

Kendal Integrated Care Community & Primary Care Network



Resource list for essentials during COVID19

Support available for families and individuals who are struggling financially and need essential items.

MANNA HOUSE

www.manna-house.org.uk

info@manna-house.org.uk

01539 725534

Telephone advice only Mon-Fri 09.30-15.00

Manna House is making food bank referrals and making up food parcels for our regular clients and for local families in receipt of free school meals - through QKS and other schools' referral. We also have clothing, toiletries and sanitary products, in limited number. People can call us Monday-Friday 9.30-15.00 or enquire online and we can deliver or prepare for pick up in a safe distance space on our premises. Manna House is still welcoming calls and online enquiries from those needing help and advice on benefits, housing or mental wellbeing.

KINGS FOOD BANK

www.kingsfoodbank.org.uk

07534 609179

King's Food Bank provides emergency food support to people in Kendal and its nearby districts in Cumbria. We use referring agencies to provide us with the details of people in need of support and are usually able to deliver a food box within 24 hours.

KENDAL PEOPLE'S CAFE and WASTE INTO WELLBEING

kendalpeoplescafe@hotmail.com

Providing community food share of pre-packed bags with an assortment of veg, fruit & maybe cake or pastries will be shared via 3 collection points around the town on 3 different days. Offers will vary depending on supplies.

Collection only:

Monday 10am-12pm - Outside In, Beeson Road

Wednesday 4pm-6pm - Outside Hallgarth Community Centre

Friday 4pm-6pm Salvation Army, Gillingate

Bags will be placed on a table outside the door & we ask that you maintain social distancing of 2m (6ft) & adhere to good hand hygiene for collection of one bag per household. The contents of the bag cannot be swapped or altered; we cannot run the risk of spreading the virus. Thanks for your understanding.

COMMUNITY FOOD SHARE

If you are part of a resident's association please contact them to find out what support they can offer.

Eg. Sandylands Resident's Association – see facebook page for info.

GET CORONAVIRUS SUPPORT AS A CLINICALLY EXTREMELY VULNERABLE (Shielded)PERSON:

www.gov.uk/coronavirus-extremely-vulnerable

Follow the link to register with this service if either:

- you have a medical condition which means you're classed as being clinically extremely vulnerable to coronavirus
- you've been told by your GP or hospital clinician that you're clinically extremely vulnerable and need to 'shield'

'Shielding' means not leaving your home and minimising contact with other members of your household.

You'll be able to ask for help if you need it - for example, with getting essential supplies or your basic care needs.

You can register yourself, or on behalf of someone else.

VOUCHER SCHEME LAUNCHES FOR SCHOOLS PROVIDING FREE SCHOOL MEALS

www.gov.uk/government/news/voucher-scheme-launches-for-schools-providing-free-school-meals

Weekly shopping vouchers worth £15 to spend at supermarkets while schools are closed due to coronavirus.

Children eligible for free school meals will benefit from a national voucher scheme allowing them to continue to access meals whilst they stay at home.

Schools can now provide every eligible child with a weekly shopping voucher worth £15 to spend at supermarkets while schools are closed due to coronavirus.

Schools can continue to provide meals for collection or delivery themselves, but where this is not possible, the scheme will allow schools to provide vouchers to families electronically, or as a gift card for those without internet access.

The vouchers can be spent on food at a range of shops including Sainsbury's, Tesco, Asda, Morrisons, Waitrose and M&S, with the Department working to get more shops to join the scheme as soon as possible.

FINANCIAL and BENEFITS ADVICE

South Lakes Citizens Advice

<http://www.southlakescab.org.uk/>

advice@southlakesca.org.uk

03444 111 444 (new enquiries)

015394 46464 (ongoing enquiries and new debt enquiries only)

Telephone advice lines open Mon-Fri 9.30-16.00

Manna House

www.manna-house.org.uk

info@manna-house.org.uk

01539 725534

Telephone advice only Mon-Fri 09.30-1500

DWP

www.gov.uk/government/organisations/department-for-work-pensions

www.gov.uk/universal-credit/how-to-claim

People receiving benefits do not have to attend jobcentre appointments for at least 3 months, starting from Thursday 19 March 2020. People will continue to receive their benefits as normal, but all requirements to attend the jobcentre in person are suspended.

People can still make applications for benefits online if they are eligible.

Job centres remain open, and will continue to support people who are not able to use phones and get online access, including homeless people.

CUMBRIA COUNTY COUNCIL WAYS TO WELFARE

www.cumbria.gov.uk/welfare

01228 221100

People can find themselves in need of support to the extent where they are at a critical point of being without basic supplies. If you feel that you are in need of some help and need assistance, please call Cumbria County Council's community support team on 01228 221100 (Monday to Thursday 9am - 4.30pm, Friday 9am - 4pm) or email communitysupport@cumbria.gov.uk - you will receive a response within one working day.

TURN 2 US

www.turn2us.org.uk

“Turn2us is a national charity helping people when times get tough. We provide financial support to help people get back on track”. Please contact via the online form.

Angela Speak- Social Prescriber Kendal Primary Care Network, April 2020