



Lancaster Integrated Care Community - Community Support Bulletin - updated - 27.05.20 - 2pm



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

INDEX

Organisation/Company Name	Community Offer	Contact Details
Food/Grocery's		
Food Banks/Clubs		
Lancaster City Council Emergency Food Team	For those who need emergency food - see the Get Help section of the website for who can get help. 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 932 001
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.	
<i>Supermarkets / Larger Stores</i>		

Booths	<p>Priority hours for keyworkers with ID 7-8am & 8-9pm (7-8pm in Kendal) Mon-Sat and 9-10am Sunday.</p> <p>Encouraging people to avoid shopping during the following hours to allow vulnerable/elderly shoppers safer access - 9.30am-11am - Mon-Fri. General opening hours 8am-8pm Mon-Sat (Kendal 7pm) and 10am-4pm Sun</p> <p>Free home delivery within 3 mile radius of stores available for those unable to shop or have someone shop for them. 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 be brought out to your car:</p>	<p>0800 2218086 www.booths.co.uk https://www.booths.co.uk/home-delivery/</p> <p>https://everyday.booths.co.uk</p>
Iceland	<p>Online ordering continuing as normal with some restrictions on quantities. Lancaster open 9am-5pm Mon - Sat (NOT as advertised on website) Giving priority to vulnerable/elderly in queues, 4-5pm = NHS with official NHS ID.</p> <p>Morecambe open 9am-6pm Mon - Sat, 9-10am = vulnerable/elderly, 4-5pm = NHS with official NHS ID.</p>	<p>www.iceland.co.uk Lancaster: 01524 67277 01524 419403</p> <p>Morecambe:</p>

Tesco (large stores not express stores)	<p>Exclusive shopping hours: -</p> <p>Mon, Wed, Fri, 9-10am for vulnerable and elderly customers - NHS</p> <p>Workers Priority Tues, Thurs, Sun 9-10am General opening hours Mon-Sat 8am-10pm, Sun 10am-4pm</p>	Carnforth: 0345 677 9837
Sainsbury's	<p>Lancaster & Morecambe: 8am-10pm 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</p> <p>Sainsbury's Local open as normal with no restrictions</p>	<p>Lancaster: 01524 388488</p> <p>Morecambe: 01524 892800</p>
Asda	<p>Lancaster & Morecambe: General opening 8am-10pm Mon-Sat, 10am-4pm Sun</p> <p>Priority Access to NHS workers, Care Home workers and Carers - Mon & Wed & Fri 8-9am and Sun 9-10am (browsing only)</p>	<p>Lancaster: 01524 580780</p> <p>Morecambe: 01524 300300</p>
Tesco	<p>Carnforth: 8am-10pm Mon-Fri, 8am-9pm Sat, 10am-4pm Sun Mon & Wed & Fri 8-9am = priority for elderly & vulnerable</p> <p>Tues & Thurs 9-10am & Sun 9-10am (browsing) = NHS with ID</p>	0345 677 9837
Morrisons	<p>Morecambe: 7am-10pm Mon-Sat, 9.30am-4pm Sun Mon-Sat 6-7am & Sun 9-9.30am = NHS with ID</p>	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: 8am-10pm Mon-Sat 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 Now also delivering a selection of store-cupboard food boxes	01524 64712 https://www.marksandspencer.com/l/gifts/food-boxes#intid=FTO_dlp_hero_050520_1_txt_food%20boxes
Local shops/ businesses		
Gills Pantry, Bare Lane	Hot food delivered daily to local pensioners and those most vulnerable. Re-opening for breakfast and evening food on 4th May for delivery or collection from shop, phone payment preferred. Also on Morecambe Eats. See Facebook for times & menus	01524 832281 Gills Pantry Facebook:
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 Lottie's Catering Co lottie@lottiescateringco.com	Facebook: Email:
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 Cornvale Fine Foods https://cornvalefoods.co.uk/	Facebook:
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 727727	07415 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 enquiries@singlestep.org.uk Single Step www.singlestep.org.uk	Email: Facebook:
Happy Hens	Eggs, milk, butter, cream, bread, Juice, delivered to your door in Lancaster, Morecambe and surrounding areas.	01524 68592 752170 or 07999 066383	07725
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 Facebook: Chef's Catering Northwest enquiries@chefscatering-northwest.uk	Email:
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 Billysegs123 Facebook:
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 01524 784198
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 01524 64245
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 01524 63021 http://singlestep.org.uk/ Facebook: Single Step

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
Hilltop Cakery - Heysham	Specialises in creating gorgeous bespoke cakes for every occasion - delivery available	Facebook: Hilltop Cakery - Heysham 07917 196727

Restaurants / Takeaways / Alcohol		
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 message your order, pre-orders are advised. Menus & info on Tasting boxes can be found on Facebook. Available Friday & Saturdays 5.30-9pm and Sundays 1-6pm	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

Hodgson'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
North Road Chippy, Carnforth	Re-opening for some hours as of this week (6th May) Wed, Thurs, Fri 5-7pm. Social distancing in place but would welcome phone orders, now taking card payments, no delivery.	01524 732572
Sultan Experience	Now taking orders for deliveries in Lancaster, Galgate, Morecambe, Heysham. Contact them via Facebook Messenger for info. 30% discount for NHS staff.	Facebook: Sultan Experience

The Blue Mountain Restaurant, Morecambe	Food available to order & collect. Fri & Sat 5.30-8.30pm & Sun Lunch 11.30am-2.30pm. Menu on website, call to place orders	http://www.gourmettogo.co.uk/ 831056 Facebook: The Blue Mountain Restaurant and Bar	01524
Wallings - Ice Cream	Delivering icecream on Thursdays & Fridays in their local area ONLY. See website for locations and order by end of Tues for delivery that week - order online or by phone.	Facebook: Wallings https://www.wallingshomedelivery.co.uk/ 791100	01524
Mialtalia	Re-opening Friday 15th at 5pm, in a limited capacity, for pre-ordered collections only. Pre-order by email, someone will call you back. Order by phone from 4.30pm. Also open from 5pm on 16th & 17th, then open every Thurs, Fri, Sat, Sun	Facebook: Mialtalia 823323 email: miaitaliamanager@yahoo.com	01524
Goburitto UK	Phased re-opening and New Delivery Menu (initially for LA1) from 13th May. Order from MorecambeEats or by phoning. Deliveries and shop collection from Midday-10pm, Thursday to Sunday.	01524 874775 Facebook: Goburitto UK	
Scale Hall Plaice (Fish & Chips)	Deliveries in local area by phone or one at a time in the shop. Open Mon-Thurs 3-9pm, Fri-Sat 1.30-9.30pm, closed on Sundays.	01524 844000	
Araya Thai Restaurant (Lancaster)	Delivery/Takeaway Services 7 days a week 5-10pm. Contact them by phone, also on Morecambe Eats. Menu posted on Facebook on 3rd May. 10% takeaway reduction and 15% NHS reduction (with ID badge)	Facebook: Araya Thai Restaurant Lancaster 01524 383889 573880 (to pre-order)	07801
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.