

## Lancaster Integrated Care Community - Community Support Bulletin - updated - 30.3.20 - 10am

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

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 or collecting, phone call to keep you company). If you wish to volunteer please sign up at:	07473 932641 - text only - Facebook: Lancaster Coronavirus Support Line www.hopelancaster.co.uk/coronavirus-support
<b>Cancer Care, Morecambe Bay</b>	From 1pm Monday 23/3/20 Cancer care 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 Cancer care clients who are unable to get out.	03330 150 628 (charged at standard rate)  Email: CancerCareCan@cancercare.org.uk  Text: 07860 018 278
Neurodropin	Delivering toiletries and non perishables to their members and providing telephone support.	01524 840762
Samaritans	Not doing face to face support but are still available via telephone or email.	Tel: 116123 email: jo@samaritans.org
<b>Marsh Community Centre</b>	The Centre is now closed but telephone and/or email support is still available.	07535 233168 - 01524 843300 manager@marshcommunitycentre.co.uk
<b>Barton Road Community Centre</b>	No groups are running at the centre but they are coordinating a network of support for people of the Barton Road and Scotforth areas. If you wish to volunteer or need support please telephone.	01524 65622
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.	Facebook Page - The Well Communities
Tara Centre	Live daily meditation 11am Mon-Fri.	Facebook - Tara Centre
Wise Guys Training	Offering online emotional support to isolated men. Facebook Live Feed every Thursday 1-3pm.	Facebook: Wise Guys Training Email: info@wiseguys.training
Young Addaction Lancaster	Are still taking referrals and can offer online/telephone/social media support to any young people under 25 who are experiencing addiction to drugs, alcohol and solvents, so referral partners please keep referring in.	
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

Tactical Security Options Lancaster	Are offering shopping service and home delivery.	07787 788811
<b>Food/Grocery's</b>	<b>Community Offer</b>	<b>Contact Details</b>
Gills Pantry, <b>Bare Lane</b>	Hot food delivered daily to local pensioners and those most vulnerable, open 8am-1pm.	01524 832281
Seaborn Road Store, <b>Bare</b> - Londis	Home deliveries to Bare & surrounding areas of papers and all groceries.	01524 424411
Lotties Catering Co	Single or batch meal deliveries to your door.	07771 652823 - Facebook: Lottie's Catering Co Email: lottie@lottiescateringco.com
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 to <b>Lancaster, Morecambe &amp; Heysham</b> for anyone self-isolating.	01524 32250
Cornvale Fine Foods	Home delivery of groceries, meat and fresh produce (fruit, salad, veg) to <b>Lancaster &amp; Lune Valley</b>	015242 22420 sales@cornvalefoods.co.uk
Sands Milk	Home delivery of milk, juice and dairy products to <b>Lancaster, Slyne, BLS, Carnforth, Kelleets.</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 ( <b>Brookhouse only</b> ).	Text: 07405 189369 or 07540 538694
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
Single Step	Vegetarian, not for profit COOP, phone orders, over the phone card payments, delivery to <b>LA1 postcodes</b> for most vulnerable.	01524 63021 Email: enquiries@singlestep.org.uk Facebook: Single Step
Happy Hens	Eggs, milk, butter, cream, bread, Juice, delivered to your door in Lancaster, Morecambe and surrounding areas.	01524 68592 07725 752170 or 07999 066383
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 Facebook: Chef's Catering Northwest Email: enquiries@chefscatering-northwest.uk

Kanteena, Lancaster	Takeaway and beer deliveries to your door.	01524 35381 <a href="http://www.kanteena.co.uk/kan-deliver">www.kanteena.co.uk/kan-deliver</a>
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: <a href="mailto:info@the-olivebranch.org.uk">info@the-olivebranch.org.uk</a>
Morecambe Food Bank	The centre is closed but is still very much in operation. Referrals for food vouchers can still be made via Citizens Advice.	01524 400404
Londis, <b>Slyne</b>	Local home deliveries, text to order, cash only.	07586 769158
Nisa, <b>Heysham</b>	Home deliveries for housebound, elderly and vulnerable. Phone between 9am-11am with min £20 order, same day delivery. £2.50 delivery charge, deliveries to <b>Heysham, Middleton, Overton only</b> .	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: <a href="mailto:Danlowe205050@gmail.com">Danlowe205050@gmail.com</a>
Billys Eggs	Home deliveries on a Thursday to Lancaster, Morecambe, Heysham and Carnforth of eggs, butter, cheese, honey, jams, pickles.	07784 933630 Facebook: <a href="https://www.facebook.com/Billyseggs123">Billyseggs123</a>
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.	
Lancaster Brewery	Home deliveries Mon-Fri on bottled beers and cider (free delivery on orders over £35 <b>within a 35 mile radius</b> ).	Email: <a href="mailto:sales@lancasterbrewery.co.uk">sales@lancasterbrewery.co.uk</a>
Booths	Exclusive shopping hours for vulnerable/elderly shoppers - 9.30am-11am - Mon-Fri. Free home delivery <b>within 3 mile radius of stores</b> available for those unable to shop or have someone shop for them.	0800 2218086
Iceland	Exclusive shopping hours for vulnerable/elderly shoppers first hour of each opening day.	
Tesco (large stores not express stores)	Exclusive shopping hours, Mon, Wed, Fri, 9-10am for vulnerable and elderly customers.	
Lancaster District Homeless Action	The Centre on Edward Street is unfortunately now fully closed.	

<b>Pets</b>	<b>Community Offer</b>	<b>Contact Details</b>
Cinnamon Trust	Dog Walking, collecting of pet food, pet medication, urgent transport, LA1 area for over 65s or terminally ill residents.	01736 757900 to register.
Burch Tree Vets	Lancaster & Morecambe branches are closed. Daily video consultations available. Carnforth branch is open but by appointment only. 24 hour Emergency Pet Service continues as normal.	01524 720002
AJ Exotic Pet Supplies Lancaster	Home deliveries of pet food and 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 <b>estate management</b> issues.	01524 582929 councilhousing@lancaster.gov.uk
Lancaster City Council	Open for telephone enquiries re <b>rent or payment issues or worries about becoming homeless.</b>	01524 582541
Lancaster City Council	<b>Business support</b> team available for advice & guidance.	01524 582000 or Email: econdev@lancaster.gov.uk
Lancaster City Council	<b>Homelessness</b> - 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 <b>free service on WhatsApp</b> 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:	<a href="https://www.gov.uk/check-vehicle-safe">https://www.gov.uk/check-vehicle-safe</a>

Citizens Advice Lancaster	No face to face appointments but telephone triage and support will continue. Also contact us for food bank referrals.	01524 400404
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
ICU Security Services	If you would like to speak to/register with ICU they are happy to undertake free <b>emergency</b> 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
Hanging Basket Florist	Taking online orders for funeral flowers.	01524 65152
Butterfield Opticians, Carnforth	Offering essential and emergency appointments and urgent repairs.	01524 732624
<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>	<b>Community Offer</b>	<b>Contact Details</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 www.lancasterpriory.org
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>
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 st.josephslancaster@yahoo.co.uk www.stjosephs-lancaster.co.uk Email:
<b>Business, Employment &amp; Finance</b>	<b>Community Offer</b>	<b>Contact Details</b>
Mortgage Advice	A Guide to Mortgage Payment Holidays during the effects of	<a href="http://www.moneyadvice.service.org.uk/en/articles/mortgage-payment-holidays">www.moneyadvice.service.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>
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.	<a href="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">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</a>
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	<a href="https://www.gov.uk/guidance/claim-for-wage-costs-through-the-coronavirus-job-retention-scheme">https://www.gov.uk/guidance/claim-for-wage-costs-through-the-coronavirus-job-retention-scheme</a>
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).	<a href="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">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</a>
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).	<a href="https://www.gov.uk/guidance/check-if-you-could-be-covered-by-the-coronavirus-job-retention-scheme">https://www.gov.uk/guidance/check-if-you-could-be-covered-by-the-coronavirus-job-retention-scheme</a>
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
Farrell Heyworth Lancaster	Dedicated support line to discuss all mortgage related questions.	07725 643163
<b>Educational</b>	<b>Community Offer</b>	<b>Contact Details</b>
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+	<a href="https://www.lmc.ac.uk/distance">https://www.lmc.ac.uk/distance</a> <a href="https://www.lmc.ac.uk/courses/16-18-courses/health-social-care/mental-health-awareness">https://www.lmc.ac.uk/courses/16-18-courses/health-social-care/mental-health-awareness</a>

Grosvenor Park School, Morecambe	Tips and posts from teachers. Everything from relaxation to challenges on their website and Twitter.	<a href="http://www.grosvenorpark.lancs.sch.uk/index.php?category_id=1635">http://www.grosvenorpark.lancs.sch.uk/index.php?category_id=1635</a> <a href="https://twitter.com/GrosvenorParkPr?ref_src=twsrc%5Egoogle%7Ctwcamp%5Eserp%7Ctwgr%5Eauthor">https://twitter.com/GrosvenorParkPr?ref_src=twsrc%5Egoogle%7Ctwcamp%5Eserp%7Ctwgr%5Eauthor</a>
The Maths Factor with Carol Vorderman	Free national curriculum maths lessons for 4-12 year olds.	<a href="http://www.themathsfactor.com">www.themathsfactor.com</a>
Open University	Free, online courses in a range of subjects.	<a href="https://www.open.edu/openlearn/free-courses/full-catalogue">https://www.open.edu/openlearn/free-courses/full-catalogue</a>
<b>Exercise</b>	<b>Community Offer</b>	<b>Contact Details</b>
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	<a href="https://www.youtube.com/watch?v=Rz0go1pTda8">https://www.youtube.com/watch?v=Rz0go1pTda8</a>
Sport England	How to stay active at home if you are well.	<a href="https://www.sportengland.org/news/how-stay-active-while-youre-home">https://www.sportengland.org/news/how-stay-active-while-youre-home</a>
<b>Utilities</b>	<b>Community Offer</b>	<b>Contact Details</b>
AJB Electrical	Available for 24/7 emergency electrical repairs and maintenance.	07969 535149 - 01524 751513 Facebook: AJB Electrical
<b>Entertainment</b>	<b>Community Offer</b>	<b>Contact Details</b>
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.	<a href="http://www.worldofdavidwalliams.com">www.worldofdavidwalliams.com</a>
Dance with Oti	30 minute themed classes daily. 11.30am for children and 7.30pm for adults.	YouTube - Oti Mabuse Official
<b>Donate to the Urgent Response Fund</b>	<b>Community Offer</b>	<b>Contact Details</b>
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.	<a href="https://www.totalgiving.co.uk/appeal/coronavirus">https://www.totalgiving.co.uk/appeal/coronavirus</a>

\* At 25/3/20 all of the above are still open and offering services as described, please note things change daily but we will try to keep this sheet as up to date as possible.