

COVID-19

Upper Eden Support Hub

Stay Home, Save Lives

Kirkby Stephen Community & Council Centre is working together with Cumbria County Council, as one of their partners, under the title of 'the Upper Eden Support Hub'.

Our dedicated helpline number is **07375 962854**

Email enquiries can be sent through to
website@kirkby-stephen.com

Facebook: **@kirkbystephencommunitycentre**

The helpline will be available Monday – Friday 9am to 5pm and Saturday – Sunday 10am – 2pm. If help is required and a volunteer is arranged, we will only look to use volunteers who will have been approved through **www.supportcumbria.org.uk**.

If we are unable to assist you, or if you require a higher level of support, then we will refer you through the Emergency COVID-19 helpline (**0800 783 1966**).

There are many support groups and volunteers locally offering help and support, where this is available to you, please look to accept the local help. Support is available in the parishes of Brough, Bough Sowerby, Crosby Garrett, Hartley, Kaber, Mallerstang, Musgrave, Nateby, Ravenstonedale, Soulby, Stainmore, Waitby, Orton and Tebay. Therefore, in the first instance, please use the support available to you, in your local area, this will help to minimise movements and reduce unnecessary travel.

Many local businesses are offering home deliveries or specific opening times for the elderly/vulnerable/key workers, so, again where possible, please take advantage of this support.

Food and Shopping

Eden Valley Produce

Local deliveries of Fruit and Vegetables

Tel: 017683 71323

CI & C Steadman Butchers

Local deliveries of meat

Tel: 017683 71282

Ivy Cottage Baker

Local fresh bread deliveries

Tel: 07857 324029

Can all be ordered and delivered for the 3 businesses as one package

The Big Pan Man Catering

Offering meals on wheels

Tel: 07572349214

One Stop, Brough

Orders taken by telephone, volunteers delivering, when available

Tel: 017683 41260

Kirkby Stephen Spar, High Street

Order service available and some deliveries. Order 24 hours, before collection from shop.

Open: Monday – Saturday 8am – 10.30pm, Sunday 9am – 10.30pm

Tel: 017683 71353

Orton Village Stores and Post Office

(Post Office open 2 days),

Open 9am – 5pm, orders by telephone, free local delivery.

Tel: 015396 24225

N & D Veitch Milk & More

Food service distributor

Tel: 017683 71375

Kirkby Stephen Coop

Opening

Monday – Saturday

8am – 9am for Elderly/Vulnerable/Key Workers

9am – 8pm for general public

Sunday

10am – 11am for Elderly/Vulnerable/Key Workers
11am – 4pm for general public

JMP Food Service

Home delivery service.

Tel: 015396 20296 to register

FareShare food service

Offering FREE grocery produce* to those in need during the COVID19 and around Kirkby Stephen. Operated on 1st come 1st served basis each Thursday. To access this service email or call Conrad.

* Produce varies from week to week.

Email: conradlynch@outlook.com

Tel: 07887 578 143



Medical, Health and Wellbeing

Health Centre

Patients who live over a mile away from the centre are entitled to a free home delivery service.

Tel: 017683 71369



Green Tree Pharmacy

You can ask someone to collect your prescription for you, if no one is available, a volunteer will deliver to you on a Wednesday or Friday.

111 NHS helpline

Tel: 017683 71392,



Animal, Pet Supplies and Health Wellbeing

Pet Stop Kirkby Stephen

Open and operating a one in one out policy, please knock on the door and wait. Deliveries are possible.

Tel: 07547 920636 or 07801073384.

Eden Farm Supplies

Open for essential business only please phone with your order and they will be prepared for collection.

Tel: 017683 71458

Pendragon Vets

Operating a closed door policy a vet is still on call for out of hours emergencies, please call with any questions or queries.

Tel: 017683 71359



Miscellaneous Supplies

WPS Supplies

Collections are available, please wait at the barrier to be served. Coal deliveries are in high demand, so may not be as prompt.

Tel: 017683 72333

Halls Newsagents

Morning deliveries for newspapers and magazines to continue. Shop will open on Saturday and Sunday mornings until midday, restrictions to the number of people in the shop, will apply. Call for any further information.

Tel: 017683 71374



Support

National Domestic Abuse Helpline

0808 2000 247 or dial the Police on **999**
and press **55** when prompted, if you
can't speak. visit
www.nationaldahelpline.org.uk

Hearing Aids and Batteries

For replacement hearing aid batteries,
please contact the Audiology
Department at the hospital that
supplied your hearing aid. The
Cumberland Infirmary **01228 814422**
or The Westmorland General
01539 795369.

Citizens Advice Carlisle and Eden

Tel: 03444 111 444
Visit: www.ca-ce.org.uk



KIRKBY STEPHEN

SPACE TO BREATHE, ROOM TO GROW

CORONAVIRUS

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