

Information and key contacts in your area

Allerdale

Support from Local Community & Third Sector Groups

Area	Group	What's on offer?	How to Contact
Allerdale	Allerdale Area CV-19 Support Group	Facebook support group for local residents to offer support to each other. facebook.com/groups/497660480898448/	Via Facebook
Allerdale	Together We	Together We are offering mental health support, counselling and low intensive CBT and exercise interventions. Anyone can refer by calling 08081 961 773, emailing referral@togetherwe.co.uk or texting 07969497258.	Tel: 08081 961773 Text: 07969 497258 Email: referral@togetherwe.co.uk
West Cumbria	West Cumbria Covid-19 Mutual Aid	Facebook support group for local residents to offer support to each other. facebook.com/groups/641606456669395	Via Facebook
West Cumbria	Age UK West Cumbria	Age UK are providing support, information and advice via a telephone helpline to adults 55 and over. Contact 01900 233153 or 01900 233154 Mon-Fri 9-4 to speak to Age UK. Age UK will deliver free of charge an essential parcel of groceries. The groceries cost £10 but delivery is free. Payment either via card over the phone or cash on delivery. Contact 01900 844670 to arrange delivery.	Helpline: 01900 233153/4 Delivery: 01900 844670
Aspatia (Hayton)	Hayton Independent Support Group	Support includes telephone befrienders, collections and deliveries from food banks, shopping, dog walking, gardening, taking out refuse.	Phone: 016973 22712 Email: therbert@globalnet.co.uk
Aspatia (Plumbland)	PlumblandHelp Facebook Group	Facebook support group for local residents to offer support to each other. facebook.com/groups/PlumblandHelp/	Via Facebook
Cockermouth	Cockermouth Emergency Support Group (CERG)	Support includes collections and deliveries from food banks, shopping and dog walking.	Phone: 07852 599794 Shopping line: 07517519377 Email: admin@cerg.org.uk
Cockermouth	Cockermouth COVID-19 Mutual Aid Group	Facebook support group for local residents to offer support to each other. facebook.com/groups/1369318873253390	Via Facebook
Cockermouth	Cockermouth Linking Lives	For telephone befriending support in the community.	Phone: 07957 515140
Cockermouth (Sunderland)	Sunderland Neighbours Localised Support Group	Support includes telephone befrienders, collections and deliveries from food banks, shopping, dog walking, taking out refuse.	Phone: 016973 22357 or 07714 234733 (text or call)
Cockermouth (Melbreak)	Melbreak Communities Localised Support Group	Support includes telephone befrienders, collections and deliveries from food banks, shopping, dog walking, gardening, taking out refuse.	Phone: 01900 85708 or 07785981934 email: carolynmarydavis@gmail.com

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Keswick	Keswick Community Emergency Recovery Localised Support Group	Support includes telephone befrienders, collections and deliveries from food banks, shopping, dog walking, and taking out refuse.	email: keswickvolunteers@gmail.com
Keswick (Braithwaite)	Braithwaite Volunteers Localised Support Group	Support includes telephone befrienders, collections and deliveries from food banks, shopping, dog walking, and taking out refuse.	Phone: 01768 753119 Email: braithwaitevolunteers@gmail.com
Maryport (Allonby)	Allonby Parish Council Localised Support Group	Support includes telephone befrienders, collections and deliveries from food banks, shopping, dog walking, gardening, taking out refuse.	Phone: 01900 881216 Web: info-allonby-pc.org.uk
Maryport (Allonby)	Allonby News Facebook Group	Facebook support group for local residents to offer support to each other. facebook.com/groups/821482351279056/	Via Facebook
Maryport (Flimby)	Flimby COVID-19 Mutual Aid group	Facebook support group for local residents to offer support to each other. facebook.com/groups/622192868344124/	Via Facebook
Maryport (Flimby)	Flimby Community Vulnerable Persons Group	Facebook support group for local residents to offer support to each other. facebook.com/groups/545282559432075/	Via Facebook
Silloth	Silloth Rotary	Support includes telephone befrienders, collections and deliveries from food banks, shopping, taking out refuse	Phone: 07513 500741
Silloth	Bowness Community (BCG) C19 Support Group	Support includes telephone befrienders, collections and deliveries from food banks, shopping, dog walking, gardening, taking out refuse.	Phone: 016973 51426 or 07969 255488
Wigton (Blencogo)	Blencogo Local Support Group	Support includes telephone befrienders, shopping, dog walking, and taking out refuse.	Phone: 016973 61017 or 07443 603449 Email: garybickley130@hotmail.com or becky@blake5.org.uk
Wigton	Wigton Community Emergency Response Group	Support includes telephone befrienders, collections and deliveries from food banks, shopping, taking out refuse.	Email: wigtontown.council@btconnect.com
Wigton Boltons, Caldbeck, Ireby, Rosley, Westwards, area)	Northern Fells Group	For support in the community including picking up shopping, posting mail, collecting medications, delivering takeaway meals, dog walking, help and support, buddy scheme, benefits or business advice in the Northern Fells Area	Phone: 07874 241604 or 016974 77196 Email: gillian.skillicorn@northernfellsgroup.org.uk

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Workington	Workington Community Emergency Response Group	Support includes telephone befrienders, collections and deliveries from food banks, shopping, taking out refuse.	Contact Local Street Warden or Phone: 07950 119228 Email: wcerg@outlook.com
Workington	St Paul's Church Localised Support Group	Support includes telephone befrienders, collections and deliveries from food banks, shopping, taking out refuse.	Phone: 07707 500107 Email: ian.grainger66@btinternet.com
Workington (Moorclose/South Workington)	Moorclose Community Centre / South Workington Youth Partnership	Support includes telephone befrienders, collections and deliveries from food banks, shopping.	Phone: 07713 864850 Email: swyp@hotmail.co.uk
Countywide	COVID-19 Mutual Aid UK	Covid-19 Mutual Aid UK is a group of volunteers supporting local community groups organising mutual aid throughout the Covid-19 outbreak in the UK.	Website: covidmutualaid.org
Countywide	Cumbria Lake District COVID Awareness	Facebook support group for residents to offer support to each other. facebook.com/groups/Cumbria.Covid19.Awareness	Via Facebook
Countywide	Mindline Cumbria	Mindline Cumbria is providing support, information and guidance for people who are facing mental health issues or caring for those who might be in difficulties. Contact via telephone Mon-Fri 12 noon-11.00pm, Sat, Sun and bank holidays 5.00pm-11.00pm. Text service available. Text MIND to 81066. Web chat and email support via mindlinecumbria.org	Phone: 0300 561 0000
Countywide	Royal British Legion	Royal British Legion is providing support to the armed forces communities. Please contact 0808 802 80808	Phone: 0808 802 80808

Support from Local Businesses

Area	Group	What's on offer?	How to Contact
Aspatia	Spar	Services - Groceries and household items. Opening hours Mon-Sat 7.30am-9.00pm, Sun 9.00am-9.00pm. The store closes to allow deliveries to be received in store. Restrictions on numbers of customers in the store at any one time currently 4 customers. Payment method – cards and cash. No delivery service. Cannot take remote payment in store.	Phone: 016973 20333
Aspatia	Co-op	Services - Groceries and Household items. Opening hours Mon-Sun 7.00am-8.00pm. The store closes to allow deliveries to be received in store. Restrictions on numbers of customers in the store at any one time currently 15 customers. Payment method – cards and cash. Deliveries are available but very limited (only 20 items per delivery). Card payment for deliveries. Cannot take remote payment in store.	Phone: 01434 382300
Aspatia	LR and JA Allen	Services – Fuel and groceries. Opening hours Mon-Sun 7.00am-9.00pm. Services – fuel, groceries. Payment method – cards and cash. No delivery service. Volunteers shopping for groceries. This store able to take payment in store via telephone. Please advise store before goods are put through the till.	Phone: 016973 20300
Aspatia	C. Bouch and Son	Services – Groceries and household items. Opening hours Mon-Fri 6.00am-4.00pm, Sat 6.00am-3.00pm, Sun 6.00am-12.00pm. Payment method – cards and cash. No delivery service. Volunteers shopping for groceries. This store able to take payment in store via telephone. Please advise store before goods are put through the till.	Phone: 016973 20252
Aspatia	Shaw Meats	Services- Fresh meat, Eggs, Some cooked meats. Opening hours Thur & Fri 9.00am-5.00pm, Sat 8.00am-12 noon. Payment method – cards and cash. Deliveries throughout Allerdale. Volunteers shopping for groceries. This store able to take payment in store via telephone. Please advise store before goods are put through the till.	Phone: 016973 21111
Cockermouth	Aldi	Services – Groceries and household items. Opening hours Mon-Sat 8.00am-8.00pm, Sun 10.00am-4.00pm. Payment method – cards and cash. Online delivery service for certain products but NOT groceries. Cannot take remote payment in store.	Phone: 0800 042 0800 (central Aldi Contact number)
Cockermouth	Lidl	Service – Groceries and household items. Opening hours Mon-Sat 8.00am – 10.00pm, Sun 11.00am-5.00pm. Payment method – cards and cash. Card is preferred. No delivery service. Cannot take remote payment in store	Phone: 0800 977 7766

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Cockermouth	Sainsburys	Services – Groceries and household items. Opening hours Mon-Sat 8.00am-8.00pm, Sun 10.00am-4.00pm. Mon, Wed & Fri from 8.00-9.00 shopping hour for elderly customers, disabled customers and carers. NHS and social care staff can shop 30 minutes before official opening time Mon-Sat. ID to be shown. Store payment method – cards preferred. Cash via self-checkouts. Online delivery service available – card payments. Priority delivery slots for those vulnerable individuals – Register via gov.uk Cannot take remote payment in store.	Phone: 01900 825694
Cockermouth	Wilkos	Services – Groceries and household items. Opening hours Mon-Sat 8.30am-5.00pm, Sun 10.00am-4.00pm. Payment method – cards and cash. Standard online delivery service is available. Cannot take remote payment in store.	Phone: 0333 005 2968
Cockermouth	Oakhurst Service Station.	Services - Fuel and groceries Opening hours Mon-Sun 24 hours. Payment method – cards and cash. No delivery service. Cannot take remote payment in store.	Phone: 01900 829845
Cockermouth	Coffee Kitchen	Services - Sandwiches, confectionary. Opening hours Mon-Fri 8.00am-1.00pm & 4.00pm-7.00pm (for keyworkers), Sat 8.00am-2.00pm. Providing home deliveries on Mondays, Wednesday and Fridays to people who are isolating in the local area. To place a delivery email: contact@thecoffeekitchen.co.uk	email: contact@thecoffeekitchen.co.uk
Cockermouth	Harrison's butchers	Services - Meats, Eggs, Deli produce. Opening hours Mon-Fri 7.00am-5.00pm, Sat 7.00am-3.30pm. Payment method – cards and cash. Providing deliveries in the local area. Volunteers shopping for groceries. This store able to take payment in store via telephone. Please advise store before goods are put through the till.	Phone: 01900 823164
Cockermouth	Fyne Fishmongers	Services – Fish and seafood deli. Opening hours Mon-Sat 8.30am-4.00pm. Payment method – cards and cash. Local deliveries only to the isolated and elderly in the CA13 postcode. Minimum order £20. Volunteers shopping for groceries. This store able to take payment in store via telephone. Please advise store before goods are put through the till.	Phone: 01900 827814
Cockermouth	County Fruit Store	Opening hours Mon-Fri 7.30am-5.00pm, Sat 7.30am-1.00pm. Payment method – cards and cash. Deliveries Wed-Sat. Fridays out of town. Email for delivery is preferred. If unable to email please ring the store. Volunteers shopping for groceries. This store able to take payment in store via telephone. Please advise store before goods are put through the till.	Phone: 01900 822108 Email: alacock@aol.com
Cockermouth	Caterite	Services – Groceries. Opening hours Mon-Fri 8.30am-midnight, Sat 08.30-2.00, Sun 7.00pm-midnight. Click and collect available for groceries for individual customers. Payment method is card (online). Personal Account does need set up.	Phone: 017687 76000
Cockermouth	Lorton Village stores	Services – Groceries and household items. Opening hours Mon-Fri 9.00am-6.00pm, Sat 9.00am-5.00pm. A phone ordering service is available for locals who are unable to get out. Call 01900 85102 for this service. Restrictions of 2 customers in the store at any one time, due to space.	Phone: 01900 85102

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Cockermouth	Wild Zucchini's	Wild Zucchini's is offering a hot meal delivery service to Cockermouth and the local area.	Phone: 01900 823446
Cockermouth	Barclays Bank	Opening hours – Mon, Tues & Fri 9.30am-1.00pm. Wed 10.00am-1.00pm	
Cockermouth	Cumberland Building Society	Mon-Fri 9.00am-2.00pm, Sat 9.00am-12.00 noon	
Keswick	Booths	Services – Groceries and household items. Opening hours Mon-Sat 8.00am-8.00pm, Sun 10.00am-4.00pm. Key worker hours Mon-Sat 7am-8am & 8.00pm-9.00pm, Sun 9.00am-10.00am. Payment method – cards and cash. A limited phone ordering service for vulnerable and isolating individuals who live within a 3 mile radius of the store is available Mon-Fri. Please call 0800 221 8086 between 9.30am-4.30pm Mon-Fri for this service. Volunteers shopping for groceries. This store has a clearly dedicated checkout for family, friends, and neighbours to use where payment can be made in store via telephone. The spend limit is £100.	Phone: 017687 73518 Deliveries: 0800 221 8086
Keswick	Lakes and Dales Coop	Services- Groceries and household items. Opening hours Mon-Sat 7.00am-8.00pm, Sun 10.00am-4.00pm. Key worker, vulnerable customers and carers shopping hours Mon-Sat 8am-9am, Sun 10.00am-11.00am. Payment method – cards and cash. A delivery service is available but slots are limited. Also taking telephone orders with remote payment. Maximum of 20 items per delivery. Volunteers shopping for groceries. This store able to take payment in store via telephone. Please advise store before goods are put through the till.	Phone: 017687 72688
Keswick	Thomason's Butchers and Deli	Services - Fresh, cooked meats, eggs, deli products. Opening hours Mon-Fri 8.30am-3.00pm, Sat 8.00am-1.00pm. Payment method – Cards and cash. Phone orders are available for collection in store, payment over the phone. Volunteers shopping for groceries. This store able to take payment in store via telephone. Please advise store before goods are put through the till.	Phone: 017687 80169
Keswick	Open All Hours	Services – Groceries and household items. Opening hours Mon-Sun 8.00pm. Payment method – cards and cash. A local delivery service is available for those customers who are self-isolating. Payment by card. Please telephone 017687 75414 to arrange a delivery. Cannot take remote payment in store.	Phone: 017687 75414
Keswick Keswick	Spar High Hill Garage	Services - Fuel and groceries. Opening hours Mon-Sun 24 hours. Hatch service from 10.00pm-7.00am. Payment by cards and cash. No delivery service. Cannot take remote payment in store.	Phone: 017687 72768
Keswick	Spar Derwent Garage.	Services -Fuel and groceries. Opening hours Mon-Sun 7.00am-8.00pm. Payment by cards and cash. No delivery service. Cannot take remote payment in store.	Phone: 017687 72812

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Keswick	Spar Shorley Lane	Services - Groceries. Opening hours Mon-Sun 7.30am- 7.00pm. Payment by cards and cash. Local delivery service available. Cannot take remote payment in store.	Phone: 017687 74870
Keswick	Keswick Mini Market, Market Square	Services - Groceries and newspapers. Opening hours Mon-Sun 8.00am- 4.00pm. Payment by cards and cash. Local delivery service for groceries. Phone or email for delivery. Volunteers shopping for groceries. This store able to take payment in store via telephone. Please advise store before goods are put through the till.	Phone: 017687 73535 Email: rebecca@keswickminimarket.co.uk
Keswick	Bryson Bakery	Services - Bread, cakes. Home delivery only. Ring before 3pm for next day delivery in the local area. Card payment.	Phone: 017687 72257
Keswick	Jan's Lakeland Sandwich shop	Services- Sandwiches, soups and cooked boxed meals. Opening hours Mon-Sat 9.00am-2.00pm. Payment by cards and cash. Local delivery service. Volunteers shopping for groceries. This store able to take payment in store via telephone. Please advise store before goods are put through the till.	Phone: 017687 75220
Keswick	Square Orange	If you live locally to Keswick and qualify for free school meals or are in need then send The Square Orange a Facebook personal message or text to 07967272482 and you will be added to a list to be contacted with details. This service is free. Deliveries will be made between 11.00am and 12.30pm.	Text: 07967 272482
Keswick	Chintys	Services: Fresh produce Inc. eggs, milk, bread, fresh veg, homemade soup, stew. Chintys is closed but are delivering locally. Contact 017687 71110	Phone: 017687 71110
Keswick	The Chalet (mini-shop)	Services: Groceries, ready-made meals. Opening hours Mon-Fri 10.00am-12.00 noon. Payments by card and cash. Deliveries in afternoons to Portinscale only	Phone: 017687 72757
Keswick	Barclays Bank	Opening hours Tues, Thurs & Fri 9.30am-2.00pm	
Keswick	Skipton Building Society	Opening hours Mon-Fri 9.30am-1.00pm, Sat 9.30am-12 noon.	
Maryport	Ellenborough Mini Market	Services – Groceries and household items. Opening hours Mon-Sat 5.30am-6.30pm, Sun 6.30am-6.30pm. Payment method – cards and cash in the shop. Free delivery for the over 70's and those vulnerable and self-isolating. Telephone the shop for more information. Payment is via cash for the delivery service. Cannot take remote payment in store	Phone: 01900 813663
Maryport	Bri-Marg's	Shop is closed but delivery service in place for Fruit, veg, milk and eggs. Orders taken from 9.00am. Payment via card	Phone: 07756 306017
Maryport	Spar Solway Garage	Services – Fuel, groceries and household items. Forecourt open 24 hours for fuel. Shop open for groceries 6.00am-11.00pm, hatch from 11.00pm-6.00am. Payment method – cards and cash in the shop. No delivery service. Cannot take remote payment in store	Phone: 01900 810171

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Maryport	Lidl	Service – Groceries and household items. Opening hours Mon-Sat 8.00am – 10.00pm, Sun 11.00am-5.00pm. Payment method – cards and cash. Card is preferred. No delivery service. Cannot take remote payment in store	Phone: 0800 977 7766
Maryport	B and M Express (Heron's)	Services- Groceries and household items. Opening hours Mon-Sat 9.00am-6.00pm, Sun 10.00am-4.00pm. Payment method – cards and cash. Card preferred. No delivery service. Cannot take remote payment in store	Phone: 0345 603 7300 Email: info@heronfoods.com
Maryport	B and M	Services- Groceries and household items. Opening hours Mon-Sat 8.00am-6.00pm, Sun 10.00am-4.00pm Payment method – cards and cash. Card preferred. No delivery service. Cannot take remote payment in store	Phone: 0330 838 9387
Maryport	Tesco Express	Services- Groceries and household items. Opening hours Mon-Sun 6.00am-10.00pm. Payment method – cards and cash. Card preferred. No delivery service. Cannot take remote payment in store	Phone: 0345 266 9352
Maryport	Mitchells Food and Wine	Services- Groceries and household items. Opening hours Mon-Sun 7.00am-8.00pm. Payment method – cards and cash. No delivery service. Cannot take remote payment in store	Phone: 01900 814853
Maryport	Maryport News	Services – Groceries and newspapers. Opening hours Mon-Sun 5.300am-8.00pm. Payment method – cards and cash. No delivery service. Cannot take remote payment in store	Phone: 01900 812242
Maryport	Cueto's Newsagents	Services – Groceries and newspapers. Opening hours Mon-Sun 5.300am-8.00pm. Payment method – cards and cash. No delivery service. Cannot take remote payment in store.	Phone: 01900 812692
Maryport	Twentymans	Services- Groceries, fresh veg, meat and household. Opening hours Mon –Sun 9.00am-6.30pm. Payment method – Cards and cash. Free delivery service for residents in Allonby and the surrounding area. Cash on delivery. Cannot take remote payment in store.	Phone: 01900 881247
Maryport	Jack's Surf Bar	Services –cooked meals available for collection and delivery in Allonby, Silloth, Aspatria areas. Orders accepted from 4.15pm. Contact Mark on 01900 881088. Payment by card.	Phone: 01900 881088
Maryport	Cottage Pie	Services -Bread, milk, eggs, Pies, Cakes cooked meats. Opening hours Mon-Wed 6.30am-4.00pm, Thu-Fri 6.30am-4.30pm, Sat 6.30am-1.30pm. Deliveries in the Maryport and Dearham area. To over 70's and vulnerable individuals. Ring by 3pm to organise a delivery for the following days. Payment by card preferred but driver can accept cash. Pre-order via phone for collection in shop is also encouraged.	Phone: 01900 817003

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Maryport	Essex garage	Services –Fuel, groceries and household items. Opening hours Mon-Sat 6:00am-10.00pm, Sun 7.00am-9.00pm. Payment method – cards and cash. No delivery service. Cannot take remote payment in store.	Phone: 01900 814374
Maryport	Woody's of Flimby	Services – food delivery. Breakfasts, butties and prepared lunches are available for delivery in the local area. Order via What's App 07453 938452	Phone: 01900 876263
Maryport	Select Convenience Store	Services- Groceries and household items. Opening hours Mon-Sun 8.00am-8.00pm. Payment method – cards and cash. No delivery service. Cannot take remote payment in store.	Phone: 01900 814513
Maryport	TSB Bank	Opening hours Mon, Wed, Thurs 10.00am-12.30pm & 1.30pm-4.00pm	
Silloth	Spar Silloth Street	Services- Groceries and household items. Opening hours Mon-Sat 7.30am-9.00pm, Sun 8.30am-9.00pm. Payment method – cards and cash. No delivery service. Cannot take remote payment in store.	Phone: 016973 31293
Silloth	Coop	Services - Groceries and household items. Opening hours Mon-Sun 7.00am-8.00pm. Payment method – cards and cash. No delivery service. Cannot take remote payment in store.	Phone: 016973 31368
Silloth	Spar (Harrisons)	Services – Groceries and household items. Opening hours. Mon-Sat 7.30am-9.00pm, Sun 8.30am-9.00pm. Payment method – cards and cash. No delivery service. Volunteers shopping for groceries. This store able to take payment in store via telephone. Please advise store before goods are put through the till.	Phone: 016973 61231
Silloth	Fruit and Veg company	Services- Fruit and Veg boxes. Company operates a remote delivery service of fruit and veg boxes. Please order via Facebook page. For anyone who doesn't use the internet please ring 07842 062118. Payment method is contactless/ card payment.	Phone: 07842 062118
Silloth	Berry and Sons Bakers	Services- Bread, cakes, pies. Opening hours Mon – Sat 8.30-1. Payment method – cash. No delivery service. Cannot take remote payment in store.	Phone: 016973 31831
Silloth	Bennetts Fishmongers	Services: Fresh fish and eggs. Opening hours Wed-Fri 9.00am-3.00pm. Payment method – cash. Delivery service in the local area and throughout Allerdale. Please confirm with the business.	Phone: 07391 576640
Wigton	B and M	Services- Groceries and household items. Opening hours Mon-Sat 8.00am-6.00pm, Sun 10.00am-4.00pm Payment method – cards and cash. Card preferred. No delivery service. Cannot take remote payment in store.	Phone: 0330 8889274
Wigton	Coop	Services- Groceries and household goods. Opening hours Mon-Sat 7.00am-8.00pm, Sun 10.00am-4.00pm. Payment method cards and cash. Telephone delivery service –Minimum order £25. Cannot take remote payment in store.	Phone: 01697 345232

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Wigton	Lidl	Service- Groceries and household items. Opening hours Mon-Sat 8.00am – 10.00pm, Sun 11.00am-5.00pm. Payment method – cards and cash. Card is preferred. No delivery service. Cannot take remote payment in store	Phone: 0800 977 7766
Wigton	Spar	Services- Groceries and household items. Opening hours Mon-Sun 6.45am-9.15pm. Payment method – cards and cash. Card preferred. Cannot take remote payment in store	Phone: 016973 43903
Wigton	Paisleys Butchers	Services – Fresh and cooked meats and deli. Opening hours Mon-Sat 10.00am-5.00pm. Payment method – cards and cash. Deliveries in the local area. Volunteers shopping for groceries. This store able to take payment in store via telephone. Please advise store before goods are put through the till.	Phone: 016973 44686
Wigton	Harrisons Butchers	Services – Fresh and cooked meats and deli. Opening hours Mon-Sat 7.00am-5.30pm. Payment method – cards and cash. Deliveries in the local area. Volunteers shopping for groceries. This store able to take payment in store via telephone. Please advise store before goods are put through the till.	Phone: 016973 42192
Wigton	JH and J Fox Butchers	Services – Fresh and cooked meats and deli. Opening hours Mon 7.00am-3.00pm, Tues-Fri 7.00am-5.00pm, Sat 7.00am-1.00pm. Payment method – cards and cash. Deliveries in the local area. Volunteers shopping for groceries. This store able to take payment in store via telephone. Please advise store before goods are put through the till. (Please check with store to confirm – issue with device)	Phone: 016973 42201
Wigton	Berry and sons Bakers	Services - Bread, cakes, pies. Opening hours Mon, Tues, Thurs, Fri 8.00am-4.00pm, Wed 8.00am-3.00pm, Sat 8.00am-2pm. Payment method – cash. Cannot take remote payment in store.	Phone: 016973 42273
Wigton	Midtown General Stores	Services- Groceries and household goods. Opening hours Mon-Fri 8.00am-5.30pm, Sat 8.30am-4.30pm. Payment method – cards and cash. No delivery service. Cannot take remote payment in store.	Phone: 016973 51231
Wigton	TSB	Opening hours Mon, Thur, Fri 10.00-12.30pm & 1.30pm-4.00pm	
Wigton	Cumberland Building Society	Opening Mon-Thur 9.00am-5.00pm, Fri 9.00am-2.00pm, Sat 9.00am-12 noon	
Workington	Aldi	Services – Groceries and household items. Opening hours Mon-Sat 8.00am-8.00pm, Sun 10.00am-4.00pm. Online delivery service for certain products but NOT groceries. Payment method – cards and cash. Cannot take remote payment in store.	Phone: 0800 042 0800 (central Aldi Contact number)
Workington	Asda (Dunmail Park)	Services – Groceries and household items. Opening hours Mon-Sat 8.00am-8.00pm, Sun 11.00am-5.00pm. The store has a dedicated shopping hour for NHS staff from 8.00am-9.00am on Mon, Wed and Fri. Payment methods – cards and cash. Card preferred. Asda has launched a volunteer shopping card which can be emailed to the volunteer or printed out. The card can be topped up by the individual who is self-isolating. Obtain the card at asda.com/volunteercard . Online deliveries - Card payment for deliveries. Cannot take remote payment in store.	Phone: 01900 607720

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Workington	Asda (Mossbay)	Services – Groceries and household items. Opening hours Mon-Fri 8.00am-8.00pm, Sat 8.00am-10.00pm, Sun 10.00am-4.00pm. Payment methods – cards and cash. Card preferred. Online deliveries - Card payment for deliveries. Cannot take remote payment in store.	Phone: 01900 321800
Workington	B and M (Derwent Howe)	Services- Groceries and household items. Opening hours Mon-Sat 8.00am-6.00pm, Sun 10.00am-4.00pm Payment method – cards and cash. Card preferred. Cannot take remote payment in store.	Phone: 0330 838 9387
Workington	B and M express	Services - Groceries and household items. Opening hours Mon-Sat 9.00am-6.00pm, Sun 10.00am-4.00pm. Payment method – cards and cash. Card preferred. Cannot take remote payment in store.	Phone: 0345 603 7300
Workington	Marks and Spencer	Services- Groceries and household items only. Opening hours Mon-Thurs 9.00am-6.00pm, Fri and Sat 8.30am-6.00pm.Sun 10.00am-4.00pm. Payment method – cards and cash. Card preferred.	Phone: 01900 64661
Workington	Morrison's	Services – Groceries and household items. Opening hours Mon-Sat 8.00am-8.00pm, Sun 9.30am-4.00pm. The store has a dedicated shopping hour for NHS staff from 7.00am-8.00am Mon-Sat, and from 9.00am-9.30am on Sun. Payment methods – cards and cash. Online deliveries - Card payment for deliveries. Cannot take remote payment in store.	Phone: 01900 64336
Workington	Tesco	Services – Groceries and household items. Opening hours Mon-Sat 8.00am-10.00pm, Sun 10.00am-4.00pm. The store has a dedicated shopping hour for NHS staff from 9.00am-10.00am on Tues and Thurs, and for vulnerable customers from 9.00am-10.00am on Mon, Wed and Fri. Payment method – cards and cash. Card preferred. Online deliveries - Card payment for deliveries. Cannot take remote payment in store.	Phone: 0345 677 9737
Workington	Iceland	Services – Groceries and household items. Opening hours Mon-Sat 9.00am-6.00pm, Sun 10.00am-4.00pm. The store has dedicated the last hour of shopping for NHS staff. Please present ID. Payment method – cards and cash. Card preferred. Online deliveries - Card payment for deliveries. Cannot take remote payment in store.	No phone number available. FAQ's on the website.
Workington	Marshall's Butchers	Services – Fresh and cooked meats and deli. Opening hours Mon-Sat 10.30am-3.30pm. Payment method – cards and cash Deliveries in the local area. Card payment over the phone. Volunteers shopping for groceries. This store able to take payment in store via telephone. Please advise store before goods are put through the till.	Phone: 01900 602710
Workington	Costcutter - Station Road Store	Services- Groceries and household items. Opening hours Mon-Sat 7.00am-7.00pm, Sun 9.00am-7.00pm. Payment method – cards and cash. Card preferred. Does not deliver. Cannot take remote payment in store.	Phone: 01900 602010

Area	Group	What's on offer?	How to Contact
Workington	Premier Stores Senhouse Street	Services- Groceries and household items. Opening hours: Mon-Sun 9.00am- 9.00pm. Payment method – cards and cash. Does not deliver. Cannot take remote payment in store.	Phone: 01900 604697
Workington	Premier Stores Mossbay	Services- Groceries and household items. Opening Hours: Mon-San 6.00am-10.00pm Sun 8.00am-10.00pm. Home delivery within 3 miles of the store. Payment method – cards and cash. Deliveries in the local area. Card payment over the phone for deliveries and for volunteers collecting an order. (Please ring before 11am) Volunteers shopping for groceries. This store able to take payment in store via telephone. Please advise store before goods are put through the till.	Phone: 01900 64422
Workington	McColl's Harrington Road	Services- Groceries and household items. Opening Hours: Mon-Sun 7.00am-10.00pm. Payment method – cards and cash. Does not deliver. Cannot take remote payment in store.	Phone: 01900 63861
Workington	Pioneer (Harrington)	Services- Groceries, fresh produce and household items. Opening Hours: Mon-Fri 7.00am-5.00pm, Sat 7.00am-1.00pm. Payment method – cards and cash. Card preferred. Call and collect service and local delivery service available to Workington, Maryport, Whitehaven. Volunteers shopping for groceries. This store able to take payment in store via telephone. Please advise store before goods are put through the till.	Phone: 01946 831163
Workington	McColl's Church Rd, Harrington	Services- Groceries and household items. Opening Hours: Mon-Sat 7.00am-8.00pm, Sun 7.00am-7.00pm. Payment method – cards and cash. Does not deliver. Cannot take remote payment in store.	Phone: 01946 833676
Workington	Spar Moorclose	Services- Groceries and household items. Opening hours Mon-Sat 7.00am-9.00pm, Sun 8.00am-9.00pm. Payment method – card and cash. Does not deliver. Cannot take remote payment in store.	Phone: 01900 68273
Workington	Longmile Services - Spar Lilyhall	Services- Fuel and groceries. Mon-Sun 24hours. Hatch service from 11pm-6pm. Payment method – cards and cash. Does not deliver. Volunteers shopping for groceries. This store able to take payment in store via telephone. Please advise store before goods are put through the till.	Phone: 01900 602068
Workington	BP and Spar Stainburn	Services- Fuel and groceries. Opening hours Mon-Sun 24hours. Payment method – cards and cash. Does not deliver. Cannot take remote payment in store.	Phone: 01900 61993
Workington	Esso Services	Services- Fuel and groceries. Opening hours Mon-Fri 7.00am-8.00pm, Sat & Sun 7.30am-8.00pm. Payment method – cards and cash. Does not deliver. Cannot take remote payment in store.	Phone: 01900 870457
Workington	One Stop	Services- Groceries and household items. Opening Hours: Mon-Sun 7.00am-9.00pm. Payment method – cards and cash. Does not deliver. Cannot take remote payment in store.	Phone: 01900 604885

Area	Group	What's on offer?	How to Contact
Workington	Premier Stores Seaton	Services- Groceries and household items. Opening Hours: Mon-Sat 7.30am-8.00pm, Sun 8.00am-8.00pm. Payment method – cards and cash. Online deliveries are starting next week from 6th April. Please check with the store to confirm. Cannot take remote payment in store.	Phone: 01900 605478
Workington	Hungry Caterpillar	Open for meal deliveries 11.30am-2.30pm & 5.00pm-7.30pm. Delivering in Workington, Cockermouth and Maryport area. Telephone 01900 601918 to place an order. Card payment only.	Phone: 01900 601918
Workington	Lloyds Bank	Opening hours Mon-Fri 10.00am-2.00pm	
Workington	Barclays Bank	Opening hours Mon,Tues, Thur,Fri 9.30am-2.00pm, Wed 10.00am-2.00pm	
Workington	Natwest Bank	Opening hours Mon-Fri 10.00am-1.00pm	
Workington	Halifax Building Society	Opening hours Mon-Fri 10.00am-2.00pm	
Workington	HSBC Bank	Opening hours Mon-Fri 10.00am-2.00pm	
Workington	Cumberland Building Society (Pow Street)	Opening hours Mon, Tue, Thur, Fri 9.00am-5.00pm, Wed 9.30am-5.00pm, Sat 9.00am-12 noon.	

