



**CORONAVIRUS  
(COVID-19) UPDATE**

**COPELAND**

# **Directory of Community Support for the Copeland Area**

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

**Issue 2  
14 April 2020**

# COVID-19 EMERGENCY SUPPORT HELPLINE

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

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

Full details can be found online at [cumbria.gov.uk](https://cumbria.gov.uk)

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



**SUPPORT EACH OTHER**  
**#TogetherWeCan**

## Support from Local Businesses

Copeland	Area Food Delivery services	Business	What's on offer?	How to contact.
	Copeland wide	Morrisons food box	£30 worth of meat or vegetarian everyday food essentials with £5.00 delivery charge.	<a href="https://www.morrisons.com/food-boxes/">https://www.morrisons.com/food-boxes/</a>
	Copeland wide	Age UK west Cumbria	Centres in Millom & Workington. Opening times Monday - Friday 9am - 4pm. £10 food parcels containing essential items.	01900 844670

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	Area	Business	What's on offer?	How to contact.
	Copeland wide	Marks & Spencers food Box	£35 worth of essential items, delivery is £3.99. Order online.	<a href="https://www.marksandspencer.com/l/gifts/food-boxes">https://www.marksandspencer.com/l/gifts/food-boxes</a>
	Copeland wide	Fruit & Veg Box Company	Based in Silloth. Contact for further details, delivery limited due to demand.	07769 904663
	Copeland wide	Pioneer	Opening times Monday to Saturday 7am - 4pm. Will deliver to Copeland area. Contact for further details, delivery limited due to demand.	01946 831163
	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.	01900 602710
	Copeland wide	Lakes Speciality Foods	Based in Staveley near Kendal. Contact for further details, delivery limited due to demand.	01539 822713 /07528094538 <a href="http://www.lakesspecialityfoods.co.uk">www.lakesspecialityfoods.co.uk</a> <a href="mailto:voicemail@lsf.co.uk">voicemail@lsf.co.uk</a>
	Copeland wide	Quickshop	Home essentials delivered in 90 minutes	<a href="http://www.quickshopdelivery.co.uk">www.quickshopdelivery.co.uk</a>
	Copeland wide	Caterite	Based at Embelton near Cockermouth. Opening times Monday to Sunday 8.30am - 12pm. Click and collect	017687 76000
<b>North East Copeland</b>	<b>Food Delivery services</b>			
	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.	07921 846763 orders via <a href="mailto:fishersegs@gmail.com">fishersegs@gmail.com</a>

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Area		Business	What's on offer?	How to contact.
	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	01946 395300
<b>North East Copeland</b>		<b>Supermarket/ Food Store Information</b>		
	Distington	McColls	Opening times Monday to Sunday 7am - 8pm	01946 830086
	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.	01946 861215
	Cleator	Cleator Stores	Opening times Monday - Friday 5am - 3pm. General provisions, homemade pies and local newspapers.	01946 810038
	Cleator Moor	Co-op and Post Office	Opening times Monday- Saturday 6am -8pm, Sunday 10am-4pm. (Post Office Monday - Saturday 8:30am – 5:30pm.) General food, household supplies, newsagent and cash machine. Card payment only.	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	01946 814425

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Area	Business	What's on offer?	How to contact.
Cleator Moor	Nisa Extra Cleator Moor	Opening Times Monday - Sunday 9am - 6pm and. General food and household supplies, newspapers and cash machine	01946 810431
Cleator Moor	Post Office Cleator Moor	Opening Times Monday - Saturday 8.30 - 5.30pm and Closed Sundays	01946 810201
Cleator Moor	Sproats Newsagents	Paper deliveries Monday - Friday 5.30am - 7.30pm, Saturday 7am- 7.30pm and Sunday 7am-4pm	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.	01946 810466
Cleator Moor	Youdales Newsagents	Opening times Monday - Saturday 12pm - 5pm. Newspaper deliveries - Cleator Moor only. Stocks basic ingredients. No longer allowing customers inside the shop. Card payment only	01946 814317
Frizington	Post office and general store	Opening times Monday - Saturday, 7am - 8pm; Sunday 9am - 4pm. Post Office on reduced opening: Monday to Friday 11am - 5pm; Saturday 9am - 12pm	01946 810481
Wath Brow	Premier Store	Opening times Monday to Sunday 9am - 9pm. General food and household supplies. Card payment only.	01946 328120
Wath Brow	Lifestyle Express	Opening times Monday to Sunday 7am - 1pm and 4pm - 6pm General provisions and newsagents. Free delivery to Cleator Moor & Cleator. Card payment only.	01946 810225

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North East Copeland	Area	Business	What's on offer?	How to contact.
	Prepared food			
	Copeland wide	Food Hub	Meals from various takeaways throughout the area	<a href="http://www.foodhub.co.uk">www.foodhub.co.uk</a>
	Copeland wide	Just Eat	Meals from various takeaways throughout the area	<a href="http://www.justeat.co.uk">www.justeat.co.uk</a>
	Distington & Pica	Caspian Flame Grill	Opening hours for delivery service Monday to Sunday 11am-11pm for ordering groceries Minimum order is £10 for groceries. Local delivery to Pica to Distington and Pica. Card payment over phone Please check delivery charges when placing order.	01900 633970
	Frizington	Thompson Home Bakery	Pies, bread, cakes ready-made sandwiches. Delivery to elderly and vulnerable in the local area.	01946 810572 <a href="http://www.thompsonhomebakery.co.uk">www.thompsonhomebakery.co.uk</a>
	Frizington	Frizington Chippy	Fish and chips, and some groceries. Opening times Monday to Friday 11.30am-1:30pm, 4.30pm-7pm, Saturday 11.30am-1pm, 4.30pm-7pm. Telephone orders welcome	01946 813283
North East Copeland	Chemist			
	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.	01946 810373
	Frizington	Boots Chemist Frizington	Opening times, Monday to Friday: 10am to 12pm; 2pm to 4pm; 5pm to 6pm, Saturdays 10am to 12pm	01946 810352

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North East Copeland	Area	Business	What's on offer?	How to contact.
	<b>Banks and Building societies</b>			
	Cleator Moor	The Cumberland	Temporarily closed	01946 813003
North East Copeland	<b>Doctors</b>			
	Cleator Moor	Cleator Moor Health Centre		01946 810427
	Distington	Distington Surgery		01946 830207
	Frizington	Griffin Close Surgery		01946 810777
North East Copeland	<b>Pet Services</b>			
	Cleator Moor	Let's Go Walkies	Free 30-minute walks	07572 446402 hannahe33grey@gmail.com
North East Copeland	<b>Veterinary Services</b>			
	Keekle	Galemire Vets	Opening times, Monday-Friday 8.30am-6pm; Saturday 8.30am-4pm (vet on call after 1pm). Reduced service; emergency procedures only. Telephone consultations available.	01946 810 295
North East Copeland	<b>Garages</b>			
	Cleator Moor	Adair's Autos	Opening times Monday to Friday 8am-5.30pm, Saturday 8.30am-1pm. Call or email in advance. Bank transfer or cheque preferred	01946 813 825 adairsautos12@hotmail.co.uk
	Frizington	Mill Garage Ltd	Currently open as normal; bookings by phone or email.	01946 817 827 info@millgaragefrizington.co.uk

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North East Copeland	Area	Business	What's on offer?	How to contact.
	COVID 19 Community Support Groups			
	Asby	Asby Village Viral	Sandra Dempsey	01946 862895 07773 328587
	Cleator Moor	Cleator Moor Covid Support Group	Facebook or Covid Mutual Aid Group	07815309646 or 01946 444950
	Distington	Distington Big Local		<a href="http://www.distingtonbiglocal.org">www.distingtonbiglocal.org</a>
	Distington	Distington RLFC - Friend not Foe Service	Marky Askew Carl Hewer Sean Sutton Gary Armstrong	07746 858162 77860167043 7824897192 7878472630
	Ennerdale	The Gather, with Ennerdale & Kinniside PC	Emma Shepherd  Rev Ian Parker	07342677499, call or text, 01946 395300 after 7pm, 01946 861310
	Frizington	Caring in Frizington	Joanne Jeynes	07919 533636
	Lowca and Parton	Help the Hero's NAP		
	Low Moresby	Low Moresby Parks Covid 19 mutual support group		<a href="mailto:markabaxter@btinternet.com">markabaxter@btinternet.com</a>
	Moresby Parks	Moresby Parks Covid Support Group		<a href="mailto:kwrightdsp@outlook.com">kwrightdsp@outlook.com</a>
North East Copeland	County Councillors			
	Distington & Howgate	CCC Councillor	Martin Barbour	<a href="mailto:martin.barbour@cumbria.gov.uk">martin.barbour@cumbria.gov.uk</a>

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	Area	Business	What's on offer?	How to contact.
	Cleator Moor East & Frizington	CCC Councillor	Arthur Lamb	7795169595 <a href="mailto:Arthur.Lamb@cumbria.gov.uk">Arthur.Lamb@cumbria.gov.uk</a>
	Cleator Moor West	CCC Councillor	Frank Morgan	01946 830759
<b>North East Copeland</b>	<b>Parish &amp; Town Councils</b>			
	Distington	Distington Parish Council	Mr J S Holliday	01900 66319
	Lowca	Lowca Parish Council	Mr Mike Milner	01900 66040/ 7709765005
	Moresby	Moresby Parish Council	Mr J C Shaw	01946 695701
	Parton	Parton Parish Council	RM Huck	<a href="mailto:rmhuck21@live.co.uk">rmhuck21@live.co.uk</a>
	Arlecdon & Frizington	Arlecdon & Frizington Parish Council	Mrs G A Everett	01946 811182
	Cleator Moor	Cleator Moor Town Council	Mr Steve Richardson	01946 810242
	Ennerdale & Kinniside	Ennerdale & Kinniside Parish Council	Ms Susan Denham-Smith	01946 861270
	Lamplugh	Lamplugh Parish Council	Mr John Sloan and Mike Watts	01900 85833, 01946 861856
	Weddicar	Weddicar Parish Council	Mrs GA Everett	01946 811182
<b>North East Copeland</b>	<b>District Councillors</b>			
	Distington, Lowca & Parton	District Councillors	Councillor Dave Banks	07795 452364 <a href="mailto:david.banks@copeland.gov.uk">david.banks@copeland.gov.uk</a>
	Distington, Lowca & Parton	District Councillors	Councillor Jackie Bowman	01946 831946 <a href="mailto:jackie.bowman@copeland.gov.uk">jackie.bowman@copeland.gov.uk</a>

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	Cleator Moor	District Councillors	Councillor Hugh Branney	01946 861813 <a href="mailto:hugh.branney@copeland.gov.uk">hugh.branney@copeland.gov.uk</a>
	Arlecdon & Ennerdale	District Councillors	Councillor Gwynneth Everett	07775 547370 <a href="mailto:gwynneth.everett@copeland.gov.uk">gwynneth.everett@copeland.gov.uk</a>
	Cleator Moor	District Councillors	Councillor Joan Hully	07818 656963 <a href="mailto:joan.hully@copeland.gov.uk">joan.hully@copeland.gov.uk</a>
	Cleator Moor	District Councillors	Councillor Linda Jones-Bulman	07775 547645 <a href="mailto:linda.jones-bulman@copeland.gov.uk">linda.jones-bulman@copeland.gov.uk</a>
	Moresby	District Councillors	Councillor Graham Minshaw	07747 232069 <a href="mailto:graham.minshaw@copeland.gov.uk">graham.minshaw@copeland.gov.uk</a>
	Arlecdon & Ennerdale	District Councillors	Councillor Steven Morgan	07781 037182 <a href="mailto:steven.morgan@copeland.gov.uk">steven.morgan@copeland.gov.uk</a>
<b>North East Copeland</b>	<b>Pastoral/Spiritual</b>			
	Distington	Church of the Holy Spirit, Distington	Rev Julia Powley	01946 833427 <a href="mailto:juliapowley@plus.com">juliapowley@plus.com</a>
	Cleator to Arlecdon	Crosslacon Churches	Rev. Nicki Pennington	7462194549 01946 451257
	Cleator	St Leonard's Church, Cleator	Crosslacon Team Ministry	<a href="http://www.achurchnearyou.com/church/12441/get-in-touch/">www.achurchnearyou.com/church/12441/get-in-touch/</a>
	Cleator	St Mary's Catholic Church, Cleator		01946 810324 <a href="http://www.stmarysandstjosephs.org.uk">www.stmarysandstjosephs.org.uk</a>
	Cleator	Cleator Methodist Church	Revd Paul Saunders	<a href="mailto:superintendent@westernfells.uk">superintendent@westernfells.uk</a>
	Ennerdale	Lamplugh, Kirkland & Ennerdale	Rev Ian Parker	<a href="mailto:blackssailvicar@outlook.com">blackssailvicar@outlook.com</a>

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	Area	Business	What's on offer?	How to contact.
	Ennerdale	St Mary's Ennerdale Parish Church	Rev Ian Parker	01946 861310
	Ennerdale	Kirkland Mission, Ennerdale		01946 861310
	Frizington	St Joseph's Church, Frizington		<a href="http://www.stmarysandstjosephs.org.uk">www.stmarysandstjosephs.org.uk</a>
	Frizington	St John's Methodist Church, Frizington	Revd Paul Saunders	<a href="mailto:superintendent@westernfells.uk">superintendent@westernfells.uk</a>
	Moresby	St Bridget's Church, Moresby	Rev Paul Kerry	01946 66168 <a href="mailto:paulkerrywork@gmail.com">paulkerrywork@gmail.com</a>
	Moresby	St Mark's Methodist Church, Moresby		<a href="mailto:superintendent@westernfells.uk">superintendent@westernfells.uk</a>
<b>Mid Copeland</b>	<b>Food Delivery services</b>			
	Holmrook	Adairs Milk Delivery	Contact for further details, delivery limited due to demand.	019467 24770
	Holmrook	Andy Pratt	Contact for further details, delivery limited due to demand.	019467 24097 7720372273 <a href="mailto:andrew.pratt7@btinternet.com">andrew.pratt7@btinternet.com</a>
	Gosforth	Simply Fresh	Phone orders and payments for local delivery. £1 Gosforth, £2 Seascale	019467 25232 <a href="mailto:sfgosforthorders@outlook.com">sfgosforthorders@outlook.com</a>
	Holmrook	Tynedale Farm Holmrook	Accepting phone orders & payments 9-5 for delivery.	019467 24112

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	Area	Business	What's on offer?	How to contact.
<b>Mid Copeland</b>	<b>Supermarket/ Food Store Information</b>			
	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	075229 30791
	Seascale	Co-op	Opening times Monday to Sunday 7am - 8pm	019467 29142
	Holmrook	Eskdale Stores	Opening times Monday to Saturday 8am - 5.30pm, Sunday 9am - 12pm. Free delivery to local area to the elderly.	019467 23229
	Seascale	McColls	Opening times Monday to Sunday 7am - 8pm	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.	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.	019467 25232
<b>Mid Copeland</b>	<b>Prepared food</b>			
	Gosforth	Lion and Lamb	Fresh meals delivered locally. Card payment by phone.	019467 58422
	Copeland wide	Food Hub	Meals from various takeaways throughout the area	<a href="http://www.foodhub.co.uk">www.foodhub.co.uk</a>
	Copeland wide	Just Eat	Meals from various takeaways throughout the area	<a href="http://www.justeat.co.uk">www.justeat.co.uk</a>

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<b>Mid Copeland</b>	<b>Doctors</b>			
	Seascale	Seascale Health Centre		019467 28101
<b>Mid Copeland</b>	<b>Garages</b>			
	Holmrook	Riverside Garage	Opening times Monday to Friday 8.30am-5pm. MOTs available	019467 24 228
	Calderbridge	Mill Garage	Opening times Monday-Friday 8am - 3pm; Saturdays TBC. Fuel station open; farm vehicle repairs available	01946 841 413
	Seascale	Postlethwaite Garage	Opening times Monday to Friday 8am-5pm, Saturday 9am to 1pm. Bookings only; bank payments preferred	019467 28 208
<b>Mid Copeland</b>	<b>COVID 19 Community Support Groups</b>			
	Gosforth	Gosforth Support Group	Dawn Pennington	019467 25308
	Seascale	Seascale COVID 19 Mutual Aid Support group	Gemma Goulding	07881 650713
<b>Mid Copeland</b>	<b>County Councillors</b>			
	Gosforth	CCC Councillor	Paul Turner	07795 169637
<b>Mid Copeland</b>	<b>Parish &amp; Town Councils</b>			
	Drigg & Carleton	Drigg & Carleton Parish Council	Mr D Millington	019467 24272
	Eskdale	Eskdale Parish Council	Lesley Cooper	01229 775492

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	Gosforth	Gosforth Parish Council	Jacqueline Williams	01229 717551
	Irton with Santon	Irton with Santon Parish Council	Ms Tonia Duffy	019467 26619
	Muncaster	Muncaster Parish Council	Mr David Boyd and Richard Johnson (Chair)	019467 28497, 01229 717277
	Ponsonby & Calderbridge	Ponsonby Parish Council	Ryan T McCully	01946 841512
	Seascale	Seascale Parish Council	Ms Jill Bush	01946 812331
	Wasdale	Wasdale Parish Council	Mrs Julia Wrigley	019467 26610
<b>Mid Copeland</b>	<b>District Councillors</b>			
	Gosforth & Seascale	District Councillors	Councillor David Moore	07715 558970 <a href="mailto:david.moore@copeland.gov.uk">david.moore@copeland.gov.uk</a>
	Gosforth & Seascale	District Councillors	Councillor Andy Pratt	07775 548009 <a href="mailto:andy.pratt@copeland.gov.uk">andy.pratt@copeland.gov.uk</a>
<b>Mid Copeland</b>	<b>Pastoral/Spiritual</b>			
	Drigg	St Peter's Church, Drigg	Rev Canon Gill Hart	019467 24724
	Gosforth	Gosforth Parish Church	Rev John Riley	019467 25499 <a href="mailto:lesleyjohn.riley@gmail.com">lesleyjohn.riley@gmail.com</a>
	Gosforth	Gosforth Methodist Church	Revd Paul Saunders	<a href="mailto:superintendent@westernfells.uk">superintendent@westernfells.uk</a>
	Irton	St Paul's Church, Irton	Rev Canon Gill Hart	019467 24724
	Seascale	Seascale Churches	Brian Pateman	<a href="mailto:brianrpateman@gmail.com">brianrpateman@gmail.com</a>

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	Seascale	St Joseph's Church, Seascale		<a href="http://www.peterwilson-seascale.me.uk/StJoseph/">www.peterwilson-seascale.me.uk/StJoseph/</a>
	Seascale	Seascale Methodist Church	Revd Paul Saunders	<a href="mailto:superintendent@westernfells.uk">superintendent@westernfells.uk</a>
<b>South Copeland</b>	<b>Food Delivery services</b>			
	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 716 326
	Haverigg	Brookfield Farm	Farm shop selling milk, bread, cheese, pasta, flour, fruit and vegetables. Will deliver free of charge but cash payments only.	07850 113376
<b>South Copeland</b>	<b>Supermarket/ Food Store Information</b>			
	Bootle	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.	01229 718233
	Haverigg	Brookfield Farm Potatoes and farmshop	Fresh fruit, veg and dairy deliveries. Farm shed open for collections (please note precautions in place)	07850 113376
	Broughton	Broughton Village Bakery	Opening times Monday - Saturday 9am to 4pm. Delivers baked goods locally.	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	01229 772466

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	Area	Business	What's on offer?	How to contact.
	Haverigg	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
	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.	01229 770062
	Millom	Tesco	Opening times Monday to Saturday 7am -10pm and Sunday 10am - 4pm	0345 671 9441
	Millom	The Bakehouse	Open Monday to Saturday from 5 am to 1 pm	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	01229 772288
	Millom	The Harvest Bakery	Opening times Monday to Saturday 8am-3.30pm. Pies, bread, cakes etc. Free delivery to local area.	01229 774779
	Millom	Whicky Barn	Deliveries available	01229 718 883
South Copeland	Prepared food			
	Copeland wide	Food Hub	Meals from various takeaways throughout the area	<a href="http://www.foodhub.co.uk">www.foodhub.co.uk</a>

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Copeland wide	Just Eat	Meals from various takeaways throughout the area	<a href="http://www.justeat.co.uk">www.justeat.co.uk</a>
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.	01229 718 757
Haverigg	Haverigg Chip Shop	Opening times Monday- Saturday 5pm-7pm. Phone before 4pm Collection and cash payments only.	01229 772734
Millom	Trackside Cafe	Delivery of meals to local area	01229 208 398
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.	01229 778758 <a href="http://www.herdwicksboutiquehotel.com/food/">http://www.herdwicksboutiquehotel.com/food/</a>
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.	01229 771911
Millom	Knights Bespoke Catering	Deliveries available - ring for further information on delivery times & menu.	07534 903 888
Haverigg	Riva Gelato	Deliveries available - ring for further information on delivery times & menu.	01229 777300
Kirksanton	The King Billy Grill	Deliveries available - ring for further information on delivery times & menu.	01229 772009

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	Area	Business	What's on offer?	How to contact.
	Millom	The Punchbowl Inn	Opening times Thursday pizza 5pm-8pm, Sunday roast 12pm-3pm. Collection only. Time slots given to collect. Card payment available	01229 774457
	Broughton	Black Cock Inn	Deliveries available - ring for further information on delivery times & menu.	01229 716 529
	Haverigg	The Ski Bar	Will deliver - ring for further information on delivery times Deliveries available - ring for further information on delivery times & menu	07835 049 016
<b>South Copeland Doctors</b>				
	Bootle	Bootle Surgery		01229 718711
	Millom	Waterloo House Surgery		01229 402800
<b>South Copeland Chemist</b>				
	Millom	Rowlands Chemist	Opening times Monday to Friday 9am - 6.30pm, Saturday 9am to 2pm. Non-pharmacy deliveries via boots online	01229 772262 / 07754 894 640
	Millom	Boots	Opening times Monday to Friday 9am - 5pm, Saturdays 9am - 12pm. Delivery service available to vulnerable and elderly.	01229 772259
<b>South Copeland Dentists</b>				
	Millom	Bupa Dental Care	Opening times, 9am-5pm. Triage by phone for registered patients	01229 779 601
	Millom	Horn Hill Dental Practice	Advice and triage by phone, dentist available for phone consultations	01229 772 319

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South Copeland	Area	Business	What's on offer?	How to contact.
	<b>Banks and Building societies</b>			
	Millom	The Furness Building Society	Opening times Monday - Friday 9am to 5pm and Saturday 9am to 11.30am.	01229 773671
<b>South Copeland</b>	<b>Pet Services</b>			
	Millom	Paws and Claws Pet Sitting	Dog walking. Pet food delivered. Pets taken to the vets.	07494 372 085
	Millom	RW & PJ Park Pet Food	Pet food and supplies delivered	07713 84290
<b>South Copeland</b>	<b>Other</b>			
	Millom	Powerworld	Deliver locally if you need electrical and household appliances.	01229 771988 <a href="mailto:powerworlduk@yahoo.co.uk">powerworlduk@yahoo.co.uk</a>
<b>South Copeland</b>	<b>Computer Repair Services</b>			
	Millom	Millom Computer Services	Closed to visitors, advice via email	<a href="mailto:help@millomcomputers.co.uk">help@millomcomputers.co.uk</a>
<b>South Copeland</b>	<b>Garages</b>			
	Millom	Mike Huddleston	Call or contact by social media. Priority service to key workers	01229 773 653
<b>South Copeland</b>	<b>COVID 19 Community Support Groups</b>			
	Waberthwaite to Broughton	Around the Combe	Jenny Brumby ,	07793 613557

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South Copeland	Area	Business	What's on offer?	How to contact.
	Millom	CCC Councillor	Doug Wilson	07767 425918
	Millom Without	CCC Councillor	Keith Hitchen	019467 24710
South Copeland	Parish & Town Councils			
	Bootle	Bootle Parish Council	Mrs Lesley Cooper	01229 775492
	Millom	Millom Town Council	Mrs Vicky Bradley	01229 772340
	Millom Without	Millom Without Parish Council	Mrs Lesley Cooper and Adrienne Calsy	01229 775492
	Ulpha	Ulpha Parish Council	Mrs A Jones	01229 716613
	Waberthwaite	Waberthwaite Parish Council	Mr K Hitchen	019467 24710
	Whicham	Whicham Parish Council	Mrs Lesley Cooper	01229 775492
South Copeland	District Councillors			
	Black Combe & Scafell	District Councillors	Councillor Ged McGrath	01229 776959 <a href="mailto:ged.mcgrath@copeland.gov.uk">ged.mcgrath@copeland.gov.uk</a>
	Black Combe & Scafell	District Councillors	Councillor Doug Wilson	07767 425918 <a href="mailto:douglas.wilson@copeland.gov.uk">douglas.wilson@copeland.gov.uk</a>
	Millom	District Councillors	Councillor James Date	07747 231574 <a href="mailto:james.date@copeland.gov.uk">james.date@copeland.gov.uk</a>
	Millom	District Councillors	Councillor Fred Gleaves	07901 331270 <a href="mailto:fred.gleaves@copeland.gov.uk">fred.gleaves@copeland.gov.uk</a>
	Millom	District Councillors	Councillor Fee Wilson	07770 967851 <a href="mailto:felicity.wilson@copeland.gov.uk">felicity.wilson@copeland.gov.uk</a>

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South Copeland	Area	Business	What's on offer?	How to contact.
	Pastoral/Spiritual			
	Bootle	Bootle Evangelical Church		01229 776945
	Broughton	Parishes of Kirkby, Ireleth and Broughton & Duddon	Rev'd Stephen Tudway	01229 715 259
	Millom	Millom Baptist Church		01229 774601 07591 298877
	Millom	Church of England	Rev Carl Carter	01229 774427
	Millom	Parish of St Francis of Assisi	Fr Matthew Jacob	01229 779673 <a href="mailto:saintfranciscumbria@gmail.com">saintfranciscumbria@gmail.com</a>
	Millom	Methodist Church	Deacon Debbie Harkness	01229 770071
	Millom	Black Combe Churches	David Griffith	01229 773983
	Millom	Benefice of Millom & Thwaites	Rev Clive Shaw	01229 772889
	Millom	Methodist Church, Queen St, Millom		01229 770071 <a href="http://cumbriamethodistdistrict.org.uk">cumbriamethodistdistrict.org.uk</a>
	Millom	Holy Trinity Church, Millom	Rev Clive Shaw	01229 772889
	Millom	Millom Baptist Church		01229 774601
	Millom	Millom Community Church	Pastor Fred McKeown	01229 719659 <a href="mailto:millompastor@gmail.com">millompastor@gmail.com</a> <a href="http://www.millomnetworkcentre.co.uk">www.millomnetworkcentre.co.uk</a>

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	Area	Business	What's on offer?	How to contact.
	Millom	Our Lady and St James' Church, Millom		01229 772479 <a href="http://www.catholicdirectory.org">www.catholicdirectory.org</a>
<b>West Copeland</b>	<b>Food Delivery services</b>			
	Egremont	Co-op	Opening times Monday to Saturday 6am - 10pm, Sunday 10am - 4pm. Delivery slots available; maximum 20 items per customer	01946 820790
	Egremont	Marions	Monday to Saturday 9am - 5pm. Free delivery service to the local area	01946 824425
	Egremont	Spar (Bridge End)	Opening times Monday to Sunday 7am-9pm. Local delivery	01946 820244
	St Bees	St Bees Post Office (Premier)	Bread, milk and other groceries. Free deliveries	01946 822343
<b>West Copeland</b>	<b>Supermarket/ Food Store Information</b>			
	Egremont	Foodbank	Food parcels for people most in need. Voucher required. Collection available Tuesday - Friday 1pm - 3pm at the Methodist Church, Main Street.	<a href="mailto:info@thefoodbank.org.uk">info@thefoodbank.org.uk</a>
	Egremont	Heron Foods	Opening times Monday to Saturday 8am - 8pm, Sunday 10am - 4pm	01946 820790
	Egremont	McColls	Opening times Monday to 7am – 8pm	01946 821608
	Egremont	Nisa	Opening times 6am - 10pm	01946 820245
	Bigrigg	Spar Bigrigg	Open 24 hours	01946 817142
<b>West Copeland</b>	<b>Prepared food</b>			

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	Area	Business	What's on offer?	How to contact.
	Copeland wide	Food Hub	Meals from various takeaways throughout the area	<a href="http://www.foodhub.co.uk">www.foodhub.co.uk</a>
	Copeland wide	Just Eat	Meals from various takeaways throughout the area	<a href="http://www.justeat.co.uk">www.justeat.co.uk</a>
	Egremont	Chattanooga	Order online or by phone; deliveries only	01946 822 919
	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	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	07305 901379
<b>West Copeland</b>	<b>Doctors</b>			
	Egremont	Westcroft Surgery		01946 820348
	Egremont	Beech House Surgery		019467 820203
<b>West Copeland</b>	<b>Chemists</b>			
	Egremont	Boots Chemist	Opening times Monday to Friday 9.30am -6.30pm, Saturday 9am - 12.30pm.	01946 820 288
	Egremont	Cohens Chemist	Opening times Monday to Friday 9am -6pm, Saturday 9am -12pm. Closed lunchtimes, 12.30-1.30pm.	01946 820 237
<b>West Copeland</b>	<b>Dentists</b>			

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	Area	Business	What's on offer?	How to contact.
	Egremont	Bupa Dental Care	Opening times, 9am-5pm. Triage by phone for registered patients, dentist available for phone consultations	01946 821 034
<b>West Copeland</b>	<b>Veterinary Services</b>			
	Egremont	West Lakeland Vets	Opening hours as normal; emergency procedures only	01946 820 312
	Egremont	Millcroft Vets	Opening times Monday-Friday, 1pm-5pm. No routine procedures. Appointments via phone or video available. 24-hour emergency service - call 01900 826 666	01946 820 312
<b>West Copeland</b>	<b>Banks and Building societies</b>			
	Egremont	The Cumberland	Temporarily closed	01946 821513
<b>West Copeland</b>	<b>Post Offices</b>			
	Egremont	Post office	Open 9am - 5.30pm, as part of McColls, Main Street, Egremont (open for general foodstuffs and newspapers 7am - 8pm)	01946 820265
	Thornhill	Post office	Reduced opening hours: 9am-5pm (lunch closure 12:30 - 1pm). Within store open for basic grocers, newspapers etc	01946 820394
<b>West Copeland</b>	<b>Garages</b>			
	Egremont	Jubilee Garage	Opening times 8.30am-5pm	01946 820 623
	Egremont	East Road Garage	Opening times, Monday - Saturday, 8am-6pm. Petrol station only.	01946 820 266
	Egremont	St Thomas Cross Garage	Opening times currently as normal. Bookings and payments by phone	01946 820 144

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	Area	Business	What's on offer?	How to contact.
<b>West Copeland</b>	<b>County Councillors</b>			
	Egremont	CCC Councillor	David Southward	01946 841476
	Egremont North & St Bees	CCC Councillor	Chris Whiteside	01946 67575
<b>West Copeland</b>	<b>Parish &amp; Town Councils</b>			
	Beckermest with Thornhill	Beckermest with Thornhill Parish Council	Ms Gill Threader	01946 430917
	Braystones	Lowside Quarter Parish Council	Ms Yvonne Hey	01946 825637
	Egremont	Egremont Town Council	Mrs Geraldine Pritchard	01946 820254, 01946 821185
	Haile & Wilton	Haile & Wilton Parish Council	Mrs A L Fowler	01946 824332
	St. Bees	St. Bees Parish Council	Mrs Jane Donaldson	01946 822560
<b>West Copeland</b>	<b>District Councillors</b>			
	Moor Row & Bigrigg	District Councillors	Councillor Graham Calvin	07747 231487 <a href="mailto:graham.calvin@copeland.gov.uk">graham.calvin@copeland.gov.uk</a>
	St Bees	District Councillors	Councillor Jeffrey Hailes	01946 814819 <a href="mailto:jeffrey.hailes@copeland.gov.uk">jeffrey.hailes@copeland.gov.uk</a>
	Egremont	District Councillors	Councillor Tom Higgins	01946 823828 <a href="mailto:tom.higgins@copeland.gov.uk">tom.higgins@copeland.gov.uk</a>
	Egremont	District Councillors	Councillor Michael McVeigh	01946 820703 <a href="mailto:michael.mcveigh@copeland.gov.uk">michael.mcveigh@copeland.gov.uk</a>
	Beckermest	District Councillors	Councillor Sam Meter	01946 820404
	Egremont		Councillor Sam Pollen	01946 824252

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	Area	Business	What's on offer?	How to contact.
		District Councillors		<a href="mailto:sam.pollen@copeland.gov.uk">sam.pollen@copeland.gov.uk</a>
<b>West Copeland</b>	<b>COVID 19 Community Support Groups</b>			
	Bigrigg	Bigrigg Action Group	Paula Ratcliffe	07732 680788
	Egremont including Moor Row, Bigrigg & Thornhill	Egremont (Cumbria) Covid-19 Mutual Aid	Robert White	07583 131401
	Moor Row	Moor Row COVID Mutual Aid Group	Andrew Kenmare	7788555475
	St Bees & wider villages	St Bees COVID Support Group	Mrs Jane Donaldson, Jon Mellor Doug Sim	01946 822560 01946 824936 07891328016 01946 824898 07715522619
<b>West Copeland</b>	<b>Pastoral/Spiritual</b>			
	Egremont	Egremont Catholic Church	Fr Peter Groody	
	Egremont	St Michael & St Mary's Church, Egremont	Rev Barbara Jeapes	01946 841839
	Egremont	Egremont Methodist Church	Rev Paul Saunders	<a href="mailto:superintendent@westernfells.uk">superintendent@westernfells.uk</a> <a href="http://www.egremontmethodist.org.uk">www.egremontmethodist.org.uk</a>
	Egremont	St Mary's Catholic Church, Egremont	Fr Peter Groody	01946 820251
	Egremont	Churches Together, Egremont	Methodist Community in Egremont	<a href="mailto:info@egremontmethodist.org.uk">info@egremontmethodist.org.uk</a>

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	Area	Business	What's on offer?	How to contact.
	St Bees	St Bees Methodist Church	Rev Paul Saunders	<a href="mailto:superintendent@westernfells.uk">superintendent@westernfells.uk</a>
	St Bees	St Bees Priory, St Bees	Rev Becky Gibbs	01946 822279 <a href="mailto:revbgibbs75@gmail.com">revbgibbs75@gmail.com</a>
<b>Whitehaven</b>	<b>Food Delivery services</b>			
	Whitehaven	Corkickle Store (Nisa)	Opening times Monday - Sunday 8.30am - 7pm. Free delivery to local area. Minimum order £20.	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	01946 66132
	Whitehaven	Kells Woodhouse and Greenbank High Rd Store	Opening times Monday to Sunday 6am - 10pm. Free delivery 3 mile radius	01946 694289 <a href="https://app1.zeuslabs.co.uk/onlineorder/highrdstore#/menu">https://app1.zeuslabs.co.uk/onlineorder/highrdstore#/menu</a>
	Whitehaven	Mirehouse McColls	Opening times 7am - 8pm Monday - Sunday. Free delivery to local area to the elderly.	01946 692579
	Whitehaven	Mirehouse Premier	Opening times Monday - Sunday 6am - 6pm. Free delivery to local area to the elderly.	01946 66876
<b>Whitehaven</b>	<b>Supermarket/ Food Store Information</b>			
	Whitehaven	Aldi	Opening times Monday to Saturday 8am - 8pm, Sunday 10am - 4pm	0800 042 0800

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Area	Business	What's on offer?	How to contact.
Whitehaven	Asda	Opening times Monday- Saturday 8am -8pm, Sunday 10am-4pm	01946 851300
Whitehaven	B and M Home Store	Monday to Saturday, 9am-6pm, Sunday, 10am-4pm. Social distancing precautions apply	0330 838 9322
Whitehaven	Foodbank	Food parcels for people most in need. Voucher required. Collection available Monday– Thursday 11.30am -1.30pm at the New Life Church	<a href="mailto:info@thefoodbank.org.uk">info@thefoodbank.org.uk</a>
Whitehaven	Heron Foods	Opening times 8am - 6pm, Sunday 10am - 4pm	0845 603 7300
Whitehaven	Home Bargains	Opening times Monday - Friday 8am-8pm, Saturday 8am - 6pm, Sunday 10am - 4pm	01946 67588
Whitehaven	Iceland	Opening times Mon - Sat 9am - 5pm. Sun 10am - 4pm Free delivery when you spend over £35	01946 690917
Whitehaven	Morrisons	Opening times Monday - Saturday 8am-8pm, Sunday 10am - 4pm	01946 599208
Whitehaven	Mirehouse Post Office	Store closed until further notice.	01946 693051
Whitehaven	Woodend Stores (Premier), Queen Street	Open Monday - Saturday 10am - 4pm. Groceries, household	01946 695392
Whitehaven	Spar Richmond	Opening times Monday to Sunday 7am-9pm	01946 599609
Whitehaven	Tesco	Opening times Monday- Saturday 6am -10pm, Sunday 10am-4pm	0345 677 9716

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	Area	Business	What's on offer?	How to contact.
	Whitehaven	Wilko's	Opening times Monday to Saturday 8am-5pm, Sunday 10am-4pm. Precautions apply	0333 005 2905
	Whitehaven	WH Smith / Post Office	Monday - Saturday 8:30 am - 4:00 pm Closed Sundays and for lunch between 1:30 pm and 2 pm.	01946 61698
<b>Whitehaven</b>	<b>Prepared food</b>			
	Whitehaven	Food Hub	Meals from various takeaways throughout the area	<a href="http://www.foodhub.co.uk">www.foodhub.co.uk</a>
	Whitehaven	Just Eat	Meals from various takeaways throughout the area	<a href="http://www.justeat.co.uk">www.justeat.co.uk</a>
	Whitehaven	Charcoal Grill	Takeaway food - deliveries only	01946 328080 <a href="http://www.charcoalgrill-whitehaven.co.uk">www.charcoalgrill-whitehaven.co.uk</a>
	Whitehaven	Karen's Bakes	Deliveries available - ring for further information on delivery times & menu.	07926 246913
	Whitehaven	West Coast Catering	Deliveries available - ring for further information on delivery times & menu.	07727 199513
	Whitehaven	Hungry Caterpillar	Fresh meals delivered locally. Card payment by the phone.	01900 601918
	Whitehaven	Jasmine Place	Takeaway food - deliveries or collection (deliveries preferred), cash only	01946 695 141
	Whitehaven	The Vagabond Public House. Takeaway meals	Open from 4pm for meal. Pre-orders and collection only.	01946 66653
<b>Whitehaven</b>	<b>Chemist</b>			
	Whitehaven	Mirehouse pharmacy	Monday-Friday 9am - 5.30pm and Saturday 9am - 12 noon. Deliveries for existing clients only	01946 66552

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	Area	Business	What's on offer?	How to contact.
	Whitehaven	Seacliffe Pharmacy	Opening times Monday to Saturday 9am - 5.30pm. Deliveries for existing clients only	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.	01946 692978
	Whitehaven	Alphega Pharmacy/ Late night Pharmacy	Opening times Monday to Friday 7am - 11pm, Saturday 9am - 9pm and Sunday 11am - 8pm. Will deliver prescriptions to elderly and vulnerable.	01946 66555
	Whitehaven	Tesco Pharmacy	Opening times Monday to Saturday 8.30am - 7pm, Sunday 10am - 4pm	0191 693 6312
	Whitehaven	Morrisons Pharmacy	Opening times Monday to Saturday 8am - 8pm, Sunday 10am - 4pm	01946 599208
<b>Whitehaven</b>	<b>Doctors</b>			
	Whitehaven	Lowther Medical Surgery		01946 692241
	Whitehaven	Fellview Surgery, Flatt Walks		01946 692173
	Whitehaven	Mansion House Surgery		01946 693660
	Whitehaven	Queen Street Surgery		01946 694457
<b>Whitehaven</b>	<b>COVID 19 Community Support Groups</b>			
	Whitehaven	West Cumbria Mutual Aid Support Group	Facebook Covid Mutual Aid Group and support helpline	<b>0333 33 55 226</b> supported by a team of volunteers <b>between 9am and 9pm</b> 7 days per week

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Area	Business	What's on offer?	How to contact.
Whitehaven	West Cumbria Mutual Aid Support Group	Allan Forster  Mike Hawkins	07767 434 561 01946 64997 <a href="mailto:allan.forster@copeland.gov.uk">allan.forster@copeland.gov.uk</a> 07925 132549 <a href="mailto:mike.hawkins@cumbria.gov.uk">mike.hawkins@cumbria.gov.uk</a>
	Hill Crest Ward Residents Group	Julie Rayson	07738 858393
	Kells Woodhouse and Greenbank	Russell Lofthouse	07872 924361 <a href="mailto:russlofthouse@aol.com">russlofthouse@aol.com</a>
	Whitehaven COVID Support group	Adam Phillips	<b>07902 902706</b> <a href="mailto:adam.phillips@discoverbec.com">adam.phillips@discoverbec.com</a>
	COVID-19 Mutual Aid UK	Website	<a href="https://covidmutualaid.org">covidmutualaid.org</a>
	Mirehousematers	Facebook or Covid Mutual Aid Group Karl "Wammo" Walmsley	07868 178919
	Cumbria Lake District COVID Awareness	Facebook or Covid Mutual Aid Group	
<b>Whitehaven Dentists</b>			
Whitehaven	Bupa Dental Care	Closed to visitors. Phone advice for existing patients, including prescriptions for antibiotics where necessary	01946 696 282
Whitehaven	Queen Street Dental Practice	Normal hours apply - phone triage service only	01946 590 388
Whitehaven	S J Smith and Associates	Opening times Monday-Friday, 8:45am - 5:15pm. Restricted service; advice by phone	01946 692 938

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	Area	Business	What's on offer?	How to contact.
<b>Whitehaven</b>	<b>Computer Repair Services</b>			
	Whitehaven	Milltech Computers	Shop not open to visitors; call for repairs (from 8am); drop off and collection from shop by appointment only (precautions apply). Stock for sale.	01946 696 200
<b>Whitehaven</b>	<b>Bike repair</b>			
	Whitehaven	The Bike Shed	Online orders accepted; collection by appointment only. Call, email or social media to discuss bike repair	07398 777 707 <a href="mailto:info@powerbikes.co.uk">info@powerbikes.co.uk</a>
<b>Whitehaven</b>				
	Whitehaven	Specsavers	Opening times Monday-Friday, 10am-4pm, for essential and urgent services only; priority appointments for key workers.	01946 598 190
<b>Whitehaven</b>	<b>Veterinary Services</b>			
		West Lakeland Vets	Opening hours as normal; emergency procedures only	01946 693 303
<b>Whitehaven</b>	<b>Pet services</b>			
	Whitehaven	Millbry Hill (pet store)	Opening times as normal, Mon to Sat: 9:00am - 5:30pm, Sunday: 10:00am - 4:00pm. Social distancing measures apply in-store; deliveries may be restricted.	01946 690 114
<b>Whitehaven</b>	<b>Banks and Building societies</b>			
	Whitehaven	Halifax	Opening times Monday to Friday 10am - 2pm.	0345 720 3040

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	Area	Business	What's on offer?	How to contact.
	Whitehaven	The Cumberland	Opening times Monday to Friday 9am - 2pm, Saturdays 9am - 12pm.	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	01946 299998
	Whitehaven	HSBC	Opening times Monday to Friday 10am - 2pm.	0345 740 4404
	Whitehaven	Natwest	Open 10am-1pm weekdays	0345 788 8444
	Whitehaven	Santander	Closed until further notice	0800 912 3123
Whitehaven	Petrol Station forecourt outlets			
	Whitehaven	Tesco	Open Monday - Saturday 6am - 8pm. Sunday open from 7am. Basic foodstuff including milk, newspapers, snacks available. Much less busy than main supermarket.	0345 6779716
	Whitehaven	Morrisons	Open Monday - Saturday 6.30am - 10.30pm. Basic foodstuff including milk, newspapers, snacks available. Much less busy than main supermarket.	01946 599208
	Whitehaven	Applegreen	Corkickle Service Station (Applegreen). Open 6am - 10pm for basic foodstuffs, snacks etc.	01946 691638
	Whitehaven	Spar Pelican Service Station	Open 24 hours but service via outside hatch from 11pm and short periods at other times for deliveries. Wide grocery selection, newspapers etc.	01946 599696
Whitehaven	Garages			

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	Area	Business	What's on offer?	How to contact.
	Whitehaven	Westways Services	Open 24/7. Tyres fittings, emergency repairs, vehicle recovery. Payments by card	01946 692 172
	Whitehaven	Kwik Fit	Opening times as normal. One customer per household; card payments preferred.	01946 599 991
	Whitehaven	A and B Autoparts	Opening times as normal. Account holders only; delivery service in operation.	01946 63 999
	Whitehaven	Haig Motors	Opening times currently as normal. Bookings in advance preferred	07540 933 287
<b>Whitehaven</b>	<b>County Councillors</b>			
		Member of parliament	Trudy Harrison MP	<a href="mailto:trudy.harrison.mp@parliament.uk">trudy.harrison.mp@parliament.uk</a>
		Copeland Borough Council		01946 598300
	Bransty	CCC Councillor	Graham Roberts	<a href="mailto:graham.roberts@cumbria.gov.uk">graham.roberts@cumbria.gov.uk</a>
	Kells & Sandwith	CCC Councillor	Emma Williamson	07503 142410
	South Whitehaven	CCC Councillor	Mike Hawkins	01946 65447 7747231831
<b>Whitehaven</b>	<b>Parish &amp; Town Councils</b>			
	Whitehaven	Whitehaven Town Council	Marlene Jewell	01946 67366 <a href="mailto:clerk@whitehaventowncouncil.co.uk">clerk@whitehaventowncouncil.co.uk</a>
<b>Whitehaven</b>	<b>District Councillors</b>			
	Copeland	Elected Mayor	Mayor Mike Starkie	01946 598530 <a href="mailto:elected.mayor@copeland.gov.uk">elected.mayor@copeland.gov.uk</a>

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	Area	Business	What's on offer?	How to contact.
	Corkickle	District Councillors	Councillor Gemma Dinsdale	01946 62754 <a href="mailto:gemma.dinsdale@copeland.gov.uk">gemma.dinsdale@copeland.gov.uk</a>
	Hillcrest	District Councillors	Councillor Allan Forster	07767 434561 <a href="mailto:allan.forster@copeland.gov.uk">allan.forster@copeland.gov.uk</a>
	Sneakyeat	District Councillors	Councillor Jeanette Forster	07775 547503 <a href="mailto:jeanette.forster@copeland.gov.uk">jeanette.forster@copeland.gov.uk</a>
	Whitehaven South	District Councillors	Councillor Mike Hawkins	07925 132549 <a href="mailto:mike.hawkins@copeland.gov.uk">mike.hawkins@copeland.gov.uk</a>
	Kells	District Councillors	Councillor John Kane	07867 983989 <a href="mailto:john.kane@copeland.gov.uk">john.kane@copeland.gov.uk</a>
	Whitehaven Central	District Councillors	Councillor Charles Edward Maudling	07775 547809 <a href="mailto:charles.maudling@copeland.gov.uk">charles.maudling@copeland.gov.uk</a>
	Hillcrest	District Councillors	Councillor Brian O'Kane	07775 547826 <a href="mailto:brian.okane@copeland.gov.uk">brian.okane@copeland.gov.uk</a>
	Hillcrest	District Councillors	Councillor Russell Studholme	<a href="mailto:russell.studholme@copeland.gov.uk">russell.studholme@copeland.gov.uk</a>
	Whitehaven South	District Councillors	Councillor Peter Tyson	07767 425917 <a href="mailto:peter.tyson@copeland.gov.uk">peter.tyson@copeland.gov.uk</a>
	Whitehaven South	District Councillors	Councillor Carl Walmsley	07781 036970 <a href="mailto:carl.walmsley@copeland.gov.uk">carl.walmsley@copeland.gov.uk</a>
	Whitehaven Central	District Councillors	Councillor Eileen Weir	<a href="mailto:eileen.weir@copeland.gov.uk">eileen.weir@copeland.gov.uk</a>
<b>Whitehaven</b>	<b>Pastoral/Spiritual</b>			
	Copeland wide	West Cumbria Muslim Society	2 College Street, Whitehaven	01946 592679
	Copeland wide	Cumbria Chinese Association	Community Organisation	<a href="mailto:cumbriachineseassociation@gmail.com">cumbriachineseassociation@gmail.com</a>
	Mirehouse	St Andrews, Mirehouse	Peter Verburgh	01946 693565 <a href="mailto:standrewsmirehouse@outlook.co.uk">standrewsmirehouse@outlook.co.uk</a>

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Area	Business	What's on offer?	How to contact.
Whitehaven	St Beghs Catholic Church	Fr Cenydd Marrison OSB	01946 692342 <a href="http://www.stbeghschurch.co.uk">www.stbeghschurch.co.uk</a>
Whitehaven	St Benedict's Church, Whitehaven	Fr Garnall	01946 692083
Whitehaven	St Mary's Church, Whitehaven	FR Grugan	01946 692757
Whitehaven	United Reformed Church, Whitehaven	Rev Dave Harkison	01946 696850 <a href="mailto:whitehaven.urc@talktalk.net">whitehaven.urc@talktalk.net</a>
Whitehaven	New Life Church, Whitehaven	Pastor Gary Brown	01946 66556 <a href="mailto:info@nlc-online.org.uk">info@nlc-online.org.uk</a>
Whitehaven	Hensingham Methodist Church	Rev Paul Saunders	<a href="mailto:superintendent@westernfells.uk">superintendent@westernfells.uk</a>
Whitehaven	Salvation Army, Whitehaven	Lieutenants David & Eveline Haines	01946 690649 <a href="mailto:whitehaven.corps@salvationarmy.org.uk">whitehaven.corps@salvationarmy.org.uk</a>
Whitehaven	St James' Church, Whitehaven	Rev Robert Jackson	01946 696932 <a href="mailto:revrobjackson@live.co.uk">revrobjackson@live.co.uk</a>
Whitehaven	St John's Church, Hensingham	Rev Fergus Pearson	01946 690649 <a href="http://www.stjohnshensingham.org.uk">www.stjohnshensingham.org.uk</a>
Whitehaven	Grace Church, Whitehaven	Allen Rossi	01946 443556 <a href="mailto:allen@gracecw.org">allen@gracecw.org</a> <a href="mailto:aaron@gracecw.org">aaron@gracecw.org</a>

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Area		Business	What's on offer?	How to contact.
	Whitehaven	Christian Brethren, Sandhills Lane Church, Whitehaven	N Walkingshaw	01946 61047 <a href="http://www.ukchurch.org">www.ukchurch.org</a>
	Whitehaven	Ignite Friday Night (part of Network Youth Church, Whitehaven)	Based at St Andrew's Church, Meadow Rd, Whitehaven	07770 119731 <a href="mailto:networkyouthchurchcalder@gmail.com">networkyouthchurchcalder@gmail.com</a>
	Whitehaven	Woodbank Community Church		01946 695118 <a href="http://woodbankchurch.org.uk/">woodbankchurch.org.uk/</a>
Services and Support groups		Other support groups		
		Adult Social Care	Out of hours (after 5pm) 01228 526690	0300 303 3589 Option 2
		Age UK Age UK Advice Line	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. Befriending, open 365 days, 8am - 7pm	0800 1698787 <a href="http://www.ageuk.org.uk">www.ageuk.org.uk</a> 0800 678 1602
		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.	7516319860 <a href="mailto:info@alwaysanotherway.co.uk">info@alwaysanotherway.co.uk</a>

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Area	Business	What's on offer?	How to contact.
	Autism Support Cumbria	Autism Support Cumbria provides personalised services to children, adults, families, businesses and organisations.	<a href="https://amandadenwood.wixsite.com/autismsupportcumbria">https://amandadenwood.wixsite.com/autismsupportcumbria</a>
	AWAZ	Reaching out and supporting BAME communities across Cumbria.	7837679338 <a href="mailto:admin@awaz.info">admin@awaz.info</a>
	Blue Badge Team	Telephone advice only.	01228 606060
	Calderwood House	Facilities for homeless people	01946 439312 <a href="http://calderwoodhouse.co.uk/">http://calderwoodhouse.co.uk/</a>
	CAMHS	Child and adolescent mental health services.	01900 705800 <a href="mailto:CAMHS.West1@nhs.net">CAMHS.West1@nhs.net</a>
	Child Bereavement UK	To support families in rebuilding their lives when a child grieves or when a child dies.	01539 628 311 <a href="mailto:cumbriasupport@childbereavementuk.org">cumbriasupport@childbereavementuk.org</a>
	Citizens Advice Bureau, Whitehaven	Telephone Advice Monday - Friday 9-5pm	01946 693321 <a href="mailto:citizensadvicecopeland@gmail.com">citizensadvicecopeland@gmail.com</a>
	Clear Blue Skies	Wellbeing community group including Qigong, meditation, health and nutrition advice, walks, Knit and Natter and singing	01946 862934
	Copeland Age & Advice Services	Telephone advice only - signposting to who is available.	01946 552166 <a href="mailto:referrals@caasteam.com">referrals@caasteam.com</a>

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Area	Business	What's on offer?	How to contact.
	CRUSE Bereavement Care	Bereavement information and support.	01946 825572 or 0300 600 3434 <a href="mailto:cumbria@cruse.org.uk">cumbria@cruse.org.uk</a> ; <a href="https://www.cruse.org.uk/get-help/local-services/north-west/cumbria">https://www.cruse.org.uk/get-help/local-services/north-west/cumbria</a>
	Every life matters	Provides suicide prevention and mental health training along with suicide bereavement support to the community.	07908 537541 <a href="mailto:info@every-life-matters.org.uk">info@every-life-matters.org.uk</a>
	Family Action	Providing support, advice and guidance to families.	<a href="mailto:copeland@family-action.org.uk">copeland@family-action.org.uk</a>
	Fire Service - Safe & Well Visit		0800 358 4777 <a href="mailto:hart@cumbria.gov.uk">hart@cumbria.gov.uk</a>
	First Step	Free talking therapies for adults in Cumbria.	0300 123 9122
	Hospice at Home West Cumbria	Opening times 8.30am-4.30pm. Family and bereavement support services by phone. No visitors' onsite.	01900 873 173
	Lakes Medics	Befriending	01539 232 999
	Memory Matters Team	Telephone advice only.	01946 68560
	Mind your Marras	A place for men to socialise, talk openly and honestly, sharing stories and experiences in hope to help others. The main aim is to reduce the stigma and statistics surrounding mental health in men.	7871000377  Facebook page available

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Area	Business	What's on offer?	How to contact.
	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.	0300 561 0000 Monday - Friday 12pm - 11pm. Weekends and Bank Holidays 5pm - 11pm. <a href="http://www.mindlinecumbria.org">www.mindlinecumbria.org</a>
	National Self Harm Network	Forum providing crisis support, information, resources, advice, discussions and distractions.	0800 622 6000
	Royal British Legion	Helping members of the armed forces community and offering all kinds of support.	0808 802 8080
	Safety Net	Supporting those affected by rape, sexual abuse or domestic violence.	01228 515859 <a href="mailto:office@safetynetuk.org">office@safetynetuk.org</a>
	Samaritans	24hr counselling service for all.	08457 90 90 90 or 116 123 or <a href="mailto:jo@samaritans.org">jo@samaritans.org</a>
	SOBS (SBS)	Suicide bereavement support group	<b>7896703757</b> <a href="mailto:hello@sbs.org.uk">hello@sbs.org.uk</a> <a href="http://www.sbs.org.uk">www.sbs.org.uk</a>
	Support Cumbria	Website	<a href="http://www.SupportCumbria.org.uk">www.SupportCumbria.org.uk</a>
	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.	0808 118 6432
	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.	07712117986 or text 07860 021756 or <a href="mailto:hope@freedom-project-west-cumbria.org.uk">hope@freedom-project-west-cumbria.org.uk</a> <a href="https://copelandcommunityfund.co.uk/case_study/the-freedom-project/">https://copelandcommunityfund.co.uk/case_study/the-freedom-project/</a>

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Area	Business	What's on offer?	How to contact.
	The Haven	Mental Health crisis support in Whitehaven	01946 691234 <a href="http://www.richmondfellowship.org.uk/cumbria/cumbria-crisis-service">www.richmondfellowship.org.uk/cumbria/cumbria-crisis-service</a>
	The Silver Line	Befriending, free confidential helpline.	0800 4708090
	Time to Change West Cumbria	Charity/Third Sector Group	<a href="mailto:rachel.holliday@ttcwestcumbria.org">rachel.holliday@ttcwestcumbria.org</a>
	Together We	Empowering people to take control over their physical health, mental health and wellbeing.	01900 66375 <a href="mailto:info@togetherwe.co.uk">info@togetherwe.co.uk</a> <a href="http://www.togetherwe.co.uk">www.togetherwe.co.uk</a>
	Turning Point	Supporting people with Drugs & Alcohol, Mental Health, Learning Disabilities and Employment	<a href="http://www.turning-point.co.uk">www.turning-point.co.uk</a>
	Turning the Spotlight	<a href="https://www.victimsupport.org.uk/help-and-support/get-help/support-near-you/north-west/cumbria/turning-spotlight">https://www.victimsupport.org.uk/help-and-support/get-help/support-near-you/north-west/cumbria/turning-spotlight</a>	07919 393 311 <a href="mailto:turningthespotlight@victimsupport.org.uk">turningthespotlight@victimsupport.org.uk</a>
	Unity	Drug and Alcohol recovery service in Cumbria.	01946 350020 <a href="mailto:katie.moir@gmmh.nhs.uk">katie.moir@gmmh.nhs.uk</a> <a href="http://www.gmmh.nhs.uk/unity/">www.gmmh.nhs.uk/unity/</a>
	Victim Support Cumbria	<a href="https://www.victimsupport.org.uk/help-and-support/get-help/support-near-you/live-chat">https://www.victimsupport.org.uk/help-and-support/get-help/support-near-you/live-chat</a>	0300 3030 157 (local service Mon – Fri 9–6pm. 24-hour support line 08 08 16 89 111)
	Wellbeing and Mental Health helpline	The Wellbeing and Mental Health helpline is now open 24/7 to help people deal with the implications of the coronavirus pandemic on their mental health.	0800 915 4640 text 'Hello' to 07862 022846 <a href="http://www.lscft.nhs.uk/news/814">www.lscft.nhs.uk/news/814</a>
	West Cumbria Carers	Supporting young and adult carers	01900 821976 <a href="mailto:general@westcumbriacarers.co.uk">general@westcumbriacarers.co.uk</a> <a href="http://www.westcumbriacarers.co.uk">www.westcumbriacarers.co.uk</a>

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	Area	Business	What's on offer?	How to contact.
		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.	01946 66755 <a href="mailto:info@wedcu.co.uk">info@wedcu.co.uk</a>
		Women Out West (WOW)	Providing services designed by West Cumbrian women to empower all women to reach their potential.	01946 550103 call/text/ WhatsApp 0753978043 <a href="mailto:contactus@womenoutwest.co.uk">contactus@womenoutwest.co.uk</a>
Services and Support groups	Housing associations			
		Castle & Coasts		0800 085 11171
		Home Group		0345 141 4663
		Impact Housing		03448 736 290
		Anchor Housing		01946 592857
		Flatt Walks Continence Team		01946 68643
		Housing 21		0370 192 4000 <a href="mailto:johngaskellcourt@housing21.org.uk">johngaskellcourt@housing21.org.uk</a>
Services and Support groups	Emergency numbers			
		NHS		111
		Community Emergency Response Team (CERT)		07525 184422 <a href="mailto:Info@certuk.org.uk">Info@certuk.org.uk</a>
Services and Support groups	DWP			
		Universal Credit Live		0800 328 9344

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Area	Business	What's on offer?	How to contact.
	Attendance Allowance		0800 731 0122
	PIP Enquiry Line		0800 121 4433
	PIP Claim Number		0800 917 2222
	DLA		0800 121 4600
	Universal Credit Full Service		0800 328 5644
	Carer's Allowance		0800 731 0297
	Pension Credit		0800 99 1234
	HMRC	Advice line for small businesses and self-employed people.	0800 0159 559
	ACAS	Employment advice for employees and employers.	<a href="http://www.acas.org.uk">www.acas.org.uk</a>
<b>Services and Support groups</b>			
<b>Gas and Electricity</b>			
	Prepayment meters advice lines and urgent top up	British Gas	0333 202 9802
		EDF	0333 200 5100
		EON	0345 052 000
		N Power	0800 073 3000
		SSE	0345 026 2658
		United Utilities	Emergencies and help if anyone is struggling to pay their bills Emergency: 0345 672 3723; customer service: 0345 672 2888 <a href="http://www.unitedutilities.com">www.unitedutilities.com</a>

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