



Directory of Community Support for the Barrow and Dalton Areas

Think Local Support Local - Groceries on your doorstep....

Area (Barrow Borough)	Wards	Produce	Business	Contact	Payment	Delivery
Barrow	Barrow & Dalton	Groceries & newspapers	Lakes Parade Stores	Main shop 01229 825812 Order line 01229 839790 mike@lakesconvenience.co.uk Facebook – Lakes Parade Stores	Phone	Free delivery Mon-Fri in the Barrow and Dalton area
Barrow	Barrow, Dalton & Askam	Groceries	Bob In Café , Trinity Enterprise Centre	Mon-Fri 10:00am-1:00pm, 2:00pm-5:00pm Sat 10:00am-2:00pm, Sun 10:00am-1:00pm 01229 825769 bobincafe@live.co.uk Facebook – Bob In Cafe	Phone	Free delivery on orders over £15
Barrow	Dalton & District	Groceries, milk & alcohol	Express Market , Dalton	7 days, 6:30am-1:00pm 01229 462026 or 07713849161		Delivery to elderly
Barrow	Dalton	Basic groceries & alcohol	Bargain Booze , Dalton	7 days, 9:00am-8:00pm 01229 468852	Phone	Free delivery. No minimum order.
Barrow	Dalton	Basic groceries & newspapers	Beddall's Newsagents , Dalton	7 days, 5:00am-5:15pm 01229 462258		No delivery
Barrow	Walney	Newspapers & groceries	Early News , Walney	01229 471370	Phone, or will accept cash	Free delivery (Walney only)

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Barrow	Barrow including Rampside (not Walney, Barrow Island, Dalton or Askam)	Newspapers/ groceries/ essentials/ snacks	To Your Door	Order online. Open Wed, Thurs, Fri and Sat 11:00am-8:00pm Sun 9:00am-8:00pm www.toyourdoorbarrow.com	Online	£1 delivery charge (no minimum order)
Barrow	Barrow	Health foods/ medication/ cleaning products	Pastures New , Scott Street	01229 833043 or 07583 692404 enquiries@pasturesnewhealth.co.uk www.pasturesnewhealth.co.uk	Phone or email	Local delivery
Barrow	Walney/ Dalton/ Holbeck	Dairy	L & H Knipe – Dairyman , Dalton	01229 463049 or 01229 343141 les@knipemilk.co.uk		Milk Round
Barrow	Barrow, Dalton, Barrow Island, Walney and Rampside	Dairy – also fruit juice, eggs, bacon, bread, potatoes	Chris Wilson – Dairyman , Dalton	07852 127693 phone or via Facebook messenger – include your address and email address www.facebook.com/chriswilsonmilk		Milk Round
Barrow	All	Dairy – also fruit juice, eggs, bacon, bread, potatoes	Michael Mitchell – Dairyman , Barrow	01229 837210 mlmitch.m@googlemail.com phone, email or via Facebook messenger Facebook – Michael Mitchell Dairyman Ltd		Milk Round

Area (Barrow Borough)	Wards	Produce	Business	Contact	Payment	Delivery
Barrow	All	Fruit & veg, inc. eggs	Laing's Fruit & Veg Ltd , Barrow Island	Veg boxes £12 01229 839999 or 07841 562487 Facebook – Laing's Fruit & Veg Ltd	Accept cash on delivery	Free delivery
Barrow	All	Fruit & veg	Pete's Fruit and Veg , Barrow Market	07884 316214 pete.clark59@hotmail.com	Phone	Free delivery
Barrow	Dalton & District	Fruit & veg, inc. eggs & meat	Sherie's Fruit and Veg , Dalton	MON 1:30PM-4PM , Tues 1:30pm-4:00pm, Wed 8:30am-1:00pm, Thurs 1:30pm-4:00pm, Fri 1:30pm-4:00pm, Sat 8:30am-1:00pm Telephone 01229 465184 during these hours for delivery. Facebook – Sherie's Fruit & Veg	Phone	Free delivery
Barrow	All	Fruit & veg	Williams Fresh Produce , Thwaite Flat	9:00am-5:00pm 0333 050 4582 williamscumbria@gmail.com www.williamscumbria.com	Phone or online	Free delivery
Barrow	Barrow, Dalton & District	Bakery	Peace & Loaf Bakehouse , Trinity Enterprise Centre	Order online only – order Mon at 5:00pm for delivery Fri, or Fri at 5:00pm for delivery Tues. peaceandloaf@hotmail.co.uk www.peaceandloaf.square.site	Online	£3 delivery
Barrow	Barrow & Dalton	Bakery	Thomas' Bakery , Dalton	01229 462370 between 4:00pm-6:00pm for next day delivery. Order online at Barrow Eats – order before 3:00pm for next day delivery. £10 min. order.	Phone or online	As per order

Area (Barrow Borough)	Wards	Produce	Business	Contact	Payment	Delivery
Barrow	Barrow, Dalton, Walney	Bakery	Daddy's Bakery, Cheltenham Street	01229 213288 daddysbakery@hotmail.com Facebook – Daddy's Family Bakery	Phone	Free delivery
Barrow	All	Meat	Masons Butchers, Rawlinson Street	Order day before on 01229 822709	Phone	Free delivery
Barrow	All	Meat	Shepherd's Farmshop, Harrogate Street	Order 1-2 days before by phone or via Facebook messenger 01229 822081 Facebook – Shepherd's Farmshop	Bank transfer preferred. Will accept cash.	Free delivery
Barrow	All	Meat	NC Meats Butchers, Dalton Road	Order by phone for following day. (Closed Sunday and Monday.) 01229 827718 Facebook – NC Meats	Phone	Free delivery
Barrow	Barrow & Dalton (not Askam)	Meat	Sillfield Quality Butchers, Barrow Market	Order by midnight Tues for delivery Thurs. Or order by midnight Wed for delivery Fri. 01229 830956 enquiries@sillfield.co.uk www.sillfield.co.uk	Phone, cash in envelopes, or online.	Free delivery
Barrow	All	Meat	N & S Rhodes Butchers, Barrow Market	Mon-Tues-Thurs 9:00am-12:00pm and Wed-Fri-Sat 9:00am-5:00pm 01229 820746	Phone	Free delivery
Barrow	All	Meat	Browns Farm Shop & Butchers, Lindal	01229 588228 or 07867783222/ 07935526846 Facebook – Browns Farm Shop Lindal		
Barrow	All	Hot home-made meals	Community Meals on Wheels	01229 491001		Free delivery

Your Local Community Support Groups

District (Barrow Borough)	Wards	Organisation	Information
Cumbria Wide	All	Cumbria County Council	Emergency Helpline for people at high risk of becoming seriously ill as a result of COVID-19 and who do not have support available from friends, family or neighbours. Telephone call centre open 9:00am-5:00pm Monday to Friday and 10:00am-2:00pm at weekends and on Bank Holidays. Phone: 0800 7831966 Email: COVID19support@cumbria.gov.uk
Barrow	All	Barrow Borough Council	General enquiries: 01229 876543 Benefits: 01229 404242 Housing: 01229 876578 Emergency out of hours: 01229 833311
Barrow	All	Registration of Births, Deaths & Marriages	Phone: 01229 407510 www.gov.uk/browse/births-deaths-marriages
Barrow	All	Focus Families	The Focus Family team are available to support families experiencing hardship. For family benefits advice and family concerns. Hazel Chambers and Nicola Jackson. Phone: 07825 011005 Email: focus.family@cumbria.gov.uk / nicola.jackson@cumbria.gov.uk
South Cumbria	All	Adult Social Care	Assessment and support for adults to maintain and regain independence with a personal support plan. SPA (Single Point of Access) contact number: 0300 3032704 Email: customerservicesouth@cumbria.gov.uk

District (Barrow Borough)	Wards	Organisation	Information
Barrow	All	Barrow Foodbank	Families who are already claiming benefits can contact Ways to Welfare. Phone: 01228 221100 to request a voucher. For other enquiries contact the Foodbank for advice. Phone: 01229 343436
Barrow	All	Citizens Advice Barrow	Provides free, confidential, impartial information and advice on benefits, housing, employment and debt. Advice line open Monday to Friday 9am-4pm. Phone: 03444 889 624 www.barrowcitizensadvice.org.uk/contact
Barrow	All	Age UK Barrow & District	Range of support services including free hot meals, hearing aid battery delivery, prescription collection, food parcel delivery, information and advice, and telephone befriending. Phone: 01229 831425 Email: info@ageukbarrow.org.uk www.ageuk.org.uk/barrow/
National	All	Family Action	Free Family Line service supports adult family members, providing a listening ear and answering parenting questions. All support takes place via telephone, text message or email. Mon to Fri 9:00am-3:00pm and 6:00pm-9:00pm. Phone: 0808 802 6666 Text: 07537 404282 Email: familyline@family-action.org.uk
South Cumbria	All	Samaritans (Furness & South Lakes)	Offer listening and support to people and communities in times of need without judgement or pressure. Phone: 116 123 free from any phone 0330 0945717 local call charges apply www.samaritans.org/branches/barrow

District (Barrow Borough)	Wards	Organisation	Information
Barrow	All	Mind in Furness	Support and advice for people who have or are experiencing mental health problems. Phone: 01229 827094 Email: schoolstreet@mindinfurness.org.uk
Cumbria Wide	All	First Step	Evidence-based talking therapies for people experiencing mild to moderate common mental health problems. Phone: 0300 5550345 Email: firststep@nhs.net
Cumbria Wide	All	SAFA Cumbria – Emotional support helpline	Offer a safe environment, help and support to individuals, families and friends affected by the impact self-harm has on their lives. Trained counsellors are available to anyone in Cumbria who is isolated, anxious or has experienced loss because of the COVID-19 pandemic. Phone: 01229 832269 Text: 07508 035048 info@safa-selfharm.com Mon-Thurs 9:00am-5:00pm, Fri 9:00am-12:00pm https://safa-selfharm.com/
South Cumbria	All	Child & Adolescent Mental Health Services South (CAMHS)	Work with children and young people who have difficulties with their emotional or behavioural wellbeing. Phone: 01229 402696 Email: camhssouth@nhs.net
South Cumbria	All	St. Mary's Hospice	Family and bereavement support service available to anyone over the age of 18 years who is experiencing loss, irrespective of time lapsed, cause or relationship. Phone: 01229 580305 www.stmaryshospice.org.uk/our-care/for-families/bereavement-support

District (Barrow Borough)	Wards	Organisation	Information
Cumbria Wide	All	Cruse Bereavement Cumbria	Support, advice and information to children, young people and adults when someone dies. Phone: 0300 6003434 www.crusecumbria.org.uk
South Cumbria	All	Bluebell Foundation South Cumbria	Offers support and information to parents, families and others affected by the death of a baby (before or after birth) or child. Also to those who have a baby or child with a life-limiting or life-threatening illness, and support for children and young people who are grieving. Phone: 0751 6556081 or 0784 9400315. www.bluebell.org.uk
Cumbria Wide	All	Child Bereavement Cumbria	Support for individuals or couples where a baby or child has died. Bereavement support to children and young people up to the age of 25 including their families as appropriate. Phone: 01539 628311 www.childbereavementuk.org/cumbria
Cumbria Wide	All	Alzheimer's Society	Dementia support, information, and advice by telephone for anyone living with or affected by dementia; and telephone calls from volunteers to help provide more social contact. Phone: 01228 819299 (leave message for local team) Email: cumbria@alzheimers.org.uk Phone: 0333 1503456 for National Dementia Connect support line www.alzheimers.org.uk for regularly updated advice and discussion forum.
Barrow	All	Barrow & District Disability Association	Provides advice, advocacy, support and information for people with disabilities, their carers and families. Phone: 01229 432599

District (Barrow Borough)	Wards	Organisation	Information
Barrow	All	Furness Carers	Information and support for unpaid adult and young carers. Phone: 01229 822822 (please leave a message) Email: admin@furnesscarers.co.uk
Barrow	All	Women's Community Matters	Provide support including benefits, housing, domestic or sexual abuse, mental wellbeing, employment, education and social activities. Phone: 01229 311102 Email: reception@womenscommunitymatters.org
Barrow	All	The Well Communities	Provide support to people recovering from drug and alcohol addiction through therapy, counselling, peer mentoring, employment training and social activities. Phone: 01229 829832 Family support for families/friends who are suffering as a result of someone else's addiction or alcoholism. Phone: Ashleigh 07367 348986
Cumbria Wide	All	Cumbria Alcohol & Drug Advisory Service	Phone: 0300 1114002 Email: info@cadass.co.uk Addiction Helpline: 0800 2545658 (Mon-Sat 11:00am-8:00pm) contact@cadass.co.uk (for immediate call back requests, advice and guidance Mon-Fri 10:00am-5:00pm)
Barrow	All	Project John Hub	Housing and support for young homeless people aged 16-24 years. Phone: 01229 832127
Barrow	All	Drop Zone Youth Projects	Support for young people, schools and families with education, resource packs and food parcels in partnership with other third sector organisations. Phone: 01229 812888 Email: Drop_Zone@btconnect.com

District (Barrow Borough)	Wards	Organisation	Information
Barrow	All	YouthAbility Leonard Cheshire	Provide youth services for young people (8+ years) with disabilities and their families. Leslie McLeese, Team Leader (Youth Club), YouthAbility Cumbria Telephone: 01229 472605 Mobile: 07734 209095 Email: leslie.mcleese@leonardcheshire.org