



## Lancaster Integrated Care Community - Community Support - updated - 23/3/20 - 3pm

Organisation/Company Name	Community Offer	Contact Details
<b>Holistic Support</b>		
Hope Church, <b>Queen Street Lancaster</b>	Corona Virus Response Support Line (shopping, post or parcel sending/collecting, phone call to keep you company).	07473 932641 - text only
Cancer Care, <b>Morecambe Bay</b>	From 1pm Monday 23/3/20 Cancercare Community Service Scheme is launching. There will be... A dedicated information help & support line available across Morecambe Bay - open daily from 9-5pm. Essential food & medical supply deliveries for eligible Cancercare clients who are unable to get out.	03330 150 628
Neurodropin	Delivering toiletries and non perishables to their members and providing telephone support.	01524 840762
Samaritans <b>Lancaster &amp; Surrounding Areas</b>	Not doing face to face support but are still available via telephone or email	Tel: 116123 - email: jo@samaritans.org
<b>Marsh</b> Community Centre	The Centre is now closed but telephone and/or email support is still available.	07535 233168 - 01524 843300 - manager@marshcommunitycentre.co.uk
The Well Communities	Starting daily from Monday 23/3/20 at 11am - live feeds from Facebook for Q&A sessions re recovery, families, isolation and coping plus exercise, 5 ways to wellbeing and guest speakers.	Facebook Page - The Well Communities
The Tara Centre	Free daily online relaxation meditation 11am -12 noon, accessed via Facebook or You Tube link (link tba)	Facebook: Tara Centre
<b>Mental Health</b>		
Positive Futures, <b>White Cross, Lancaster</b>	Have now closed the café and groups but Talking Therapies will continue over the phone. All current clients will also be contacted weekly by phone, live Facebook feeds for everyone who may need support are to follow.	01524 587223 Facebook - Positive Futures North West
Anna Freud Institute	Advice on how to support young peoples mental health during this period of disruption.	<a href="http://www.annafreud.org/what-we-do/anna-freud-learning-network/coronavirus">www.annafreud.org/what-we-do/anna-freud-learning-network/coronavirus</a>
CHATS (Carers Help Advisory Training Support)	For anyone looking after a child or young person with any kind of emotional or mental health problem. Support is still available via Facebook /e mail or telephone parent reps .	Email chats_123@yahoo.com Parent reps: Claire - 07846 332609 Rebecca - 07939 685408 Sue - 07909 584135
Prop Up Project	A group for teenagers and young adults who find socialising hard and would like to improve their mental health. Telephone support available - contact Keeley for more details or message via Facebook page.	07568 937988 Facebook: Prop Up Project
Socialease	A support group for people experiencing social anxiety and/or isolation and/or poor mental health. Telephone support available Tuesdays 10am-12noon & Thursdays 2-4pm.	07568 937988 Facebook: Socialease
<b>Food/Grocery's</b>		
Gills Pantry	Hot lunches delivered daily £3.50 per meal.	01524 832281
Seaborn Road Store, <b>Bare</b> - Londis	Home deliveries.	01524 424411
The Kitchen at <b>Kellett</b>	Single or batch meal deliveries to your door.	07771 652823
Spaghetti House, <b>Lancaster</b>	Takeaway food deliveries from E3.	01524 846011
Westgate Frozen Foods	Will deliver all meats to <b>Lancaster, Galgate and surrounding areas.</b>	01524 752776 - 07880 705360 - 07737 861436
Gregory Williams Butchers <b>Lancaster</b>	Home deliveries for anyone self-isolating.	01524 32250
Tactical Security Options Lancaster	Are offering shopping service and home delivery.	07787 788811
Cornvale Fine Foods	Home delivery of groceries and fresh produce (fruit, salad, veg) to <b>Lancaster &amp; Lune Valley</b>	015242 22420 - sales@cornvalefoods.co.uk
Noel Road Sandwich Shop, <b>Vale</b> , Lancaster	Home deliveries <b>within 3 mile radius</b> , £10 minimum order, £1 delivery charge.	01524 39007
The Borough Lancaster	Takeaway food available. Can deliver within <b>LA1 postcode</b> if not able to collect due to self isolation.	01524 64170
Sands Milk	Home delivery of milk, juice and dairy products to <b>Lancaster, Slyne, BLS, Carnforth, Kellets.</b>	01524 941818 - 07415 727727
Althams Butchers Westgate	Home delivery of meat packs - £44.99, gammon, steak, mince, sausage, chicken, ham.	01524 958476
<b>Brookhouse</b> Store & Post Office	Contact the shop if you need a home delivery.	Text: 07405 189369
Bare Lane News	Newspaper deliveries to home or business ( <b>Bare, Torrisholme, Morecambe areas</b> ).	01524 410662
Dewlay Cheese	Stay at Home cheese boxes, small £15, family sized £50, next day delivery, pay online.	01995 602335
Kells Kitchen, <b>Caton</b>	Home delivery of hot and cold food to your door.	01524 931097

George Speight & Sons	Offering home deliveries of fresh produce (fruit, veg, milk and other dairy, soft drinks, water, eggs, toilet rolls). Order before 2pm for next day delivery Mon-Sat, card payment on ordering or cash on delivery.	01524 64245
Archers Café, Bolton Le Sands	Offering drive through takeaway meals, pay by card over phone, Tues-Sunday 9.30am-4pm.	07539 584747
D&R Wholesale Catering Suppliers	Are offering collection of, or delivery of fresh fruit & vegetables.	07786 193837
Single Step	Vegetarian, not for profit COOP, phone your order, over the phone card payments, they will help arrange delivery if you can't collect.	01524 63021 Email: enquiries@singlestep.org.uk
Happy Hens	Eggs, milk, butter, cream, bread, Juice, delivered to your door in Lancaster, Morecambe and surrounding areas.	01524 68592 - 07725 752170 - 07999 066383
Morecambe Bay Wines	Home delivery services (beers, wines, ciders, spirits, soft drinks) same/next day delivery.	<a href="http://www.baywines.co.uk">www.baywines.co.uk</a> - Tel: 01524 39481
Lancaster Brewery	Home deliveries Mon-Fri on bottled beers and cider (free delivery on orders over £35 within a 35 mile radius).	01524 848537 - Email: sales@lancasterbrewery.co.uk
Booths, <b>Scotforth</b> , Lancaster	Exclusive shopping hours for vulnerable/elderly shoppers - 9.30-11am - Mon-Fri.	
Iceland <b>Lancaster</b>	Exclusive shopping hours for vulnerable/elderly shoppers 9am-11am Wednesdays.	
Tesco (large stores not express stores)	Exclusive shopping hours, Mon, Wed, Fri, 9-10am for vulnerable and elderly customers.	
Lancaster District Homeless Action (LDHAS)	The Centre on Edward Street is closed but food is being served to the homeless from the back door at 9.00-9.30am and 12-12.30pm Monday - Friday.	
<b>Pets</b>	<b>Community Offer</b>	<b>Contact Details</b>
Dog Grooming Bolton Le Sands	Will collect and drop off dogs (one at a time).	07814 251498
Cinnamon Trust	Dog Walking, collecting of pet food, pet medication, urgent transport, LA1 area.	01736 757900
AJ Exotic Pet Supplies Lancaster	Home deliveries on all pet equipment.	01524 69825
<b>General</b>	<b>Community Offer</b>	<b>Contact Details</b>
Lancaster City Council Housing	Open for telephone enquiries re repairs or estate management issues.	01524 582929 - councilhousing@lancaster.gov.uk
Lancaster City Council	Open for telephone enquiries re rent or payment issues.	01524 582541
Citizens Advice Lancaster	No face to face appointments but telephone triage and support will continue.	01524 400404
Narcotics Anonymous	Available to anyone by telephone who has been accessing groups at The Well or Red Rose Recovery or Inspire.	0300 999 1212 - 10am - 12 midnight
Lancashire Pharmacies	Remain open but demand is higher than normal so please be patient.	
Age UK	Business as usual at present (hospital discharge service, shopping, cleaning etc).	0300 303 1234 - advice@ageuklancs.org.uk
HMRC	Advice line for small businesses and self employed people.	0800 0159 559 <a href="http://www.gov.uk/government/publications/guidance-to-employers-and-businesses-about-covid-19">www.gov.uk/government/publications/guidance-to-employers-and-businesses-about-covid-19</a>
Scott Wilkinson Chartered Accountants	See their website for advice re redundancy, sick pay, government grants.	<a href="http://www.scott-wilkinson.com">www.scott-wilkinson.com</a>
ACAS	Employment advice for employees and employers.	<a href="http://www.acas.org.uk">www.acas.org.uk</a>
Inspira	Offering free telephone and digital appointments regarding all aspects of careers advice & support.	01539 730045
ICU Security Services	If you would like to speak to/register with ICU they are happy to undertake free emergency welfare checks on vulnerable people if you or other support networks are unable to get in touch and are concerned.	01524 401340 to register
<b>Transport</b>	<b>Community Offer</b>	<b>Contact Details</b>
Zero Cars	Offering free local transport to elderly members of the community and NHS staff.	07595 699862
Scott Wilson Body Work	Collection and delivery service available on vehicles requiring MOT or service.	01524 917450
<b>Pastoral/Spiritual</b>		
Lancaster Priory	Are holding daily Facebook live services, Morning Prayer at 9.30am, Eucharist 10am Sunday Compline 18.30pm Sunday	Facebook Page - Lancaster Priory <a href="http://www.lancasterpriory.org">www.lancasterpriory.org</a>
The Cornerstone, Lancaster	The Cornerstone groups are closed but if you need pastoral or bereavement support, please email.	Email: <a href="mailto:simoncornerstonecafe@gmail.com">simoncornerstonecafe@gmail.com</a>
<b>Finances</b>		
Money Advice	A Guide to Mortgage Payment Holidays during the effects of Corona Virus.	<a href="http://www.moneyadviceservice.org.uk/en/articles/mortgage-payment-holidays">www.moneyadviceservice.org.uk/en/articles/mortgage-payment-holidays</a>
United Utilities	Register via the link for a breathing space payment plan on your water bill. It's specifically aimed at customers who are on means-tested benefits or whose combined annual household income is below £21,000.	<a href="https://www.hardshiphub.co.uk/account/login">https://www.hardshiphub.co.uk/account/login</a>