

28 March 2020



**COVID-19
Community
Support
Directory**

Directory of Community Support for the Eden Area

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

Support from Local Businesses

Area	Business	What's on Offer?	How to Contact
Alston Moor	Alston Wholefoods, Alston	Pick & Pack service to all customers. No longer allowing customers inside the shop. Order by email, phone or handwritten note, in advance. Shopping will be packed and a collection time given, free delivery also available.	Phone: 01434 381 588 Email: info@alstonwholefoods.com
Alston Moor	High Plaice Chippy, Alston	Currently only accepting telephone orders and orders will be given to customers outside or brought to them in their vehicle, where possible please try and have the right money for your order. Open Tuesday -Thursday 4pm - 7pm, Friday - Saturday 12pm - 3pm & 4pm - 8pm	Phone: 01434 382300
Alston Moor	Top Café, Alston	Collection service. Asking customers to ring in orders and pay by card, customers will be given an allocated collection time. Only one person permitted in the shop at once. Open Tuesday-Saturday 10:30am - 1:30pm	Phone: 07387 117520
Appleby	Co-op, Appleby	Extended opening 7am - 8pm, 7 days per week. Social distancing throughout shop. However, no deliveries or orders.	Phone: 017683 51577
Appleby	Spar, Appleby	Local delivery. Order, payment and delivery done via Howgill Butchers of Appleby.	Phone: 017683 51644
Appleby	Low Howgill Butchers & Deli, Appleby	Availability of goods from all other shops in Appleby. Next day deliver for orders placed before 12 noon. No contact delivery, drop at door, payment on order.	Phone: 017683 51644
Askham	Askham Stores, Askham	Newsagent, fresh meat & veg orders, some household essentials, 48 hours notice for delivery. Orders collected from outside store.	Phone: 01931 712187
Pooley Bridge	Pooley Bridge Post Office	Free home delivery service to all local customers: milk, bread, eggs, groceries, logs & kindling, wine & spirits, along with a range of Cranstons butchers products which can be pre-ordered the day before. Order by phone during working hours 7:30am - 5:30pm	Phone: 017684 86168
Brough	One Stop, Brough	Orders taken by telephone - local volunteers delivering when available.	Phone: 017683 41260
Newton Reigny	The Sun Inn, Newton Reigny	A range of bread, milk, canned food and condiments for sale to the public as a convenience.	
Various	Nisa Local, Langwathby	Food Store open (limited hours and people allowed in the shop). Offering delivery and collection service. Delivery is free if order is over £20 - £2 charge if under. Delivery available to: Langwathby, Winskill, Hunsonby,	Phone: 01768 881342 Email: email@northernstores.co.uk

		Melmerby, Gamblesby, Little Salkeld, Glassonby, Ousby, Blencarn, Skirwith, Culgaith, Edenhall, Great Salkeld.	
Greystoke	Greystoke Village Shop	Food Store and Delivery	Phone: 017684 83137
Penruddock	The Herdwick Inn, Penruddock	Food essentials, delivery available	Phone: 017684 83007
Armathwaite	Armathwaite Stores	Food store open, limited PO service (emergency cash withdrawals)	Phone: 016974 72778
Hutton	Herdwick Inn, Penruddock	Opened a pop up shop for essential supplies for either collection of delivery to the local area.	Phone: 017684 83007
Kirkby Stephen	Eden Valley Produce, Kirkby Stephen	Fresh fruit, veg, dairy, dry goods & tins. Order by 3pm for next day delivery. Min order £20 for veg only, £30 min order for mixed items. No contact delivery if payment by card or bank transfer. Also delivering for Steadman Butcher 017683 71282 and Ivy Cottage Baker 07857 324029 orders to them direct.	Phone: 017683 71323 Email: info@edenvalleyproduce.co.uk
Kirkby Stephen	The Penine Boutique Hotel, Kirkby Stephen	Offering a take-away Sunday meals, delivery for those in isolation.	Phone: 017683 74997 Email: penninehotel@outlook.com
Kirkby Stephen	Spar, Kirkby Stephen	Order service and some deliveries. All groceries and household essentials, order by email or telephone 24 hours before - collection from shop. Open Monday - Saturday 8am - 10.30pm, Sunday 9am - 10.30pm.	Phone: 017683 71353
Melmerby	Melmerby Village Stores, Melmerby	Essential supplies shop open, delivering food to local isolating residents. Residents need to order by telephone, and can make requests for additional food that the shop will order.	Phone: 01768 881915
Caldbeck	Caldbeck Shop, Caldbeck	Food Store and Delivery	Phone: 016974 78252
Orton	Orton Village Stores and Post Office, Orton	Open 9am - 5pm. Post Office open 2 days. Frozen food, fresh dairy, dry goods, bread, household cleaners. Orders by telephone. FREE delivery.	Phone: 015396 24225 Email: orton.village.stores@btinternet.com
Penrith	Foundry 34, Penrith	Partnered with Sandgate Friery to offer delivery and collection serve 7 days a week.	Phone: 01768 210099 Online: www.foundry-34.co.uk
Penrith	Four and Twenty, Penrith	Meal delivery, suitable for freezer	Phone: 01768 210231 Email: info@fourandtwentypenrith.co.uk
Penrith	Sandgate Friery, Penrith	Partnered with Foundry 34 to offer delivery and collection serve 7 days a week.	Phone: 01768 210099 Online: www.foundry-34.co.uk
Penrith	Star Fruits, Penrith	Home delivery of fresh fruit and vegetables, milk, bread, butter etc. XL Cheese crisps.	Phone: 01768 890255

Penrith	The Arcade Pet Store, Penrith	Delivery across Eden on various days	Phone: 01768 863809
Penrith	The Chopping Block, Penrith	Offering delivery of meats and deli products in Penrith.	Phone: 01768 899092 Email: shop@thechoppingblockpenrith.co.uk
Penrith	The Wolfe, Penrith	Offering meals for those in isolation, a range of dinners to cover 3 days and more, contact via email to arrange a chat	Phone: 01768 868140
Penrith	Xaviers, Penrith	Take Away and delivery of meals.	Phone: 01768 867644
Shap	Andersons Village Newsagents, Shap	Will deliver newspapers, milk and any other items in the shop for free to Shap residents.	Phone: 01931 716450
Tirril	Queens Head Inn, Tirril	Shop: fresh veg, fruit, pies, fresh meat, dairy, dry goods & toiletries	Phone: 01931 716450

Support from Local Community & Third Sector Groups

Area	Group	What's on Offer?	How to Contact
Ainstable	Covid 19 Mutual Aid Armathwaite and Ainstable	Facebook support group for local residents to offer support to each other. www.facebook.com/groups/897013320730911/?ref=group_header	Via Facebook
Ainstable	Covid 19 Mutual Aid Armathwaite and Ainstable	Facebook support group for local residents to offer support to each other. www.facebook.com/groups/897013320730911/?ref=group_header	Via Facebook
Alston Moor	Alston Moor Community Support	Offering help with shopping, Medication Delivery, Dog walking, buddying www.facebook.com/groups/amcomsupport/	Via Facebook
Hesket	Covid 19 Mutual Aid Armathwaite and Ainstable	Facebook support group for local residents to offer support to each other. www.facebook.com/groups/897013320730911/?ref=group_header	Via Facebook

Lazonby	Lazonby Parish Council	Collection and delivery of prescriptions (Kirkoswald Surgery), Collection and delivery of groceries and everyday shopping items, Collection and posting of packages, Dog walking and vet trips	Phone: 01768 898425 or 07973 788521 Email: westy2@btinternet.com
Mungrisdale	Northern Fells Group	Picking up shopping, posting mail, collecting medications, delivering takeaway meals, dog walking, help and support, buddy scheme, benefits or business advice in the Northern Fells Area	Phone: 07874241604 or 016974 77196 Email: gillian.skillicorn@northernfellsgroup.org.uk
Penrith	Coronavirus Community Support Penrith	Facebook support group for local residents to offer support to each other. www.facebook.com/groups/153354205832722/	Via Facebook
Penrith	Penrith Salvation Army	The café is currently operating a takeaway service.	Phone: 01768 866732 Email: penrith.corps2@salvationarmy.org.uk
Shap	Corona virus community group Shap	Facebook support group for local residents to offer support to each other. www.facebook.com/groups/280875652879152/?ref=group_header	Via Facebook
Threlkeld	Threlkeld Village Hall,	Help with collection shopping.	Email: info@threlkeldvillagehall.org