



Lancaster Integrated Care Community - Community Support Bulletin - updated - 04.05.20 - 4pm



please note we are not promoting individual organisations or businesses, just collating offers received or being shared on social platforms

** neither are we able to accept liability for service delivery relating to any offers shared**

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Business, Employment & Finance

Education (Children & Adults)

Exercise & Keeping Active

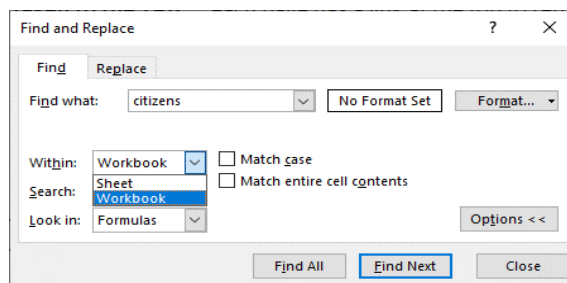
Utilities / Repair Services

Entertainment / Hobbies

Volunteering / Grants / Donations

If you aren't sure where you can find a service/offer you can use the "Find" function in Excel to search for a word/part of a word.

*Press **Ctrl+F** or go to **Home > Editing > Find & Select > Find***



To search the whole Workbook (not just the current Tab) then in the "Find and Replace" dialogue box (shown above) in the dropdown box called "Within" select "Workbook". You may need to click the "Options" Box first.

Click "Find Next" if you want to search for another entry.

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Organisation/Company Name	Community Offer	Contact Details
NHS & Government Agencies		
Lancaster City Council Emergency Food Team	For vulnerable people who need emergency food. Individuals cannot refer themselves, they need to be referred by one of the foodbank partners. See the website to find out who the partners are. Churches, charities etc can also sign up to become a referring agency.	www.lancasterdistrictcovid19.org.uk 01524 582000 - Mon-Fri - 9am-4pm Sat/Sun - 10am-3pm for advice/help
NHS Services online	Information on how to contact NHS services online	https://www.nhs.uk/health-at-home/
Lancaster City Council - Customer Services	Now also open Saturday and Sunday between 10am - 3pm. Mon - Fri 9am - 5pm, except Weds 10am -5pm	01524 582000 customerservices@lancaster.gov.uk
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 or worries about becoming homeless.	01524 582541
Lancaster City Council	Struggling to pay your council tax, contact us - restructuring payments and support scheme available.	01524 582965 Email: ctax@lancaster.gov.uk
Lancaster City Council	Business support team available for advice & guidance.	01524 582000 or Email: econdev@lancaster.gov.uk
Lancaster City Council	Homelessness - if you are worried about someone that is homeless or sleeping rough, please contact the Council as they are providing beds for all rough sleepers.	Mon- Fri - 9am-5pm - 01524 582257 Out of office hours/weekends - 01524 67099 Email: strategichousing@lancaster.gov.uk

Lancaster City Council Civil Contingencies	A new free service on WhatsApp that the UK government has launched to provide trustworthy information on Coronavirus. It is an automated chat service which will allow the public to get answers to common questions on Coronavirus directly from government. The service will provide users accurate information on the latest number of cases in the UK, symptoms, advice on staying at home and travel advice. To use simply add 07860 064422 in your phone contacts and then message the word 'hi' in a WhatsApp message to get started.	07860 064422 - then message the word 'hi' in a WhatsApp message
Lancaster City Council Civil Contingencies	New government guidance on what will happen if your car, van or motorcycle's MOT due date is on or after 30 March 2020. From 30 March 2020, MOT due dates for cars, motorcycles and light vans will be extended by 6 months. You do not need to do anything to extend the MOT expiry of your vehicle however you do need to make sure that you keep the vehicle safe to drive. To check if your vehicle is safe to drive please see here:	https://www.gov.uk/check-vehicle-safe
One You - from the NHS	Online support in making better choices to get a healthier body & mind & feel better. Includes diet, sleep and exercise (with simple workout videos).	https://www.nhs.uk/oneyou/
NHS - Coronavirus Status Checker	Answer some quick questions on-line to help the NHS understand how and where Covid-19 is affecting people currently and how best to plan it's response	https://www.nhs.uk/coronavirus-status-checker

Lancashire County Council	Lancashire Volunteer Partnership: If you feel isolated, vulnerable and in need of volunteer support during the current health crisis please fill out a community support referral form here or contact our team.	www.lancashire.gov.uk Referrals: www.lancsvp.org.uk/referrals-3/community-support-referral-form ☎ West Area: Lancaster & Morecambe 07816446630 (Mon-Fri, 8am-4pm, excluding bank holidays) ☎ 01772416417: Office
Carnforth Town Council	Our community will pull together and look out for each other providing support and friendship during the challenges ahead. Cllr Kath Bromilow Town Mayor Carnforth Covid-19 Local Support Group can assist with: Shopping; Dog walking; Food bank drop off; Collection of prescriptions; Latest information on Central Government and local government advice; Employer and employee legal advice, or just someone to speak to if you are feeling lonely.	🌐 www.carnforthtowncouncil.org ☎ 07846 256 006 ✉ Email: Covid19support@carnforthtowncouncil.org Bob Bailey, Town Clerk, Carnforth Town Council
Trading Standards	Has a dedicated area to dealing with consumer protection around Covid-19 issues including updates, news and support. Also has a Wellbeing section with Lifestyle, Education, Entertainment & Counselling Support.	https://www.tradingstandards.uk/covid-19

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Wellbeing & Lifestyle		
Cancer Care, Morecambe Bay	<p>From 1pm Monday 23/3/20 Cancer care Community Service Scheme is launching. There will be....</p> <p>A dedicated information help & support line available across Morecambe Bay - open daily from 9-5pm.</p> <p>Essential food & medical supply deliveries for eligible Cancer care clients who are unable to get out.</p> <p>Online Mindfulness classes every Wednesday from April 29th at 5pm. Sign up in advance at:</p>	<p>03330 150 628 (charged at standard rate)</p> <p>Email: CancerCareCan@cancercare.org.uk</p> <p>Text: 07860 018 278</p> <p>dovan75@yahoo.co.uk</p>
Macmillan Cancer Support - MBHT Macmillan Information and Support Service	<p>Offering support over the phone to those affected by cancer. 9am-4pm Monday to Friday. Emotional & physical support and chats if you're lonely. Referrals to other support services.</p> <p>- "If you have worries and concerns about your cancer and you are struggling to get through to speak to your cancer teams, please ring us and we can do this on your behalf."</p>	<p>01524 519578</p> <p>07972639424 (phone and text)</p> <p>email: macmillan.info@mbht.nhs.uk</p>
The Well Communities	<p>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. Also offering regular recovery check ins.</p>	<p>01524 415919</p> <p>Facebook Page - The Well Communities</p> <p>Email:info@thewell2.co.uk</p>
Tara Centre	<p>Live 30 min relaxation meditation at 11am Mon, Wed & Fri on Facebook - view later on Facebook & YouTube</p>	<p>www.taracentrelancaster.org.uk/</p> <p>Facebook: Tara Centre</p>

	<p>Virtual Café, Friday evenings 8-9pm on Zoom - you will need to download this first. "Doors close" at 7.50pm</p> <p>Listening Service by text, email, phone or video. Contact using email or text & someone will get back to you</p>	<p>https://us04web.zoom.us/j/6378214246 Meeting ID: 637 821 4246</p> <p>taracentrelancaster@gmail.com 07830107008</p>
Wise Guys Training	<p>Offering online emotional support to isolated men. Facebook Live Feed every Thursday 1-3pm.</p>	<p>Facebook: Wise Guys Training Email: info@wiseguys.training</p>
Lakes Medics	<p>Staff and volunteers are offering a free telephone/facetime be-friending service. Open 9am-5pm</p>	<p>01539 232999</p>
Challenge through Sport Initiative (CSI)	<p>A free, online timetable/programme of activities to do at home for people in recovery or for those with mental health issues.</p>	<p>Facebook: Challenge through Sport Initiative Recovery Group - CSI</p>
National Age UK	<p>Information & advice for older people, phone lines open 8am-7pm</p>	<p>0800 678 1602 www.ageuk.org.uk/information-advice/coronavirus</p>
The Silverline	<p>24 hour helpline for older people, providing advice and friendship.</p>	<p>0800 470 8090</p>
Lancashire Carers Service - CHAT line	<p>"Carers Help and Talk" (CHAT) line for when you feel there's no-one to talk to. A Facebook Group can also be accessed via the Facebook page</p>	<p>0330 022 5448 (24hr / 7 days a week) Facebook: The Lancashire Carers Service</p>
Lancashire Carers Service - Carers Community Network Platform	<p>Online chat room for Carers and a daily digital Coffee & Chat session using group instant messaging.</p>	<p>To register, contact the Service Access Team on enquiries@lancscarers.co.uk</p>
Lancashire Carers Service	<p>Still receiving referrals by phone/email only</p>	<p>to take new or re-referrals: enquiries@lancscarers.co.uk 0345 688 7113</p>

Progress Lifelines	For anyone looking for a practical way to support loved ones or themselves during this time of self-isolation and social distancing. Our self-install telecare service offers you peace of mind knowing our response centre is available at the touch of a button 24/7. First 4 weeks FREE, pay-as-you-go, cancel anytime. NO equipment, installation and maintenance fees. NO contract. Equipment is owned by Progress Lifeline. (Other services/products are available)	www.progresslifeline.org.uk lifeline@progressgroup.org.uk 03333 204 999 (charged at standard rate)
The Wish Centre	If you need help to manage your anger during self isolation or if you are worried your behaviour may become abusive then call the Wish Centre. A downloadable pdf can also be found on their website with support.	01254 260465 info@thewishcentre.org https://www.bddwa.org/covid-19-response.html
No Hands Massage	Teaching and practice about "The Breath" to help build resilience and calm & soothe your nervous system	https://nohandsmassage.com/the-self-healing-series-the-4-breaths/
Public Transport - Lancashire	Contact details for all bus and train operators in the Lancashire area	https://www.lancashire.gov.uk/coronavirus/public-transport/

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Holistic/General Support		
NHS Emergency Dentist	if you are already registered with a dentist and require emergency treatment, most will still be opening for emergencies. If you are NOT registered with a dentist or you are but require treatment OUT OF HOURS phone the Lancs NHS Emergency dentist treatment line for advice/assessment.	0300 1234 010
Lancashire Pharmacies	Remain open but demand is higher than normal so please be patient.	
Families and Babies - FAB	Families and Babies is a charity that supports, promotes and protects breastfeeding and wellbeing in Lancashire. Amongst other things they are providing an online class to learn breastfeeding and feeding basics as Antenatal classes have been cancelled. Join the Facebook Group to find times and join.	HELPLINE: 01254 772929 https://www.familiesandbabies.org.uk/blogs/news/first-post Facebook: Families and Babies -FAB Facebook: FAB Lancs - ANTENATAL
Butterfield Opticians, Carnforth	Offering essential and emergency appointments and urgent repairs. Please call the practice if you have concerns with your eyesight, initially a telephone consultation will be made.	01524 732624 https://www.butterfieldopticians.co.uk/covid-19
Specsavers, Lancaster	Open for emergency and essential eyecare by appointment only	01524 842424 specsaverslancaster@gmail.com
Oral Health Foundation	How to access dental care, treatment and advice during the coronavirus pandemic	www.dentalhealth.org/Pages/FAQs/Category/coronavirus ☎ Dental Helpline: +44(0) 1788 539 780 ✉ Email: mail@dentalhealth.org

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Community Support		
Hope Church	Corona Virus Response Support Line (shopping, post or parcel sending or collecting, phone call to keep you company). If you need support or wish to volunteer please visit our website or text.	07473 932641 - text only Facebook: Lancaster Coronavirus Support Line www.hopelancaster.co.uk/coronavirus-support
Neurodropin	For members, will shop for groceries/cleaning supplies etc, pick up and deliver prescriptions, post mail & contact people by phone to chat.	01524 840762
Marsh Community Centre	The Centre is now closed but telephone and/or email support is still available.	07535 233168 - 01524 843300 manager@marshcommunitycentre.co.uk
Barton Road Community Centre	No groups are running at the centre but they are coordinating a network of support for people of the Scotforth, Bowerham, Newlands & Hala areas. If you wish to volunteer or need support please telephone or email. Collecting donations for Morecambe Bay Food Bank - Drop off point behind the centre in the garden, Tues and Thurs 9.30am - 1pm	01524 65622 http://bartonroadcentre.co.uk/ Info@bartonroadcentre.co.uk
Ridge Community Centre (covering Ridge & Bulk areas)	Can help with shopping, picking up prescriptions, telephone support. Can refer to emergency food bank. Children's activities and details of Tuesday night Fair Share on Facebook	Facebook: The Ridge Community Centre Lisa - 07901 888139 Nicola - 01524 807229 Val - 0772 6675161 Donna - 07887 945919
Carnforth Covid-19 Local Support Group	Offering assistance with shopping, dog walking, food bank drop offs, collection of prescriptions, be-friending, advice & guidance.	Community Support Officers - Liam 07786 724739 - Andrea 07799 108360 - Gillian 07901 623125 - Elizabeth 07738 134262 - Bob 07846 256 006 Email: Covid19support@carnforhtowncouncil.org

Victoria Institute, Caton	A team of coordinated volunteers are delivering prescriptions and food (from Caton COOP) to local residents who are unwell or self-isolating.	01524 771733
Age UK Lancashire	Offering support at home with shopping, collecting prescriptions, information and advice, plus their take home from hospital and settle service, and Dementia support. Specific info on new service "Good Day Calls" VOLUNTEERING - if you would like to volunteer use the email address and DON'T call the 0300 number	0300 303 1234 advice@ageuklancs.org.uk www.ageuk.org.uk/lancashire www.ageuk.org.uk/lancashire/our-services/good-day-calls/ volunteer@ageuklancs.org.uk
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. ICU are also now offering medication deliveries and vehicles for use by groups/organisations for drop offs etc.	01524 401340 - to register for welfare calls Email: brendan@icusecurity.co.uk - to use vehicles
ACORN Lancaster and Morecambe	A local community union using organised members to operate support system, delivering food supplies, prescriptions and post for vulnerable/self-isolating people, as well as phone calls to combat isolation and loneliness	https://acorntheunion.org.uk/corona/ 07799 301507
Salvation Army, Carnforth	They have brand new or good condition pre-loved, free baby clothes available 0-12 months. - Drop off point for the Lancaster Area Food Bank, contact them for more info. They can also refer you to local food banks - please call them.	01524 736217 carnforth@salvationarmy.org.uk
Galloways	Continuing to provide support for the blind and partially sighted community in the area, including support using technology	🌐 www.galloways.org.uk/sightlossadvice ☎ 01772 744148 (Mon-Fri, 9-5pm) ✉ Email: enquiries@galloways.org.uk Facebook: Galloway's Society for the Blind

British Deaf Association	You can still contact our staff via email, FaceTime, Skype, and other video chat formats. See website and Facebook for more info.	https://bda.org.uk/covid19/ ☎ 020 7697 4140 ☎ Text: 07795 410 724 (Mon-Fri, 09:00–17:00) Facebook: British Deaf Association
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Miscellaneous		
Hanging Basket Florist	Open for telephone and online orders for contactless local delivery for all occasions & funeral flowers.	01524 65152 Facebook: Hanging Basket https://www.hanging-basket.co.uk/
Royal Mail Services - Changes	Changes in opening hours for Customer Service Points collections - Larger Locations from 7-11am, other locations 7-9am, closed Wed & Sun. Collection periods lengthened to 30 days	check website for further changes, currently https://www.royalmail.com/d8/coronavirus-changes-service
Kitty Brown Boutique	Offering free local delivery by van	Facebook: Kitty Brown Boutique https://www.kittybrown.co.uk/ 01524 733243
Lancaster District Magazine	Isolation Support Directory - including Community Services, Education/Family, Groceries/Food & Drink, Pet products & services, local online shopping	https://www.lancasterdistrict.co.uk/business-type/lancaster-district-directory/isolation-support-directory/
Screwfix	Lake Enterprise Park, Caton Road, Lancaster & White Lund Industrial Estate Morecambe are both open for Click&Collect only. Home Delivery service for some items - see website.	https://www.screwfix.com/help/disruption/
Wickes	Sunnycliff Retail Park. Contactless Click & Collect on some items, see website.	https://www.wickes.co.uk/wickes-and-coronavirus

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Pets & Animals		
Cinnamon Trust	Dog Walking, collecting of pet food, pet medication, urgent transport, LA1 area for elderly or terminally ill pet owners ONLY.	01736 757900 www.cinnamon.org.uk admin@cinnamon.org.uk volunteer@cinnamon.org.uk
Burch Tree Vets	Lancaster & Morecambe branches are closed. Daily telephone & video consultations available, call to arrange. Carnforth branch is open but by appointment only - do not walk into the practice. 24 hour Emergency Pet Service continues as normal.	01524 720002 www.btvets.co.uk/covid-19-update
A.P.Lee Vets (Carnforth)	Surgery is open for Emergencies only. Please call for advice & help, do not walk into the Surgery. Surgery normal opening hours have changed to weekdays 9am-6pm, Saturday 10am-1pm. Emergency Line is 24 hrs	01524 735 249 apleevets.co.uk
AJ Exotic Pet Supplies Lancaster	Home deliveries of pet food and equipment.	01524 69825
Woodcrest Garden Centre (at Greenlands Farm Village)	Open 10-12noon each day for animal feed purchases.	Facebook: Woodcrest Garden Centre 01524 784199
Pete's Pet and Animal Feeds	Offering free delivery for over £10 spend to most areas in Morecambe, Lancaster, Carnforth & Heysham. Also selling potatoes, eggs and toilet rolls	01524 833273 Pete's Pet and Animal Feeds Facebook:
Bay Vets Ltd	Morecambe & Lancaster only are open for urgent & critical cases - please call first on this number. Caton & Milnthorpe premises are closed. Updates on Facebook	Facebook: Bay Vets Ltd 01524 32696

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Pastoral/Spiritual		
Lancaster Priory	Are holding daily Facebook live services, Morning Prayer at 9.30am, Eucharist 10am Sunday, Compline 18.30pm Sunday.	Facebook Page - Lancaster Priory www.lancasterpriory.org
The Cornerstone, Lancaster	The Cornerstone groups are closed but if you need pastoral or bereavement support, please email.	Email: simoncornerstonecafe@gmail.com
Seventh Day Adventist Church	Are holding a daily conference call at 7.30pm for isolated people.	0330 998 1259 - access code 908819
St Josephs Church Skerton, Lancaster	Are holding daily, live Mass online Tues-Sat 9am, Sun 10am. They are also offering telephone be-friending and food parcel, medication deliveries and post deliveries.	Facebook: St Josephs Church - 01524 32493 Email: st.josephslancaster@yahoo.co.uk www.stjosephs-lancaster.co.uk
Salvation Army, Carnforth	Available for Christian prayer and general help	01524 736217 carnforth@salvationarmy.org.uk https://www.salvationarmy.org.uk/
St John's Church, Ellel	Sunday services, blog, worship sessions and kid's activities are on their website, also look at Facebook	Facebook: St John's Church, Ellel https://www.stjohnsellel.co.uk/online
Grace Ministries, Morecambe	The Yorkshire St Charity Shop is closed to the general public but anyone in need of clothes can contact Alastair to arrange to meet at the shop to open & make own selections Prayer Centre - please email any prayer requests if you would like this, telephone support can be offered if appropriate	Alastair Patience alip347@msn.com 07477272726 prayercentremorecambe@gmail.com

St Thomas Church Lancaster	On-line Church on Facebook and the website. Living Well in Lockdown page updated regularly.	Facebook: St Thomas Church https://www.st.tees.org.uk/Groups/337617/Living_Well_in.aspx
Gateway Church, Morecambe	Meeting on Whatsapp - see the website for info	https://gatewaychurchmorecambe.org.uk/site/welcome
Hope Church	Corona Virus Response Support Line (shopping, post or parcel sending or collecting, phone call to keep you company). If you need support or wish to volunteer please visit our website or text.	07473 932641 - text only Facebook: Lancaster Coronavirus Support Line www.hopelancaster.co.uk/coronavirus-support
The Church of England	Daily Hope - A free national phone line to bring worship and prayer into people's homes while church buildings are closed. Offers music, prayers and reflections as well as full worship services from the Church of England at the end of a telephone line. The line – which is available 24 hours a day, has been set up particularly with those unable to join online church services during the period of restrictions.	https://www.churchofengland.org/more/media-centre/news/archbishop-canterbury-launches-free-dial-worship-phone-line-during?fbclid=IwAR3AtzXiB3IV5BIKk3Q41K0b5tpOIWbuReCEYfkM_cKlcHlaGcXtcJZ9Om4 0800 804 8044
Carnforth Free Methodist Church	Currently run a small foodbank, CFM Foodbank For picking up and dropping off of food items or medicines Will check in on vulnerable relative or friend in the town for Pastoral/Listening/Prayer support Church info including on-line services	07583 424127 01524 736390 or email: connect@cfmc.org.uk 01524 736390 / 0776 159 6641 or email: cristi@cfmc.org.uk Facebook: Carnforth Free Methodist Church www.cfmc.org.uk

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Business, Employment & Finance		
National Debt Line	Lines are busy but open.	0808 808 4000 - Mon-Fri - 9am-8pm
Mortgage Advice	A Guide to Mortgage Payment Holidays during the effects of Corona Virus.	www.moneyadviceservice.org.uk/en/articles/mortgage-payment-holidays
North Lancashire Citizens Advice	No face to face appointments but email and telephone support will continue. Also contact us for food bank referrals.	Admin number for food bank vouchers - 01524 400404 For advice - 03444 488 9622 Mon-Fri 10am - 4pm enquiries@northlancashirecab.org.uk http://www.northlancashirecab.org.uk/
Department of Work & Pensions (DWP)	Support for businesses through the Coronavirus Job Retention Scheme - Under the Coronavirus Job Retention Scheme, all UK employers with a PAYE scheme will be able to access support to continue paying part of their employees' salary for those that would otherwise have been laid off during this crisis.	https://www.gov.uk/government/publications/guidance-to-employers-and-businesses-about-covid-19/covid-19-support-for-businesses#support-for-businesses-through-the-coronavirus-job-retention-scheme
Department of Work & Pensions (DWP)	Claim for wage costs through the Coronavirus Job Retention Scheme. Guidance for employers on the coronavirus (COVID-19) Job Retention Scheme.	https://www.gov.uk/guidance/claim-for-wage-costs-through-the-coronavirus-job-retention-scheme
Department of Work & Pensions (DWP)	Support for self-employed through the Self-employment Income Support Scheme. The Self-employment Income Support Scheme (SEISS) will support self-employed individuals (including members of partnerships) who have lost income due to coronavirus (COVID-19).	https://www.gov.uk/government/publications/guidance-to-employers-and-businesses-about-covid-19/covid-19-support-for-businesses#support-for-self-employed-through-the-self-employment-income-support-scheme

Department of Work & Pensions (DWP)	Check if you could be covered by the Coronavirus Job Retention Scheme. Find out if your employer is eligible, and how much your employer can claim if they're unable to operate or have no work for you to do because of coronavirus (COVID-19).	https://www.gov.uk/guidance/check-if-you-could-be-covered-by-the-coronavirus-job-retention-scheme
Independent - Me	A telephone only service to help with all aspects of DWP benefits, social care and all disability issues. Also issues arising from isolation due to Coronavirus.	http://independent-me.org.uk/ contactus@independent-me.org.uk 01524 700012
HMRC	Advice line for small businesses and self employed people.	0800 0159 559 www.gov.uk/government/publications/guidance-to-
Scott Wilkinson Chartered Accountants	See their website for advice re redundancy, sick pay, government grants.	www.scott-wilkinson.com
ACAS	Employment advice for employees and employers.	www.acas.org.uk
Inspira	Offering free telephone and digital appointments regarding all aspects of careers advice & support.	01539 730045
Farrell Heyworth Lancaster	Dedicated support line to discuss all mortgage related questions.	07725 643163
Gail Escolme Legal Services	Specialising solely in employment law.	01524 735525 - 07958 183099 Email: gail@gailcolmelegal.co.uk

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Educational		
Lancaster & Morecambe College	Free online distance learning courses. Go online and receive a username and password to do from home. They are also offering a short distance learning course in Mental Health Awareness Level 1 to anyone 18+	https://www.lmc.ac.uk/distance https://www.lmc.ac.uk/courses/16-18-courses/health-social-care/mental-health-awareness
Grosvenor Park School, Morecambe	Tips and posts from teachers. Everything from relaxation to challenges on their website and Twitter.	http://www.grosvenorpark.lancs.sch.uk/index.php?category_id=1635 https://twitter.com/GrosvenorParkPr?ref_src=twsrc%5Egoogle%7Ctwcamp%5Eserp%7Ctwgr%5Eauthor
The Maths Factor with Carol Vorderman	Free national curriculum maths lessons for 4-12 year olds.	www.themathsfactor.com
Open University	Free, online courses in a range of subjects.	https://www.open.edu/openlearn/free-courses/full-catalogue
Inspira	Accredited online courses for getting into employment - courses updated regularly	https://www.inspira.org.uk/Blogs/our-courses
BBC Bitesize	**NOW LIVE ** BBC Bitesize are publishing daily online lessons for Years 1-10. Daily maths and english with one other subject too.	https://www.bbc.co.uk/bitesize/dailylessons
World Health Organisation	Downloadable story book, with versions in 15 different languages. Also read by Howard Donald.	https://www.who.int/news-room/detail/09-04-2020-children-s-story-book-released-to-help-children-and-young-people-cope-with-covid-19
Coronavirus: A Book for Children	Clear & accessible explanations about Coronavirus and it's affects, written in the UK, illustrated by Axel Scheffler. Downloadable pdf (top link) or available free to read and download from Amazon	https://bit.ly/2Vep1eL https://amzn.to/2Rx0EXI

CBT Free Online course	The course has been recommended by a CBT practitioner from Child & Adolescent Mental Health Services. It is from Yale University & takes approx 19 hours. Good home learning tool for older teens & parents	https://www.coursera.org/learn/the-science-of-well-being
Recovery College Online	A range of online educational courses and resources to people with experience of mental illness, from service users to their family, friends and staff.	https://www.recoverycollegeonline.co.uk/

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Organisation/Company Name	Community Offer	Contact Details
Exercise		
Steve Cody Fitness	A live (and on catch up) 30 minute workout daily at 12 noon on Facebook.	Facebook - Cha Cha Plank Charity Challenge
Jo Wicks Body Coach	Free online PE lesson daily 9am Mon-Fri for children, young people and adults.	https://www.youtube.com/watch?v=Rz0go1pTda8
Sport England	How to stay active at home if you are well.	https://www.sportengland.org/news/how-stay-active-while-youre-home
Lancashire Youth Challenge	Have launched a "National Three Peak Staircase Challenge" to inspire both young people and adults.	http://www.lancashireyouthchallenge.co.uk/national-three-peaks-staircase-challenge/
Janet Silverwood Fitness & Wellbeing	Body Conditioning, every Thursday 5pm for 45 mins on Facebook, during lockdown	Facebook: Janet Silverwood Fitness & Wellbeing
Janet Butler Pilates	Free live Pilates and meditation on Facebook on Mondays and Thursdays at 9:30 am - videos on Facebook to catch up with	Facebook: Janet Butler Pilates
Kids Yoga Stories	Selection of free colour posters to inspire kids - only need an email address to download them. Explore the free section on the website too.	https://www.kidsyogastories.com/ocean-yoga-poses-for-kids/
NHS Fitness Studio	24 instructor-led videos across aerobics exercise, strength and resistance, and pilates and yoga categories.	https://www.nhs.uk/conditions/nhs-fitness-studio/
Get Over Yourself - Sally Wilkinson	Free Live Fitness on Facebook, 9.30am weekdays	Facebook: Get Over Yourself @thesallywilkinson

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Utilities & Repair Services		
AJB Electrical	Available for 24/7 emergency electrical repairs and maintenance.	07969 535149 - 01524 751513 Facebook: AJB Electrical
Zebra Electrical	Available for enquiries, consultations or emergency call outs.	01524 571421 info@zebraelectrical.co.uk https://zebraelectrical.co.uk/
J M Repairs	Washing Machine Repairs	0749 770 0267
British Gas	If you are struggling to pay your energy bill contact us.	0333 202 9802 - Mon-Fri - 9am-5pm www.britishgas.co.uk/help-and-support/bills-and-payments/help-if-youre-struggling-to-pay
EDF	If you are struggling to pay your energy bill contact us.	0333 200 5110 - Mon-Fri - 8am-8pm - Sat 8.30am-2pm
EON	If you are struggling to pay your energy bill contact us.	0333 202 4461 - Mon-Fri - 8am-6pm
Npower	If you are struggling to pay your energy bill contact us, also offering emergency credit.	0800 073 3000 - Mon-Fri 8am-8pm, Sat 8am-6pm
Scottish Power	If you are struggling to pay your energy bill contact us.	0800 027 0072 - Email: contactus@scottishpower.com
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.	https://www.hardshiphub.co.uk/account/login

Kwik-Fit	Lancaster - open 7 days a week with all usual services, card payments only	01524 64916 https://www.kwik-fit.com/locate-a-centre/lancaster-thurnam-street
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
Lune Valley Motors, Lancaster	Open for small vehicle repairs, operating under government health and safety guidelines.	01524 845320
A&A Motors, Morecambe	Open for repairs needed during lockdown, safe working practices used	01524 555710 374841 07545
Halfords	Lancaster, offering "Drive in, Fit and Repair" service for essential maintenance of cars and bikes. Click & Collect operating & colleagues providing a "Pick" service for products in store. Card Payments only. Open 9am-6pm Mon-Sat and 10am-5pm Sun.	01524 846889 www.halfords.com
National Tyres and Autocare	Caton Rd, Lancaster open with Priority Service for Key Workers with ID, also Mobile Tyre Fitting Service. Mon-Fri 8.30am-6pm, Sat 8.30am-5pm	01524 69568 302 4777 0808

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Entertainment/Hobbies		
Morecambe Music Festival	Live music daily, 6pm, 7pm, 8pm.	Facebook: Morecambe Music Festival LIVE LOUNGE
Elevenses with David Walliams	Daily story read online by David Walliams.	www.worldofdavidwalliams.com
Dance with Oti	30 minute themed classes daily. 11.30am for children and 7.30pm for adults.	YouTube - Oti Mabuse Official
The National Theatre	Are streaming a free play every Thursday night from 2nd April.	Facebook: National Theatre
Rowan Knitting	Free on-line learn to knit course for ages 7+	https://www.learnrowan.com/offers/f4VY5MAe/checkout
13 The Warehouse (Arts & Crafts)	Fabrics and sewing equipment still available online.	https://www.13thewarehouse.co.uk
Beetham Nurseries	Online shop now launched. A range of products available for home delivery. Deliveries over £35 will be free to these areas - LA1-LA9, LA11-LA15, LA22/23, PR3. Deliveries under £35 will be charged £6.	https://beethamnurseriesurseries.co.uk 015395 63630 Facebook: Beetham Nurseries
Fabrix, Lancaster	Fabrics, patterns and haberdashery. Shop closed but postal service available. Call or message on Facebook for more info. Also providing packs to make facemasks - see Facebook	Facebook: Fabrix 01524 33490
Worldwide Bear Hunt	Put a teddy bear in your window to put a smile on someone's face.	https://www.bbc.co.uk/news/world-52108765
Wildlife Trusts in Lancashire & Cumbria	Ideas, activities and virtual visits to connect with nature	https://www.lancswt.org.uk/stay-wild-home https://www.cumbriawildlifetrust.org.uk/connect-nature-home

Ashton Hall Garden Centre	Bedding Plants & Perennials available for home delivery. Availability on Facebook, call or email only to place orders.	Facebook: Ashton Hall Garden Centre info@ashtonhallgardencentre.co.uk 01524 751767
BBC Arts	Culture in Quarantine - Theatre, music, visual arts and dance. Live performances and tours	https://www.bbc.co.uk/arts
Lancaster City Museum	Daily local historical updates, for all ages, on Facebook	Facebook: Lancaster City Museum
Free Colouring	Download free colouring from museums around the world, some pictures more suited for adults	http://library.nyam.org/colorourcollections/
Lancashire Youth Challenge	Digital arts and creative learning tutorials to teach young people how to write songs, produce music and beats, create their own pieces of poetry and spoken word	http://www.lancashireyouthchallenge.co.uk/our-place-in-the-world-arts-award-challenge/
Woodcrest Garden Centre	Hanging baskets, summer bedding plants, veg plants & fruit bushes, perennials, grow bags. Contact via phone or email between 10am-2pm to place order for delivery	01524 784199 info@woodcrestgardencentre.co.uk
Broadoak Home & Garden	Re-opening for Delivery and Click&Collect only, shop closed for browsing. Mon-Fri 8am - 3.30pm, Sat 8.30am-12noon.	Facebook: Broadoak Home and Garden https://www.broadoaklandscapingsupplies.co.uk/ 01524 831463
Bayview Garden Centre	Trialling a free home delivery service to LA1, LA2, LA3, LA4, LA5, LA6 and LA7, contact them for other areas. Phone Mon-Fri 10am-1pm, card payment & minimum charge of £30	01524 230700 Facebook: Bay View Garden Centre & Restaurant, Bolton Le Sands https://www.bayviewgardencentre.co.uk/home-delivery-service/

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Organisation/Company Name	Community Offer	Contact Details
Volunteer / Grants / Donation		
Community Voluntary Solutions (CVS)	Lancaster District Community & Voluntary Solutions provide support and advice and guidance to all the third sector organisations and charities in the area. They have started a total giving page for anyone wishing to donate to support these local groups support the most vulnerable people in our community. Please click on the link for more details.	https://www.totalgiving.co.uk/appeal/coronavirus
Age UK Lancashire	Offering support at home with shopping, collecting prescriptions, information and advice, plus their take home from hospital and settle service, and Dementia support. Specific info on new service "Good Day Calls" VOLUNTEERING - if you would like to volunteer use the email address and DON'T call the 0300 number	0300 303 1234 advice@ageuklancs.org.uk www.ageuk.org.uk/lancashire www.ageuk.org.uk/lancashire/our-services/good-day-calls/ volunteer@ageuklancs.org.uk
James Bond Henry Welch Trust	Providing assistance through grants for people living in the Lancaster District who suffer from diseases of the chest & lungs, and children with disabilities and other special needs. Recent grants have included buying a washing machine for a family & buy a weighted blanket for a child with autism	01524 582135/582068 democracy@lancaster.gov.uk https://www.lancaster.gov.uk/information/grants-to-voluntary-organisations
ACORN Lancaster and Morecambe	Looking for volunteers to help.....a local community union using organised members to operate support system, delivering food supplies, prescriptions and post for vulnerable/self-isolating people, as well as phone calls to combat isolation and loneliness	https://acorntheunion.org.uk/corona/ 07799 301507

Our Lancashire	Our Lancashire is a community project funded by the Police and Crime Commissioner. If you are a group or organisation that can help support vulnerable people at this time please visit Our Lancashire	ourlancashire.org.uk/can-you-help-us-help-others-at-this-time
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Organisation/Company Name	Community Offer	Contact Details
Food/Grocery's		
Food Banks/Clubs		
Lancaster City Council Emergency Food Team	For vulnerable people who need emergency food. Individuals cannot refer themselves, they need to be referred by one of the foodbank partners. See the website to find out who the partners are. Churches, charities etc can also sign up to become a referring agency.	www.lancasterdistrictcovid19.org.uk 01524 582000 - Mon-Fri - 9am-4pm Sat/Sun - 10am-3pm for advice/help
Eggcup Food Club (membership required)	£3 per week for a bag of good quality surplus food in addition to eggs, milk and bread. Currently collection points at St Chads Church Ryelands, Stanley Road Baptist Church Morecambe, Marsh Community Centre, Giant Axe car park West Road Lancaster	To become a member call Rachel on 07780 487 117 or fill in the on-line form: https://www.eggcup.org/vacancies/membership/
The Olive Branch	Food Bank available to anyone unable to buy food for themselves, please contact for advice/more details.	01524 555715 - 07572 577426 Email: info@the-olivebranch.org.uk
Morecambe Bay Food Bank	"If you are worried about affording food, if you're struggling with money and if you need our help, there's no shame. This is an unprecedented situation" To get a food parcel referral call Citizen's Advice or the City Council Team. Or look at the list of referral agents on the website here and call the one you're most comfortable contacting.	Citizen's Advice - 01524 400404 Lancaster City Council Team - 01524 582000 https://lancasterdistrictcovid19.org.uk/agencies
Carnforth Food Bank	Requests should be made through a key worker or other professional	07853 424127 (messages picked up regularly)

Lancaster District Homeless Action	The Centre on Edward Street is unfortunately now fully closed.	
Eggcup, Lancaster & Morecambe College, Chefs Catering Northwest	Producing & distributing nutritious frozen meals for vulnerable residents who may be unable to cook, if eligible will also receive staple ingredients for light breakfasts and lunches. Contact Age UK Lancashire. Free service but donations to the Urgent Response Fund (see Donations tab) are welcome	0300 303 1234 advice@ageuklancs.org.uk
Skerton Food Club, Melbourne Club	Food Club is still running, Wednesdays 2pm, back door, £3, bring correct money, no smoking or vaping, please do not go if you or anyone in your household is symptomatic of Covid 19, queue 2 metres apart.	
Supermarkets / Larger Stores		
Booths	<p>Priority hours for keyworkers with ID 7-8am & 8-9pm (7-8pm in Kendal) Mon-Sat and 9-10am Sunday</p> <p>Exclusive shopping hours for vulnerable/elderly shoppers - 9.30am-11am - Mon-Fri.</p> <p>Free home delivery within 3 mile radius of stores available for those unable to shop or have someone shop for them.</p> <p>If someone is shopping for you, you can order and pay online so they can just collect OR they can shop in store and then ring you to take payment. Pet food, gluten free and ready meal food boxes all available.</p> <p>Click and Collect now available over selected range, £3 charge, either collect in store or it can brought out to</p>	<p>0800 2218086</p> <p>www.booths.co.uk</p> <p>https://www.booths.co.uk/home-delivery/</p> <p>https://everyday.booths.co.uk</p>

Iceland	Online ordering continuing as normal with some restrictions on quantities. Lancaster open 9am-5pm Mon - Sat (NOT as advertised on website) 9-10am = vulnerable/elderly, 4-5pm = NHS with official NHS ID. Morecambe open 9am-6pm Mon - Sat, 9-10am = vulnerable/elderly, 4-5pm = NHS with official NHS ID.	www.iceland.co.uk Lancaster: 01524 67277 Morecambe: 01524 419403
Tesco (large stores not express stores)	Exclusive shopping hours, Mon, Wed, Fri, 9-10am for vulnerable and elderly customers.	
Sainsbury's	Lancaster & Morecambe: 8am-8pm Mon-Sat, Mon & Wed & Fri 8-9am = elderly, disabled & carers, Mon-Sat 7.30-8am = NHS/Social Care with ID Sunday is Lancaster 11am-5pm, Morecambe 10am-4pm Sainsbury's Local open as normal with no restrictions	Lancaster: 01524 388488 Morecambe: 01524 892800
Asda	Lancaster & Morecambe: 8am-10pm Mon-Sat, 10am-4pm Sun Mon & Wed & Fri 8-9am and Sun 9-10am (browsing) = NHS/Carers hour	Lancaster: 01524 580780 Morecambe: 01524 300300
Tesco	Carnforth: 8am-10pm Mon-Fri, 8am-9pm Sat, 10am-4pm Sun Mon & Wed & Fri 8-9am = priority for elderly & vulnerable Tues & Thurs 9-10am & Sun 9-10am (browsing) = NHS with ID	0345 677 9837
Morrisons	Morecambe: 7am-8pm Mon-Sat, 9.30am-4pm Sun Mon-Sat 6-7am & Sun 9-9.30am = NHS with ID	01524 412618

Aldi	Lancaster, Morecambe & Carnforth: 8am-10pm Mon-Sat, 10am-4pm Sun. Opening 30 mins early for over 70's and vulnerable on Mon-Sat. Priority access in queues & access from 9.30am on Sunday for the following keyworkers - NHS, Police, Fire Service, Blue Light Card groups including Social Care Workers, First Responders, St John's	
Lidl	Lancaster & Morecambe: Mon-Sat 8am-10pm Sun 10am-4pm	
Marks & Spencers	Lancaster - Food Hall only: 9am-6pm Mon-Fri, 8.30am-6pm Sat, 10.30am-4.30pm Sun Mon & Thurs 9-10am = older & vulnerable customers Tue & Fri 9-10am = NHS, Health & Social Care Workers	01524 64712
Local shops/ businesses		
Gills Pantry, Bare Lane	Hot food delivered daily to local pensioners and those most vulnerable, open 8am-1pm.	01524 832281
Seaborn Road Store, Bare - Londis	Home deliveries to Bare area of papers and all groceries.	01524 424411
Lotties Catering Co	Homemade single or batch meals delivered to your door to reheat, takeaway nights. For availability see Facebook	07771 652823 Facebook: Lottie's Catering Co Email: lottie@lottiescateringco.com
Westgate Frozen Foods	Free local home delivery service or socially distanced collections. See Facebook for product lists.	01524 752776 - 07880 705360 - 07737 861436 Facebook: Westgate Foods Ltd
Gregory Williams Butchers Lancaster	Home deliveries to Lancaster, Morecambe & Heysham for anyone self-isolating.	01524 32250

Cornvale Fine Foods	Home delivery of groceries, meat and fresh produce (fruit, salad, veg). Order forms can be found on the website, open 8am-4pm, currently delivering to the area around Cornvale.	015242 22420 sales@cornvalefoods.co.uk Facebook: Cornvale Fine Foods https://cornvalefoods.co.uk/
Wiltshire Farm Foods	National frozen meals home delivery company, priority helpline for the Extremely Vulnerable	0800 077 3100 www.wiltshirefarmfoods.com Dedicated phone line for those contacted by the NHS as Extremely Vulnerable ONLY - 0800 046 5614
Oakhouse Foods	National deliverer of frozen foods, now accepting new customers	0330 031 7705 https://www.oakhousefoods.co.uk/
Sands Milk	Free home delivery of milk, juice and dairy products to Lancaster, Slyne, BLS, Carnforth, Kellets.	01524 941818 07415 727727 sandsmilk@hotmail.com Facebook: Sands Milk
Althams Butchers Westgate	Home delivery of meat packs - gammon, steak, mince, sausage, chicken, ham.	01524 958476
Brookhouse Store & Post Office	Contact the shop if you need a home delivery (Brookhouse only).	Text: 07405 189369 or 07540 538694
Bare Lane News	Newspaper deliveries to home or business (Bare, Torrisholme, Morecambe areas).	01524 410662
Dewlay Cheese	Stay at Home cheese boxes, small £15, family sized £50, next day delivery, pay online.	01995 602335
Single Step	Vegetarian not for profit COOP. Organic fruit and veg boxes, pantry boxes, and chilled food boxes available, see website, as well as all usual products. Order forms on the website, phone orders, over the phone card payments, free collection or £5 delivery to LA1 postcodes if health necessitates.	01524 63021 Email: enquiries@singlestep.org.uk Facebook: Single Step www.singlestep.org.uk

Happy Hens	Eggs, milk, butter, cream, bread, Juice, delivered to your door in Lancaster, Morecambe and surrounding areas.	01524 68592 066383	07725 752170 or 07999
Parsley Box	National ready meal provider - cupboard stored, no need for fridge/freezer. Now accepting new customers	0800 612 7225	www.parsleybox.com
Chefs Catering Northwest	Home delivery of hot food. Free delivery to Middleton & Heysham, but small delivery charge to Morecambe, Bolton Le Sands, Lancaster, Nether Kellet, Overkellet, Carnforth.	07584 855036 Catering Northwest	Facebook: Chef's Email: enquiries@chefscatering-northwest.uk
Londis, Slyne	Local home deliveries, text to order, cash only.	07586 769158	
Nisa, Heysham	Home deliveries for housebound, elderly and vulnerable. Phone between 9am-11am with min £20 order, same day delivery. £2.50 delivery charge, deliveries to Heysham, Middleton, Overton only.	07398 109321	
Coastal Road Hest Bank Spar	Home deliveries of locally sourced meat, fruit & veg. Minimum order £25. Prior payment by card on phone.	Email: Danlowe205050@gmail.com	
Billys Eggs	Home deliveries on a Thursday to Lancaster, Morecambe, Heysham and Carnforth of eggs, butter, cheese, honey, jams, pickles.	07784 933630	Facebook: Billyseggs123
Countrystyle Meats Farmshop	Offering click and collect or home delivery. Call between 9-12 noon to place order.	01524 841111 - Facebook: Countrystyle Meats Farmshop www.countrystylemeats.co.uk	

Greenlands Butchers	The Farm Shop has now re-opened, see details below for times. Call for a non-contact car boot drop. Home delivery between Kendal & Lancaster, see Facebook page for info	Facebook: Greenlands Butchers 784198	01524
George Speight & Sons Ltd	Community, Street & Home Deliveries of fruit & veg, dairy & meat. Call between 6.30am and 12noon for next day free delivery. DO NOT leave an answer machine message, just keep trying.	Facebook: George Speight & Sons Ltd 64245	01524
Whitewells Catering	Home deliveries of food & drink to LA1 to LA7 postcodes, weekdays only. Order before 2pm for next day delivery. If order is £20 + delivery is free otherwise there is a £2 donation towards delivery costs.	https://shop.whitewellsLtd.co.uk	
Single Step Wholefoods	A vegetarian, not-for-profit worker's co-op. Delivery of fruit, veg, pantry, bread-baking and chilled boxes. Order forms on the website. Free collection & £5 delivery in the LA1 area only.	enquiries@singlestep.org.uk 63021 http://singlestep.org.uk/ Facebook: Single Step	01524
mia.mio	Gelato Home Delivery - on Tuesdays and Fridays. Fill in the order form on the website. Free delivery to Lancaster, Morecambe and surrounding areas. Dairy free options	Facebook: mia.mio https://www.miamio.co.uk/home-delivery	
Allsorts Cheaper 4u, Morecambe	Discount food and toiletries. Free delivery on for over £20 (£2.50 under) in the Morecambe, Lancaster, Heysham area. Price list & delivery days on Facebook, send a private message on Facebook with order and full address plus tel number.	Facebook: Allsorts Cheaper4u	

Greenlands Farm Village	Has now re-opened selling essentials like flour, pasta, sugar, fruit & veg, meat at the Butchers. Mon-Fr 11am-4pm, Sat & Sun 10am-4pm Phone & pay during opening hours for delivery to your boot in the car park. Delivery available Wed & Fri to Kendal, Carnforth, Morecambe, Lancaster & Heysham areas. Minimum £10 order	Facebook: Greenlands Farm Village 01524 784198
Lancaster Sweet Shop	Latest menu and delivery info on Facebook, message your orders through Facebook.	Facebook: Lancaster Sweet Shop
Bare Village Butchers	Shop open with social distancing in place. Place orders by telephone for free next day delivery in the LA4 post code area - £2 charge outside this.	Facebook: Bare village butchers & deli 01524 410589
Filbert's Bakery	Open and also delivering to those who are self-isolating. Menu & prices on left hand side of Facebook page.	07811 962 622 Facebook: Filbert's Bakery
<i>Restaurants / Takeaways / Alcohol</i>		
Kanteena, Lancaster	Takeaway and beer deliveries to your door.	01524 35381 www.kanteena.co.uk/kan-deliver
The Port of Lancaster Smokehouse	Fresh fish and meat deliveries (free delivery if local).	01524 751493 www.lancastersmokehouse.co.uk
The Mad Hunter	Takeaway deliveries to Lancaster & surrounding areas. Phone or Facebook inbox your order. Available Friday & Saturdays 5.30-9.30pm	07747 031406 Facebook: The Mad Hunter Lancaster
Lancaster Brewery	Home deliveries Mon-Fri on bottled beers and cider (free delivery on orders over £35 within a 35 mile radius).	Email: sales@lancasterbrewery.co.uk

Aspect Bar & Bistro	Takeaway Afternoon Tea & Bistro Menu - 7 days a week & the Easter Weekend. Order before 5pm for next day delivery	http://www.bfhotels.com/aspect-cocktail-bar-bistro/ 01524 416404
Accidental Brewery	Operating a local home delivery service, Thurs - Sat	Facebook: Accidental Brewery https://shop.accidentalbrewery.com/
Babar Elephant	Indian takeaway food available, order before 1pm for collection between 4.30pm-9.30pm. Collection will be subject to social distancing guidelines.	01524 388670 Facebook: Babar Elephant at Lancaster
Royal Station Hotel, Carnforth	Takeaway for collection, menus on Facebook, trial until Sunday 19th April	01524 733636 - to place order Facebook: Royal Station Hotel Carnforth
The Royal, Morecambe	Takeaways in the evenings and Sunday lunchtime, menus on Facebook	01524 416668 Facebook: The Royal, Morecambe
Hodgeson's Chippy, Lancaster	re-opening Weds 22nd April for Click & Collect and Deliveries	01524 67763 Facebook: Hodgson's Chippy
Far Pavilion, Bolton Le Sands	Re-opening Tues 28th April for takeaway services - contactless delivery and click&collect/phone services with collection in the car park. Encouraging pre-paid orders, cash in an envelope please. Can also order through Foodhub.	01524 823316 Facebook: Far Pavilion https://farpaviliononline.co.uk/
Red Luck Chinese, Carnforth	Now re-open for takeaway and delivery, 5-9pm, Weds - Sun, cash only	01524 734574
The Plough Pub & Dining	Takeaway to collect available from 1st May, menu on website & Facebook, call to pre-order up to 7 days in advance.	https://www.plough-galgate.co.uk/ Facebook: The Plough Country Pub & Dining Room 01524 751337
Royal King's Arms Hotel Lancaster	Afternoon tea delivered to your door. Also takeaway menu on Morecambe Eats.	Facebook: Royal Kings Arms Hotel Lancaster 01524 32451
Atkinson's Fish & Chips	Open 7 days a week for delivery only, delivering to LA3 and LA4. Order from website, over the phone or Just Eat. Pre-ordering also available.	01524 410860 https://atkinsons-fishchips.co.uk/ Facebook: Atkinsons Fish and Chips

Lancaster Guardian - Info Page	A list of businesses and food and drink delivery services in Lancaster and Morecambe that are still open to the public	https://www.lancasterguardian.co.uk/news/list-businesses-and-food-and-drink-delivery-services-lancaster-and-morecambe-still-open-public-during-coronavirus-lockdown-2548637
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* At the date at the top of this document all of the above are still open/offering services as described, please note things change daily, we will try to keep this sheet as up to date as possible.



Lancaster Integrated Care Community - Community Support Bulletin - updated - 04.05.20 - 4pm



please note we are not promoting individual organisations or businesses, just collating offers received or being shared on social platforms

neither are we able to accept liability for service delivery relating to any offers shared

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Organisation/Company Name	Support	Contact Details
CALLING 999	Dial '55' during a 999 call when it's too dangerous to talk	
Every Life Matters	Practical information about things you can do now to look after your mental health and wellbeing, and how you can support others - Downloadable booklet & online support	https://www.every-life-matters.org.uk/covid-19/
Positive Futures, White Cross, Lancaster	Are closed but Talking Therapies will continue over the phone. All current clients will also be contacted weekly by phone. Trained volunteers can now provide a daily telephone be-friending service. Live art and music feeds on Facebook - 2pm everyday - music (Mon & Thurs), quiz (Fri), sing along (Wed), positive messages (Tues)	01524 587223 Positive Futures North West Facebook -
Socialease	A support group for people experiencing social anxiety and/or isolation and/or poor mental health. Telephone support available to new & current group members Tuesdays 10am-12noon, Wednesdays 2-4pm & Thursdays 2-4pm.	07568 937988 Facebook: Socialease
Adullam	Taking referrals for people who need support with low/moderate mental health issues. Online Community Groups will begin running shortly, details to follow.	adullam.programme@hotmail.com Facebook: Adullam
Lancaster & Morecambe College	Are offering a short distance learning course in Mental Health Awareness Level 1 to anyone 18+. Go online, register and receive a username and password and do from home.	https://www.lmc.ac.uk/courses/16-18-courses/health-social-care/mental-health-awareness
The Well Communities	The Well's Eating Disorder Peer Support Group is running every two weeks online, telephone for details.	01524 415919 Facebook: The Well Communities

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. Also offering regular recovery check ins.	01524 415919 Well Communities	Facebook Page - The Well Communities Email: info@thewell2.co.uk
Samaritans	Not doing face to face support but are still available via telephone or email.	Tel: 116123	email: jo@samaritans.org
Challenge through Sport Initiative (CSI)	A free, online timetable/programme of activities to do at home for people in recovery or for those with mental health issues.	Facebook: Challenge through Sport Initiative Recovery Group - CSI	
Anxiety UK	Providing support if you have been diagnosed with an anxiety condition.	03444 775 774 - Mon to Friday - 9.30am to 5.30pm, Sat/Sun 10am - 8pm www.anxietyuk.org.uk	
Bipolar UK	Anonymous, 7/7 online support for people who are living with manic depression or bipolar disorder.	www.bipolaruk.org.uk	
CALM	Campaign Against Living Miserably, for men aged 15 to 35.	0800 58 58 58 - daily, 5pm to midnight Webchat sign up at: www.thecalmzone.net	
Mens Health Forum	24/7 support for men experiencing stress via chat, text, email.	www.menshealthforum.org.uk	
Mental Health Foundation	Providing information and support for anyone with mental health problems or learning disabilities.	www.mentalhealth.org.uk	
MIND	Promoting the views and needs of people with mental health problems.	0300 123 3393 - Mon - Fri - 9am to 6pm www.mind.org.uk	
No Panic	Voluntary charity offering support for sufferers of panic attacks and obsessive compulsive disorder (OCD).	0844 967 4848 - daily, 10am to 10pm - calls cost 5p per minute plus your phone provider's access charge www.nopanic.org.uk	
OCD Action	Support for people with OCD. Includes information on treatment and online resources.	Phone: 0845 390 6232 - Mon - Fri - 9.30am to 5pm - calls cost 5p per minute plus your phone provider's access charge www.ocdaction.org.uk	
OCD UK	A charity run by people with OCD, for people with OCD. Includes facts, news and treatments.	Phone: 0333 212 7890 - Mon - Fri - 9am to 5pm www.ocduk.org	

Rethink Mental Illness	Support and advice for people living with mental illness.	0300 5000 927 - Mon - Fri -9.30am to 4pm www.rethink.org
Mindsmatter	Self referrals for counselling and cognitive behavioural therapies for people in Lancaster, Morecambe and surrounding areas.	01524 550552 www.lancashirecare.nhs.uk/Mindsmatter
Moodgym	Self help guides.	https://moodgym.com.au
The Big White Wall	An online anonymous safe community to support your mental health 24/7. Trained professionals available to keep the community safe.	www.bigwhitewall.com
Northumberland Online Self Help Guides	Includes leaflets on depression and low mood, anxiety, hearing voices and disturbing beliefs, sleep issues, bereavement, stress, obsessions and compulsions, health anxiety, controlling anger, alcohol, abuse, panic, post-natal depression, PTSD, self-harm and social anxiety.	http://www.ntw.nhs.uk/pic/selfhelp/
Lancaster University	Night time student mental health support line (term time only).	01524 594444
Family Lives	Support re all aspects of parenting.	0808 800 2222 - Mon - Fri - 9am - 9pm and Sat/Sun - 10am - 3pm www.familylives.org.uk
Mencap	Support for people with a learning disability, their families and carers.	0808 808 1111 - Mon - Fri - 9am to 5pm www.mencap.org.uk
BEAT	Eating Disorder support.	0808 801 0677 (adults) 0808 801 0811 (students) https://www.beateatingdisorders.org.uk/
Cruse Cumbria	Bereavement support for those living in the postcode areas CA1 to CA28 and LA5 to LA23. If calling the number please leave a message and your call will be returned.	www.crusecumbria.org.uk/ 0300 600 3434

Cruse Bereavement Care	Bereavement support - National Contact details	0808 808 1677 open Mon - Fri - 9.30am to 5pm, open until 8pm on Tues, Wed, Thurs helpline@cruse.org.uk Website: www.cruse.org.uk
Cruse Lancashire	Free confidential bereavement support. Telephone helpline manned Tues & Weds 10am-12noon, Friday 6pm-8pm	01772 433645 lancashire@cruse.org.uk www.cruselancashire.org.uk
Alzheimer's Society	Dementia support, including factsheets and helplines. Dedicated Coronavirus helpline for advice & guidance. Alzheimers Lancaster & Morecambe can still be accessed via phone (leave a message they'll get back to you) or email for support.	0333 150 3456 - Mon-Wed - 9am-8pm, Thur/Fri 9am-5pm, Sat/Sun 10am-4pm Facebook: Alzheimer's Society Website: www.alzheimers.org.uk https://www.alzheimers.org.uk 01253 696854 Email: patina.fry@alzheimers.org.uk
Admiral Nurses	Support for all families living with dementia or concerned about dementia - 9am-9pm weekdays, 9am-5pm weekends	0800 888 6678
SANE	Emotional support, information and guidance for people affected by mental illness, their families and carers.	SANEline: 0300 304 7000 - daily, 4.30pm to 10.30pm www.sane.org.uk/support Peer support forum: www.sane.org.uk/supportforum
Refuge	24-hour National Domestic Abuse Helpline for women and children	https://www.nationaldahelpline.org.uk/ 0808 2000 247
Relate	Relationship support & advice for keeping relationships healthy including live chat and webcam counselling	www.relate.org.uk https://www.relate.org.uk/relationship-help/covid-19-advice-and-information
Lancaster Relate		01772 717 597 - office hours Mon-Fri 9am-5.30pm, Sat 9.30-12.30
Respect	Domestic Abuse - Men's advice line Mon - Fri from 9am to various close times	https://mensadviceline.org.uk/ 0808 8010327
Victim Support	Support for people affected by crime or traumatic events, including live chat	www.victimsupport.org.uk 24/7 supportline 0808 1689 111 www.lancashirevictimservices.org Mon-Fri 9am-6pm

Birchall Trust	Weekly counselling support for males & females of all ages who have experienced rape/sexual abuse. Accepting new clients but with a long wait time.	01229 820828 www.birchalltrust.org.uk
Alcoholics Anonymous	Support and advice re alcohol intake/dependency.	Phone: 0800 917 7650 (24-hour helpline) Website: www.alcoholics-anonymous.org.uk
Inspire North Lancs	Provide all aspects of drug & alcohol treatment and promote recovery from addiction. On-line Activity Calendar can be found on Facebook (posted 13th April) along with other support and advice	https://inspirenorthlancs.org.uk/ Facebook: Inspire North and Central Lancashire Integrated Recovery Service 08081 698 673
National Gambling Helpline	Support and advice re gambling addiction.	Phone: 0808 8020 133 (daily, 8am to midnight) Website: www.begambleaware.org
Cocaine Anonymous	Support and advice re cocaine addiction	https://www.ca-online.org/
Narcotics Anonymous	Support and advice re substance addiction.	Phone: 0300 999 1212 (daily, 10am to midnight) Website: www.ukna.org
UK SMART Recovery	Self management and recovery training - charity promoting recovery from any addictive behaviour through meetings and training programmes. Currently providing online meetings	https://smartrecovery.org.uk/online-meetings/
Lancashire & South Cumbria NHS Foundation Trust - The Wellbeing and Mental Health Helpline	A confidential support service, 24 hours a day 7 days a week, across Lancashire & South Cumbria offering emotional support & a listening ear if you're suffering from stress, anxiety or feeling lonely and isolated.	0800 9154640 text 'HELLO' to 07862022846 https://www.lscft.nhs.uk/Mental-Health-Helpline
Action for Happiness	Actions to take to spread some happiness at work, with friends & family and among communities	https://www.actionforhappiness.org/take-action
Widowed and Young (WAY)	Peer support network for anyone who has lost their partner before the age of 51	Facebook: WAY - Widowed And Young www.widowedandyoung.org.uk
Healthier Lancashire & South Cumbria	List of some mental health support resources across Lancashire & South Cumbria	https://www.healthierlsc.co.uk/MentalHealthSupport

Mental Health Children & Young People	Support	Contact Details
Anna Freud Institute	Advice on how to support young peoples mental health during this period of disruption. Lots of self-care activities Work-book	www.annafreud.org/what-we-do/anna-freud-learning-network/coronavirus https://www.annafreud.org/on-my-mind/self-care/ https://www.annafreud.org/media/3194/year7_help4pupils.pdf
Lancashire Youth Challenge	A series of 5 short films covering breathing, relaxation & mindfulness sessions to support young people managing their anxiety	http://www.lancashireyouthchallenge.co.uk/mindfulness-and-meditation/
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 email and/or the parent peer support volunteers.	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 for individuals on request - contact Keeley for more details or message via Facebook page. - Also offering fortnightly creative based activities for our group members, new & current, sent out via email.	Keeley - 07568 937988 Facebook: Prop Up Project email: propupproject@gmail.com
Kooth	A free, safe and anonymous place for young people to find online support and counselling.	https://kooth.com
Papyrus	Young suicide prevention society.	HOPELINEUK 0800 068 4141 - Mon - Fri - 10am to 10pm and 2pm to 10pm on weekends and bank holidays. Website: www.papyrus-uk.org
Family Lives	Support re all aspects of parenting.	0808 800 2222 - Mon - Fri - 9am - 9pm and Sat/Sun - 10am - 3pm www.familylives.org.uk
BEAT	Eating Disorder support.	0808 801 0711 (for under-18s) Website: www.b-eat.co.uk
NSPCC	A children's charity dedicated to ending child abuse and child cruelty.	Phone: 0800 1111 for Childline for children (24-hour helpline) 0808 800 5000 for adults concerned about a child (24-hour helpline)

		Website: www.nspcc.org.uk https://www.nspcc.org.uk/keeping-children-safe/childrens-mental-health/depression-anxiety-mental-health/
NSPCC	specific page for Parental Support - parenting tips & how to deal with difficult situations, downloadable pdf	https://www.nspcc.org.uk/keeping-children-safe/support-for-parents/
Royal College of Psychiatrists	information for young people, parents and carers, about young people's mental health.	https://www.rcpsych.ac.uk/mental-health/parents-and-young-people
Young Minds	Information on child and adolescent mental health. Services for parents and professionals. Young people's blogs on their own experiences	Parents' helpline - 0808 802 5544 - Mon to Fri - 9.30am to 4pm www.youngminds.org.uk https://youngminds.org.uk/blog/
ACE Achieve Change and Engagement	Charity providing emotional health and wellbeing therapy to young people age 11-25 free of charge Additional service - 7 day a week 10am-10pm phone line for any young person aged 11-25 in Fylde, Wyre & Lancaster Districts who is experiencing emotional distress & would like to talk to, text or email an emotional health worker.	https://a-c-e.org.uk/ 0800 1448461 contact@a-c-e.org.uk Email:
Al-Anon	Helpline for anyone, including families and children, who are affected by someone else's drinking.	0800 0086 811 10am-10pm 365 days a year www.al-anonuk.org.uk helpline@al-anonuk.org.uk
Child Bereavement UK	Support for children & young people up to age 25 who are grieving and specific advice in relation to COVID-19. Also supports families of a child who dies or is dying.	0800 02 888 40 https://www.childbereavementuk.org/coronavirus-supporting-children support@childbereavementuk.org
Child and adolescent mental health	This site was created for young people, carers and professionals to pool together lots of helpful resources from across the internet that are available to help support your mental health and well-being	https://www.camhs-resources.co.uk/