

*** please note all details are subject to change based on availability of goods services ***

HELPFUL CONTACTS

FOOD DELIVERIES AND ESSENTIAL ITEMS

COMPANY	CONTACT DETAILS	PROVIDES	Further Information
Adairs Milk Delivery	019467 24770		
Andy Pratt Ltd	andrew.pratt7@btinternet.com 019467 24097 07720372273	Milk/Butter/Yoghurts/Fruit/Veg/Juice/Eggs/Bacon/Bread/Rolls/Cheese/ Salad	Currently not taking any new customers - Payment by cash, BACS transfer or by card over the phone, delivery any day
Bailey Ground Farm - Lizzy Mawson	075229307 91	Milk, butter, bread, cream, eggs, cheese, ice cream, homemade soups, fruit & veg boxes and other basics	Delivers locally Monday, Wednesday and Friday - Pay over the phone
Boxed Fresh	www.boxedfreshveg.co.uk 07308952166	They supply a range of fruit and veg boxes with add-ons like milk, eggs and berries.	Boxed Fresh are offering deliveries throughout North and West Cumbria.
Co-op Seascale	019467 29142	General shopping	Priority shopping hours for vulnerable, those who shop for them and NHS Workers 8.00 to 9.00am Mon to Sat, 10.00 to 11.00am
Eskdale Store	01946723229 mail@eskdalestores.co.uk	Well-stocked, Fresh Meat, Dairy, Fruit & Veg, Wines & Beer NEWSPAPER DELIVERY	DELIVERY SERVICE. OPEN Mon-Fri 8am to 5.30 pm Sat 8.30 – 5.00 pm Sunday 9 – 12 ALSO OFFERS NEWSPAPER DELIVERY
Fishers Free Range Eggs	07921846763	Delivers eggs, potatoes, carrots, fruit, bread, milk	Email fishereggs@gmail.com - mark as food parcel - Cash payments only
Four Seasons Express	Monday-Saturday 8.00am - 10.00pm and Sunday 9.00am - 9.00pm 019468 14425		Free Deliveries - ring 01946 810431 to arrange
Frizington post office	01946 810481		Offers delivery of shopping via volunteers
Fruit & Veg Box Company, Silloth	07769904663		Delivers through West Cumbria
Golden Harvest Health Food Store, Whitehaven	Monday, Thursday and Saturday 9.30am - 4pm / Tuesday, Wednesday and Friday 9.30am - 5pm 01946 66132		£10 minimum order & £3 deliver charge

HOLMROOK GARAGE & SHOP	07796145583	General shopping	
;;;\	Temporarily closed 01946 69304	Fruit & Veg	£10 minimum Order
Lakes Speciality Foods	www.lakesspecialityfoods.co.uk 09.00am to 12 noon 01539 82271 07528094538 07467940260	Meats, Cheese, Cured hams, veg	As of 6th April they ask anyone ordering to do so in bulk, ideally a minimum of £50
McColls Seascale	019467 29274	General shopping	
Marshalls Butchers, Workington	10.30am to 3.30pm Mon to Sat - 10.00 to 2.00pm Sunday 01900 602710		£10 minimum Order
Millbry Hill	01946 690114	Pet Supplies	
Mirehouse Post office	01946 693051		Free delivery of basic food items
Nisa Cleator Moor	Opening Times Monday - Saturday 8.00am - 10.00pm and Sundays 9.00am-9.00pm 01946 810431		Shopping delivered by Future Taxis for £3 charge
Pellymounters	01229 772347		Delivery service only (shops closed) Seascale, Gosforth, Drigg & Ravenglass
Phoenix Housekeeping Services - Paula	Cleator Moor on Mondays 07749028802	Providing shopping and prescriptions deliveries	No Charge
Pioneer, Harrington	Mon - Friday: 7.00am – 5.00pm Saturday: 7.00am – 1.00pm Sunday: Closed 019468 31163		Delivers Meat, fruit, veg, frozen foods etc
Post Office Cleator Moor	Opening Times Monday - Saturday 8.30am - 5.30pm and Closed Sundays 019468 10201		
R B Woodall, Waberthwaite	01229 717237	Butchers, cured hams and general food store	Order and collect service - Place orders Monday to midday Tuesday for collection Wednesday/Thursday only
Seascale Post Office	Temporary Shop Opening Hours - 1st April Closed - 2nd April 09.00am to 12 noon - 3rd/4th April 09.00am to 1.00pm 019467 28323		
Simply Fresh, Gosforth	019467 25232	Shopping	Delivery £1 Gosforth - £2 Seascale - Will accept telephone orders and payment over the phone

Sproats Newsagents, Cleator Moor	Monday - Friday 5.30am - 7.30pm, Saturday 7.00am- 7.30pm and Sunday 7.00am- 4.00pm 01946 810225		
Tynedale & Post Office, Holmrook	Monday to Friday 09.00am to 5.00pm 019467 24112		Telephone to place an order and make payment. Can deliver
Youdales Newsagents, Cleator Moor	Monday - Friday 5.00am - 5.00pm Saturday 5.00am - 4.00pm and Sunday 5.00am - 12.00pm 01946814317	Newspaper Deliveries - Cleator Moor only. Stocks Basic ingredients.	
	SUPERMARKETS		
Aldi	8.00am to 8.00pm Mon to Sat 10.00am to 4.00pm Sun 0800 0420800		No Elderly Shopping Times
Asda	08.00am to 08.00pm 01946 851300		Priority shopping hours, Mon, Wed and Fri 8.00 to 9.00am
Caterite Foodservice Ltd	www.caterite.co.uk/ 017687 76000		Order online, pay online, click and collect
Factory Shop, Egremont	Temporarily Closed 0194682043		Elderly Shopping Monday-Thursday 8.30 - 9.30am
Home Bargains	8.30am to 8.00pm Mon to Fri, 8.30am to 6.00pm Sat & 10.00am to 4.00pm Sun 01946 67588		Elderly Shopping 8.30 -8.30am
Iceland	01946690917		1st Hour for Elderly 8.00 -9.00am
Morrisons	Opening 7.00am-10.00pm 01946 599208		No Elderly Shopping Times. Offering food boxes - Vegetarian OR Meat Eaters both are £35.00 + £5.00 delivery - www.morrisons.co/food-boxes
Sainsbury	8.00am to 8.00pm Mon to Sat No change to Sunday opening times 0800 328 1700		Priority shopping for Elderly & Vulnerable Mon, Wed & Fri 8.00 to 9.00am Mon, Wed & Fri
Tesco	6.00am to 10.00pm Mon to Sat 10.00am to 4.00pm Sun 0345 677 9716		Priority shopping for Elderly & Vulnerable Mon, Wed & Fri 8.00 to 9.00am Mon, Wed & Fri
	MEALS ON WHEELS		
Albert Bar, St Bees	07769633804	Food	£5 each
Busy Bees Buffets	07858808495	Meals	Home deliveries - Payment by BACS
Deja Brew, Cleator Moor	01946 448138		Café Delivery

Frasers Chip Shop, Egremont	019468 23642	Food	Home deliveries
Hungry Caterpillar, Whitehaven	01900 601918	Food	Home deliveries
Karens Bakes	07926246913	Meals	Home Delivery - No charge
Lion & Lamb	No longer doing takeaway meals. They are batch cooking for the elderly and vulnerable 019467 58422		Delivers locally - telephone for more information
Parkhead, Thornhill	01946 82023	Meals	Home deliveries
Scoffs, Cleator Moor	01946 810455	Meals	Home deliveries
Spoats, Cleator Moor	01946 810225		Home deliveries
Sunny Hill, Whitehaven	01946 692291	Takeaways	Between 12-8pm
The Waverly, Whitehaven	01946 694337	Meals	Home deliveries
West Coast Catering	07736839515	Meals every day plus Afternoon Teas on Saturday & Sundays	Home Deliveries - Payment via Bank Transfer or cash in envelope
West Coast	07727 199513	Meals	Home deliveries
Wiltshire Farm Foods	0800 077 3100		Home deliveries
	CHEMISTS		
Boots Chemist Frizington	Monday and Thursday 9.00am-6.00pm, Tuesday, Wednesday and Friday 9.00am-5.30pm. Saturday 9.00am-12.30pm 01946810352		Delivery £5 per delivery or £55 annual charge - at present criteria for delivery - form to complete. Need address and postcode for client. Controlled drugs will need ID for the Client.
Cohens Chemist, Cleator Moor	Monday - Friday 8.00am - 7.00pm Saturday 9.00am - 12.00pm 01946 810373		Send a Representative if Client in Isolation
Fares	01946 692978		Can only deliver for existing clients only
Late Night Chemist	Monday - Friday 9.00am-9.00pm and Saturday 10.00am onwards 01946 66555		Deliveries to Cleator Moor
Seacliffe Pharmacy	Monday-Friday 9.00am - 5.30pm / Saturday 9.00am - 12noon 01946 599860		Deliveries for existing clients only
Seascale Pharmacy	Temporary Shop Opening Hours 09:00am - 1.00pm / 2.15pm - 4.00pm 019467 28323		Delivery via volunteers - also stocks fruit/veg, fresh produce, toiletries etc

	BEFRIENDING		
Age UK	Open 365 days 8.00am - 7.00pm 0800 678 1602	Befriending	
The Silver Line	0800 4708090	Befriending	Free confidential helpline
Lakes Medics	01539 232999	Befriending	
	DOG WALKING/VETS		
Let's Go Walkies	hannahe33grey@gmail.com 07572446402		Free 30 mins walks
Millcroft Veterinary Group	vets@millcroftvets.co.uk 01900 826666	Telephone advice available - Essential appointments only	Temporary Opening Hours - Cockermouth & Workington 09.30 am to 18.00pm - Maryport 13.00 to 17.00pm - Keswick 09.30am to 13.30pm - Egremont & Aspatria 13.00 to 17.00pm -
West Lakeland Vets - Whitehaven	westlakelandvetschris@gmail.com 01946 693303	Telephone advice available - Essential appointments only	
	LAUNDRY SERVICES		
West Lakes Laundry	07734411186		Free delivery for Cleator Moor
Whitehaven Laundrette	01946 591381		Will collect & deliver to Cleator Moor
IMPORTANT NUMBERS			
Adult Social Care	Monday - Thursday 9.00am-5.00pm and Friday 9.00am-4.30pm 0300 303 3589 option 2	Only Urgent Visits	Out of hours (after 5pm) 01228 526690
Blue Badge Team	01228 606060		
Citizens Advice Bureau Whitehaven	Telephone Advice Monday - Friday 9.00am-5.00pm or Email citizensadvicecopeland@gmail.com 01946 693321		
Community Emergency Response Team CERT	Email: Info@certuk.org.uk 07525 184422		
Copeland Age & Advice Services	Monday - Fridays 9.00am - 5.00pm 01946 552166		Telephone advice only - will signpost to who is available

Copeland Borough Council	Still open at present - office still open in Whitehaven for some services. Millom Office shutting next week. No brown bin collections at all present. 01946 598300		
Cleator Moor Council	Monday - Thursday 9.00am-3.00pm and Friday 9.00am-11.00am 01946 810242		
Cleator Moor Library	Monday and Friday 9.00am-2.00pm / Tuesday and Thursday 9.00am-12noon 01946 814523		
CRUISE	01946 825572		
Hub - Emergency Telephone Support Line	COVID19support@cumbria.gov.uk 0800 783 1966	Telephone support Monday to Friday 9.00am to 5.00pm and 10.00am to 5.00pm at weekends.	Further details can be found online at Cumbria.gov.uk . The service will accept referrals from members of the public who may be concerned about people in their community
Memory Matters Team	Monday - Friday 9.00am-5.00pm 01946 68560	Only Urgent Visits	
North Cumbria Digital Midwife			If you have the women's care app with @BadgerNetUK prior to Feb 2020. Please go to your profile and select push notifications. This allows NCIC Maternity to send you information updates when they are available
Phoenix Enterprise Centre	Monday, Tuesdays & Wednesday Whitehaven Harbour Project 9.00am-3.00pm / Mondays, Tuesdays, Wednesdays and Thursdays Cleator Moor 9.00am-4.00pm / Fridays Millom 10.00am-3.00pm 01946 813555 073889962022	advice@phoenixenterprisecentre.co.uk	Social Distancing but running as normal
Safe & Well Visit Fire Service	0800 358 4777	hart@cumbria.gov.uk	
West Cumbria Carers	Monday - Friday 9.00am-5.00pm 01900 821976		Telephone advice only
Whitehaven, Egremont & District Credit Union	Monday-Friday 10.00am - 2.00pm (until further notice) 01946 66755	info@wedcu.co.uk	Telephone advice only

Women Out West (WOW)	Temp Closed - One to One support appointments continue over phone/facetime. 01946 550103 cll/text 0753978043 Whatsapp	contactus@womenuwest.co.uk	
Castle & Coasts	Monday - Friday 8.45am - 5.00pm 0800 085 11171		
Flatt Walks Continence Team	01946 68643		
Home Group	Monday - Friday 7.00am - 8.00pm and Saturday 8.00am - 12noon 0345 141 4663		
Impact Housing	Monday - Thursday 9.00am- 5.00pm and Friday 9.00am- 4.30pm 03448 736 290		Telephone Advice Only
Flatt Walks Continence Team	01946 68643		
DOCTORS		BENEFITS	
Beech House Surgery	019467 820203	Attendance Allowance	0800 731 0122
Bootle Surgery	01229 718711	Carer's Allowance	0800 731 0297
Cleator Moor Health Centre	01946 810427	DLA	0800 121 4600
Distington Surgery	01946 830207	Pension Credit	0800 99 1234
Flatt Walks	01946 692173	PIP Claim Number	0800 917 2222
Griffin Close Surgery	01946 810777	PIP Enquiry Line	0800 121 4433
Lowther Medical Surgery	01946 692241	Universal Credit Full Service	0800 328 5644
Mansion House Surgery	01946 693660	Universal Credit Live	0800 328 9344
NHS	111		
Queen Street Surgery	01946 694457		
Seascale Health Centre	019467 28101		
Waterloo House Surgery	01229 402800		
Westcroft Surgery	01946 820348		