

# Information and key contacts in your area

**Barrow**

## Support from Local Community & Third Sector Groups

District( Barrow Borough including Dalton & Askam)	Wards	Organisation	Information
Barrow	All	Barrow Borough Council	General enquiries: 01229 876543 Benefits: 01229 404242 Housing: 01229 876578 Emergency out of hours: 01229 833311
Barrow	All	Barrow Support Hub	Monday - Friday 9.00am - 5.00pm: 01229 444407
Barrow	All	Barrow Citizens Advice	Advice line - open Monday to Friday 9.00am until 4.00pm. Telephone: 03444 889 624 or visit website: <a href="http://www.barrowcitizensadvice.org.uk/contact">www.barrowcitizensadvice.org.uk/contact</a>
Barrow	All	Mind in Furness	Telephone: 01229 827094
Barrow	All	Women's Community Matters	Telephone: 01229 311102 or email: <a href="mailto:reception@womenscommunitymatters.org">reception@womenscommunitymatters.org</a>
Barrow	All	Foodbank	Families who are already claiming benefits can contact Ways to Welfare: 01228 221100 to request a voucher. Other enquiries contact the Foodbank for advice on: 01229 343446
Barrow	All	The Well	Phone: 01229 829832
Barrow	All	Project John Hub	Phone: 01229 - 832127
Barrow	All	FamilyLine supports adult family members via telephone, text, email and web chat. We're here to provide a listening ear, answer particular parenting questions. All support takes place via telephone, text message or email and is FREE	Phone: 0808 802 6666 Text: 07537 404 282 Email: <a href="mailto:familyline@family-action.org.uk">familyline@family-action.org.uk</a>
Barrow	All	Focus Families - The focus family team are available to support our families experiencing hardship. Hazel Chambers - For family benefits advice Nicola Jackson - For family concerns	Phone: 07825 011005 Focus family mailbox: <a href="mailto:focus.family@cumbria.gov.uk">focus.family@cumbria.gov.uk</a> <a href="mailto:nicola.jackson@cumbria.gov.uk">nicola.jackson@cumbria.gov.uk</a>
Barrow	All	Barrow Disability Association	For any help call: <b>01229 432599</b>
Barrow	All	Registration Of Births, Deaths & Marriages	Phone: 01229 407510 Web: <a href="http://gov.uk/browse/births-deaths-marriages">gov.uk/browse/births-deaths-marriages</a>
Barrow	All	Samaritans	Talk anytime telephone number: 116 123 24 hour email: <a href="mailto:jo@samaritans.org">jo@samaritans.org</a>
Barrow	All	CADAS	Phone: 0300 111 4002 Email: <a href="mailto:info@cadas.co.uk">info@cadas.co.uk</a>
Barrow	All	First Steps	Phone: 0300 1239122 Email: <a href="mailto:firststep@nhs.net">firststep@nhs.net</a>
Barrow	All	CAMHS	Phone: 01229 402696 Email: <a href="mailto:camhssouth@nhs.net">camhssouth@nhs.net</a>

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Barrow	All	Victim Support	Local telephone number: 0300 3030 157 Mon – Fri 9–6pm 24-hour support line: 08 08 16 89 111 <a href="http://www.victimsupport.org.uk/help-and-support/get-help/support-near-you/live-chat">www.victimsupport.org.uk/help-and-support/get-help/support-near-you/live-chat</a> - Live chat
Barrow	All	Adult Social Care	SPA contact number: 0300 303 2704 Email: <a href="mailto:customerservicesouth@cumbria.gov.uk">customerservicesouth@cumbria.gov.uk</a>
Barrow	All	Furness Carers	Information and support for unpaid Adult and Young Carers. Phone: 01229 822822 (please leave a message) Email: <a href="mailto:admin@furnesscarers.co.uk">admin@furnesscarers.co.uk</a>
Barrow	All	SAFA Cumbria – Emotional support helpline	Telephone support from trained counsellors to ANYONE in Cumbria who is isolated, anxious or has experienced loss because of the COVID-19 pandemic. Phone: 01229 832269 Hours Monday-Friday, 9am-5pm
Barrow	All	DropZone Youth Project	Phone: 01229 812888 Email: <a href="mailto:Drop_Zone@btconnect.com">Drop_Zone@btconnect.com</a>
Cumbria Wide	All	Alzheimer's Society Dementia support, information, and advice by telephone for anyone living with or affected by dementia; and telephone calls from volunteers to help provide more social contact.	Phone: 01228 819299 (leave message for local team) or Email: <a href="mailto:cumbria@alzheimers.org.uk">cumbria@alzheimers.org.uk</a> Web: <a href="http://www.alzheimers.org.uk">www.alzheimers.org.uk</a> for regularly updated advice and discussion forum Phone: 0333 150 3456 for National Dementia Connect support line

District( Barrow Borough including Dalton & Askam)	Wards	Produce	Business	Contact	Payment	Delivery
Food and Shopping Delivery Services						
Barrow	All	Fruit/Veg inc Eggs	Laing's Fruit & Veg Ltd	01229 839999 07841 562487	Accept cash on delivery	Free delivery
Barrow	All	Fruit/ Veg	Pete's Fruit and Veg, Barrow Market	07884 316214		Free Delivery
Barrow	Dalton	Fruit/Veg	Sherie Fruit and Veg	01229 465184		Free Delivery
Barrow	All	Groceries & Newspapers	Lakes Parade Stores & Dave New Tours Prioritising vulnerable & elderly	01229 825812 01229 839790 (Order line) <a href="mailto:mike@lakesconvenience.co.uk">mike@lakesconvenience.co.uk</a>	Payment over phone	Free Delivery - Yes. Monday-Friday

Food and Shopping Delivery Services						
Barrow	All	Meat	Masons Butchers (Rawlinson Street). Prioritising vulnerable & elderly.	01229 822709	Payment over phone	Free Delivery - Yes. Order day before
Barrow	All	Fruit/ Veg	Williams Fresh Produce	<a href="http://www.williams-cumbria.com">www.williams-cumbria.com</a>		
Barrow	All	Food/ Cleaning products	Amazon Pantry			Free Delivery with £15 minimum spend
Barrow	Walney / Dalton / Holbeck	Dairy	L & H Knipe Dairyman in Dalton-In-Furness, LA15	01229 463049		Milk Round
Barrow	All	Meat	Shepherds Farmshop 4 meals (oven ready) £12. Prioritising vulnerable, elderly & frontline. Shop not open for walk-in. Free 100 meals per week partnering with St. Mary's Living Well Hub for vulnerable, elderly & frontline.	01229 822081	Bank transfer preferred. Will accept cash	Free Delivery - Yes. Order 1-2 days before
Barrow	All	Meat	Lake District Farmers	01229 588299		Free Delivery
Barrow	All	Meat	NC Meats (Dalton Rd) Butchers. Prioritise vulnerable & elderly	01229 827718 <a href="https://www.facebook.com/ncmeats">facebook.com/ncmeats</a>	Payment over phone. No cash	Free Delivery - Order for following day. Closed Sunday and Monday
Barrow	Barrow & Dalton (not Askam)	Meat	Sillfield Quality Butchers (Barrow Market). Prioritise vulnerable & elderly	01229 830956 <a href="http://www.sillfield.co.uk">www.sillfield.co.uk</a> <a href="mailto:enquiries@sillfield.co.uk">enquiries@sillfield.co.uk</a>	Payment over phone. Cash in envelopes	Free Delivery - Yes Order for every Friday/ Saturday
Barrow	All	Meat	Ulverston Meat Company	01229 581746		Free Delivery
Barrow	All	Dairy, Potatoes	Chris Wilson - Dairyman	01229 231663 – 07788 278325	FULL - NOT TAKING MORE CUSTOMERS	Free Delivery

Food and Shopping Delivery Services						
Barrow	All	Dairy	Michael Mitchell - Dairyman	01229 837210	FULL - NOT TAKING MORE CUSTOMERS	Free Delivery
Barrow	All	Meat	N & S Butchers - Barrow Market	Please call 01229 820746 Monday-Tuesday-Thursday 9am till 12 noon and Wednesday-Friday-Saturday 9am till 5pm		Free Delivery
Barrow	All	Cakes	Chunky Monkey Cupcake Company	07754 082390		
Barrow	All	Health Foods / Medication / Cleaning Products	Pastures New (Scott Street, Barrow)	01229 833043 07583 692404 opening: <b>facebook.com/pasturesnewhealthfoods</b> <b>www.pasturesnewhealth.co.uk</b>		Local Delivery
Barrow	All	Health Foods / Medication / Cleaning Products	Appleseeds Health Store, Ulverston	01229 583394		Free Delivery
Barrow	All	Seafood	Lake District Seafood	01229 231647	Order day before	Free Delivery
Walney	Walney	Newspapers & Groceries	Early News (2 Liverpool Street, Walney)	01229 471370	Phone, will accept cash	Free delivery
Barrow	All	Newspapers	Greengate Newsagents - Open Mon - Sat 9- 5	Telephone orders 01229 824839 <b>toyourdoorbarrow.com</b>		£2.50 - check site for delivery areas
Barrow	All	Gin	Shed 1 Distillery			Free Delivery
Barrow	All	Beers	Beerwolf	01229 318393		Click & Collect
Barrow	Dalton	Groceries	Co-op			Free Delivery
Barrow	All	Groceries	Tesco			
Barrow	All	Groceries	Asda	If any items are missing from Home Delivery Orders, call Paul Luddy on 01229 821068		
Barrow	All	Groceries	Morrisons	Order online		
Barrow	All	Groceries	Iceland, Barrow	01229 820838		Spend £25 & get same day FREE delivery

## Food and Shopping Delivery Services

		Wine	The Poterage Co. Lake District	<b>orders@ theporterage.co.uk</b>		
<b>Barrow</b>	All	Laundry	Lakes Parade Laundry			free collect and return service
<b>Barrow</b>	All	Pet food & supplies	Pets Paradise, Barrow Market	01229 839926/ 07765 093323		
<b>Barrow</b>	All	Wool and knitting/ crochet materials	The Wool Baa - Barrow Market	01229 839089 <b>facebook.com/ thewoolbaabarrow</b>	Payment over phone	Local Delivery
<b>Barrow</b>	All	Sewing, knitting & craft supplies	Cumbria Sewing & Embroidery	<b>cumbriaemb@ hotmail.co.uk</b>		
<b>Barrow</b>	All	Mobile phone repairs	Mobile Man	01229 838753 <b>facebook.com/Mobile- Man-285961504886030</b>	Order & pay over phone	Collect & deliver
<b>Barrow</b>	All	Meat / Pies	Browns Farm Shop & Butchers, Lindal	Ring: 07867 783222 / 07935 526846		
<b>Barrow</b>	All	Bakery	Daddys Bakery	01229 231288	via telephone	FREE delivery

<b>Support from Local Community &amp; Third Sector Groups</b>		
<b>Ward</b>	<b>Group</b>	<b>What</b>
All	Barrow & Furness Pensions Association	Church group
All	Salvation Army	Voluntary group
All	Furness Lions	Charity group
Askam & Ireleth	Askam & Ireleth Self Isolation group established	Facebook
Barrow Island	The Devonshire	Informal offer to buy shopping for residents
Barrow Island	Cav Park	Cavendish Park Community
Barrow Island	Friends of Bram	Friends of Bram looking at food delivery support vulnerable families/elderly
Barrow Island	St Johns Church	Church group
Barrow island	St John's Church	Church group
Barrow island	The Royal	Community group
Dalton	Dalton Town Council	
Dalton	Dalton Community Association	Community group/facebook
Dalton South	Dalton Methodist Church	Church group
Dalton South	Lindal & Marton	Parish Council
Hawcoat	St Pauls church	Church group
Hawcoat	Hawcoat Community Centre	Community
Hindpool	St Mark's church	Church group
Hindpool	Greengate residents	Resident group
Hindpool	St Mary's church	Church group
Hindpool	Emmanuel Church	Church group
Hindpool	Hartington Street Methodist Church	Church group
Newbarns/parkside	Beacon Hill coffee morning group	Beacon hill church
Newbarns/parkside	Spring mount	Church
Newbarns/parkside	Trinity church	Church community
Newbarns/parkside	Methodist church	Church community
Newbarns/parkside	St Aidens Church	Church group
Ormsgill	Love Ormsgill	Community group/facebook
Ormsgill	Griffin estate	Community/group centre
Ormsgill	St Pius School	Friends of St Pius - facebook
Ormsgill	St Pius Church	Church group
Ormsgill	St Mathew church hall	Community group/facebook
Ormsgill	Schneider rd community	Community group/facebook

Ward	Group	What
Risedale	Fife St	Neighbourhood watch
Risedale	Abbotsvale	Community Centre
Risedale	Risedale gospel hall	Church group
Roosecote		Rampside/Roa Island
Roosecote	Rampside Community	Rampside village hall
Walne South	Round house hub	Community group/facebook
Walney	Walney Community Trust	Walney Community Trust -providing drop-offs of food etc for those most vulnerable/self isolating in the barrow walney area.
Walney	West Shore Park	Community Association/facebook
Walney	North Scale residents association	Residents group
Walney	Walney Methodist Church	Church group
Walney	Ocean Wave	Community
Walney North	Walney community centre	Community group/facebook
Walney North	Vickerstown Methodist church	Church group
Walney South	St Mary's church and parish centre	Church group
Walney South	St Columbas catholic church	Church group



