

# Information and key contacts in your area

**South  
Lakeland**

## Support from Local Community & Third Sector Groups

Location	Group	Contact	Email	Telephone
Aldingham	Aldingham Parish Council	Beth Mooney	Email: <a href="mailto:aldinghampc@gmail.com">aldinghampc@gmail.com</a>	
Ambleside	Ambleside Parish Centre Ambleside Foodbank Ambleside vs Coronavirus	Caroline Gunning	Email: <a href="mailto:admin@amblesidepc.org.uk">admin@amblesidepc.org.uk</a>	Phone: 015394 34172
Ambleside	Lakes Christian Centre	Mike Horseman	Email: <a href="mailto:pastormikehorsman@gmail.com">pastormikehorsman@gmail.com</a>	
Arnside	Arnside Parish Council	Caroline Caudwell	Email: <a href="mailto:clerk@arnsidepc.org.uk">clerk@arnsidepc.org.uk</a>	
Arnside	Arnside Volunteer Group	Si Whorrall	Email: <a href="mailto:avg@whorrall.com">avg@whorrall.com</a> Email: <a href="mailto:mike.s.mann@icloud.com">mike.s.mann@icloud.com</a>	Phone: 07375 839182
Barbon	Barbon Parish council	Roger Groves	Email: <a href="mailto:roger@kempshill.co.uk">roger@kempshill.co.uk</a>	Phone: 01524 276322
Beetham	Beetham Church	Jenny Marks	Email: <a href="mailto:jenny.marks@btinternet.com">jenny.marks@btinternet.com</a>	Phone: 01539 562559
Beetham	Beetham Coronavirus Community Support		Email: <a href="mailto:estateoffice@dallamtower.com">estateoffice@dallamtower.com</a>	Phone: 015395 63368
Burneside	Burneside Parish Residents Assoc	Gayle Howarth	Email: <a href="mailto:thebpra1@gmail.com">thebpra1@gmail.com</a>	Phone: 07716 033439
Burton in Kendal	Community Volunteer Group	Lesley Bailey		Phone: 01524 782984
Casterton	Casterton Neighbours	Steve Bentley	Email: <a href="mailto:Steve.bentley@me.com">Steve.bentley@me.com</a>	Phone: 015242 20219
Claife	Claife Parish Council	Joanne Heather	Email: <a href="mailto:clerk@claifeparishcouncil.org.uk">clerk@claifeparishcouncil.org.uk</a>	Email: 07786 242112
Colton	Colton Parish Council	Julie Hendry	Email: <a href="mailto:Clerk@parishcouncil.org.uk">Clerk@parishcouncil.org.uk</a>	
	Nibthwaite & surrounding area	John Millburn	Email: <a href="mailto:brenfishwick@hotmail.co.uk">brenfishwick@hotmail.co.uk</a>	
	Oxen Park/Colin pit	Tamsin and David Kidwel		Phone: 01229 861437
	Spark bridge/ Lowick	Abigail Bennett	Email: <a href="mailto:abi.bennettgm@gmail.com">abi.bennettgm@gmail.com</a>	Phone: 01229 861143
	Colton and Springfield	Bob Henderson	Email: <a href="mailto:ruslandbob@gmail.com">ruslandbob@gmail.com</a>	Phone: 01229 861800

Location	Group	Contact	Email	Telephone
	Bouth and Surrounding houses	Marion Brown	Email: <a href="mailto:marion@bestpath.co.uk">marion@bestpath.co.uk</a>	Phone: 01229 861690 and 07738 359295
	Rusland/ Crosslands	David Hoyle	Email: <a href="mailto:davidhoyle1@googlemail.com">davidhoyle1@googlemail.com</a>	Phone: 01229 860390
	Finsthwaite/ Lakeside	John Taylor	Email: <a href="mailto:j.r.taylor@lancaster.ac.uk">j.r.taylor@lancaster.ac.uk</a>	Phone: 01539 530277
<b>Coniston</b>	Coniston Sports and Social Centre Covid 19 Support	Lesley McCartney	Email: <a href="mailto:conistonsports-socialcentre@hotmail.com">conistonsports-socialcentre@hotmail.com</a>	Phone: 015394 41812
<b>Dent</b>	Dent with Cowgill Community Forum	Ian Mitchell (District Councillor)	Email: <a href="mailto:ininmitch@hotmail.co.uk">ininmitch@hotmail.co.uk</a>	Phone: 015397 66464
<b>Duddon</b>	Duddon Parish Council	Stephen Tudway (Local Vicar) Selwyn Wright		Phone: 01229 715259 Phone: 01229 716797
<b>Firbank</b>	Firbank Parish Council	Gordon Chivers	Email: <a href="mailto:gordonmchivers@gmail.com">gordonmchivers@gmail.com</a>	
<b>Garsdale</b>	Garsdale Parish Council	Phil Johns	Email: <a href="mailto:ps.johns@btinternet.com">ps.johns@btinternet.com</a>	
<b>Grange</b>	Grange Community Lunch Group	Carrie Dallison	Email: <a href="mailto:carrie.dallison@recyclinglives.org">carrie.dallison@recyclinglives.org</a>	
<b>Grange</b>	Newton Village Hall		Email: <a href="mailto:admin@ncvh.org.uk">admin@ncvh.org.uk</a>	
<b>Grange</b>	Grange Mutual Aid for Self Isolation Group	Facebook		Phone: 07780 973997
<b>Grange</b>	Grange Over Sands Community Lunch	Facebook	Email: <a href="mailto:TWBS22@gmail.com">TWBS22@gmail.com</a>	Phone: 015395 33022
<b>Grange</b>	CARNET	Barry Dean	Email: <a href="mailto:dean265@btinternet.com">dean265@btinternet.com</a>	
<b>Grange</b>	Wednesday Friendship Club	Patricia Conway	Email: <a href="mailto:tcalway@me.com">tcalway@me.com</a>	Phone: 07949 140108
<b>Grange</b>	Haverthwaite Parish Council	Ms Ann Newby	Email: <a href="mailto:haverthwaitepc@gmail.com">haverthwaitepc@gmail.com</a>	Phone: 07770 480465
<b>Grasmere</b>	Grasmere (& surrounding) Covid help	FACEBOOK group Nicola Ablitt		Phone: 07725 057153
<b>Grasmere</b>	Staff at Coop (not the actual business)	Tom Barnes	Email: <a href="mailto:thomas.barnes@coop.co.uk">thomas.barnes@coop.co.uk</a>	

Location	Group	Contact	Email	Telephone
Grayrigg	Grayrigg isolation group support	Becky Lewis	Email: <a href="mailto:lewis.rebecca@gmail.com">lewis.rebecca@gmail.com</a>	
Hawkshead	Hawkshead Parish Council	Tracey Thornley	Email: <a href="mailto:hawksheadparishcouncil@gmail.com">hawksheadparishcouncil@gmail.com</a>	
Helsington	Helsington Parish Council	Jane Saunders	Email: <a href="mailto:helsingtonpc@outlook.com">helsingtonpc@outlook.com</a>	Phone: 07849 103127
Heversham	Heversham Parish Council	Malcolm Richardson	Email: <a href="mailto:hevershamparishcouncil@gmail.com">hevershamparishcouncil@gmail.com</a>	Phone: 015395 64773
Heversham	COVID Heversham Helpline		Email: <a href="mailto:covid@hevesham.com">covid@hevesham.com</a>	Phone: 07545 103583
Hincaster	Hincaster Parish Council	Adam Pickthall	Email: <a href="mailto:adampickthall1@gmail.com">adampickthall1@gmail.com</a>	
Holme		Holme Parish Council	Email: <a href="mailto:holmeparishcouncil@gmail.com">holmeparishcouncil@gmail.com</a>	Phone: 07833298785
Kendal	Kendal Town Council-Town Clerk	Liz Richardson	Email: <a href="mailto:clerk@kendaltowncouncil.gov.uk">clerk@kendaltowncouncil.gov.uk</a>	
Kendal	Churches Together in Kendal	Anne Wilson	Email: <a href="mailto:ctikd@hotmail.com">ctikd@hotmail.com</a>	
Kendal	Manna House	Andrea Aldridge	Email: <a href="mailto:andreaa@manna-house.org.uk">andreaa@manna-house.org.uk</a>	
Kendal	Waste into Wellbeing (Kendal People's Café)	Stacy Hurley	Email: <a href="mailto:stacy@cinnamonltd.co.uk">stacy@cinnamonltd.co.uk</a>	
Kendal	Kendal Self-Isolation Support	FACEBOOK page	Email: <a href="mailto:kendalsisg@gmail.com">kendalsisg@gmail.com</a>	
Kendal	Kings Food Bank	Linda Sutherland	Email: <a href="mailto:kingsfoodbank@gmail.com">kingsfoodbank@gmail.com</a>	Phone: 07534 609179
Kendal	Sandylands Residents Association	Adam Edwards	Email: <a href="mailto:adamedwards72@aol.co.uk">adamedwards72@aol.co.uk</a>	
Kendal	Buddhist Group of Kendal	Jacquetta Gomes	Email: <a href="mailto:bgkt@etherway.net">bgkt@etherway.net</a>	
Kendal	SLEDP	Jacquetta Gomes	Email: <a href="mailto:sledp2016@gmail.com">sledp2016@gmail.com</a>	
Kent Estuary	Kent Estuary Youth (KEY)	Lesley Leadbitter	Email: <a href="mailto:lesleyleadbitterkey@yahoo.com">lesleyleadbitterkey@yahoo.com</a>	
Kentmere	Community support - Parish Meeting	Peter Lansberry Iain Johnston	Email: <a href="mailto:parishchairman@kentmere.org">parishchairman@kentmere.org</a> Email: <a href="mailto:parishclerk@kentmere.org">parishclerk@kentmere.org</a>	

Location	Group	Contact	Email	Telephone
Killington	Parish Hall Committee	John Harrison	Email: <a href="mailto:johnharrison249@gmail.com">johnharrison249@gmail.com</a>	
Kirkby Ireleth	Alison Field	Kirkby Parish Council	Email: <a href="mailto:kirkbyparishcouncil@outlook.com">kirkbyparishcouncil@outlook.com</a>	
Kirkby Lonsdale	Coronavirus Mutual Aid Group	Rev Wendy Thornton Mrs Janet Bradshaw Mr Peter Gregson <a href="mailto:kirkbylonsdale.info">kirkbylonsdale.info</a>	Email: <a href="mailto:wendy.thornton@methodist.org.uk">wendy.thornton@methodist.org.uk</a> Email: <a href="mailto:janetrbradshaw@gmail.com">janetrbradshaw@gmail.com</a>	Phone: 015242 73570 Phone: 07415 787702 Phone: 015242 72843
Lambrigg	covered by Grayrigg Isolation support	Emma Littlewood (clerk to PC)		
Langdale	Community support	Malcolm Lamb District Councillor	Email: <a href="mailto:Lambmalcolm@rocketmail.com">Lambmalcolm@rocketmail.com</a>	
Levens	Levens Good Neighbours	Janet Battye	Email: <a href="mailto:janetmbattye@gmail.com">janetmbattye@gmail.com</a>	Phone: 07908 004672
Longsleddale	informal - neighbours phone calls	John Farmer	Email: <a href="mailto:johnfarmercl@aol.com">johnfarmercl@aol.com</a>	
Lowick	Lowick Parish Council	Irene Jewell	Email: <a href="mailto:irene@jewell.me.uk">irene@jewell.me.uk</a>	
Mansergh	covered by Kirkby Lonsdale support group			
Middleton	Middleton Parish council	Michael Roberts	Email: <a href="mailto:michael@middletonhouse.net">michael@middletonhouse.net</a>	
Milnthorpe	Milnthorpe Volunteer Group	Helen Chaffey	Email: <a href="mailto:milnthorpevolunteers@gmail.com">milnthorpevolunteers@gmail.com</a>	Phone: 07493 721173
New Hutton	PC and district nurse support	Martyn Welch	Email: <a href="mailto:martynwelch@hotmail.com">martynwelch@hotmail.com</a>	
Old Hutton & Holmescales	PC and district nurse support	Simon Gray	Email: <a href="mailto:gadget50uk@gmail.com">gadget50uk@gmail.com</a>	
Preston Richard	Preston Richard Parish Council	Ann Park	Email: <a href="mailto:clerk@prestonrichard.co.uk">clerk@prestonrichard.co.uk</a>	Phone: 015395 67411
Rydal	Rydal Village What's App group	Andy Biggs Gilly Hodkinson	Email: <a href="mailto:gillyhodkinson@icloud.com">gillyhodkinson@icloud.com</a>	
Rydal	Rydal Village Society	<a href="http://www.rydal.org.uk/contact-rydal-village-socie.html">www.rydal.org.uk/contact-rydal-village-socie.html</a>		
Sedbergh	Sedbergh & District Covid-19 support	Myles Ripley Cllr Ed Welti Janey Hassam Facebook page also	Email: <a href="mailto:cvsg@sedbergh.org.uk">cvsg@sedbergh.org.uk</a>	Phone: 07872 017730

Location	Group	Contact	Email	Telephone
<b>Sedgwick</b>	Sedgwick Neighbourhood and Friends	Sylvia Roberts	Email: <a href="mailto:sedgwick.parish@gmail.com">sedgwick.parish@gmail.com</a>	Phone: 015395 60080
<b>Skelsmergh and Scalthwaiterigg</b>	informal small groups:- Garth Row; Mealbank etc	John Chapman PC chair	Email: <a href="mailto:qwercus@tinyworld.co.uk">qwercus@tinyworld.co.uk</a>	
<b>Skelwith</b>	Covered by the 3 hubs in Coniston, Hawkshead and the Ambleside Parish Centre	Suzanne Pender PC clerk		
<b>South Lakeland</b>	Age UK South Lakeland	Hugh Tomlinson Pam Lewis Phil Whiteley	Email: <a href="mailto:htomlinson@ageuksouthlakeland.org.uk">htomlinson@ageuksouthlakeland.org.uk</a> Email: <a href="mailto:plewis@ageuksouthlakeland.org.uk">plewis@ageuksouthlakeland.org.uk</a> Email: <a href="mailto:pwhiteley@ageuksouthlakeland.org.uk">pwhiteley@ageuksouthlakeland.org.uk</a>	
<b>South Lakeland</b>	Action for Children	Sharon Philips	Email: <a href="mailto:Sharon.phillips1@actionforchildren.org.uk">Sharon.phillips1@actionforchildren.org.uk</a>	
<b>South Lakeland</b>	Barnardo's	Noelle Kirk	Email: <a href="mailto:Noelle.kirk@barnardos.org.uk">Noelle.kirk@barnardos.org.uk</a>	
<b>South Lakeland</b>	South Lakes CAB	Karen Evans	Email: <a href="mailto:manager@southlakes.cabnet.org.uk">manager@southlakes.cabnet.org.uk</a>	
<b>South Lakeland</b>	South Lakes Housing	Chris Parks	Email: <a href="mailto:c.parks@southlakeshousing.co.uk">c.parks@southlakeshousing.co.uk</a>	
<b>South Lakeland</b>	Carer Support South Lakeland		Email: <a href="mailto:admin@carersupportsouthlakes.org.uk">admin@carersupportsouthlakes.org.uk</a>	
<b>South Lakeland</b>	Springfield - Domestic Abuse Support	Victoria Roberts	Email: <a href="mailto:victoria@springfieldsupport.org">victoria@springfieldsupport.org</a>	
<b>South Lakeland</b>	AWAZ	Mohammed Dhalech	Email: <a href="mailto:admin@awaz.info">admin@awaz.info</a>	
<b>Stainton</b>	Stainton Parish Council	Stainton Parish Council	Email: <a href="mailto:staintonpc@outlook.com">staintonpc@outlook.com</a>	Phone: 015395 63773
<b>Staveley &amp; Ings</b>	Staveley Together Support Group	Mark Kidd Deb Michel Andrew Pimblet	Email: <a href="mailto:staveleytogether@gmail.com">staveleytogether@gmail.com</a>	Phone: 07807612253 Phone: 01539 821414
<b>Storth</b>	B4RN Storth Volunteering Group	Greg Tagney	Email: <a href="mailto:tagneygreg@gmail.com">tagneygreg@gmail.com</a>	Phone: 015394 41764
<b>Torver</b>	Torver Parish Council	Dorothy Wilson	Email: <a href="mailto:clerk.torverpc@hotmail.com">clerk.torverpc@hotmail.com</a>	
<b>Troutbeck</b>	Troutbeck Together	Diana Berry	Email: <a href="mailto:di.siberry@gmail.com">di.siberry@gmail.com</a>	

Location	Group	Contact	Email	Telephone
Ulverston	Ulverston Emergency Planning Group	Mark Wilson - Lead Co-ordinator	Email: <a href="mailto:marcowils@tiscali.co.uk">marcowils@tiscali.co.uk</a>	
Ulverston	Ulverston MIND	Jan Quinn	Email: <a href="mailto:Jan.quinn@ulverstonmind.org.uk">Jan.quinn@ulverstonmind.org.uk</a>	
Ulverston	Ulverston Town Council	Jayne Kendal - Town Clerk	Email: <a href="mailto:admin@ulverstoncouncil.org.uk">admin@ulverstoncouncil.org.uk</a>	Phone: 01229 861646
Ulverston	Ulverston Self-Isolation Support Group - Helpline	Caroline Smith	Email: <a href="mailto:caroline.smith1969@outlook.com">caroline.smith1969@outlook.com</a>	Phone: 01229 357951
Urswick	Local support Group	Denise Chamberland	Email: <a href="mailto:kaye.mciver@btinternet.com">kaye.mciver@btinternet.com</a>	
Whitwell & Selside	Coronavirus noticeboard on <a href="http://www.selside.net">www.selside.net</a>	Simon Elliott (Parish Meeting Chair)	Email: <a href="mailto:simon_elliott@btinternet.com">simon_elliott@btinternet.com</a>	
Windermere	Food bank	Magda Khan	Email: <a href="mailto:khanmagda@gmail.com">khanmagda@gmail.com</a>	Phone: 07827912798
Windermere	Windermere/Bowness Self Isolation	Marina Davis Maggie Patchett	Email: <a href="mailto:rina_d29@hotmail.com">rina_d29@hotmail.com</a> Email: <a href="mailto:deaconmaggiep@gmail.com">deaconmaggiep@gmail.com</a>	Phone: 015394 42971 Phone: 07753 110388
Wray	Claife Parish Council	Mary Wyburn	Email: <a href="mailto:mary.wyburn@btopenworld.com">mary.wyburn@btopenworld.com</a>	

