

Directory of Community Support for South Lakeland

COVID-19 EMERGENCY SUPPORT HELPLINE

Only for people at high risk of becoming seriously ill as a result of COVID-19, who do not have support available from friends, family or neighbours and are struggling for food, medicines or other essential supplies.

0800 783 1966 or **COVID19support@cumbria.gov.uk**

Full details can be found online at cumbria.gov.uk

Provided by Cumbria County Council and partners including District Councils, CVS, Cumbria Community Foundation, community and voluntary sector, and private sector.



SUPPORT EACH OTHER
#TogetherWeCan

This is the first edition of a weekly updated directory of community support, aiming to give information and details of local business contacts during these challenging times.

Issue 1

Area	Company	Whats on Offer	How to Contact
Ambleside	Ambleside Fish & Chips	Free fish & chips delivered to door for any over 70 living in Ambleside who is self-isolating	07775121914
	Food Bank	The foodbank is open on Tuesdays and Thursdays from 11am – 1pm at the Ambleside Parish Centre. Fresh food has been donated and is available to collect from the foyer at Ambleside Parish Centre on those days. Books and toys are also available.	01529 434172
	Granny Smiths	Groceries - may be able to offer a limited click and collect service while stocks last - ring for details.	01539 433145
	Shake, Waffle & Roll	Afternoon tea deliveries Saturday & Sunday. Cut off day for orders is Thursday	07528 756739
	Spar	Groceries - home delivery available but limited slots. In store shopping available.	01539 433127
	FW Garside Family Butchers	Starting a new home delivery service, free for orders over £20. Call to order and be given a delivery time. Will deliver to Ambleside, Grasmere, Langdales.	01529 432211
	Tesco Express	Groceries - may be able to offer a limited click and collect service while stocks last - ring for details.	0345 610 2810
Arnside	Bullough's Londis	Home deliveries, need to set up account with details such as name, address and telephone number and send to email. Once done phone 01524 761977 to order.	01524 761977
Beetham	Beetham Nurseries	Compost, plants, gifts, garden furniture and BBQ's. enquiries@beethamnurseries.co.uk https://www.beethamnurseries.co.uk	015395 63630
Bowness on Windermere	Restaurant Roadsters	Homemade ready meals - 2 x 2 courses for £10.95 or 2 x 3 courses for £12.95. Also available for are fruit & vegetable boxes, free range eggs, pasta, rice, tinned food. Order the day before for next day delivery.	01539 724322 or 07935 469628

Burton in Kendal	Chippy Van	Wednesday Burton In Kendal, Main Street Levens order and pay by card on line	www.chippyvan.co.uk
Carnforth	Creative Seafoods	Fresh fish and shellfish - will deliver locally - ring for details.	07501 967000
Coulton & Bouth	The Hazelmere	Delivering bread, cakes and ready meals to Finsthwaite and Lakeside on Mon, Wed and Fridays.	015395 32972
	Fletchers	Groceries taking orders over the phone for later collection	015395 32518
Crossthwaite	Punchbowl Crosthwaite	Pub menu, wine & mint drinks. Takeaway & Delivery daily from 2pm-7pm Order before 12pm daily online or from 12pm daily by phone (please don't leave any orders on the answer machine.)	01539 560267
Duddon	Manor Arms	Cider and Wine Home Delivery for Broughton in Furness residents only 2 nd Wednesday, minimum order £5	01229 716286
	Broughton Village Bakery	Home delivery bread and other food items every day, Ulpha deliveries on a Tuesday. Delivery charge may apply depending on location please call between 8.am - 12noon to place order	01229 716284
Endmoor	Endmoor Bakery	Freshly made sandwiches, bread, pies, cakes etc - free delivery to Endmoor area, minimum order £10. Collection in store - pre order especially for bulk orders. Ring for details.	01539 567559 or email clive-jane@hotmail.co.uk
	KT Coaches	Van and man/woman to fetch, carry, collect or deliver Mon to Fri free of charge for those in need	07585808123
Grange	Grange Bakery	Grange area only delivery of bread, cakes, rolls, ham, sandwiches etc. 015395 36802 bakery@grangebakery.co.uk	01539559058
	Beetham Nurseries	Delivery service for gardening equipment and plants	015395 63630
	Higginsons Butchers	Home delivery service for LA11 Postcodes Tues/Fri min order £25	015395 34367

	Hampsfell House Hotel	Meal delivery service – enquiries@hampsfellhouse.co.uk	015395 32567
	Tim Horsfall	Fresh milk, organic milk, hen's eggs, butter, juice and cream	015395 33916
Grasmere	Co-Op	Foodbank for donations in store	01539 435229
	Sam Read - Bookseller	Free local deliveries and post further afield.	01539 435374 info@samreadbooks.co.uk
	The Yan at Broadrayne	Farm eggs at bottom of drive. Donation box for Great North Air Ambulance.	
Helsington	Local Butcher	Local delivery of sausage, bacon, pork events and cuts	
Holme	KT Coaches	Van and man/woman to fetch, carry, collect or deliver Mon to Fri free of charge	07585808123
Kendal	Aldi	<ul style="list-style-type: none"> NHS, Police, Fire Service priority access every day on showing an ID Card plus early access on a Sunday (30 minutes early) Open 30 mins early Mon – Sat for elderly (over 70) and vulnerable for browsing only. Online delivery (non-food) timeframe extended from 3-10 days 	
	Asda	<ul style="list-style-type: none"> Volunteer Shopping Card – contactless, safe and secure way for someone to shop for a vulnerable person with a limit of £150. Go to asda.com/volunteercard to sign up. Dedicated hours for NHS workers are Sundays 9.00 – 10.00 am Dedicated hours for older and vulnerable shoppers are Mondays, Wednesdays and Fridays from 9.00 – 10.00 am 	
	BID	Shopappy website for orders from variety of shops in Kendal and deliveries via Lakeside Taxis	0755 4994 585

B & M Retail	<ul style="list-style-type: none"> • Cannot take payments over the phone, would need to be in-store. • Items would need picked by CCC / Volunteer no staff availability to pre pack. 	
Castle Stores	All manner of essentials - taking order for pickup. Not delivering but have installed 'screening' to shield and protect customers. Contactless payment only.	01539 725620
David Willan	All manner of essentials - ring for details	01539 726555
Joshua Tree Bistro	Meals on wheels/frozen wheels. Deliverys Mon Wed Fri Kendal & Arnside. Payment by card or bank transfer, Minimum order £10 Kendal, £15 Ambleside.	01539 737223
Lakes Speciality Foods	Meat and Cheese - Free delivery throughout Kendal, The Lakes and beyond. Order before 12pm for next day delivery.	01539 822713, 07528 094538, 07467 940260
Momma's Foods	Quality frozen main meals and puddings, made for pubs and restaurants but now available in the community - includes veggie and vegan. Delivery £3 (free for over £50 spent). Min order £30. Kendal Monday Thursday, Kirkby Lons. and surrounding Wednesday, South Lakeland Friday. Payment by cash, cheque or bank transfer.	01539 734746
Morrisons	<ul style="list-style-type: none"> • Extending home delivery service • Working with Marie Curie and CLIC Sargent Charity shops – shopping for vulnerable • clients, helping at checkouts, taking items to charities and foodbanks • National Health Service Hour - Monday-Saturday 7-8am .Need NHS ID 	
M & S	<ul style="list-style-type: none"> • Vulnerable and elderly priority 8.30-9.30am on Mondays and Thursdays 	

	<ul style="list-style-type: none"> NHS/H&S care workers first hour of each day Tuesdays 8.30-9.30am and Fridays 8.00 - 9.00am 	
Penningtons Spirits	Local vodka and gin	www.penningtonspirits.com
Riverbank Catering	3rd April - would like to offer support/packed lunches for children entitled to free school meals	rbhcatering@googlemail.com
Sainsburys	<p>Emailing the vulnerable people identified by Government to give them priority access to online services.</p> <ul style="list-style-type: none"> Expanding number of online/click and collect slots. Mon, Wed, Fri 8-9am dedicated to elderly, disabled, carers Mon-Sat 7.30-8am dedicated to NHS staff and social care workers. Need NHS ID Asking for only one adult per household to do the shopping Allowing local groups to buy extra for the vulnerable. They do not currently take payment over the phone. 	
Shakespeare Inn	5 empty en-suite rooms available during this period of lockdown and would like to offer them to NHS staff, Police or other key workers who feel unable to travel long distances or fear infecting their loved ones.	01539 724069
Watson and Woollard Butchers	Meat - Some local delivery available - ring for details.	01539 720198
Kendal Fish & Seafoods	Will deliver. They will take order and card payment over the phone.	01539 729888
Staff of Life	<p>Free Delivery to Kendal & Local Radius</p> <p>Artisanal loaves.</p>	01539 738606 staffoflifekendal@gmail.com

	Collection Monday, Wednesday, Friday & Saturday 9am-11am Orders taken by phone, email & messenger only. Bank payment preferred to cash	
Lovingly Artisan	Artisanal loaves Collection only - Kendal Plumgarths	01539 736664 or www.caterite.co.uk
Little Miss Bakery	Bread loaves & buns, cakes, scones. Free delivery Tuesday & Friday Please email, call or Facebook message to place your order by 12pm Monday for a Tuesday delivery or 12pm Thursday for a Friday delivery.	01539 736934 or email thelittlemissbakery@hotmail.com
Rinaldo's Speciality Coffee & Tea	Free delivery to Kendal & 5 Mile Radius. Free takeaway hot drinks for all NHS Staff. Free takeaway hot drinks with any purchase of a bag of our coffee or tea.	07947 093226
Heartwood Poultry	Free range chicken, chicken portions & chicken sausage all produced & reared on our farm. Payment over the phone. No minimum order. Please email or call to arrange delivery to Kendal, Endmoor, Levens & Milnthorpe. Other areas by arrangement	07798 538789 or email knipes.milk@btinternet.com
Plumgarth's	Meat, fruit & veg, jarred items, dairy, frozen pies. Collection brought to car. Delivery of meat box Payment over the phone	01539 736300
Another Weigh	Cereals, pulses & legumes, grains, nuts & seeds, dried fruit, herbs & spices, store cupboard, snacks, cleaning cupboard, toiletries, household plastic alternatives.	01539 721144 or email anne-marie@anotherweigh.uk

	Takeaway & Delivery Tuesday - Saturday 10am-3pm Orders (whether for collection or delivery) will be prepared in paper bags. If you're collecting an order, you'll be given a specific time to come. Payment can be made by contactless at the door. Orders for delivery can be paid over the phone	
David William Food Hall	Hot & cold food, fresh & frozen food, (subject to availability). Payment over the phone.	01539 736555 or 07850 884051 (Stephen)
Heron Hill Spar Shop	Grocery & newspaper products Taking orders over the phone, which will be boxed ready to collect. Payment by cash only in an envelope. It would help if you are able to put orders in on Mondays & Wednesdays where possible	01539 723375
Premier Lakes Movies	Convenience store selling fresh & grocery produce, alcohol & tobacco. Free delivery daily, until 5pm or collection Monday Wednesday 7:30am-10pm, Thursday-Saturday 7:30am-10:30pm, Sunday 9am-10:30pm. Payment over the phone	01539 729748 Call to place an order or message the Facebook page.
Sandylands Spar Shop	Grocery & newspaper products. Collection Taking orders over the phone, which will be boxed ready to collect. Payment by cash only in an envelope. It would help if you are able to put orders in on Mondays & Wednesdays where possible	01539 720909
Dobsons Fruit & Veg Shop	Fruit, veg & eggs. Kendal Collection or free delivery Monday Saturday Order before 3pm for next day delivery. Stock availability changes, so please call for details. Payment by BACS (or cheque if absolutely necessary but BACS preferred.) If you are visiting the shop, please be considerate as it is small, so wait outside at a safe distance for your turn.	01539 731208

Kendal	Paul Newton Milkman	Milk, Cream, Some juices,yoghurts and vegetables as available	paul.milkman@hotmail.com
	Stephen Cross	Milk, yoghurt, cream, potatoes Changes to orders are done by phoning & leaving a message.	07776 197457, 01539 732741 or email stephencrossdairy@gmail.com
	Sandylands Post Office	Newsagent, Post Office, small selection of basic groceries, cash machine Post Office 9-5:30 Shop from 6am	01539 723284
	Rinkfield Post Office	Newsagent, small selection of basic groceries, 8:30-12:30 Monday - Friday	01539 738016
	Green Road Newsagents	Newsagent, small selection of basic groceries,	01539 721976
	JD Pets (Kendal Indoor Market) Delivery Only	Pet supplies. Delivery Free delivery, cash payments. You can leave it outside when I'm on my way & then everything is done safely.	07964 951568
	Lake District Raw	Raw pet food & natural treats. Delivery Monday Friday, but will try to accommodate outside this if needed. Free delivery over £30 Payment online through PayPal or card.	07931 347761
	Merely Marvellous	Homemade pet food. Order anytime, baking days Monday Wednesday.	merelymarvellous@gmail.com Visit www.lakedistrictraw.c

		o.uk for more information.
Pets At Home	<p>Pet supplies as normal, but no animals currently being sold – Vets only doing emergency procedures-Grooming Parlour Closed</p> <p>Online delivery from www.petsathome.com. Store open Monday-Saturday 9am-6pm, Sunday 10am-4pm</p>	0345 600 9577
WCF Pets & Equestrian	<p>Pet supplies from dog & cat food to leads collars, dog crates & beds, cat litter, horse feed, mucking out equipment, hen & farm feed, including goat, pig, sheep, lamb milk replacement & more. Kendal Collection only, Monday-Friday 9am-5pm, Saturday 9am-1pm</p>	01539 723684
Beans & Lentils	<p>Freshly prepared, nutritious dishes designed to be popped straight into your freezer, oven or microwave.</p> <p>Delivery Monday Wednesday & Friday, 2-5pm Contactless card payment preferred</p>	07469 244067
Eastern Balti –Indian Restaurant	<p>Collection 5pm-11pm, Delivery 5pm-10:45pm Where possible, please order online for contactless payment</p>	01539 724074
Joey's Cafe	<p>No minimum meal order required. Each meal is £15 & will serve up to 4 people. Or buy 4 meals for £50. Meals will arrive cooked & chilled so all you have to do is reheat when you need it or refrigerate/freeze. Our menu changes weekly</p> <p>Kendal Delivery for £3 or free for orders over £15, Tuesday Saturday 3pm-7pm</p>	<p>Text on 07775 735753 or direct message by 3pm the day before you want delivery</p>

Banilla Bakery Vegan Cakes	Vegan brownie boxes, cake jars, cupcakes. All products use natural ingredients. Gluten & soya free options are also available on request. Free non-contact delivery.	07706 381797 or email banillabakery@gmail.com
Kendal Meat Company	Fine meats, cheese & butter, & eggs. We are now also able to supply mixed fruit & veg boxes from Greenbanks of Kendal. The contents of these boxes will vary each week. Available to order online now for £13 Limited home delivery to Kendal LA8 & LA9 Delivery only, Tuesday-Friday. Please visit our website to place your order. Payment taken online	www.kendalmeatcompany.co.uk
Low Sizergh Barn	We have homemade frozen ready meals and puddings, a veg delivery every day, local eggs, local bread, groceries & milk on tap	01539 560426 or email shop@lowsizerghbarn.co.uk
Shaar Dixon	Whole foods & supplements. Also providing a cycle courier service for anything needed from anywhere else.	07787 133864
Heron Pub	Pub menu (Burgers, Chilli, Lasagne, Quiches, Chicken Nuggets, Fries.) Takeaway daily, 2pm-6pm	01539 737571
Stramongate Fish Shop	Fish & Chips - Delivery only, Monday Wednesday 5pm-8pm, Thursday-Saturday 5pm-9pm. Delivery charges will be £2.50 for orders under £25, free for orders over £25	01539 723152
Restaurant Roadsters	Homemade ready meals - 2 x 2 courses for £10.95 or 2 x 3 courses for £12.95. Also available for are fruit & vegetable boxes, free range eggs, pasta, rice, tinned food. Order the day before for next day delivery.	01539 724322 or 07935 469628

	Station Inn Oxenholme	Pizzas & pub meals. Also, if you have a clean empty milk carton then we can fill that up with beer. Takeaway only, daily from 12pm-9pm	01539 724094
	Thai Kitchen	Restaurant menu (Thai.) Takeaway only Thursday - Friday 12pm-2pm & 5pm-9pm, Saturday 5pm-9pm	07768 808249
	Waterside Cafe	Vegetarian & vegan quiches, curries, savoury baklavas, salads, hummus, cakes, bars, flapjacks & pastries. Wednesday & Saturday. Delivery over £20 free	01539 729743
	Lakeland Mobility Services	Walking aids, daily living aids, bathing aids, bed & chair care, household & kitchen aids, incontinence aids, prescription items. Non-contact deliveries, free of charge	01539 734600 or email sales@southlakesmobilityshop.co.uk
	Iceland	Dedicated shopping for elderly customers for the first hour of opening daily.	01539 733421
Kikby Lonsdale	Kitridding Farm	Lamb, beef, pork, sausages, baking. Will deliver, or pick up orders from the Farm Shop. Ring for details.	01539 567484
Kirkby Ireleth			
Langdale	Co-Op	All manner of essentials - delivery may be available for those living in the Langdale area. Ring for details. While stocks last.	01539 437260
Levens	Levens Village Shop	Free home delivery service for those unable to visit the shop - ring for details.	01539 437260
	Levens Village shop	Home deliveries, minimum order £10	01539 560275
Milnthorpe	Houghtons	Support with metal manufacturing or provision of animal transport	015395 63347
	KT Coaches	Van and man/woman to fetch, carry, collect or deliver Mon to Fri free of charge	07585808123

	Whats going on FACEBOOK	Motorcycle collection/delivery for prescriptions or urgent packages, free of charge	01539 63405
	Booths	Limited delivery service for the vulnerable Mon/Fri from 8.30am - 4.30am, need to live within 3 miles of the store	08002218086
Sedbergh	Dalesman Country Inn	8am - 11pm daily, delivery and takeaway services available.	01539 621183
	JMP Food Services, LA10 5HQ	8am - 5pm Mon - Thu, 8am - 4pm Fri. Delivery and takeaway service available - to Kendal, Kirkby Lonsdale, Sedbergh, Dent and Garsdale. Minimum order £30 for home delivery. Card payment only.	01539 620296
	Martin Powell Greengrocer, 52 Main Street,	British and imported fruit and vegetables. Fresh salads and produce from local growers. Specialist suppliers to retail and catering trades. Prepared vegetables for caterers. Monday to Saturday 7:00am-5:15pm, Mon - Sat. Delivery service available.	01539 620304
	Rycroft Ironmongers, 89 Main Street,	Ironmongery, hardware, camping and calor gas, pet food and accessories, dry cleaning agents. Mon - Fri, 9:00am - 5:00pm, Sat 9:00am - 1:00pm. Delivery service available.	01539 620420
	The Red Lion, 1 Finkle Street	Old village pub dating back to the 1800s and renowned for tasty home-cooked food, local ale and friendly atmosphere. Tue - Sat, Noon - 3pm and 5pm - 11pm. Sun noon - 9pm. Food available noon - 3pm and 5:30pm - 8pm. Delivery and takeaway service available.	01539 620433
	William Peat Butchers and Deli, 2 Finkle Street	Mon - Sat, 7:00am - 5:00pm, delivery service available	01539 620431
South Lakeland	Blue Cooling Limited	Offering Chilled Storage facilities (via Tim Farrons office)	07528 788647

Booths (Kendal, Milnthorpe, Ulverston, Windermere	<ul style="list-style-type: none"> • Priority shopping for NHS, police, fire service, army, social care workers, teachers and Booths colleagues – Mon-Sat 7-8am and 8-9pm (7-8pm Kendal). Sunday 9-10am browsing hour • Vulnerable persons checkout allowing friends, relatives and volunteers to shop for them and go to a set checkout where the store will ring the person at home who can pay for the shopping. There is a limit of £100 on this service • Launching a new next day Click + Collect service. Minimum spend £30 + £2 delivery charge. Charge for paper bags, 20p • Home delivery service for people isolating, up to 3 miles radius Monday to Friday only. Call 08002218086 Mon-Fri 8.30-4.30pm to place an order. https://www.booths.co.uk/home-delivery/ No delivery charge. Next day delivery aimed for. Delivery team will leave bundle at door and wait for an answer before they leave. 	08002218086
Caterite Food & Drink Services	Offering Priority Food Distribution Service to Key Workers	017687 760000
Cornvale Fine Foods	Meat, fruit, veg, milk, bread - delivery to Kirkby Lonsdale Mon - Saturday. Delivery to South Lakes Tuesday and Thursday. Pay over the phone.	01524 222420
FW Garside Family Butchers	Starting a new home delivery service, free for orders over £20. Call to order and be given a delivery time. Will deliver to Ambleside, Grasmere, Langdales.	01529 432211
Lakeside Taxis	Offering to deliver prescriptions in South Lakes area	015394 88888
Nutricare Kendal	Accepting Healthy Start vouchers as payment	ross.mcmahon@kendalnutricare.com

	Pioneer Food Services	Offering Priority Food Distribution Service to Key Workers	01228 532474
	Sillfield Farm	Pork, wild boar, game	01229 830956
	Tesco Express – Kendal, Windermere, Ambleside	<ul style="list-style-type: none"> The 3 Tesco Express stores in South Lakeland are not generally following the same practises as the main supermarkets regarding dedicated slots for vulnerable groups or key workers Bags of Help is Tesco’s local community grant scheme where the money raised by the carrier bag charge in Tesco stores is being used to fund thousands of community projects. The projects must meet the criteria of bringing benefits to the community. Grants of up to £2,000 are available see https://tescobagsofhelp.org.uk/tesco-community-grants/ 	
Staveley with Ings	Spar	Will take orders and payment over the phone to enable volunteers to collect or will deliver Will also take orders for Haytons	01539 821423
	Haytons Butchers	Meat box delivery only at present, for £20, containing: 400g stew, 400g mince, 8 sausages, 8 rashers of bacon, 4 pork steaks, 4 chicken fillets.	01539821363
	Lakes Local Ings	Offering delivery service to those in need	01539821375
	Lakes SF	meat and cheese including vegan cheese offering delivery service to those in need	01539 822713
	Lakeland Farm Visitor Centre	Offering delivery service to those in need - minimum order	07503 054762

	Kimi's Artisan	Gelato will deliver	01539821485
	Café Ecléc	Will deliver cakes, breakfast and meals	01539821393 or 07709926080
	Chad Tremble Dairyman	Can't deliver to Ings sorry	0787501267 or chadtrembledairyman@hotmail.com
	Mr Duffins	Artisan Coffee Roasters – order and collect from the shop	07982916463
Ulverston	Foodbank	Ulverston food bank opening hours have been reduced to Monday, Wednesday, Thursday 11.am – 1.pm.	https://barrow.foodbank.org.uk/category/ulverston/
	Various shops	Ulverston Town Council has compiled a list of Ulverston Businesses with telephone numbers, who will deliver to your door. This will not be an exhaustive list, if the shop you want is not listed, please do telephone them to enquire. Customers can pay over the phone to individual shops This list will be updated regularly and is available on line	01229 585778 admin@ulverstoncouncil.org.uk
Windermere	Sainsburys	<ul style="list-style-type: none"> • Mon, Wed, Fri 8-9am dedicated to elderly, disabled, carers • Mon-Sat 7.30-8am dedicated to NHS staff and social care workers. Need NHS ID • Asking for only one adult per household to do the shopping • Allowing local groups to buy extra for the vulnerable. They do not currently take payment over the phone 	
	Foodbank	Open on Wednesdays and Fridays at The Methodist Church Basement, Main Road, Windermere. Details can be found at: https://windermeredistrict.foodbank.org.uk If in crisis, you should ring the emergency telephone numbers 01539 422569 or 07789 728811 when arrangements can be made to deliver	01539 422569 or 07789 728811

	food parcels. Enquiries can also be made to admin@amblesidepc.org.uk	
Windermere Manor Hotel	Offering accommodation for NHS Staff or people leaving hospital who can't go home	01539 445801
McClures	Call and collect service. Minimum order £15. Payment by card over the phone.	01539 442636 before 5pm, option 1.