



## Lancaster Integrated Care Community - Community Support Bulletin - updated - 17.06.2020 - 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\**

### INDEX

Organisation/Company Name	Community Offer	Contact Details
<b>Food/Grocery's</b>		
<b>Food Banks/Clubs</b>		
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: <a href="https://www.eggcup.org/vacancies/membership/">https://www.eggcup.org/vacancies/membership/</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 info@the-olivebranch.org.uk Email:
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 <a href="https://lancasterdistrictcovid19.org.uk/agencies">https://lancasterdistrictcovid19.org.uk/agencies</a>

<b>Carnforth</b> Food Bank	Requests should be made through a key worker or other professional	07853 424127 (messages picked up regularly)
Lancaster and District Homeless Action Service Ltd (LDHAS)	NOW RE-OPENED and offering a limited service for street homeless people. Food, shower & laundry facilities now available - max 45 min stay, only 3 people in building, social distancing protocol in place. Open Mon, Tues & Thurs 9.30am - 1pm	01524 842008
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
<b>Skerton</b> 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.	
<b>Supermarkets / Larger Stores</b>		

Booths	<p>Priority hours for keyworkers with ID 7-8am &amp; 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  <a href="http://www.booths.co.uk">www.booths.co.uk</a>  <a href="https://www.booths.co.uk/home-delivery/">https://www.booths.co.uk/home-delivery/</a></p> <p><a href="https://everyday.booths.co.uk">https://everyday.booths.co.uk</a></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><a href="http://www.iceland.co.uk">www.iceland.co.uk</a>  Lancaster: 01524 67277  Morecambe: 01524 419403</p>

Tesco (large stores not express stores)	Exclusive shopping hours: - Mon, Wed, Fri, 9-10am for vulnerable and elderly customers - NHS Workers Priority Tues, Thurs, Sun 9-10am General opening hours Mon-Sat 8am-10pm, Sun 10am-4pm	Carnforth: 0345 677 9837
Sainsbury's	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 Sainsbury's Local open as normal with no restrictions	Lancaster: 01524 388488 Morecambe: 01524 892800
Asda	Lancaster & Morecambe: General opening 8am-10pm Mon-Sat, 10am-4pm Sun Priority Access to NHS workers, Care Home workers and Carers - Mon & Wed & Fri 8-9am and Sun 9-10am (browsing only)	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-10pm 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 Now also delivering a selection of store-cupboard food boxes	01524 64712 <a href="https://www.marksandspencer.com//gifts/food-boxes#intid=FTO_dlp_hero_050520_1_txt_food%20boxes">https://www.marksandspencer.com//gifts/food-boxes#intid=FTO_dlp_hero_050520_1_txt_food%20boxes</a>
<b>Local shops/ businesses</b>		
Gills Pantry, <b>Bare Lane</b>	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 Facebook: Gills Pantry
Seaborn Road Store, <b>Bare</b> - Londis	Home deliveries to local Bare area of papers and all groceries - elderly and vulnerable only please	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	Free Local Deliveries, shop now open all day on Mondays, see Facebook for offers	01524 32250 Gregory Williams Butchers	Facebook:
Cornvale Fine Foods	Home delivery of groceries, meat and fresh produce (fruit, salad, veg). On-line ordering or order forms can be found on the website, open 8am-4pm, currently delivering to LA1 to LA11. Order process/boxes also on Facebook post of 14th June.	015242 22420 sales@cornvalefoods.co.uk Cornvale Fine Foods <a href="https://cornvalefoods.co.uk/">https://cornvalefoods.co.uk/</a>	Facebook:
Wiltshire Farm Foods	National frozen meals home delivery company, priority helpline for the Extremely Vulnerable	0800 077 3100 <a href="http://www.wiltshirefarmfoods.com">www.wiltshirefarmfoods.com</a> Dedicated phone line for those contacted by the NHS as Extremely Vulnerable ONLY - 0800 046 5614	
Oakhouse Foods	National deliverer of frozen foods	0330 031 7705 <a href="https://www.oakhousefoods.co.uk/">https://www.oakhousefoods.co.uk/</a>	
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. Online ordering.	01524 958476	<a href="http://www.althamsbutchers.co.uk">www.althamsbutchers.co.uk</a>
<b>Brookhouse</b> Store & Post Office	Contact the shop if you need a home delivery (Brookhouse only).	01524 770544 07405 189369 or 07540 538694	Text:

Bare Lane News	Newspaper deliveries to home or business (Bare, Torrisholme, Morecambe areas).	01524 410662	
Dewlay Cheese	Stay at Home cheese boxes, small £15 up to family sized £50, next day delivery, pay online. Shop open Mon-Fri 9.30am-4pm	01995 602335 www.dewlay.com	
Single Step	NOW RE-OPENED with amended hours, Mon - Sat 12noon - 5pm & open until 7pm on Thursday. Vegetarian not for profit COOP. Online shopping via the website.	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.	0800 612 7225	www.parsleybox.com
Chefs Catering Northwest	Home delivery & collection of hot food, buffet lunches and afternoon teas throughout Lancaster/Morecambe and surrounding areas.	07584 855036 Facebook: Chef's Catering Northwest enquiries@chefs catering-northwest.uk	Email:
Londis, Slyne	Local home deliveries, text to order, cash only.	07586 769158	
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 Billyseggs123	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.	<a href="https://shop.whitewellsltd.co.uk">https://shop.whitewellsltd.co.uk</a>
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 <a href="https://www.miamio.co.uk/home-delivery">https://www.miamio.co.uk/home-delivery</a>
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 784198	01524
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 410589	01524
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 Filbert's Bakery	Facebook:
Hilltop Cakery - Heysham	Specialises in creating gorgeous bespoke cakes for every occasion - delivery available	Facebook: Hilltop Cakery - Heysham 07917 196727	
<b><i>Restaurants / Takeaways / Alcohol</i></b>			
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 Port of Lancaster Smokehouse	Fresh fish and meat deliveries (free delivery if local).	01524 751493 <a href="http://www.lancastersmokehouse.co.uk">www.lancastersmokehouse.co.uk</a>	

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: <a href="mailto:sales@lancasterbrewery.co.uk">sales@lancasterbrewery.co.uk</a>
Aspect Bar & Bistro	Takeaway Afternoon Tea & Bistro Menu - 7 days a week & the Easter Weekend. Order before 5pm for next day delivery	<a href="http://www.bfhotels.com/aspect-cocktail-bar-bistro/">http://www.bfhotels.com/aspect-cocktail-bar-bistro/</a> 01524 416404
Accidental Brewery	Operating a local home delivery service, Thurs - Sat	Facebook: Accidental Brewery <a href="https://shop.accidentalbrewery.com/">https://shop.accidentalbrewery.com/</a>
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 <a href="https://farpaviliononline.co.uk/">https://farpaviliononline.co.uk/</a>

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.	<a href="https://www.plough-galgate.co.uk/">https://www.plough-galgate.co.uk/</a> Facebook: The Plough Country Pub & Dining Room 01524 751337
Royal King's Arm's 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 <a href="https://atkinsons-fishchips.co.uk/">https://atkinsons-fishchips.co.uk/</a> 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	<a href="http://www.gourmettogo.co.uk/">http://www.gourmettogo.co.uk/</a> 01524 831056 Facebook: The Blue Mountain Restaurant and Bar
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 <a href="https://www.wallingshomedelivery.co.uk/">https://www.wallingshomedelivery.co.uk/</a> 01524 791100

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 mialtaliamanager@yahoo.com	01524 email:
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 Middy-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
The Hest Bank Inn	Open for take away freshly cooked meals. Call to pre-order or just pop in. Cash payments only. Daily specials available, sample menu on Facebook Mon-Thurs 12-2pm & 4-6pm Fri, Sat, Sun 12-6pm	Facebook: Hest Bank (Lancaster) 918308	01524
Secret Bistro, Morecambe	Bistro food delivered to your door, Fri & Sat 5-9pm - see Facebook for menus & current opening, order via Facebook Messenger. £3 delivery	Facebook: Secret Bistro	

The Manor Tea Room, Lancaster	Afternoon Tea for 1 or 2 on Saturdays & Sundays, order before 12pm Friday via Facebook. Collect on the day between 11am-12noon or free delivery within 2 mile radius from 12-2pm. £2 delivery charge to other areas.	Facebook: The Manor Tea Room
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	<a href="https://www.lancasterguardian.co.uk/news/list-businesses-and-food-and-drink-delivery-services-lancaster-and-morecambe-still-open-public-during-coronavirus-lockdown-2548637">https://www.lancasterguardian.co.uk/news/list-businesses-and-food-and-drink-delivery-services-lancaster-and-morecambe-still-open-public-during-coronavirus-lockdown-2548637</a>

\* 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.