



Please note - These sites have not been verified by our practice but may be of use to you -  
Updated 1/4/20

### **Help for anyone that cannot find help locally**

You can register your information and a local government representative will organise a delivery on your behalf.

**Tel 0800 0288327**

<https://www.gov.uk/coronavirus-extremely-vulnerable>

### **Emergency Funding for MH Residents**

The Howard Watson Symington Memorial Charity are offering a grant of £100 to people struggling during the corona virus crisis. There is a pot of £5K available. Must be living in the Little Bowden or Great Bowden area. Apply online:

<https://www.hws charity.org.uk/>

## **Help with Shopping/Prescription Collection (Volunteers)**

### **Market Harborough**

#### **Harborough Labour Party Coronavirus Community Assistance**

Offers pick up / drop off prescriptions, Collect and drop off food, contact isolated individuals,

**Text: 07813644034**

Email: [campaigns@harboroughlabour.org.uk](mailto:campaigns@harboroughlabour.org.uk)

#### **Market Harborough Coronavirus Support FB Page**

A Facebook Page has been created with local information from support agencies and businesses and has members such as Neil O'Brien (MP).

Search for **Market Harborough Coronavirus Support**

#### **Harborough Anglican Team**

Help offered by local church volunteers with shopping etc for self-isolating neighbours.

**Office Tel: 01858 469330**

Email: [andy@harborough-anglican.org.uk](mailto:andy@harborough-anglican.org.uk)

#### **St Dionysius Church**

Sue McDonald **Tel 07977 878 094** Email: [Sue@harborough-anglican.org.uk](mailto:Sue@harborough-anglican.org.uk)

### **South Leicestershire Medical Group Surgeries**

Kibworth  
Medical Centre  
0116 279 3308

Old School  
Surgery Kibworth  
0116 2792422

Two Shires  
Surgery Market  
Harborough  
01858 434523

Fleckney Medical  
Centre  
0116 240 3139

Fleckney  
Duckpond  
Surgery  
0116 240 4462

Great Glen  
Surgery  
0116 2592353



### **Beacon Care**

Beacon Care in Market Harborough have launched a telephone line for those isolated and lonely, they will also collect shopping prescriptions for those who cannot get out.

**Tel: 01858 456915**

### **Braybrooke Help**

The Swan Braybrooke – Shopping, perscription service to local residents

**Tel 01858 462 754** Email: [braybrooketogether@yahoo.com](mailto:braybrooketogether@yahoo.com)

### **Lubbenham/Gartree & Bramfield**

Lubbenham Village Support – they will shop and deliver on behalf of vulnerable person.

Stella Dalby – **07816-025-711**

Diana Cook – **07768-472-668**

[clerk@lubbenhamparishcouncil.org.uk](mailto:clerk@lubbenhamparishcouncil.org.uk)

### **Medbourne & surrounding villages (Blaston/Slawston/Hallaton etc)**

Medbourne Village Store is providing a grocery delivery service. Order before noon for a delivery next day pm. Can also offer medicine collection service.

Kerry Flavell **Tel 01858 565928** Email: [kerryflavell@yahoo.co.uk](mailto:kerryflavell@yahoo.co.uk) (out of business hrs)

Help with meds/prescription (if unavailable)

Tim Gidley Wright **Tel 07860 198166** Email: [timgidleywright@gmail.com](mailto:timgidleywright@gmail.com)

Louise Pilkington Email: [louise.pilks@yahoo.com.au](mailto:louise.pilks@yahoo.com.au)

### **Thorpe Langton**

Call Clare Charles on **01858 540353**

Lydia Burchnallon **01858 545955**

Samantha Coadeon **07736456444** Email: [ThorpeLangtonCommunity@gmail.com](mailto:ThorpeLangtonCommunity@gmail.com)

### **Kibworth**

#### **The Well, Kibworth**

Is running a pop-up foodbank. Similar to Jubilee Foodbank. Working with The Railway Arms who are cooking meals for those in the local community who need it most.

**Tel 0116 2790148**

Donations can be made to the Kibworth Co-op.

#### **South Leicestershire Medical Group Surgeries**

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### **Kibworth Isolation Group**

**0116 305 3612 or 0116 319 8034** (Shopping and help)

### **Kibworth FB pages**

**FB Page:** Kibworth Isolation Relief Team

**FB Page:** I'm not alright Jack. Helping each other – Kibworth and surrounding villages

### **Fleckney**

#### **FLECKNEY VILLAGE AID – COVID 19**

Local volunteer group offering help with: Shopping, Dog Walking, Look after other pets eg. Experienced horse care, Prescription collections/deliveries, Any other chores outside of the home

**FB page:** Fleckney Village Aid

**Website:** <https://fleckney.online/coronavirus>

**Tel** **07934 723302**

### **Great Glen**

#### **Great Glen Parish**

Local volunteer group offering help with: Shopping, Dog Walking, Look after other pets eg. Experienced horse care, Prescription collections/deliveries, Any other chores outside of the home

Rev Kim Ford Tel **0116 2592238** <https://www.greatglen-pc.gov.uk/>

### **Lutterworth Help**

St Mary's Church – Shopping, Perscription service etc

**Tel 01455 558 797 or 07849 729451** Email: [office@lutterworthchurch.org](mailto:office@lutterworthchurch.org)

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## **Other Local Shops Delivering**

- Farndon Fields Farm Shop (Pick up or delivery £3) 01858 464838
- Waterloo Farm Shop (Pick up or delivery) 01933 664437
- AA Dairy (Delivery) 07526 721764
- Keya News Market Harborough (Delivery) 01858 464 254
- Langton Greenhouse Garden Centre (Veg delivery) 01858 545 819
- Rural Trading Ltd - Household Supplies
- Welland Valley Pet Care - Pet supplies!
- The Old Red Lion at Welham Orders can be placed online up to 8pm for car park collection between 12pm – 5pm the next day. Meat, Fruit, Veg and more 01858 565 253
- Foxton Boats – Fruit, Veg Bread and Milk 0116 279 2285

## **Support for Older People**

### **VASL – Community Champions**

Can provide current information on where to find support. They run a befriending scheme where a local volunteer will make phone contact with a person who lives alone. (They can only offer phone contact currently)

**Tel 01858 433232** or Email: [admin@vasl.org.uk](mailto:admin@vasl.org.uk)

### **Silverline**

**Tel 0800 4708090**

The only national, Free and confidential helpline for older people open 24 hours a day, 7 days a week and 365 days a year. Offering information, advice and friendship.

### **AGE UK**

Age UK are launching a helpline from today to offer practical and emotional support to those over 70, especially those who are self isolating and live alone.

**Helpline: call 0116 299 2239**

Website: <https://www.ageuk.org.uk/leics/>

Email: [enquiries@ageukleics.org.uk](mailto:enquiries@ageukleics.org.uk)

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## **Advice for keeping well if self-isolating**

### **For Adults**

#### The Royal Voluntary Service

<https://www.royalvoluntaryservice.org.uk/our-services/advice-and-support/feeling-well-and-overcoming-loneliness>

#### Mental Health Foundation

<https://www.mentalhealth.org.uk/publications/looking-after-your-mental-health-during-coronavirus-outbreak>

### **For young adults and children**

#### Young Minds Charity

[https://youngminds.org.uk/?gclid=CjwKCAjwvOHZBRBoEiwA48i6ApLDIfThAK69BefXQWJJFX0vvgOIPXunUZfL8prMPDpBJG0mDo40FhoCW68QAvD\\_BwE](https://youngminds.org.uk/?gclid=CjwKCAjwvOHZBRBoEiwA48i6ApLDIfThAK69BefXQWJJFX0vvgOIPXunUZfL8prMPDpBJG0mDo40FhoCW68QAvD_BwE)

## **Useful Websites**

#### NHS 111

<https://www.nhs.uk/conditions/coronavirus-covid-19/>

#### Public Health England – Latest advice

<https://www.gov.uk/government/topical-events/coronavirus-covid-19-uk-government-response>

#### Harborough FM

<https://harboroughfm.co.uk/coronavirus-latest-local-updates/>

#### Harborough Mail

<https://www.harboroughmail.co.uk/>

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Harborough District Council

<https://www.harborough.gov.uk/>

They are launching a community hub service shortly to bring together a central list of local support providers.

**Tel 01858 828282**

CAB (Citizens Advice Bureau)

Will no longer be offering face to face appt. Therefore please direct to anyone needing help to the following sites/tel numbers.

**Online self-help:**

[www.citizensadviceleicestershire.org](http://www.citizensadviceleicestershire.org)

**Telephone advice:**

**Leicestershire County Residents**

**0300 3302 111**

9am to 4.30pm, Monday to Friday

**Email advice:**

[www.citizensadviceleicestershire.org/get-advice/email-advice](http://www.citizensadviceleicestershire.org/get-advice/email-advice)

**Macmillan Welfare Benefits:**

**0300 456 8400**

**Money Advice Service for County Residents:**

**0116 464 7239**

**Help to claim Service - Help with new claims to Universal Credit:**

**0800 144 8444**

### **Useful Telephone Numbers**

Leicestershire Support for Carers

**Tel 01858 468543**

Leicestershire County Council - Adult Social Care

**Tel 0116 3050004**

Leicestershire County Council Out of Hours (emergencies)

**Tel 0116 2551606**

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