

Organisation/Company	Community offer	Contact details
Cancer Care, Lancaster and District	Telephone Counselling for those currently in therapy, holistic therapies are to continue if the individuals have no symptoms, neither do their close family.	07473 932641 Text only to make contact
Positive Futures, White Cross, Lancaster	Remaining open for people with poor mental health and will deliver shopping to those who access their groups and need to self-isolate	07930 436764
Red Cross	Coronavirus support line	0808 196 3651
Age UK		
Rev. Lorraine Moffatt, Overton Danny Maddox	Overton Vicar Food-needs referral (see also St Helens Church website)	01524 858234
Neorodropin	Delivering toiletries and non-perishables to their members and providing telephone support	01524 840762
Samaritans Lancaster and surrounding district	Not doing face-to face but doing telephone and email	116123 jo@samaritans.org
Anna Freud	Support re. young people's mental health during this disruption	www.annafreud.org/what-we-do/anna-freud-learning-network-coronavirus
Tactical Security Options Lancaster	Offering shopping service and home delivery (Note: based in White Cross)	07787 788811
Lancaster City Council Housing	Telephone enquiries	01524 582929
Citizens Advice Lancaster	Telephone triage and support	01524 400404
Narcotics Anonymous	Telephone support for those accessing groups at The Wells (10 am – midnight)	0300 999 1212
Lancashire Pharmacies	Open but busy so be patient!	
Age UK	Business as usual at present. Hospital discharge service, shopping, cleaning etc.	0300 303 1234 advice@ageuklancs.org.uk
Scott Wilkinson Chartered Accountants	See website for advice re. redundancy, sick pay, Government grants	www.scott-wilkinson.com
ACAS	Advice for employees and employers	www.acas.org.uk
Inspira	Free telephone and digital appointments re. careers advice and support	01539 730045
British Gas (Richard Braid)	Offering help with travel, collection of medication or single basket of shopping, for those with restricted mobility or travel needs	07789 575412

Food/Grocery support	Community offer	Contact details
Extensive general local delivery information	www.lmds.co.uk	www.lmds.co.uk
Barry Dobson, Overton	Milk, eggs, butter, cream, milk shakes, yoghurt, juice, bread (24 hours' notice needed other than milk, eggs and orange juice) email: b-dobson1@sky.com or visit Facebook.	07919 675076 01524 749774
Speights Greengrocers	Contact Wendy Butler; she will put orders (fruit, veg, milk, eggs, bacon, yoghurt) in for everyone . Please let Wendy have your order by noon each Wednesday. Speights will contact each customer by phone for payment and will deliver to the Memorial Hall each Thursday afternoon. Wendy will advise each customer as to their own collection time.	Wendy Butler xxxxx
Dan's Fishop	Van at the Memorial Hall Tuesdays at 12 to 12.30 Facebook: Dan's fishop Dan will leave Bank transfer details with all orders either collected or delivered, plus takes card (contactless) All correct Virus procedures will be undertaken.	07956 148318
Preston's Butchers Heysham	Deliveries to Overton Tuesday p.m. Orders via phone or Preston's of Heysham Facebook page by Monday midday. Collected orders can be paid for via card. Delivered orders cash (e.g. via envelope on doorstep)	01524 851062
Nisa Heysham	Will deliver (isolated/vulnerable). Please contact for details	01524 855844 07398 109321
Post Office	Overton and District Memorial Hall 12.30 - 15.30 Wednesday and Friday (not bank holidays)	
Altham's Butchers	Deliveries, weekdays, anywhere. Visit Altham's Facebook page, order online or telephone before 4 p.m. for next-day delivery. Deliveries can be left in porch etc. if self-isolating	01524 388800
Chefs Catering Northwest	6 days a week, 9a.m. to 4 p.m. Meals direct to you home. Visit website for details: www.chefscatering-northwest.uk	07584 855036
Iceland Lancaster	Exclusive shopping hours for vulnerable/elderly shoppers 9.00 – 11.00 a.m. Wednesday	
Other supermarkets	Check websites	
Cornvale Fine Foods	Veg boxes, salad boxes, fruit boxes, meats Delivery: Mondays and Fridays Please email: sales@cornvalefoods.co.uk	01524 222420 (please email or request call-back)
Booths Scotforth Lancaster	Exclusive shopping hours for vulnerable/elderly shoppers 9.30 – 11.00 a.m. Monday to Friday	
Gregory Williams Butcher	Will deliver to Overton one evening a week if a group of people wish to arrange a suitable day between themselves	01524 32250
Westgate Frozen Foods	All meats delivered 01524 752776, 07737 861436 or	07880 705360
Kitchen at Kellet	Single or batch deliveries to your door	07771 652823