred. No delivery service. Cannot take remote payment in store.	Phone: 0330 888 9274
	Coop	Services- Groceries and household goods. Opening hours Mon-Sat 7.00am-8.00pm, Sun 10.00am-4.00pm. Payment method cards and cash. Telephone delivery service – Minimum order £25. Cannot take remote payment in store.	Phone: 01697 345232
	Lidl	Service- Groceries and household items. Opening hours Mon-Sat 8.00am – 10.00pm, Sun 11.00am-5.00pm. Payment method – cards and cash. Card is preferred. No delivery service. Cannot take remote payment in store	Phone: 0800 977 7766
	Spar	Services- Groceries and household items. Opening hours Mon-Sun 6.45am-9.15pm. Payment method – cards and cash. Card preferred. Cannot take remote payment in store	Phone: 016973 43903
	Paisleys Butchers	Services – Fresh and cooked meats and deli. Opening hours Mon-Sat 10.00am-5.00pm. Payment method – cards and cash. Deliveries in the local area. Volunteers shopping for groceries. This store able to take payment in store via	Phone: 016973 44686

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		telephone. Please advise store before goods are put through the till.	
	Harrisons Butchers	Services – Fresh and cooked meats and deli. Opening hours Mon-Sat 7.00am-5.30pm. Payment method – cards and cash. Deliveries in the local area. Volunteers shopping for groceries. This store able to take payment in store via telephone. Please advise store before goods are put through the till.	Phone: 016973 42192
	JH and J Fox Butchers	Services – Fresh and cooked meats and deli. Opening hours Mon 7.00am-3.00pm, Tues-Fri 7.00am-5.00pm, Sat 7.00am-1.00pm. Payment method – cards and cash. Deliveries in the local area. Volunteers shopping for groceries. This store able to take payment in store via telephone. Please advise store before goods are put through the till. (Please check with store to confirm – issue with device)	Phone: 016973 42201
	Berry and Sons Bakers	Services- Bread, cakes, pies. Opening hours Mon, Tues, Thurs, Fri 8.00am-4.00pm, Wed 8.00am-3.00pm, Sat 8.00am-2pm. Payment method – cash. Cannot take remote payment in store.	Phone: 016973 42273
	Midtown General Stores Kirkbride	Services- Groceries and household goods. Opening hours Mon-Fri 8.00am-5.30pm, Sat 8.30am-4.30pm. Payment method – cards and cash. No delivery service. Cannot take remote payment in store.	Phone: 016973 51231
	TSB	Opening hours Mon, Thur, Fri 10.00-12.30pm & 1.30pm-4.00pm	
	Cumberland Building Society	Opening Mon-Thur 9.00am-5.00pm, Fri 9.00am-2.00pm, Sat 9.00am-12 noon	
Workington	Aldi	Services – Groceries and household items. Opening hours Mon-Sat 8.00am-8.00pm, Sun 10.00am-4.00pm. Online delivery service for certain products but NOT groceries. Payment method – cards and cash. Cannot take remote payment in store.	Phone: 0800 042 0800 (central Aldi Contact number)

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	<p>Asda Dunmail Park</p>	<p>Services – Groceries and household items. Opening hours Mon-Sat 8.00am-8.00pm, Sun 11.00am-5.00pm. The store has a dedicated shopping hour for NHS staff from 8.00am-9.00am on Mon, Wed and Fri. Payment methods – cards and cash. Card preferred. Asda has launched a volunteer shopping card which can be emailed to the volunteer or printed out. The card can be topped up by the individual who is self-isolating. Obtain the card at asda.com/volunteercard. Online deliveries - Card payment for deliveries. Cannot take remote payment in store.</p>	<p>Phone: 01900 607720</p>
	<p>Asda Mossbay</p>	<p>Services – Groceries and household items. Opening hours Mon-Fri 8.00am-8.00pm, Sat 8.00am-10.00pm, Sun 10.00am-4.00pm. Payment methods – cards and cash. Card preferred. Online deliveries - Card payment for deliveries. Cannot take remote payment in store.</p>	<p>Phone: 01900 321800</p>
	<p>B and M Derwent Howe</p>	<p>Services- Groceries and household items. Opening hours Mon-Sat 8.00am-6.00pm, Sun 10.00am-4.00pm Payment method – cards and cash. Card preferred. Cannot take remote payment in store.</p>	<p>Phone: 0330 838 9387</p>
	<p>B and M express (Heron's)</p>	<p>Services - Groceries and household items. Opening hours Mon-Sat 9.00am-6.00pm, Sun 10.00am-4.00pm. Payment method – cards and cash. Card preferred. Cannot take remote payment in store.</p>	<p>Phone: 0345 603 7300</p>
	<p>Iceland</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. Online deliveries - Card payment for deliveries. Cannot take remote payment in store.</p>	<p>No phone number available. FAQ's on the website.</p>
	<p>Marks and Spencer</p>	<p>Services- Groceries and household items only. Opening hours Mon-Thurs 9.00am-6.00pm, Fri and Sat 8.30am-6.00pm. Sun 10.00am-4.00pm. Payment method – cards and cash. Card preferred.</p>	<p>Phone: 01900 64661</p>

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	Morrison's	Services – Groceries and household items. Opening hours Mon-Sat 8.00am-8.00pm, Sun 9.30am-4.00pm. The store has a dedicated shopping hour for NHS staff from 7.00am-8.00am Mon-Sat, and from 9.00am-9.30am on Sun. Payment methods – cards and cash. Online deliveries - Card payment for deliveries. Cannot take remote payment in store.	Phone: 01900 64336
	Tesco	Services – Groceries and household items. Opening hours Mon-Sat 8.00am-10.00pm, Sun 10.00am-4.00pm. The store has a dedicated shopping hour for NHS staff from 9.00am-10.00am on Tues and Thurs, and for vulnerable customers from 9.00am-10.00am on Mon, Wed and Fri. Payment method – cards and cash. Card preferred. Online deliveries - Card payment for deliveries. Cannot take remote payment in store.	Phone: 0345 677 9737
	Wilko	Services – Groceries and household items. Opening hours Mon-Sat 8.30am-5.00pm, Sun 10.00am-4.00pm. Payment method – cards and cash. Standard online delivery service is available. Cannot take remote payment in store.	Phone: 0333 005 2968
	Marshall's Butchers	Services – Fresh and cooked meats and deli. Opening hours Mon-Sat 10.30am-3.30pm. Payment method – cards and cash. Deliveries in the local area. Card payment over the phone. Volunteers shopping for groceries. This store able to take payment in store via telephone. Please advise store before goods are put through the till.	Phone: 01900 602710
	Caspian Flame Grill and Quick Shop	Opening hours for delivery service Mon-Sun 11.00am-11.00pm for ordering groceries (milk, eggs, tinned goods, snacks, drinks, toiletries and cleaning products). Same day delivery. Opening hours Mon-Thurs & Sun 11.00am-12 midnight, Fri & Sat 11.00am-1.00am for delivery of take-away food delivery. Order via telephone or via Food Hub app – (quick shop for groceries and Caspian Flame Grill for take-away food). Payment over the phone and via hub is via card. Card is preferred for all transactions. Minimum order is £10	Phone: 01900 63397

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		for groceries and £4 for takeaway food. Delivery charges apply. Please check when placing order. Caspian delivers to Workington area as far as Pica, Maryport area (not Allonby), Cockermouth area as far as Brigham. Order and collect is also available for both groceries and take-away food.	
Costcutter - Station Road Store	Services- Groceries and household items. Opening hours Mon-Sat 7.00am-7.00pm, Sun 9.00am-7.00pm. Payment method – cards and cash. Card preferred. Does not deliver. Cannot take remote payment in store.		Phone: 01900 602010
Premier Stores Senhouse Street	Services- Groceries and household items. Opening hours: Mon-Sun 9.00am- 9.00pm. Payment method – cards and cash. Does not deliver. Cannot take remote payment in store.		Phone: 01900 604697
Premier Stores Mossbay	Services- Groceries and household items. Opening Hours: Mon-San 6.00am-10.00pm Sun 8.00am-10.00pm. Home delivery within 3 miles of the store. Payment method – cards and cash. Deliveries in the local area. Card payment over the phone for deliveries and for volunteers collecting an order. (Please ring before 11am) Volunteers shopping for groceries. This store able to take payment in store via telephone. Please advise store before goods are put through the till.		Phone: 01900 64422
McColl's Harrington Road	Services- Groceries and household items. Opening Hours: Mon-Sun 7.00am-10.00pm. Payment method – cards and cash. Does not deliver. Cannot take remote payment in store.		Phone: 01900 63861
Pioneer (Harrington)	Services- Groceries, fresh produce and household items. Opening Hours: Mon-Fri 7.00am-5.00pm, Sat 7.00am-1.00pm. Payment method – cards and cash. Card preferred. Call and collect service and local delivery service available to Workington, Maryport, Whitehaven. Volunteers shopping for groceries. This store able to take payment		Phone: 01946 831163

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		in store via telephone. Please advise store before goods are put through the till.	
McColl's Church Rd, Harrington	Services- Groceries and household items. Opening Hours: Mon-Sat 7.00am-8.00pm, Sun 7.00am-7.00pm. Payment method – cards and cash. Does not deliver. Cannot take remote payment in store.		Phone: 01946 833676
Spar Moorclose	Services- Groceries and household items. Opening hours Mon-Sat 7.00am-9.00pm, Sun 8.00am-9.00pm. Payment method – card and cash. Does not deliver. Cannot take remote payment in store.		Phone: 01900 68273
Longmile Services - Spar Lilyhall	Services- Fuel and groceries. Mon-Sun 24hours. Hatch service from 11pm-6pm. Payment method – cards and cash. Does not deliver. Volunteers shopping for groceries. This store able to take payment in store via telephone. Please advise store before goods are put through the till.		Phone: 01900 602068
BP and Spar Stainburn	Services- Fuel and groceries. Opening hours Mon-Sun 24hours. Payment method – cards and cash. Does not deliver. Cannot take remote payment in store.		Phone: 01900 61993
Esso Services Seaton	Services- Fuel and groceries. Opening hours Mon-Fri 7.00am-8.00pm, Sat & Sun 7.30am-8.00pm. Payment method – cards and cash. Does not deliver. Cannot take remote payment in store.		Phone: 01900 870457
One Stop Seaton	Services- Groceries and household items. Opening Hours: Mon-Sun 7.00am-9.00pm. Payment method – cards and cash. Does not deliver. Cannot take remote payment in store.		Phone: 01900 604885
Premier Stores Seaton	Services- Groceries and household items. Opening Hours: Mon-Sat 7.30am-8.00pm, Sun 8.00am-8.00pm. Payment method – cards and cash. Online deliveries are starting next week from 6th April. Please check with the store to confirm. Cannot take remote payment in store.		Phone: 01900 605478
Hungry Caterpillar	Open for meal deliveries 11.30am-2.30pm & 5.00pm-7.30pm. Delivering in Workington, Cockermouth and		Phone: 01900 601918

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		Maryport area. Telephone 01900 601918 to place an order. Card payment only.	
	Lloyds Bank	Opening hours Mon-Fri 10.00am-2.00pm	
	Barclays Bank	Opening hours Mon,Tues, Thur,Fri 9.30am-2.00pm, Wed 10.00am-2.00pm	
	Natwest Bank	Opening hours Mon-Fri 10.00am-1.00pm	
	Halifax Building Society	Opening hours Mon-Fri 10.00am-2.00pm	
	HSBC Bank	Opening hours Mon-Fri 10.00am-2.00pm	
	Cumberland Building Society (Pow Street)	Opening hours Mon, Tue, Thur, Fri 9.00am-5.00pm, Wed 9.30am-5.00pm, Sat 9.00am-12 noon.	

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Support from Local Community & Third Sector Groups

Area	Group	What's on Offer?	How to Contact
Allerdale	Allerdale Area CV-19 Support Group	Facebook support group for local residents to offer support to each other. https://www.facebook.com/groups/497660480898448/	Via Facebook
Allerdale	Together We	Together We are offering mental health support, counselling and low intensive CBT and exercise interventions. Anyone can refer by calling 08081 961 773 , emailing referral@togetherwe.co.uk or texting 07969497258 .	Phone: 08081961773 Text: 07969497258 Email: referral@togetherwe.co.uk
West Cumbria	West Cumbria Covid-19 Mutual Aid	Facebook support group for local residents to offer support to each other. https://www.facebook.com/groups/641606456669395	Via Facebook
West Cumbria	Age UK West Cumbria	Age UK are providing support, information and advice via a telephone helpline to adults 55 and over. Contact 01900 233153 or 01900 233154 Mon-Fri 9-4 to speak to Age UK. Age UK will deliver free of charge an essential parcel of groceries. The groceries cost £10 but delivery is free. Payment either via card over the phone or cash on delivery. Contact 01900 844670 to arrange delivery	Helpline: 01900 233153/4 Delivery: 01900 844670
Aspatria (Hayton)	Hayton Independent Support Group	For support in the community please contact 016973 22712 or email: therbert@globalnet.co.uk . Support includes telephone befrienders, collections and deliveries from food banks, shopping, dog walking, gardening, taking out refuse.	Phone: 016973 22712 Email: therbert@globalnet.co.uk
Aspatria (Plumbland)	PlumblandHelp Facebook Group	Facebook support group for local residents to offer support to each other. https://www.facebook.com/groups/PlumblandHelp/	Via Facebook

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Cockermouth	Cockermouth Emergency Support Group (CERG)	For support in the community please contact 07852 599794 or email: admin@cerg.org.uk Support includes collections and deliveries from food banks, shopping and dog walking. CERG also has a dedicated shopping line. Contact 07517519377	Phone: 07852 599794 Shopping line: 07517519377 Email: admin@cerg.org.uk
Cockermouth	Cockermouth COVID-19 Mutual Aid Group	Facebook support group for local residents to offer support to each other. https://www.facebook.com/groups/1369318873253390/	Via Facebook
Cockermouth	Cockermouth Linking Lives	For telephone befriending support in the community please contact 07957515140 .	Phone: 07957515140
Cockermouth (Sunderland)	Sunderland Neighbours Localised Support Group	For support in the community please contact 016973 22357 or 07714234733 (text or call) Support includes telephone befrienders, collections and deliveries from food banks, shopping, dog walking, taking out refuse.	Phone: 016973 22357 or 07714234733 (text or call)
Cockermouth (Melbreak)	Melbreak Communities Localised Support Group	For support in the community please contact 01900 85708 or 07785981934 or email: carolynmarydavis@gmail.com Support includes telephone befrienders, collections and deliveries from food banks, shopping, dog walking, gardening, taking out refuse.	Phone: 01900 85708 or 07785981934 email: carolynmarydavis@gmail.com
Keswick	Keswick Community Emergency Recovery Localised Support Group	For support in the community please email: keswickvolunteers@gmail.com Support includes telephone befrienders, collections and deliveries from food banks, shopping, dog walking, and taking out refuse.	email: keswickvolunteers@gmail.com
Keswick (Braithwaite)	Braithwaite Volunteers Localised Support Group	For support in the community please contact 01768 753119 or email: braithwaitevolunteers@gmail.com Support includes telephone befrienders, collections and deliveries from food banks, shopping, dog walking, and taking out refuse.	Phone: 01768 753119 Email: braithwaitevolunteers@gmail.com

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

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Wigton (Boltons, Caldbeck, Ireby, Rosley, Westwards, area)	Northern Fells Group	For support in the community including picking up shopping, posting mail, collecting medications, delivering takeaway meals, dog walking, help and support, buddy scheme, benefits or business advice in the Northern Fells Area	Phone: 07874241604 or 016974 77196 Email: gillian.skillicorn@northernfellsgroup.org.uk
Workington	Workington Community Emergency Response Group	For support in the community please contact Local Street Warden or 07950 119228 or email: wcerg@outlook.com Support includes telephone befrienders, collections and deliveries from food banks, shopping, taking out refuse.	Contact Local Street Warden or Phone: 07950 119228 Email: wcerg@outlook.com
Workington	St Paul's Church Localised Support Group	For support in the community please contact : 07707 500107 or email: ian.grainger66@btinternet.com Support includes telephone befrienders, collections and deliveries from food banks, shopping, taking out refuse.	Phone: 07707 500107 Email: ian.grainger66@btinternet.com
Workington (Moorclose/South Workington)	Moorclose Community Centre / South Workington Youth Partnership	For support in the community please contact: 07713 864850 or email: swyp@hotmail.co.uk Support includes telephone befrienders, collections and deliveries from food banks, shopping.	Phone: 07713 864850 Email: swyp@hotmail.co.uk
Countywide	COVID-19 Mutual Aid UK	Covid-19 Mutual Aid UK is a group of volunteers supporting local community groups organising mutual aid throughout the Covid-19 outbreak in the UK.	Website: https://covidmutualaid.org
Countywide	Cumbria Lake District COVID Awareness	Facebook support group for residents to offer support to each other. https://www.facebook.com/groups/Cumbria.Covid19.Awareness/	Via Facebook
Countywide	Mindline Cumbria	Mindline Cumbria is providing support, information and guidance for people who are facing mental health issues or caring for those who might be in difficulties. Contact via telephone Mon-Fri 12 noon-11.00pm, Sat, Sun and bank holidays 5.00pm-11.00pm. Text service available. Text MIND to 81066 . Web chat and email support via www.mindlinecumbria.org	Phone: 0300 561 0000

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Countywide	Royal British Legion	Royal British Legion is providing support to the armed forces communities. Please contact 0808 802 8080	Phone: 0808 802 8080
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