



Lancaster Integrated Care Community - Community Support Bulletin - updated - 24.07.2020 - 10am



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INDEX

Organisation/Company Name	Community Offer	Contact Details
NHS & Government Agencies		
Lancaster City Council Emergency Food Team	For those who need emergency food - see the Get Help section of the website for who can get help. Individuals cannot refer themselves, they need to be referred by one of the foodbank partners. See the website to find out who the partners are. Churches, charities etc can also sign up to become a referring agency.	www.lancasterdistrictcovid19.org.uk 01524 932 001
NHS Services online	Information on how to contact NHS services online using your smartphone, tablet or computer	https://www.nhs.uk/health-at-home/
Lancaster City Council - Customer Services & Lancaster Town Hall	Mon - Fri: 8am - 6pm Sun: 10am - 3pm Services contact centres are currently closed to walk-in customers	Sat - Customer 01524 582000 customerservices@lancaster.gov.uk Out of hours emergencies number only - 01524 67099
Lancaster City Council - Morecambe Town Hall	Customer Services contact centres are currently closed to walk-in customers	see above for contact details
Lancaster City Council	Council Housing Tenants - help and advice if you are struggling financially or on budgeting and claiming Council Housing Tenants - repairs can be reported online or by calling	01524 582541 01524 582929 out of hours - 01524 67099 Emergencies https://www.lancaster.gov.uk/housing/council-housing/repairs

Lancaster City Council	<p>Council Tax Support - support scheme & restructuring payments available</p> <p>Council Tax</p>	<p>01524 582900 customerservices@lancaster.gov.uk</p> <p>01524 582900 ctax@lancaster.gov.uk</p>	<p>Email:</p> <p>Email:</p>
Lancaster City Council	Business support team available for advice & guidance.	01524 582000 econdev@lancaster.gov.uk	Email:
Lancaster City Council	Homelessness - if you're homeless/at risk of homelessness/sleeping rough or know someone that is contact the Housing Options Team.	Mon- Fri - 9am-5pm - 01524 582257 office hours/weekends - 01524 67099 strategichousing@lancaster.gov.uk	Out of Email:
Lancaster City Council	Bereavement Advice - info on the Tell Us Once Service & Bereavement Register service for mail.	https://www.lancaster.gov.uk/environmental-health/cemeteries/bereavement-advice-and-information	
Lancaster City Council	Community Connectors - a community based team to help residents/business/community groups/individuals connect with local services. See website for more info.	http://www.lancaster.gov.uk/information/helping-communities-connect-with-lancaster-city-council-and-each-other communityconnectors@lancaster.gov.uk	
GOV.UK - Coronavirus Information Service & DWP Benefits Info	Free WhatsApp service - an automated "chatbot" service to get answers to the most common questions on Coronavirus directly from government by giving links to GOV.UK webpages. You must add 07860 064422 to your phone contacts. NOW ALSO HAS DWP BENEFITS INFORMATION.	07860 064422 - message the word 'hi' in a WhatsApp message to start https://www.gov.uk/government/news/government-launches-coronavirus-information-service-on-whatsapp	

<p>GOV.UK - MOTs</p>	<p>Your car, van or motorcycle's MOT expiry date will be extended by 6 months if it's due on or after 30 March 2020 - but you must keep your vehicle safe to drive. See this first website for latest updates:</p> <p>Checks for seeing if your vehicle is safe to drive can be found on this website:</p>	<p>https://www.gov.uk/guidance/coronavirus-covid-19-mots-for-cars-vans-and-motorcycles-due-from-30-march-2020</p> <p>https://www.gov.uk/check-vehicle-safe</p>
<p>One You - from the NHS</p>	<p>Online support in making better choices to get a healthier body & mind & feel better. Includes diet, sleep and exercise (with simple workout videos) and Couch to 5k.</p>	<p>https://www.nhs.uk/oneyou/</p>
<p>Lancashire County Council</p>	<p>Lancashire Volunteer Partnership: If you feel isolated, vulnerable and in need of volunteer support during the current health crisis please fill out a community support referral form here</p> <p>Please use the Contact Form if the matter is non-urgent, phone for urgent referrals only</p>	<p>www.lancsvp.org.uk/referrals-3/community-support-referral-form</p> <p>Office - 01772416417 Mon-Fri, 8am-4pm, Sat 10am-2pm</p>
<p>Carnforth Town Council</p>	<p>Our community will pull together and look out for each other providing support and friendship during the challenges ahead. Carnforth Covid-19 Local Support Group can assist with: Shopping; Dog walking; Food bank drop off; Collection of prescriptions; Latest information on Central Government and local government advice; Employer and employee legal advice, or just someone to speak to if you are feeling lonely.</p>	<p>www.carnforthtowncouncil.org</p> <p>☎ 07846 256 006</p> <p>✉ Email: clerk@carnforthtowncouncil.org</p> <p>Bob Bailey, Town Clerk, Carnforth Town Council</p>

Trading Standards	Has a dedicated area for dealing with consumer protection around Covid-19 issues including updates, news and support. Also has a Wellbeing section with Lifestyle, Education, Entertainment & Counselling Support.	https://www.tradingstandards.uk/covid-19
NHS Bereavement Helpline Service	Offering guidance, support and advice to those dealing with a loss of a loved one at this difficult time. Phoneline is staffed by nurses from 8am-8pm. (not a counselling service but an advice line only)	https://www.nhs.uk/conditions/coronavirus-covid-19/bereavement-advice-and-support/ 0800 2600 400
GOV.UK - Bereavement	A leaflet which shares important information to help bereaved families, friends or next of kin make important decisions during this national emergency and guides you to the extra help and support that is available	https://www.gov.uk/government/publications/support-for-the-bereaved
GOV.UK - Coronavirus Testing	Guidance on Coronavirus testing, including eligibility for Keyworkers	https://www.gov.uk/guidance/coronavirus-covid-19-getting-tested#arrange-a-test
GOV.UK - Coronavirus Info	All the latest Government advice regarding coronavirus	https://www.gov.uk/coronavirus
GOV.UK - NHS Test and Trace	An overview of how the service works	https://www.gov.uk/guidance/nhs-test-and-trace-how-it-works
NHS - Coronavirus Testing	Info on testing and tracing (including what happens) for coronavirus.	https://www.nhs.uk/conditions/coronavirus-covid-19/testing-and-tracing/
Eye Clinic Liaison Officer Service	A cross-bay advice and information service to support people in Lancaster, Barrow and Kendal with eye conditions. Mon - Thurs 8.30am-4.30pm, message service at other times.	01539 769055 www.sightadvice.org.uk/what-we-do/

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INDEX

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Wellbeing & Lifestyle		
Cancer Care, Morecambe Bay	<p>CancerCare Community Service Scheme offers a range of free complimentary services. These include bereavement counselling to anyone who has been bereaved including children (secondary school age pupils only at present whilst our centres are closed).</p> <p>Counselling to anyone affected by cancer or another life limiting condition such as MND, MS, Parkinson's or end stage COPD (not just for the patient but for family</p> <p>Online and telephone therapies including nutritional advice, reiki, hypnotherapy, guided relaxation, yoga, online peer support for young people, beginners Pilates and mindfulness classes.</p> <p>Free telephone counselling for UHMB NHS Staff, Care Home Staff and domiciliary carers.</p> <p>Collection of prescriptions for cancer patients. A dedicated information help & support line available in Lancaster, Barrow & Kendal - open Mon-Fri from 9am-5pm. To access support, or for further information, please call, text or email.</p>	<p>03330 150 628 (charged at standard rate)</p> <p>Email: CancerCareCan@cancercare.org.uk</p> <p>Text: 07860 018 278</p> <p>www.cancercare.org.uk</p>

<p>Macmillan Cancer Support - MBHT Macmillan Information and Support Service</p>	<p>Offering support over the phone to those affected by cancer. 9am-4pm Monday to Friday. Emotional & physical support and chats if you're lonely. Referrals to other support services. If you leave a message you will be called back. "If you have worries and concerns about your cancer and you are struggling to get through to speak to your cancer teams, please ring us and we can do this on your behalf."</p>	<p>01524 519578 07972639424 (phone and text) email: macmillan.info@mbht.nhs.uk</p>
<p>Hair News & Wig Swap Shop</p>	<p>Support, tips and swaps. Wigs, headcovers and scarves for ladies after cancer treatment or alopecia - new donated or pre-loved, supplied free of charge.</p>	<p>Facebook: Hair News & Wig Swap Shop (UK)</p>
<p>The Well Communities</p>	<p>Offering a range of peer support sessions addressing addiction to substances and alcohol, recovery and family support. Live feeds from Facebook for Q&A sessions re recovery, families, isolation and coping, recovery check ins, plus exercise, 5 ways to wellbeing and guest speakers. The activity timetable can be found on the website link here.</p> <p>For anyone struggling with addiction or alcohol problems - Zoom Group meeting 7 days a week from 10am - 12 noon. Like minded people sharing experience and supporting each other. Contact The Well for other Zoom support groups</p>	<p>01524 415919 Facebook Page - The Well Communities Email:info@thewell2.co.uk https://www.thewellcommunities.co.uk/activitytimetable</p> <p>Zoom ID - 999 9698 0555</p>

Tara Centre	A Meditation centre in the heart of Lancaster - a not-for-profit healing sanctuary. Still currently offering online meditation & other classes supporting in particular people living on very little income or living with chronic health conditions. See Facebook or the Events page on the website for details.	www.taracentrelancaster.org.uk/ Facebook: Tara Centre taracentrelancaster@gmail.com 07830107008
Wise Guys Training	Helping men to live healthier and happier lives. Offering online emotional support to isolated men - Facebook Live Feed every Thursday 1-3pm.	Facebook: Wise Guys Training Email: info@wiseguys.training 07419903683
Lakes Medics	Staff and volunteers are offering a free telephone/facetime be-friending service. Call to enquire between 9am-5pm Mon-Fri. Actual support will be allocated within 24hrs (work days) when time/frequency will be agreed.	01539 232999
Challenge through Sport Initiative (CSI)	A free, online timetable/programme of activities to do at home for people in recovery or for those with mental health issues.	Facebook: Challenge through Sport Initiative Recovery Group - CSI
National Age UK	Information & advice for older people, phone lines open 8am-7pm every day	0800 055 6112 www.ageuk.org.uk/information-advice/coronavirus
The Silverline	Free confidential helpline for older people, providing info, advice and friendship, 24hrs a day every day.	0800 4 70 80 90 www.thesilverline.org.uk
Lancashire Carers Service - CHAT line	"Carers Help and Talk" (CHAT) line for when you feel there's no-one to talk to. A Facebook Group can also be accessed via the Facebook page	0330 022 5448 (24hr / 7 days a week) Facebook: The Lancashire Carers Service

Lancashire Carers Service - Carers Community Network Platform	Online chat room for Carers and a daily digital Coffee & Chat session using group instant messaging.	To register, contact the Service Access Team on enquiries@lancscarers.co.uk
Lancashire Carers Service	Still receiving referrals by phone/email only For Free Digital Resources in Lancashire	to take new or re-referrals: enquiries@lancscarers.co.uk 0345 688 7113 (option 2) Text: 07786 201 226 https://www.n-compass.org.uk/services/carers-support/lancashire-carers-service/register-free-digital-resources-lancashire
Progress Lifelines <small>services/products are available)</small>	(Other For anyone looking for a practical way to support loved ones or themselves during this time of self-isolation and social distancing. Both our installed / self-install telecare service offer you peace of mind knowing our response centre is available at the touch of a button 24/7. First 4 weeks FREE, pay-as-you-go, cancel anytime. NO equipment, installation and maintenance fees. NO contract. Equipment is owned by Progress Lifeline. Also now available: FOOTPRINT - a GPS location device, pendant alarm & falls detector all in one that <u>does not</u> need a phone line but still has 24/7 contact with an alarm response centre. Can be worn inside or outside the house.	lifeline@progressgroup.org.uk 204 999 (charged at standard rate) https://www.progresslifeline.org.uk/self-install https://www.progresslifeline.org.uk/footprint 03333
The Wish Centre	Information and resources for children & adults that live in a home with anger/domestic abuse - including self-care and safety planning	https://www.bddwa.org/covid-19-response.html
No Hands Massage	Teaching and practice about "The Breath" to help build resilience and calm & soothe your nervous system	https://nohandsmassage.com/the-self-healing-series-the-4-breaths/

Public Transport - Lancashire	Contact details for all bus and train operators in the Lancashire area	https://www.lancashire.gov.uk/coronavirus/public-transport/
Stagecoach	Face Covering Exemption - you can apply for a Journey Assistance Card if you are exempt from wearing a face covering, to help the driver. Those exempt are detailed here:	https://www.stagecoachbus.com/promos-and-offers/national/journey-assistance-cards https://www.stagecoachbus.com/help-and-contact/national/face-coverings-faqs
Chatter Pack	A voluntary-run, special educational needs and disabilities hub working to support families, schools, and other professionals through free monthly SEND newsletter, free resources, and through sharing accurate, practical, respectful, advice and information - website currently has sections on resources to use during the Coronavirus crisis	https://chatterpack.net/ https://chatterpack.net/blogs/blog/list-of-online-resources-for-anyone-who-is-isolated-at-home
Lancaster District Children & Family Wellbeing Service	All the centres are temporarily paused however groups are being delivered via ZOOM. ~ For information on programmes and support please ring Lune Park or see Facebook. ~ Families with younger children - get advice and guidance on childcare services, resources and issues from the Family Information Service ~ Link to the What's on Guide for the Service ~ Talk Zone for those aged 0-19 (or 25 with learning difficulties or disabilities), phone line is every day 2-10pm	Lune Park - 01524 581280 Family Information Service - 0300 123 6712 Family Information Service - lancsfis@lancashire.gov.uk Facebook: Lancaster and Morecambe Family Zone https://www.lancashire.gov.uk/media/913300/lancaster-district-whats-on-guide.pdf Text: 07786 511 111 0800 511 111 lancashire.gov.uk/youthzone talkzone@lancashire.gov.uk Call: Talk Online:

Unique Kidz and Co	"Our mission is to advance the social and play opportunities of children and young people with additional needs and disabilities including their siblings" Art with Holly videos can be viewed on previous Facebook posts.	01524 831132 info@uniquekidzandco.org.uk Facebook: Unique Kidz & Co http://www.uniquekidzandco.org.uk/
Macmillan Games Night In	Have virtual fun with friends and family and help raise funds for people living with cancer too.	https://gamesnight.macmillan.org.uk/
StreetLink	If you are sleeping rough or concerned about someone sleeping rough Streetlink will help connect to local services	0300 500 0914 https://www.streetlink.org.uk/
Sophie's Stories	Stories written to support parents and professionals to connect with children and open up conversations about the Coronavirus situation. "Stay Home Superheroes", "Stay Home Superheroes Go Outside", "Back to School Superheroes" (all on her website) and "Benjamin Bear and The Long Winter" (access via the 2nd Link)	https://www.sophiesstories.co.uk/ https://mailchi.mp/6bf477c90037/benjaminbear
Lancashire Women	A well-established leading charity for women aged 16+ in Lancashire - free services delivered by volunteers. Offering support online or by phone with Mental Health & Wellbeing, Employment & Skills Support and Money, Debt & Benefit Advice	0300 330 1354 TalkToUs@lancashirewomen.org https://lancashirewomen.org email:
Family Action	Providing practical, emotional and financial support to those experiencing poverty, disadvantage and social isolation across the country.	https://www.family-action.org.uk/

Support can be accessed through the "FamilyLine" service that uses trained volunteers - open Mon-Fri 9am-9pm

Phone: 0808 802 6666
07537 404 282
familyline@family-action.org.uk
(see website)
line - text FAMILYACTION to 85258

Text:
Email:
Live web chat
Out of hours Crisis

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Holistic/General Support		
NHS Emergency Dentist	if you are already registered with a dentist and require emergency treatment, most will still be opening for emergencies. If you are NOT registered with a dentist or you are but require treatment OUT OF HOURS phone the Lancs NHS Emergency dentist treatment line for advice/assessment.	0300 1234 010
Families and Babies - FAB	Families and Babies is a charity that supports, promotes and protects breastfeeding and wellbeing in Lancashire.	FAB Peer Support Lancashire: 01254 772929 https://www.familiesandbabies.org.uk/blogs/news/first-post Facebook: Families and Babies -FAB Facebook: FAB Lancs - ANTENATAL Facebook: FAB Lancs Breastfeeding Support
Oral Health Foundation	How to access dental care, treatment and advice during the coronavirus pandemic	www.dentalhealth.org/Pages/FAQs/Category/coronavirus ☎ Dental Helpline: +44(0) 1788 539 780 ✉ Email: mail@dentalhealth.org

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Community Support		
The Lancaster District Support Line	<p>Volunteer support includes collecting/delivering shopping and prescriptions, picking up/delivering post or parcels, ringing anyone who is isolated for a check in or chat. You can request support using the online form or phoning. The line is supported by Lancaster District CVS, Hope Church Lancaster & Lancaster City Council.</p> <p>"We will aim to find a way to support you no matter what your need, so please don't hesitate to ask"</p>	<p>01524 582000 https://lancasterdistrictcovid19.org.uk/get-help</p>
Hope Church	<p>Corona Virus Response Support Line (shopping, post or parcel sending or collecting, phone call to keep you company). If you need support or wish to volunteer please visit our website or text. Website also has list of businesses/other contacts providing services.</p>	<p>07473 932641 - text only Facebook: Lancaster Coronavirus Support Line www.hopelancaster.co.uk/coronavirus-support</p>
Neuro Dropin	<p>Phone helpline for everyone affected by Neurological conditions. For members, will shop for groceries/cleaning supplies etc, pick up and deliver prescriptions, post mail & contact people by phone to chat..... and they're busy thinking up more.</p>	<p>01524 840762 sharon@neurodropin.org.uk https://neurodropin.org.uk/ Facebook: Neuro DropIn</p>
Marsh Community Centre	<p>Telephone and/or email support & guidance is still available. The Centre is starting to re-open, contact them for info.</p>	<p>07535 233168 - 01524 843300 manager@marshcommunitycentre.co.uk</p>

<p>Barton Road Community Centre</p>	<p>No groups are running at the centre but they are coordinating a network of support for people of the Scotforth, Bowerham, Newlands & Hala areas. If you wish to volunteer or need support please telephone or email.</p> <p>Collecting donations for Morecambe Bay Food Bank - contact them for more info</p>	<p>01524 65622 http://bartonroadcentre.co.uk/ Info@bartonroadcentre.co.uk Facebook: Barton Road Community Centre</p>
<p>Ridge Community Centre (covering Ridge & Bulk areas)</p>	<p>Can help with shopping, picking up prescriptions, telephone support. Can refer to emergency food bank. Children's activities will be available through the summer - keep eyes on Facebook for updates. Details of Tuesday night Fair Share also on Facebook</p>	<p>Facebook: The Ridge Community Centre lisa@emuesukcic.co.uk Lisa - 07901 888139 Nicola - 01524 807229 Val - 0772 6675161 Donna - 07887 945919</p>
<p>Carnforth Covid-19 Local Support Group</p>	<p>Offering assistance with shopping, dog walking, food bank drop offs, collection of prescriptions, be-friending, advice & guidance.</p>	<p>Volunteer contacts: Liam 07786 724739 - Andrea 07799 108360 - Gillian 07901 623125 - Elizabeth 07738 134262 Clerk to Town Council: Bob 07846 256 006 Email: clerk@carnforthtowncouncil.org</p>
<p>Victoria Institute, Caton</p>	<p>A team of coordinated volunteers are delivering prescriptions and food (from Caton COOP) to local residents who are unwell or self-isolating.</p>	<p>01524 771733</p>
<p>The Centre @ Halton Community Centre</p>	<p>The Centre and Coffee Shop has now reopened. Halton Covid-19 Support Group is still available to provide support for people living in Halton with Aughton. Contact the Halton Centre for further information (9am-5pm)</p>	<p>01524 811316 info@haltoncentre.org https://www.haltoncentre.org/</p>

<p>Age UK Lancashire</p>	<p>Offering support at home with shopping, collecting prescriptions, information and advice, plus their Home Help Service, take home from hospital and settle service, and Dementia support.</p> <p>Specific info on new service "Good Day Calls"</p> <p>Online Dementia Hub - support group running via Zoom, computer tablets may be available for loan. Contact Anne Oliver for info</p> <p>VOLUNTEERING - if you would like to volunteer use the email address and DON'T call the 0300 number</p>	<p>0300 303 1234 advice@ageuklancs.org.uk www.ageuk.org.uk/lancashire</p> <p>https://www.ageuk.org.uk/lancashire/our-services/good-day-calls/ 0300 303 1234 gooddaycalls@ageuklancs.org.uk</p> <p>aoliver@ageuklancs.org.uk 07807 338783</p> <p>volunteer@ageuklancs.org.uk</p>
<p>ACORN Lancaster and Morecambe</p>	<p>A local community union using organised members to operate support system, delivering food supplies, prescriptions and post for vulnerable/self-isolating people, as well as phone calls to combat isolation and loneliness</p>	<p>https://acorntheunion.org.uk/corona/ Facebook: ACORN Lancaster and Morecambe lancaster@acorncommunities.org.uk</p>
<p>Salvation Army, Carnforth</p>	<p>Drop off point for donations to the Lancaster Area Food Bank and a referer to local food banks - please call to be referred. Also providing practical, physical and emotional support for anyone in the local community - please approach them with any need you may have.</p>	<p>01524 736217 carnforth@salvationarmy.org.uk</p>
<p>Galloways</p>	<p>Continuing to provide support (including help with technology) for the blind and partially sighted community in the area, over the phone or via Zoom.</p>	<p>www.galloways.org.uk/sightlossadvice ☎ 01772 744148 (Mon-Fri, 9-5pm) ✉ Email: enquiries@galloways.org.uk Facebook: Galloway's Society for the Blind</p>

British Deaf Association	You can still contact our staff via email, FaceTime, Skype, and other video chat formats. See website and Facebook for more info.	https://bda.org.uk/covid19/ ☎ 020 7697 4140 ☎ Text: 07795 410 724 (Mon-Fri, 09:00–17:00) Facebook: British Deaf Association
Lancaster and District Homeless Action Service Ltd (LDHAS)	NOW RE-OPENED and offering a limited service for street homeless people. Casework support now re-introduced. Food, shower & laundry facilities available - max 45 min stay, only 3 people in building, social distancing protocol in place. Open Mon-Fri 9.30am - 1pm	01524 842008

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Miscellaneous		
Royal Mail Services - Changes	Changes in opening hours for Customer Service Points collections - 7-9am (with Saturdays until 12noon in Lancaster/Morecambe and until 11am in Carnforth), closed Wed & Sun. Collection periods lengthened to 30 days. Post Office opening times can also be found on this website. Check website for up-to-date info	https://www.royalmail.com/d8/coronavirus-changes-service
Lancaster District Magazine	Isolation Support Directory - including Community Services, Education/Family, Groceries/Food & Drink, Pet products & services, local online shopping	https://www.lancasterdistrict.co.uk/business-type/lancaster-district-directory/isolation-support-directory/

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<i>Pets & Animals</i>		
Cinnamon Trust	The National Charity for the elderly, the terminally ill and their pets. Dog Walking, collecting of pet food, pet medication, urgent transport.	01736 757900 www.cinnamon.org.uk admin@cinnamon.org.uk volunteer@cinnamon.org.uk

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Pastoral/Spiritual		
Lancaster Priory	Daily Facebook "live services" are being held. Doors are open at weekends for private prayer, see website for times & info.	Facebook Page - Lancaster Priory www.lancasterpriory.org
The Cornerstone, Lancaster	The Cornerstone Café is closed, if you need pastoral or bereavement support, please email.	simoncornerstonecafe@gmail.com
St Josephs Church Skerton, Lancaster	Are streaming Mass live on Facebook. Open for private visits Wed-Sat 10.30am-6pm. See website for other events & info. The Guardian Angel Outreach Project is also offering telephone befriending and food parcel, medication deliveries and post deliveries.	Facebook: St Josephs Church - 01524 32493 Email: st.josephslancaster@yahoo.co.uk www.stjosephs-lancaster.co.uk
Salvation Army, Carnforth	Available for Christian prayer and general help - please contact them with any need	01524 736217 carnforth@salvationarmy.org.uk
St John's Church, Ellel	For those not able to make it to church Church Online, Facebook and YouTube are there - Sunday services, blog, worship sessions, resources and kid's activities	Facebook: St John's Church, Ellel https://www.stjohnsellel.co.uk/online https://www.stjohnsellel.co.uk/home

Grace Ministries, Morecambe	<p>Grace Ministries is now open from 10am to 2pm Wed, Thu and Fri. We are currently restricting numbers of 4 people in the drop in and 2 in the charity shop so as we can adhere to social distancing regulations. People attending the drop in will have their temperature recorded and will be restricted to 30 mins. We offer free drinks and biscuits in our drop in, always someone on hand for a chat.</p> <p>Prayer Centre - is now open Fridays from 2.30-4.30pm for personal prayer & there is always someone available to pray for individuals if required. A selection of second hand Christian books is available for loan.</p>	<p>https://www.graceministriesmorecambe.org/</p> <p>prayercentremorecambe@gmail.com</p>
St Thomas Church Lancaster	<p>On-line Church is continuing on You Tube/Facebook, Prayer is happening on Zoom, the church is open on Mon, Wed, Fri 1-3pm for private prayer (booking require) & a short service will be held on Sundays. See website for further info & updates</p>	<p>Facebook: St Thomas Church https://www.st.tees.org.uk/Groups/337617/Living_Well_in.aspx</p>
Gateway Church, Morecambe	<p>Meeting on Whatsapp - see the website for info</p>	<p>https://gatewaychurchmorecambe.org.uk/site/welcome</p>
Hope Church	<p>Corona Virus Response Support Line (shopping, post or parcel sending or collecting, phone call to keep you company). If you need support or wish to volunteer please visit our website or text.</p> <p>Online Church includes Facebook/YouTube live streams, podcasts, ministry groups on Zoom - see website for details</p>	<p>07473 932641 - text only Facebook: Lancaster Coronavirus Support Line www.hopelancaster.co.uk/coronavirus-support</p> <p>https://www.hopelancaster.co.uk/livestream/</p>

The Church of England	<p>Daily Hope - A free national phone line to bring worship and prayer into people's homes while church buildings are closed. Offers music, prayers and reflections as well as full worship services from the Church of England at the end of a telephone line.</p> <p>The line – which is available 24 hours a day, has been set up particularly with those unable to join online church services during the period of restrictions.</p>	<p>https://www.churchofengland.org/more/media-centre/news/archbishop-canterbury-launches-free-dial-worship-phone-line-during?fbclid=IwAR3AtzXiB3IV5BIKk3Q41K0b5tpOIWbuReCEyfkM_cKlcHlaGcXtcJZ9Om4</p> <p>0800 804 8044</p>
Carnforth Free Methodist Church	<p>Currently run a small foodbank, CFM Foodbank For picking up and dropping off of food items or medicines</p> <p>Will check in on vulnerable relative or friend in the town for Pastoral/Listening/Prayer support</p> <p>Church info including on-line services</p>	<p>07583 424127 01524 736390 - email: connect@cfmc.org.uk</p> <p>01524 736390 / 0776 159 6641 - email: cristi@cfmc.org.uk</p> <p>Facebook: Carnforth Free Methodist Church www.cfmc.org.uk</p>

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Lancaster Integrated Care Community - Community Support Bulletin - updated - 24.07.2020 - 10am



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INDEX

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Business, Employment & Finance		
National Debt Line	Lines are busy but open. See website for debt guides/advice factsheets and other ways to get in touch	0808 808 4000 - Mon-Fri - 9am-8pm https://www.nationaldebtline.org/
Mortgage Advice	A Guide to Coronavirus Mortgage Payment Holidays.	www.moneyadvice.service.org.uk/en/articles/mortgage-payment-holidays
North Lancashire Citizens Advice	No face to face appointments but email and telephone support will continue. Also contact us for food bank referrals.	Admin number for food bank vouchers - 01524 400404 For advice - 0344 488 9622 Mon-Fri 9am - 4pm enquiries@northlancashirecab.org.uk http://www.northlancashirecab.org.uk/
Department of Work & Pensions (DWP)	BUSINESS FINANCIAL SUPPORT during Coronavirus	https://www.gov.uk/government/publications/guidance-to-employers-and-businesses-about-covid-19/covid-19-support-for-businesses#support-for-businesses-through-the-coronavirus-job-retention-scheme
Department of Work & Pensions (DWP)	JOB RETENTION SCHEME - Claim for wage costs through the Coronavirus Job Retention Scheme. Guidance for employers on the coronavirus (COVID-19) Job Retention Scheme.	https://www.gov.uk/guidance/claim-for-wage-costs-through-the-coronavirus-job-retention-scheme
Department of Work & Pensions (DWP)	SEISS ELIGIBILITY CAN BE CHECKED NOW - see link. Support for self-employed through the Self-employment Income Support Scheme.	https://www.gov.uk/government/news/self-employed-invited-to-get-ready-to-make-their-claims-for-coronavirus-covid-19-support

Department of Work & Pensions (DWP)	FUNERAL EXPENSES PAYMENTS - getting help with funeral costs if you get certain benefits.	https://www.gov.uk/funeral-payments
Department of Work & Pensions (DWP)	ACCESS TO WORK - employment support programme that aims to help disabled people start or stay in work. During Coronavirus outbreak if you are working you can get help if you have a disability or a physical or mental health condition that makes it hard for you to do your job and you need to work from home.	https://www.gov.uk/government/publications/access-to-work-factsheet/access-to-work-factsheet-for-customers#claiming-access-to-work-during-the-coronavirus-covid-19-outbreak
Department of Work & Pensions (DWP)	GOVERNMENT CHILDCARE OFFERS - any working parent usually eligible for 30 hours free childcare will remain eligible if they fall below the minimum income requirement due to COVID-19	https://www.gov.uk/government/news/eligibility-for-government-childcare-offers-protected?utm_source=07776c5b-423c-4dfa-af2f-ff59f5ce26ab&utm_medium=email&utm_campaign=govuk-notifications&utm_content=immediate
Department of Work & Pensions (DWP)	PENSION CREDIT - How to claim. If you have already claimed State Pension you can now apply for Pension Credit on-line	https://www.gov.uk/pension-credit/how-to-claim
Department of Work & Pensions (DWP)	TAX CREDITS - if you can't work your normal hours because of coronavirus you will still receive your usual tax credit payments.	https://www.gov.uk/government/news/tax-credits-customers-will-continue-to-receive-payments-even-if-working-fewer-hours-due-to-covid-19
Department of Work & Pensions (DWP)	JOB RETENTION SCHEME - Check if you could be covered by the Coronavirus Job Retention Scheme. Find out if your employer is eligible, and how much your employer can claim if they're unable to operate or have no work for you to do because of coronavirus (COVID-19).	https://www.gov.uk/guidance/check-if-you-could-be-covered-by-the-coronavirus-job-retention-scheme

Independent - Me	Here2Support provides services to the disabled citizens of the Lancaster and Morecambe area along with their families and carers. A telephone only service is currently	http://independent-me.org.uk/ contactus@independent-me.org.uk 700012	01524
HMRC	How to make your workplace COVID-secure	https://www.gov.uk/guidance/working-safely-during-coronavirus-covid-19	
HMRC	Business Support Helpline and other areas of support for (see website)	https://www.gov.uk/guidance/additional-government-resources-to-support-your-business-during-coronavirus-disruptions 0800 998 1098	
ACAS	Employment advice for employees and employers.	www.acas.org.uk	
Inspira - Lancaster	Career guidance and personal development programmes to help young people and adults develop skills for life and work	01524 572624	
Inspira	Now providing careers support & guidance for Furloughed Workers, Pupils & Job Seekers - all free, confidential and impartial. Free on-line courses for those claiming a form of benefit.	0345 658 8647 www.inspira.org.uk/Listing/Category/help-for-adults www.inspira.org.uk/Listing/Category/help-for-yr11-yr13 Facebook: Inspira www.inspira.org.uk/Blogs/our-courses	
Strawberry Fields Training	For individuals out of work (actively seeking employment or looking to improve employability prospects) they are offering employment-based practical and emotional support via phone, email, Skype and Zoom.	01524 874246 (07765 308183) - Changing Futures (Age 16-49) paul@strawberryfieldstraining.org.uk (07799 165682) - Age of Opportunity (Age 50+) michael@strawberryfieldstraining.org.uk	Paul Michael

Robertson Cooper Ltd	Reset The Purpose In Your Work - A worksheet designed to support you in regaining clarity of purpose over your changed work demands and reorganise your priorities.	https://www.robertsoncooper.com/downloads-resources/reset-the-purpose-in-your-work/?utm_source=Newsletter+sign+up&utm_campaign=692031aea6-EMAIL_CAMPAIGN_2020_01_13_10_47_COPY_01&utm_medium=email&utm_term=0_27c95d2bf8-692031aea6-97408597
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INDEX

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Educational		
Lancashire County Council	SCHOOLS UPDATE - info on how LCC are working with schools to re-open plus other advice and guidance around education	https://www.lancashire.gov.uk/coronavirus-updates/schools/
Open University	Free, online courses in a range of subjects.	https://www.open.edu/openlearn/free-courses/full-catalogue
Inspira	Accredited online courses for getting into employment - courses updated regularly	https://www.inspira.org.uk/Blogs/our-courses
BBC Bitesize	**NOW LIVE ** BBC Bitesize are publishing daily online lessons for Years 1-10. Daily maths and english with one other subject too.	https://www.bbc.co.uk/bitesize/dailylessons
World Health Organisation	Downloadable story book, with versions in 15 different languages. Also read by Howard Donald.	https://www.who.int/news-room/detail/09-04-2020-children-s-story-book-released-to-help-children-and-young-people-cope-with-covid-19
Coronavirus: A Book for Children	Clear & accessible explanations about Coronavirus and it's affects, written in the UK, illustrated by Axel Scheffler. Downloadable pdf (top link) or available free to read and download from Amazon	https://bit.ly/2Vep1eL https://amzn.to/2Rx0EXI
CBT Free Online course	The course has been recommended by a CBT practitioner from Child & Adolescent Mental Health Services. It is from Yale University & takes approx 19 hours. Good home learning tool for older teens & parents	https://www.coursera.org/learn/the-science-of-well-being

Recovery College Online	A range of online educational courses and resources to people with experience of mental illness, from service users to their family, friends and staff.	https://www.recoverycollegeonline.co.uk/
The University of Manchester	Lockdown Lectures - join some of the nation's foremost scientists, thinkers, historians and social commentators for some informal lectures, including Brian Cox	https://www.manchester.ac.uk/coronavirus-response/coronavirus-home-learning/lockdown-lectures/
Future Learn	Free Course - COVID -19: Psychological Impact, Wellbeing and Mental Health.	https://www.futurelearn.com/courses/psychological-impact-of-covid-19?utm_campaign=fl_may_2020&utm_medium=futurelearn_organic_email&utm_source=newsletter_broadcast&utm_term=200526_GNL_0030&utm_content=copy

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INDEX

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Exercise		
Steve Cody Fitness	Catch up with Steve's 30 minute workouts - still on Facebook.	Facebook - Cha Cha Plank Charity Challenge
Jo Wicks -The Body Coach TV	Free online PE lessons - 250+ free workouts to catch up on. Last workout being broadcast live on 22nd July.	https://www.youtube.com/channel/UCAxW1XT0iEJo0TYIRfn6rYQ
Sport England	How to stay active at home if you are well.	https://www.sportengland.org/jointhemovement
Lancashire Youth Challenge	Have launched a "National Three Peak Staircase Challenge" to inspire both young people and adults.	http://www.lancashireyouthchallenge.co.uk/national-three-peaks-staircase-challenge/
Janet Silverwood Fitness & Wellbeing	Body Conditioning, every Thursday 5pm for 45 mins on Facebook, during lockdown	Facebook: Janet Silverwood Fitness & Wellbeing
Janet Butler Pilates	Free live Pilates and meditation on Facebook on Mondays and Thursdays at 9:30 am - videos on Facebook to catch up with	Facebook: Janet Butler Pilates
Kids Yoga Stories	Selection of free colour posters to inspire kids - only need an email address to download them. Explore the free section on the website too.	https://www.kidsyogastories.com/ocean-yoga-poses-for-kids/
NHS Fitness Studio	24 instructor-led videos across aerobics exercise, strength and resistance, and pilates and yoga categories.	https://www.nhs.uk/conditions/nhs-fitness-studio/

Lancashire School Games	Stay in Work Outs for KS1, KS2 and teenagers on their website. Daily inspiration on Facebook.	Facebook: Lancashire School Games https://lancashireschoolgames.co.uk/
Move it or Lose it (partnered with the Royal Voluntary Service)	recorded chair based exercise classes to keep our nations older adults moving and chatting - see the video section on You Tube to watch any time	Facebook: Move it or Lose it @MoveItOrLoseIt1 (black writing with raised hands on a white background) https://www.youtube.com/user/MoveitorloseitUK
JillyBee Fit	Chair based exercises to keep you active in your own home - videos that can be watched any time	https://www.youtube.com/channel/UCVOCRLmzTV4skCmzko mlWGg
10 TODAY	A set of fun 10-minute, audio and video workouts to help older people get stretching and moving at home	www.10today.co.uk
Public Health England	Active at Home Booklet - to support older people and those who are shielded	https://www.activecumbria.org/files/9715/9101/0732/PHE_Active_at_Home_Booklet_21_May_ELECTRONIC.pdf?utm_source=Facebook&utm_medium=social&utm_campaign=SocialSignal&utm_content=Active+Cumbria+-+Stay+In+Work+Out
Active Cumbria - Stay in Work out	A website with links to many websites, activities and ideas for staying active while being at home - for adults, families, children, older adults, those working, those with disabilities or Long Term Conditions.	https://www.activecumbria.org/behealthybeactive/stay-work-out/

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INDEX

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Utilities & Repair Services		
British Gas	If you are struggling to pay your energy bill contact us.	0333 202 9804 www.britishgas.co.uk/help-and-support/bills-and-payments/help-if-youre-struggling-to-pay
British Gas Energy Trust	May be able to provide grants if you're struggling to pay off gas or electricity debt - for customers & non-customers of British Gas.	https://britishgasenergytrust.org.uk/
EDF	If you are struggling to pay your energy bill contact the debt advice team Customer Support Fund - to help current domestic customers struggling to pay for gas & electricity bills	0333 0096992 - Mon-Fri - 8am-8pm - Sat 8am-2pm https://www.edfenergytrust.org.uk/
EON	If you are struggling to pay your energy bill contact us. Energy Fund - to help existing or previous customers receive extra support with bills/appliances/boilers	0333 202 4461 - Mon-Fri - 8am-6pm https://www.eonenergy.com/more-for-your-home/energy-fund.html
Npower	If you are struggling to pay your energy bill contact us, also offering emergency credit. Energy Fund - to help npower customers who are struggling to pay for energy debt.	0800 073 3000 / 0330 100 3000 Mon-Fri 8am-8pm, Sat 8am-6pm https://www.npower.com/help-and-support/extra-support/npower-energy-fund/
Scottish Power	If you are struggling to pay your energy bill contact us.	0800 027 0072 - Email: contactus@scottishpower.com

	Hardship Fund - to help those struggling to pay ScottishPower debt	https://www.scottishpower.co.uk/customer-services/bills-payments/payments/helping-you-pay-your-bill/help-and-advice/hardship-fund
United Utilities	If you're having trouble paying your bill call Outline of schemes to support customers during this difficult time	0800 072 6765 https://www.unitedutilities.com/my-account/your-bill/difficulty-paying-your-bill/how-we-can-help/

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INDEX

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Entertainment/Hobbies		
Dance with Oti	30 minute themed classes available online	YouTube - Oti Mabuse Official
Rowan Knitting	Free on-line learn to knit course for ages 7+ NEW - Now includes a how to purl class.	https://www.learnrowan.com/offers/f4VY5MAe/checkout
Wildlife Trusts in Lancashire & Cumbria	Ideas, activities and virtual visits to connect with nature	https://www.lancswt.org.uk/stay-wild-home https://www.cumbriawildlifetrust.org.uk/connect-nature-home
BBC Arts	Culture in Quarantine - Theatre, music, visual arts and dance. Live performances and tours	https://www.bbc.co.uk/arts
Lancaster City Museum	Daily local historical updates, for all ages, on Facebook	Facebook: Lancaster City Museum
Free Colouring	Download free colouring from museums around the world, some pictures more suited for adults	http://library.nyam.org/colorourcollections/
Lancashire Youth Challenge	Digital arts and creative learning tutorials to teach young people how to write songs, produce music and beats, create their own pieces of poetry and spoken word	http://www.lancashireyouthchallenge.co.uk/our-place-in-the-world-arts-award-challenge/

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Volunteer / Grants / Donation		
Community Voluntary Solutions (CVS) - The Urgent Response Fund Coronavirus TO DONATE	Lancaster District Community & Voluntary Solutions provide support and advice and guidance to all the third sector organisations and charities in the area. They have started a total giving page for anyone wishing to donate to support these local groups support the most vulnerable people in our community. Please go to this website for more details on donating:	https://www.totalgiving.co.uk/appeal/coronavirus
Community Voluntary Solutions (CVS) - The Urgent Response Fund Coronavirus TO APPLY FOR FUNDING AS A COMMUNITY GROUP/CHARITY	Small grants are available for projects and activities supporting the basic health and wellbeing needs of our residents, particularly the more vulnerable members of the community. There are regular rounds for applying and we aim to get the support to groups within a couple of weeks of the deadlines. To apply for funding as a community group or charitable organisations go to the webpage:	https://lancastercvs.org.uk/funding/coronavirus/
James Bond Henry Welch Trust	Providing assistance through grants for people living in the Lancaster District who suffer from diseases of the chest & lungs, and children with disabilities and other special needs. Recent grants have included buying a washing machine for a family & buy a weighted blanket for a child with autism	01524 582135 democracy@lancaster.gov.uk https://www.lancaster.gov.uk/information/grants-to-voluntary-organisations

ACORN Lancaster and Morecambe	Looking for volunteers to help.....a local community union using organised members to operate support system, delivering food supplies, prescriptions and post for vulnerable/self-isolating people, as well as phone calls to combat isolation and loneliness	https://acorntheunion.org.uk/corona/
Our Lancashire	Our Lancashire is a community project funded by the Police and Crime Commissioner. If you are a group or organisation that can help support vulnerable people at this time please visit Our Lancashire	www.ourlancashire.org.uk/can-you-help-us-help-others-at-this-time
Cards for Kindness - Healthier Lancashire & South Cumbria	Send a card, picture or poem to a local care home. A regional campaign to tackle loneliness amongst care home residents amid the Coronavirus outbreak. Downloadable cards to print and/or colour are available on the website	https://www.healthierlsc.co.uk/CardsForKindness
Eggcup Food Club - VOLUNTEERS REQUIRED	Members receive a bag of good quality surplus food per week in addition to eggs, milk and bread. Currently delivering door to door. To become a member or to volunteer please call this number. VOLUNTEER Roles - people to work in the depot, delivery drivers with own transport	01524 389584

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