

Information and key contacts in your area

Copeland

Support from Local Businesses

Area	Business	What's on offer?	How to Contact
Food delivery			
Copeland wide	Morrisons food box	£30 worth of meat or vegetarian everyday food essentials with £5.00 delivery charge.	Web: www.morrisons.com/food-boxes
Copeland wide	Age UK West Cumbria	Centres in Millom & Workington. Opening times Monday - Friday 9am - 4pm. £10 food parcels containing essential items.	Phone: 01900 844670
Copeland wide	Marks & Spencers food Box	£35 worth of essential items, delivery is £3.99. Order online.	Web: www.marksandspencer.com/gifts/food-boxes
Copeland wide	Fruit & Veg Box Company	Based in Silloth. Contact for further details, delivery limited due to demand.	Phone: 07769 904663
Holmrook	Adairs Milk Delivery	Contact for further details, delivery limited due to demand.	Phone: 019467 24770
Broughton in Furness	Manor Farm Milk, AE & A Garnett	Delivers fresh milk, eggs, yoghurt, cream, cheese, butter, orange juice as well as potatoes and tea bags.	01229 716326
Holmrook	Andy Pratt	Contact for further details, delivery limited due to demand.	Phone: 019467 24097 07720 372273 Email: andrew.pratt7@btinternet.com
Copeland wide	Lakes Speciality Foods	Based in Staveley near Kendal. Contact for further details, delivery limited due to demand.	Phone: 01539 822713 / 07528094538 Web: lakesspecialityfoods.co.uk Email: voicemail@lsf.co.uk
Gosforth	Simply Fresh	Phone orders and payments for local delivery. £1 Gosforth, £2 Seascale	Phone: 019467 25232 Email: sfgosforthorders@outlook.com
Copeland wide	Marshalls Butchers	Based in Workington. Opening times Monday to Saturday 7am - 4pm. Will deliver to Copeland area. Contact for further details, delivery limited due to demand.	Phone: 01900 602710
Holmrook	Tynedale Farm Holmrook	Accepting phone orders & payments 9-5 for delivery.	Phone: 019467 24112
Frizington	Fishers Free Range Eggs	Farm shop selling milk, bread, cheese, pasta, flour, fruit and vegetables. Will deliver free of charge but cash payments only.	Phone: 07921 846763 orders via Email: fisherseggs@gmail.com
Copeland wide	Quickshop	Home essentials delivered in 90 minutes	Web: www.quickshopdelivery.co.uk
Ennerdale	The Gather Community Shop	Opening times Monday to Sunday 11am - 3pm. Fresh and essential items including meat, dairy, eggs, fruit and veg. Delivery to self-isolating or people with reduced mobility in Ennerdale, Kinniside and Lamplugh. Card payment preferred	Phone: 01946 395300

Supermarket/ Food Store Information			
Copeland wide	Pioneer	Opening times Monday to Saturday 7am - 4pm. Will deliver to Copeland area. Contact for further details, delivery limited due to demand.	Phone: 01946 831163
Haverigg	Brookfield Farm	Farm shop selling milk, bread, cheese, pasta, flour, fruit and vegetables. Will deliver free of charge but cash payments only.	Phone: 07850 113376
Broughton in Furness	Manor Farm Milk	Delivery Monday, Wednesday and Friday to Millom. Milk, eggs, cheese, butter, orange juice and yoghurt.	Phone: 01229 716326
Whitehaven	Foodbank	Food parcels for people most in need. Voucher required. Collection available Monday– Thursday 11.30am -1.30pm at the New Life Church	Email: info@thefoodbank.org.uk
Egremont	Foodbank	Food parcels for people most in need. Voucher required. Collection available Tuesday - Friday 1pm - 3pm at the Methodist Church, Main Street.	Email: info@thefoodbank.org.uk
Copeland wide	Caterite	Based at Embleton near Cockermouth. Opening times Monday to Sunday 8.30am - 12pm. Click and collect	Phone: 017687 76000
Distington	McColls	Opening times Monday to Sunday 7am - 8pm	Phone: 01946 830086
Seascale	Bailey Ground Farm, Mawsons	Milk deliveries. Looking into vegetable and fruit box deliveries. Bread, butter cheese and homemade soup. Local delivery. Card payment over phone	Phone: 075229 30791
Seascale	Co-op	Opening times Monday to Sunday 7am - 8pm	Phone: 019467 29142
Seascale	McColls	Opening times Monday to Sunday 7am - 8pm	Phone: 019467 29274
Seascale	Seascale Post Office & Pharmacy	Opening times Monday to Saturday 9am - 12pm and 2.15pm - 4pm. Delivery available for the fresh produce and toiletries.	Phone: 019467 28323
Gosforth	The Village Store	Opening times Monday - Friday 7am - 6pm, Saturday 8am - 6pm, and Sundays 8am - 1pm. Delivery available please contact store for further information. Daily deliveries of fresh fruit and vegetables.	Phone: 019467 25232
Arlecdon	Arlecdon Post Office & General Store	Opening times Monday - Friday 7:30am - 5:30pm Saturday 9am - 12:45pm General provisions and Post Office. Free delivery available to Arlecdon residents.	Phone: 01946 861215
Cleator	Cleator Stores	Opening times Monday - Friday 5am - 3pm. General provisions, homemade pies and local newspapers.	Phone: 01946 810038
Cleator Moor	Co-op	Opening times Monday- Saturday 6am -10pm, Sunday 10am-4pm	Phone: 01946 812517
Cleator Moor	Four Seasons Express	Opening times Monday - Sunday. 9am - 7pm. General food and household supplies. Deliveries to Cleator Moor & Cleator residents for those over 70 or self-isolating. Card payment only	Phone: 01946 814425
Cleator Moor	Nisa Cleator Moor	Opening Times Monday - Sunday 8am - 6pm and. £3 home delivery	Phone: 01946 810431
Cleator Moor	Post Office Cleator Moor	Opening Times Monday - Saturday 8.30 - 5.30pm and Closed Sundays	Phone: 01946 810201

Supermarket/ Food Store Information			
Cleator Moor	Sproats Newsagents	Paper deliveries Monday - Friday 5.30am - 7.30pm, Saturday 7am-7.30pm and Sunday 7am-4pm	Phone: 01946 810225
Cleator Moor	Wilsons Butchers	Opening times Monday - Friday 9am - 1pm, Saturday 9am - 12pm. General butcher with fresh vegetables and some cooking ingredients. Card payment only.	Phone: 01946 810466
Cleator Moor	Youdales Newsagents	Newspaper deliveries - Cleator Moor only. Stocks basic ingredients. Monday - Friday 5am - 5pm Saturday 5am - 4pm and Sunday 5am - 12pm	Phone: 01946 814317
Millom	Bootle Stores and Post Office	Opening times Monday to Friday 7am to 5.30pm, Saturday 7am to 6pm and Sunday 9am to 12pm. Delivers groceries and household essentials.	Phone: 01229 718233
Millom	Brookfield Farm Potatoes and farmshop	Fresh fruit, veg and dairy deliveries. Farm shed open for collections (please note precautions in place)	Phone: 07850 113376
Millom	Broughton Village Bakery	Opening times Monday - Saturday 9am to 4pm. Delivers baked goods locally.	Phone: 01229 716284
Millom	Greens	Open Monday, Tuesday, Thursday, Friday 6 am to 4 pm, Wednesday 6am to 12pm and Saturday 6 am to 1.30 pm	Phone: 01229 772466
Millom	Londis (Haverigg shop)	Opening times Monday to Saturday 7am - 2pm, Sunday 9am to 2 pm. Free delivery of groceries and household essentials.	01229 343450
Millom	Millom Post Office	Open Monday - Saturday 9am to 1 pm	01229 772574
Millom	Patton's Family Butchers	Opening times Monday to Saturday 9am-4.30pm. Meat, cooked meats, pies, eggs & cheese. Free delivery to local area	01229 772696
Waberthwaite	RB Woodall Waberthwaite (Butchers)	Order before midday Mondays, collect from Tuesday, Wednesday and Thursday. Order & collect only.	Phone: 01229 717237
Millom	Scoop Value	Opening times Monday to Friday 8am - 7pm, Saturday 9am - 1pm and Sunday 10am to 2pm. Free delivery of groceries and household essentials.	Phone: 01229 770062
Millom	Tesco	Opening times Monday to Saturday 7am -10pm and Sunday 10am - 4pm	Phone: 0345 671 9441
Millom	The Bakehouse	Open Monday to Saturday from 5 am to 1 pm	Phone: 01229 772614
Millom	The Co-op	Opening times Monday to Saturday 7am to 8pm, Sunday 10am -4pm. Vulnerable customers, carers and NHS staff have priority from 8am to 9am Monday to Saturday	Phone: 01229 772288
Millom	The Harvest Bakery	Opening times Monday to Saturday 8am-3.30pm. Pies, bread, cakes etc. Free delivery to local area.	Phone: 01229 774779
Millom	Whicky Barn	Deliveries available	Phone: 01229 718 883
Egremont	Co-op	Opening times Monday to Saturday 6am - 10pm, Sunday 10am - 4pm. Delivery slots available; maximum 20 items per customer	Phone: 01946 820790
Egremont	Heron Foods	Opening times Monday to Saturday 8am - 8pm, Sunday 10am - 4pm	Phone: 01946 820790

Supermarket/ Food Store Information			
Egremont	Marion's	Monday to Saturday 9am - 5pm. Free delivery service to the local area	Phone: 01946 824425
Egremont	McColls	Opening times Monday to 7am – 8pm	Phone: 01946 821608
Egremont	Nisa	Opening times 6am - 10pm	Phone: 01946 820245
Egremont	Spar (Bridge End)	Opening times Monday to Sunday 7am-9pm. Local delivery	Phone: 01946 820244
Bigrigg	Spar Bigrigg	Open 24 hours	Phone: 01946 817142
St Bees	St Bees Post Office (Premier)	Bread, milk and other groceries. Free deliveries	Phone: 01946 822343
Whitehaven	Aldi	Opening times Monday to Saturday 8am - 8pm, Sunday 10am - 4pm	Phone: 0800 042 0800
Whitehaven	Asda	Opening times Monday- Saturday 8am -8pm, Sunday 10am-4pm	Phone: 01946 851300
Whitehaven	Corkickle Store (Nisa)	Opening times Monday - Sunday 8.30am - 7pm. Free delivery to local area. Minimum order £20.	Phone: 01946 696726
Whitehaven	Golden Harvest Health Food Store	Monday, Thursday and Saturday 9.30am - 4pm Tuesday, Wednesday and Friday 9.30am - 5pm. £10 minimum order & £3 delivery charge	Phone: 01946 66132
Whitehaven	Heron Foods	Opening times 8am - 6pm, Sunday 10am - 4pm	Phone: 0845 6037300
Kells	High Road Store	Opening times Monday to Sunday 6am - 10pm. Free delivery 3 mile radius	Phone: 01946 694289 Web: app1.zeuslabs.co.uk/onlineorder/highrdstore#/menu
Whitehaven	Home Bargains	Opening times Monday - Friday 8am-8pm, Saturday 8am - 6pm, Sunday 10am - 4pm	Phone: 01946 67588
Whitehaven	Iceland	Opening times Mon - Sat 9am - 5pm. Sun 10am - 4pm	Phone: 01946 690917
Mirehouse	McColls	Opening times 7am - 8pm Monday - Sunday. Free delivery to local area to the elderly.	Phone: 01946 692579
Whitehaven	Morrisons	Opening times Monday - Saturday 8am-8pm, Sunday 10am - 4pm	Phone: 01946 599208
Mirehouse	Post Office	Opening times Monday - Saturday 9am - 3pm. Free delivery to the elderly and vulnerable in the local area.	Phone: 01946 693051
Mirehouse	Premier	Opening times Monday - Sunday 6am - 6pm. Free delivery to local area to the elderly.	Phone: 01946 66876
Whitehaven	Spar Richmond	Opening times Monday to Sunday 7am-9pm	Phone: 01946 599609
Whitehaven	Tesco	Opening times Monday- Saturday 6am -10pm, Sunday 10am-4pm	Phone: 0345 677 9716
Prepared food			
Copeland wide	Food Hub	Meals from various takeaways throughout the county	Web: www.foodhub.co.uk
Copeland wide	Just Eat	Meals from various takeaways throughout the county	Web: www.justeat.co.uk
Gosforth	Lion and Lamb	Fresh meals delivered locally. Card payment by phone.	Phone: 019467 58422

Prepared food			
Frizington	Thompson Home Bakery	Pies, bread, cakes ready-made sandwiches. Delivery to elderly and vulnerable in the local area.	Phone: 01946 810572 Web: www.thompsonhomebakery.co.uk
Bootle	The Byre Cafe	Opening times Tuesday -Saturday 9am-4pm, Sunday 10.30am-4pm. Order between 8.30am-11am. Free delivery between 2pm-6pm. Meals, soups, sandwiches, quiches, cakes, desserts, bread milk, and vegetable bags.	Phone: 01229 718757
Haverigg	Haverigg Chip Shop	Opening times Monday- Saturday 5pm-7pm. Phone before 4pm Collection and cash payments only.	Phone: 01229 772734
Millom	Silecroft Beach cafe	Delivery of meals to local area	Phone: 07907 431202
Millom	Trackside Cafe	Delivery of meals to local area	Phone: 01229 208398
Millom	Herdwicks	Opening times Monday-Sunday 9.30-5pm, Fri-Sat 9.30am-11pm. Temporary menu available on Facebook or their website. Free delivery to local area. Card payments only.	Phone: 01229 778758 Web: www.herdwicksboutiquehotel.com/food
Millom	The Bear on the Square	Opening times Monday to Thursday 5pm-6.30pm, Friday to Saturday 5pm-7.30pm and Sunday 12pm-3pm. Free delivery in local area on orders over £7. Card payments only.	Phone: 01229 771911
Millom	Knights Bespoke Catering	Deliveries available - ring for further information on delivery times & menu.	Phone: 07534 903888
Millom	Riva Gelato	Deliveries available - ring for further information on delivery times & menu.	Phone: 01229 777300
Millom	The King Billy Grill	Deliveries available - ring for further information on delivery times & menu.	Phone: 01229 772009
Millom	The Punchbowl Inn	Opening times Thursday pizza 5pm-8pm, Sunday roast 12pm-3pm. Collection only. Time slots given to collect. Card payment available	Phone: 01229 774457
Millom	Black Cock Inn	Deliveries available - ring for further information on delivery times & menu.	Phone: 01229 716529
Millom	The Ski Bar	Will deliver - ring for further information on delivery times Deliveries available - ring for further information on delivery times & menu & menu.	Phone: 07835 049016
St Bees	The Albert Hotel	Tuesday to Sunday. Freshly cooked lunches £5 per portion 1 or 2 different choices each day, as well as a Roast on Sundays. Free Delivery, only within St Bees Village. Payment only by bank transfer	Phone: 07769 633804
St Bees	Silly Goose	Freshly cooked food, speciality Polish food. Deliveries between 4 - 7pm. Delivery Charge: Whitehaven £2, or surrounding £3. Payment bank transfer	Phone: 07305 901379
Whitehaven area	Karen's Bakes	Deliveries available - ring for further information on delivery times & menu.	Phone: 07926 246913
Whitehaven area	West Coast Catering	Deliveries available - ring for further information on delivery times & menu.	Phone: 07727 199513

Prepared food			
Whitehaven area	Hungry Caterpillar	Fresh meals delivered locally. Card payment by the phone.	Phone: 01900 601918
Whitehaven area	The Vagabond Public House. Takeaway meals	Open from 4pm for meal. Pre-orders and collection only.	Phone: 01946 66653

Pharmacy			
Cleator Moor	Late Night Chemist	Monday - Friday 8am - 7pm 9am - 12pm Saturday. Send a representative if client in isolation	Phone: 01946 66555
Cleator Moor	Cohens Chemist, Cleator Moor	Monday and Thursday 9am-6pm, Tuesday, Wednesday and Friday 9-5.30pm. Saturday 9-12.30. Delivery £5 per delivery - form to be completed. Controlled drugs will need ID for the client.	Phone: 01946 810373
Frizington	Boots Chemist Frizington	Opening times, Monday to Friday: 10am to 12pm; 2pm to 4pm; 5pm to 6pm, Saturdays 10am to 12pm	Phone: 01946 810352
Millom	Rowlands Chemist	Opening times Monday to Friday 9am - 6.30pm, Saturday 9am to 2pm. Non-pharmacy deliveries via boots online	Phone: 01229 772262 / 07754 894 640
Millom	Boots	Opening times Monday to Friday 9am - 5pm, Saturdays 9am - 12pm. Delivery service available to vulnerable and elderly.	Phone: 01229 772259
Mirehouse	Mirehouse pharmacy	Monday-Friday 9am - 5.30pm and Saturday 9am - 12 noon. Deliveries for existing clients only	Phone: 01946 66552
Whitehaven	Seacliffe Pharmacy	Opening times Monday to Saturday 9am - 5.30pm. Deliveries for existing clients only	Phone: 01946 599860
Whitehaven	Fares Chemist	Opening times Monday to Friday 7am - 11pm, Saturday 9am - 9pm and Sunday 11am -8pm. Deliveries of prescriptions to elderly and vulnerable.	Phone: 01946 692978
Whitehaven	Alphega Pharmacy	Opening times Monday to Friday 7am - 11pm, Saturday 9am - 9pm and Sunday 11am -8pm. Will deliver prescriptions to elderly and vulnerable.	Phone: 01946 66555

Pet Services			
Cleator Moor	Let's Go Walkies	Free 30-minute walks	Phone: 07572 446402 Email: hannahe33grey@gmail.com
Millom	Paws and Claws Pet Sitting	Dog walking. Pet food delivered. Pets taken to the vets.	Phone: 07494 372 085
Millom	RW & PJ Park Pet Food	Pet food and supplies delivered	Phone: 07713 84290

Other			
Cleator Moor	Phoenix Housekeeping Services - Paula	Cleator Moor on Mondays Shopping/ Prescriptions. Free, no charge	Phone: 07749 028802
Millom	Powerworld	Deliver locally if you need electrical and household appliances.	Phone: 01229 771988 Email: powerworlduk@yahoo.co.uk

Other Support (Housing Associations)

	Castle & Coasts	Phone: 0800 085 11171
	Home Group	Phone: 0345 141 4663
	Impact Housing	Phone: 03448 736 290
	Anchor Housing	Phone: 01946 592857
	Flatt Walks Continence Team	Phone: 01946 68643
	Housing 21	Phone: 0370 192 4000 Email: johngaskellcourt@housing21.org.uk

Doctors

	NHS	Phone: 111
	Community Emergency Response Team (CERT)	Phone: 07525 184422 Email: Info@certuk.org.uk
Distington	Distington Surgery	Phone: 01946 830207
Seascale	Seascale Health Centre	Phone: 019467 28101
Cleator Moor	Cleator Moor Health Centre	Phone: 01946 810427
Frizington	Griffin Close Surgery	Phone: 01946 810777
Bootle	Bootle Surgery	Phone: 01229 718711
Millom	Waterloo House Surgery	Phone: 01229 402800
Egremont	Westcroft Surgery	Phone: 01946 820348
Egremont	Beech House Surgery	Phone: 019467 820203
Whitehaven	Lowther Medical Surgery	Phone: 01946 692241
Whitehaven	Flatt Walks	Phone: 01946 692173
Whitehaven	Mansion House Surgery	Phone: 01946 693660
Whitehaven	Queen Street Surgery	Phone: 01946 694457

DWP

Copeland wide	Universal Credit Live	Phone: 0800 328 9344
Copeland wide	Attendance Allowance	Phone: 0800 731 0122
Copeland wide	PIP Enquiry Line	Phone: 0800 121 4433
Copeland wide	PIP Claim Number	Phone: 0800 917 2222
Copeland wide	DLA	Phone: 0800 121 4600
Copeland wide	Universal Credit Full Service	Phone: 0800 328 5644
Copeland wide	Carer's Allowance	Phone: 0800 731 0297

DWP			
Copeland wide	Pension Credit		Phone: 0800 99 1234
Copeland wide	HMRC	Advice line for small businesses and self-employed people.	Phone: 0800 0159 559
Copeland wide	ACAS	Employment advice for employees and employers.	Email: www.acas.org.uk

Gas and Electricity			
Prepayment meters advice lines and urgent top up	British Gas		Phone: 0333 202 9802
	EDF		Phone: 0333 200 5100
	EON		Phone: 0345 052 000
	N Power		Phone: 0800 073 3000
	SSE		Phone: 0345 026 2658

COVID 19 Community Support Groups			
Cleator Moor	Cleator Moor Covid Support Group	Facebook or Covid Mutual Aid Group	Phone: 07815 309646 or 01946 444950
Copeland wide	West Cumbria Mutual Aid Support Group	Facebook or Covid Mutual Aid Group	
Distington	Distington RLFC - Friend not Foe Service		Phone: Marky Askew 077468 58162, Phone: Carl Hewer 07786167043 Phone: Sean Sutton 07824897192 Phone: Gary Armstrong 07878472630
Low Moresby	Low Moresby Parks Covid 19 mutual support group		Email: markabaxter@btinternet.com
Moresby Parks	Moresby Parks Covid Support Group		Email: kwrightdsp@outlook.com
Gosforth	Gosforth Support Group	Dawn Pennington	Phone: 019467 25308
Seascale	Seascale COVID 19 Mutual Aid Support group	Gemma Goulding	Phone: 07881 650713
Asby	Asby Village Viral	Sandra Dempsey	Phone: 01946 862895 or 07773 328587
Cleator Moor	Cleator Moor Covid Support Group	Michael Eldon (CM Councillor) and Works 4 you	Phone: 07594 408489, 01946 444950 or 07815 309646
Ennerdale	The Gather, with Ennerdale & Kinniside PC	Emma Shepherd and Rev Ian Parker	Phone: 073426 77499, call or text, 01946 395300 after 7pm, 01946 861310

COVID 19 Community Support Groups			
Frizington	Caring in Frizington	Joanne Jeynes	Phone: 07919 533636
Waberthwaite to Broughton	Around the Combe	Jenny Brumby , Angela Dixon, Jenn Jakubowski	Phone: 07793 613557
Bigrigg	Bigrigg Action Group	Paula Ratcliffe	Phone: 07732 680788
Egremont including Moor Row, Bigrigg & Thornhill	Egremont (Cumbria) Covid-19 Mutual Aid	Robert White	Phone: 07583 131401
Moor Row	Moor Row COVID Mutual Aid Group	Andrew Kenmare	Phone: 07788 555475
St Bees & wider villages	St Bees COVID Support Group	Mrs Jane Donaldson, Jon Mellor, Doug Sim	Phone: 01946 822560 or 01946 824936 or 07891 328016 or 01946 824898 or 7715522619
Whitehaven	Kells Woodhouse and Greenbank	Russell Lofthouse	Phone: 07872 924361 or Email: russlofthouse@aol.com
Whitehaven	Whitehaven COVID Support group	Adam Phillips	Phone: 07902 902706 Email: adam.phillips@discoverbec.com
Whitehaven	COVID-19 Mutual Aid UK	Website	Web: covidmutualaid.org
Whitehaven	#Mirehousematters	Facebook or Covid Mutual Aid Group	
Whitehaven	Cumbria Lake District COVID Awareness	Facebook or Covid Mutual Aid Group	

Local Councils			
	Member of parliament	Trudy Harrison MP	Web: trudy.harrison.mp@parliament.uk
	Copeland Borough Council		Phone: 01946 598300
	Cleator Moor Council		Phone: 01946 810242
Gosforth	CCC Councillor	Paul Turner	Phone: 07795 169637
Distington & Howgate	CCC Councillor	Martin Barbour	Email: martin.barbour@cumbria.gov.uk
Cleator Moor East & Frizington	CCC Councillor	Arthur Lamb	
Cleator Moor West	CCC Councillor	Frank Morgan	Phone: 01946 830759
Millom	CCC Councillor	Doug Wilson	Phone: 07767 425918
Millom Without	CCC Councillor	Keith Hitchen	Phone: 019467 24710
Egremont	CCC Councillor	David Southward	Phone: 01946 841476
Egremont North & St Bees	CCC Councillor	Chris Whiteside	Phone: 01946 67575
Bransty	CCC Councillor	Graham Roberts	Email: graham.roberts@cumbria.gov.uk
Kells & Sandwith	CCC Councillor	Emma Williamson	Phone: 07503 142410
South Whitehaven	CCC Councillor	Mike Hawkins	Phone: 01946 65447 / 07747231831

Parish and Town Councils			
Arlecdon & Frizington	Arlecdon & Frizington Parish Council	Mrs G A Everett	01946 811182
Distington	Distington Parish Council	Mr J S Holliday	01900 66319
Lowca	Lowca Parish Council	Mr Mike Milner	Phone: 01900 66040 / 07709 765005
Moresby	Moresby Parish Council	Mr J C Shaw	Phone: 01946 695701
Parton	Parton Parish Council	RM Huck	Email: rmhuck21@live.co.uk
Drigg & Carleton	Drigg & Carleton Parish Council	Mr D Millington	Phone: 019467 24272
Eskdale	Eskdale Parish Council	Lesley Cooper	Phone: 01229 775492
Gosforth	Gosforth Parish Council	Jacqueline Williams	Phone: 01229 717551
Irton with Santon	Irton with Santon Parish Council	Ms Tonia Duffy	Phone: 019467 26619
Muncaster	Muncaster Parish Council	Mr David Boyd and Richard Johnson	Phone: 019467 28497 or 01229 717277
Ponsonby & Calderbridge	Ponsonby Parish Council	Ryan T McCully	Phone: 01946 841512
Seascale	Seascale Parish Council	Ms Jill Bush	Phone: 01946 812331
Wasdale	Wasdale Parish Council	Mrs Julia Wrigley	Phone: 019467 26610
Cleator Moor	Cleator Moor Town Council	Mr Steve Richardson	Phone: 01946 810242
Ennerdale & Kinniside	Ennerdale & Kinniside Parish Council	Ms Susan Denham-Smith	Phone: 01946 861270
Lamplugh	Lamplugh Parish Council	Mr John Sloan and Mike Watts	Phone: 01900 85833 or 01946 861856
Weddicar	Weddicar Parish Council	Mrs GA Everett	Phone: 01946 811182
Bootle	Bootle Parish Council	Mrs Lesley Cooper	Phone: 01229 775492
Millom	Millom Town Council	Mrs Vicky Bradley	Phone: 01229 772340
Millom Without	Millom Without Parish Council	Mrs Lesley Cooper and Adrienne Calsy	Phone: 01229 775492
Ulpha	Ulpha Parish Council	Mrs A Jones	Phone: 01229 716613
Waberthwaite	Waberthwaite Parish Council Waberthwaite Parish Council	Mr K Hitchen	Phone: 019467 24710
Whicham	Whicham Parish Council	Mrs Lesley Cooper	Phone: 01229 775492
Beckermet with Thornhill	Beckermet with Thornhill Parish Council	Ms Gill Threader	Phone: 01946 430917
Braystones	Lowside Quarter Parish Council	Ms Yvonne Hey	Phone: 01946 825637
Egremont	Egremont Town Council	Mrs Geraldine Pritchard	Phone: 01946 820254 or 01946 821185

Parish and Town Councils			
Haile & Wilton	Haile & Wilton Parish Council	Mrs A L Fowler	Phone: 01946 824332
St. Bees	St. Bees Parish Council	Mrs Jane Donaldson	Phone: 01946 822560
Whitehaven	Whitehaven Town Council	Marlene Jewell	Phone: 01946 67366 Email: clerk@whitehaventowncouncil.co.uk
District Councillors			
Whitehaven		Mayor Mike Starkie	Phone: 01946 598530 Email: elected.mayor@copeland.gov.uk
Distington, Lowca & Parton		Councillor Dave Banks	Phone: 07795 452364 Email: david.banks@copeland.gov.uk
Distington, Lowca & Parton		Councillor Jackie Bowman	Phone: 01946 831946 Email: jackie.bowman@copeland.gov.uk
Cleator Moor		Councillor Hugh Branney	Phone: 01946 861813 Email: hugh.branney@copeland.gov.uk
Moor Row & Bigrigg		Councillor Graham Calvin	Phone: 07747 231487 Email: graham.calvin@copeland.gov.uk
Millom		Councillor James Date	Phone: 07747 231574 Email: james.date@copeland.gov.uk
Corkickle		Councillor Gemma Dinsdale	Phone: 01946 62754 Email: gemma.dinsdale@copeland.gov.uk
Arlecdon & Ennerdale		Councillor Gwyneth Everett	Phone: 07775 547370 Email: gwyneth.everett@copeland.gov.uk
Hillcrest		Councillor Allan Forster	Phone: 07767 434561 Email: allan.forster@copeland.gov.uk
Sneakyeat		Councillor Jeanette Forster	Phone: 07775 547503 Email: jeanette.forster@copeland.gov.uk
Millom		Councillor Fred Gleaves	Phone: 07901 331270 Email: fred.gleaves@copeland.gov.uk
St Bees		Councillor Jeffrey Hailes	Phone: 01946 814819 Email: jeffrey.hailes@copeland.gov.uk
Whitehaven South		Councillor Mike Hawkins	Phone: 07925 132549 Email: mike.hawkins@copeland.gov.uk
Egremont		Councillor Tom Higgins	Phone: 01946 823828 Email: tom.higgins@copeland.gov.uk
Cleator Moor		Councillor Joan Hully	Phone: 07818 656963 Email: joan.hully@copeland.gov.uk
Cleator Moor		Councillor Linda Jones-Bulman	Phone: 07775 547645 Email: linda.jones-bulman@copeland.gov.uk

Parish and Town Councils			
Kells	Councillor John Kane	Phone: 07867 983989 Email: john.kane@copeland.gov.uk	
Whitehaven Central	Councillor Charles Edward Maudling	Phone: 07775 547809 Email: charles.maudling@copeland.gov.uk	
Black Combe & Scafell	Councillor Ged McGrath	Phone: 01229 776959 Email: ged.mcgrath@copeland.gov.uk	
Egremont	Councillor Michael McVeigh	Phone: 01946 820703 Email: michael.mcveigh@copeland.gov.uk	
Beckermet	Councillor Sam Mateer	Phone: 01946 820404	
Moresby	Councillor Graham Minshaw	Phone: 07747 232069 Email: graham.minshaw@copeland.gov.uk	
Gosforth & Seascale	Councillor David Moore	Phone: 07715 558970 Email: david.moore@copeland.gov.uk	
Arlecdon & Ennerdale	Councillor Steven Morgan	Phone: 07781 037182 Email: steven.morgan@copeland.gov.uk	
Hillcrest	Councillor Brian O'Kane	Phone: 07775 547826 Email: brian.okane@copeland.gov.uk	
Egremont	Councillor Sam Pollen	Phone: 01946 824252 Email: sam.pollen@copeland.gov.uk	
Gosforth & Seascale	Councillor Andy Pratt	Phone: 07775 548009 Email: andy.pratt@copeland.gov.uk	
Hillcrest	Councillor Russell Studholme	Email: russell.studholme@copeland.gov.uk	
Whitehaven South	Councillor Peter Tyson	Phone: 07767 425917 Email: peter.tyson@copeland.gov.uk	
Whitehaven South	Councillor Carl Walmsley	Phone: 07781 036970 Email: carl.walmsley@copeland.gov.uk	
Whitehaven Central	Councillor Eileen Weir	Email: eileen.weir@copeland.gov.uk	
Black Combe & Scafell	Councillor Doug Wilson	Phone: 07767 425918 Email: douglas.wilson@copeland.gov.uk	
Millom	Councillor Fee Wilson	Phone: 07770 967851 Email: felicity.wilson@copeland.gov.uk	

Other Support Groups			
Copeland wide	The Silver Line	Befriending, free confidential helpline.	Phone: 0800 4708090
Copeland wide	Age UK Advice Line	Befriending, open 365 days, 8am - 7pm	Phone: 0800 6781602
Copeland wide	Lakes Medics	Befriending	Phone: 01539 232999
Copeland wide	Citizens Advice Bureau, Whitehaven	Telephone Advice Monday - Friday 9-5pm	Phone: 01946 693321 Email: citizensadvicecopeland@gmail.com

Other Support Groups			
Copeland wide	Copeland Age & Advice Services	Telephone advice only - signposting to who is available.	Phone: 01946 552166 Email: info@wedcu.co.uk
Copeland wide	West Cumbria Carers	Supporting young and adult carers. Telephone advice only.	
Copeland wide	Adult Social Care	Out of hours (after 5pm) 01228 526690	Phone: 0300 3033589 Option 2
Copeland wide	Memory Matters Team	Telephone advice only.	Phone: 01946 68560
Copeland wide	Blue Badge Team	Telephone advice only.	Phone: 01228 606060
Copeland wide	CRUSE Bereavement Care	Bereavement information and support.	Phone: 01946 825572 or 0300 600 3434 Email: cumbria@cruse.org.uk Web: www.cruse.org.uk/get-help/local-services/north-west/cumbria
Copeland wide	Fire Service - Safe & Well Visit		Phone: 0800 358 4777 Email: hart@cumbria.gov.uk
Copeland wide	Mindline Cumbria	Mindline Cumbria provides support, information and guidance for people who are facing mental health issues or caring for those who might be in difficulties. Text service is available. Text 'Mind' to 81066 followed by your question.	Phone: 0300 561 0000 Monday - Friday 12pm - 11pm. Weekends and Bank Holidays 5pm - 11pm. Web: www.mindlinecumbria.org
Copeland wide	Support Cumbria	Website	Web: www.SupportCumbria.org.uk
Copeland wide	Age UK	Information and advice to help you keep your independence. Learn how to spot scams. Services include free advice line, useful benefit calculator, money advice, health issues, help for carers.	Phone: 01900 844670, 01946 66669, 01946 694327, 01946 812267, 01946 828100, 01229 774573
Copeland wide	AWAZ	Reaching out and supporting BAME communities across Cumbria.	Phone: 07837 679338 Email: admin@awaz.info
Copeland wide	Together We	Empowering people to take control over their physical health, mental health and wellbeing.	Phone: 01900 66375 Email: info@togetherwe.co.uk Web: www.togetherwe.co.uk
Copeland wide	The Haven	Mental Health crisis support in Whitehaven	Phone: 01946 691234 Web: www.richmondfellowship.org.uk/cumbria/cumbria-crisis-service
Copeland wide	Time to Change West Cumbria	Charity/Third Sector Group	Phone: rachel.holliday@ttcwestcumbria.org Email: ttcwestcumbria.org
Copeland wide	Always Another Way	Support group for the community, aiming to improve community spirit as well as psychological, social, physical and spiritual wellbeing. This group also promote social inclusion and acceptance.	Phone: 07516 319860 or Email: info@alwaysanotherway.co.uk

Other Support Groups			
Copeland wide	Autism Support: Allerdale and Copeland		Email: contact@asaac.co.uk
Copeland wide	Clear Blue Skies	Wellbeing community group including Qigong, meditation, health and nutrition advice, walks, Knit and Natter and singing	Phone: 01946 862934
Copeland wide	Every life matters	Provides suicide prevention and mental health training along with suicide bereavement support to the community.	Phone: 07908 537541 or Email: info@every-life-matters.org.uk
Copeland wide	Family Action	Providing support, advice and guidance to families.	Email: copeland@family-action.org.uk
Copeland wide	First Step	Free talking therapies for adults in Cumbria.	Phone: 0300 123 9122
Copeland wide	The Freedom Project/ West Cumbria Domestic Violence Support	Providing advice, information, guidance and one-to-one peer group mentoring. Working with perpetrators, survivors, family members and children who have been affected by domestic abuse.	Phone: 07712 117986 or text 07860 021756 Email: hope@freedom-project-west-cumbria.org.uk Web: copelandcommunityfund.co.uk/case_study/the-freedom-project/
Copeland wide	National Self Harm Network	Forum providing crisis support, information, resources, advice, discussions and distractions.	Phone: 0800 622 6000
Copeland wide	Royal British Legion	Helping members of the armed forces community and offering all kinds of support.	Phone: 0808 802 8080
Copeland wide	Safety Net	Supporting those affected by rape, sexual abuse or domestic violence.	Phone: 01228 515859 and Email: office@safetynetuk.org
Copeland wide	Samaritans	24hr counselling service for all.	08457 90 90 90 or 116 123 Email: jo@samaritans.org
Copeland wide	The Bridgeway (Safety Net)	Helping people who have been affected by sexual assault or violence (recently or in the past). This service supports adults and children.	Phone: 0808 1186432
Copeland wide	Women Out West (WOW)	Providing services designed by West Cumbrian women to empower all women to reach their potential.	Phone: 01946 550103 call/text/WhatsApp 07539 78043 Email: contactus@womenoutwest.co.uk
Copeland wide	Victim Support Cumbria	www.victimsupport.org.uk/help-and-support/get-help/support-near-you/live-chat	Phone: 0300 3030 157 (local service Mon – Fri 9–6pm. 24-hour support line 08 08 16 89 111)
Copeland wide	Turning the Spotlight	www.victimsupport.org.uk/help-and-support/get-help/support-near-you/north-west/cumbria/turning-spotlight	Phone: 07919 393311 Email: turningthespotlight@victimsupport.org.uk

Other Support Groups			
Egremont	Calderwood House	Facilities for homeless people	Phone: 01946 439312 Email: calderwoodhouse.co.uk
Whitehaven & Egremont	Whitehaven, Egremont & District Credit Union	An easy way to save, budget and borrow money without interest. There are various locations available. Telephone advice available only.	Phone: 01946 66755
Whitehaven & Egremont	Whitehaven, Egremont & District Credit Union	An easy way to save, budget and borrow money without no interest. There are various local locations available. Telephone advice only	Phone: 01946 66755
Pastoral/Spiritual			
Copeland wide	West Cumbria Muslim Society	2 College Street, Whitehaven	Phone: 01946 592679
Copeland wide	Cumbria Chinese Association	Community Organisation	Email: cumbriachineseassociation@gmail.com
Distington	Church of the Holy Spirit, Distington	Rev Julia Powley	Phone: 01946 833427 Email: juliapowley@plus.com
Drigg	St Peter's Church, Drigg	Rev Canon Gill Hart	Phone: 019467 24724
Gosforth	Gosforth Parish Church	Rev John Riley	Phone: 019467 25499 Email: lesleyjohn.riley@gmail.com
Gosforth	Gosforth Methodist Church	Revd Paul Saunders	Email: superintendent@westernfells.uk
Irton	St Paul's Church, Irton	Rev Canon Gill Hart	Phone: 019467 24724
Seascale	Seascale Churches	Brian Pateman	Email: brianrpateman@gmail.com
Seascale	St Joseph's Church, Seascale		Web: www.peterwilson-seascale.me.uk/StJoseph/
Seascale	Seascale Methodist Church	Revd Paul Saunders	Email: superintendent@westernfells.uk
Cleator to Arlecdon	Crosslacon Churches	Rev. Nicki Pennington	Phone: 07462 194549/ 01946 451257
Cleator	St Leonard's Church, Cleator	Crosslacon Team Ministry	Web: www.achurchnearyou.com/church/12441/get-in-touch/
Cleator	St Mary's Catholic Church, Cleator		Phone: 01946 810324 Web: www.stmarysandstjosephs.org.uk
Cleator	Cleator Methodist Church	Revd Paul Saunders	Email: superintendent@westernfells.uk
Ennerdale	Lamplugh, Kirkland & Ennerdale	Rev Ian Parker	Email: blackssailvicar@outlook.com
Ennerdale	St Mary's Ennerdale Parish Church	Rev Ian Parker	Phone: 01946 395300
Ennerdale	Kirkland Mission, Ennerdale		Phone: 01946 861310

Pastoral/Spiritual			
Frizington	St Joseph's Church, Frizington		Web: www.stmarysandstjosephs.org.uk
Frizington	St John's Methodist Church, Frizington	Revd Paul Saunders	Email: superintendent@westernfells.uk
Moresby	St Bridget's Church, Moresby	Rev Paul Kerry	Phone: 01946 66168 Email: paulkerrywork@gmail.com
Moresby	St Mark's Methodist Church, Moresby		Email: superintendent@westernfells.uk
Millom	Millom Baptist Church		Phone: 01229 774601 / 07591 298877
Millom	Church of England	Rev Carl Carter	Phone: 01229 774427
Millom	Bootle Evangelical Church		Phone: 01229 776945
Millom	Methodist Church	Deacon Debbie Harkness	Phone: 01229 770071
Millom	Black Combe Churches	David Griffith	Phone: 01229 773983
Millom	Parishes of Kirkby, Ireleth and Broughton & Duddon	Rev'd Stephen Tudway	Phone: 01229 715 259
Millom	Benefice of Millom & Thwaites	Rev Clive Shaw	Phone: 01229 772889
Millom	Millom Methodist Church, Queen St, Millom		Phone: 01229 770071 Web: cumbriamethodistdistrict.org.uk
Millom	Holy Trinity Church, Millom	Rev Clive Shaw	Phone: 01229 772889
Millom	Millom Baptist Church		Phone: 01229 774601
Millom	Millom Community Church	Pastor Fred McKeown	Phone: 01229 719659 Email: millompastor@gmail.com Web: www.millomnetworkcentre.co.uk
Millom	Our Lady and St James' Church, Millom		Phone: 01229 772479 Web: www.catholicdirectory.org
Egremont	St Michael & St Mary's Church, Egremont	Rev Barbara Jeapes	Phone: 01946 841839
Egremont	Egremont Methodist Church	Rev Paul Saunders	Email: superintendent@westernfells.uk Web: www.egremontmethodistorg.uk
Egremont	St Mary's Catholic Church, Egremont	Fr Peter Sayer	Phone: 01946 820251
Egremont	Churches Together, Egremont	Methodist Community in Egremont	Email: info@egremontmethodist.org.uk
St Bees	St Bees Methodist Church	Rev Paul Saunders	Email: superintendent@westernfells.uk
St Bees	St Bees Priory, St Bees	Rev Becky Gibbs	Phone: 01946 822279 Email: revbgibbs75@gmail.com

Pastoral/Spiritual			
Mirehouse	St Andrews, Mirehouse	Peter Verburgh	Phone: 01946 693565 Email: standrewsmirehouse@outlook.co.uk
Whitehaven	St Beghs Catholic Church	Fr Matthew Carney	Phone: 01946 692342 Web: www.stbeghschurch.co.uk
Whitehaven	St Benedict's Church, Whitehaven	Fr Garnall	Phone: 01946 692083
Whitehaven	St Mary's Church, Whitehaven	FR Grugan	Phone: 01946 692757
Whitehaven	United Reformed Church, Whitehaven	Rev Dave Harkison	Phone: 01946 696850 Email: whitehaven.urc@talktalk.net
Whitehaven	New Life Church, Whitehaven	Pastor Gary Brown	Phone: 01946 66556 Email: info@nlc-online.org.uk
Whitehaven	Hensingham Methodist Church	Rev Paul Saunders	Email: superintendent@westernfells.uk
Whitehaven	Salvation Army, Whitehaven	Lieutenants David & Eveline Haines	Phone: 01946 690649 Email: whitehaven.corps@salvationarmy.org.uk
Whitehaven	St James' Church, Whitehaven	Rev Robert Jackson	Phone: 01946 696932 Email: revobjackson@live.co.uk
Whitehaven	St John's Church, Hensingham	Rev Fergus Pearson	Phone: 01946 690649 Web: www.stjohnshensingham.org.uk
Whitehaven	Grace Church, Whitehaven	Allen Rossi	Phone: 01946 443556 Email: allen@gracecw.org Email: aaron@gracecw.org
Whitehaven	Christian Brethren, Sandhills Lane Church, Whitehaven	N Walkingshaw	Phone: 01946 61047 Web: www.ukchurch.org
Whitehaven	Ignite Friday Night (part of Network Youth Church, Whitehaven)	Based at St Andrew's Church, Meadow Rd, Whitehaven	Phone: 07770 119731 Email: networkyouthchurchcalder@gmail.com
Whitehaven	Woodbank Community Church		Phone: 01946 695118 Web: woodbankchurch.org.uk

Banks and Building Societies

Cleator Moor	The Cumberland	Temporarily closed	Phone: 01946 813003
Egremont	The Cumberland	Temporarily closed	Phone: 01946 821513
Millom	The Furness Building Society	Opening times Monday - Friday 9am to 5pm and Saturday 9am to 11.30am.	Phone: 01229 773671
Whitehaven	Halifax	Opening times Monday to Friday 10am - 2pm.	Phone: 0345 720 3040
Whitehaven	The Cumberland	Opening times Monday to Friday 9am - 2pm, Saturdays 9am - 12pm.	Phone: 01946 66683
Whitehaven	TSB	Opening times Tuesday 10:00 - 12:30 and 13:30 - 16:00, Friday 10:00 - 12:30 and 13:30 - 16:00	Phone: 01946 299998
Whitehaven	HSBC	Opening times Monday to Friday 10am - 2pm.	Phone: 0345 740 4404

