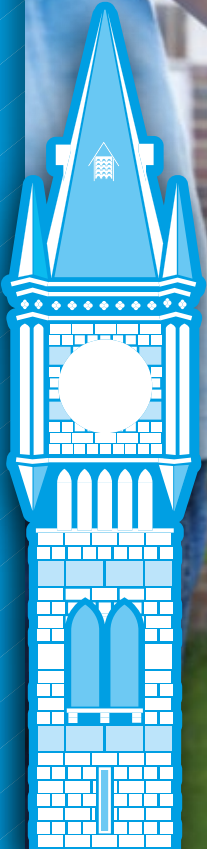


Play Your Part



Coronavirus Contact Sheet



KEEPING DARLINGTON ON THE RIGHT TRACK

For more information and advice, visit www.darlington.gov.uk/coronavirus

Foodbanks

CAB Crisis Service – Can support residents in financial crisis and in need of food, including referrals to foodbanks - ☎ 01325 734991 (Open daily 10am-1pm & 2pm-4pm except bank holidays)

Darlington Baby Bank - Provides baby toys, food and equipment for those in need - ☎ 07711 927360 or babybankdarlington@gmail.com. Facebook: @babybankdarlington

Darlington Baptist Church Foodbank & Soup Kitchen -

☎ 01325 360449 or church@darlingtonbaptist.org (Emergency food bank open Mon, Tues and Thurs 10.30am-12pm, and Soup Kitchen is open Mon, Tues and Thurs 12.15pm-1:15pm and Mon 6pm-7pm) - Darlington Baptist Church, Grange Road, DL1 5NH

Kings Church Foodbank - ☎ 01325 469884 (Open Mon, Wed & Fri 1-3pm)
The King's Centre, Whessoe Road, DL3 0QT

Salvation Army - ☎ 01325 380994 (Open Fri 5.30pm-7pm)
Salvation Army Citadel, Thompson Street East, DL1 3EW

St Andrews Church Foodbank - (Open Thurs 1.30pm-2.30pm)
St Andrew's Church Hall, Haughton Green, DL1 2DD

St Columba's Church Foodbank - ☎ 01325 352793 (Open Fri 11.00am-12.00pm)
St Columba's Church, Clifton Avenue, DL1 5EE

St Mary's Community Centre Foodbank - (Open Thurs 1pm-3pm)
St Mary's Community Centre, Newton Lane, DL3 9EX

Word of Life Christian Centre Foodbank - (Open Sat 11.30am-12.30pm)
Word of Life Christian Centre, Corporation Road, DL3 6ES

Affordable Food

The Bread and Butter Thing - Groceries at a fraction of supermarket price from local hubs, available to residents who live within a mile radius of a hub. There is no choice in what groceries are received but you will always save money.

Sizes of order available: Individual, £4; Family order, £7.50; Extra-large family; £15.

To sign up send a text message to 07537416040 with your full name, postcode and the name of the hub you want to collect from (Mount Pleasant, Corporation Road, Red Hall, Firthmoor).

The Hubs are located:

Tuesday – Windsor Court (Cockerton) ☎ 01325 405757 Collection 1:30pm;

Wednesday – Corporation Road Primary School (Northgate), ☎ 01325 244940, Collection 2:45pm;

Thursday – Red Hall Primary School, ☎ 01325 254770, Collection 1:30pm;

Friday – Firthmoor Community Centre, ☎ 01325 462979, Collection 1:30pm.

If you are unable to text, you can ring the relevant numbers provided before 10am the day before you want to collect.

Pharmacies

Boots Pharmacies - ☎ 01325 462683 and ☎ 01325 465644

23 High Row, DL3 7QW and 47-53 Northgate, DL1 1TT

Lloyds Pharmacy - ☎ 01325 481152 and ☎ 01325 482188

9 Damson Court Orchard Road, DL3 6JA; 150 Victoria Road, DL1 5JG

Well Darlington - Victoria Road - ☎ 01325 281049 - 125 Victoria Road, DL1 5JH

James and Lindsey Clark Chemist - ☎ 01325 364431 - 297 Yarm Road, DL1 1BA

Denmark Street Pharmacy - ☎ 01325 482498 - Denmark Street Surgery, DL3 0PD

Cockerton Pharmacy - ☎ 01325 484828 - 5 West Auckland Road, Cockerton, DL3 9EJ

Asda Stores Ltd - ☎ 01325 373410 - Whinbush Way, DL1 3RB

Morrisons Pharmacy - ☎ 01325 383181

Morrisons Supermarket, Morton Park Way, Morton Park, DL1 4PJ

The Pharmacy - ☎ 01325 722755 - Rockliffe Court, Hurworth Place, DL2 2BJ

Middleton Pharmacy - ☎ 01325 401033 - 1 Belle Vue Terrace, Middleton-St-George, DL2 1BN

Rowlands Pharmacies -

☎ 01325 380708 - 14 High Row, DL3 7QQ

☎ 01325 380362 - Clifton Court Med Centre, Victoria Road, DL1 5JN

☎ 01325 462592 - Blacketts Medical Practice, 67 Bondgate, DL3 7JR

☎ 01325 380753 - 155 Neasham Road, DL1 4BN

☎ 01325 462394 - Cardinal Gardens, DL3 8SD

☎ 01325 480745 - 99 North Road, DL1 2PS

☎ 01325 380735 - 19 West Auckland Road, DL3 9EL

☎ 01325 356285 - 307 North Road, DL1 2JR

☎ 01325 467645 - Unit 8, West Park Community Village, DL2 2GL

☎ 01325 380270 - Whinbush Way, DL1 3RT

Supermarkets

Aldi - ☎ 0800 042 0800 - 255 Yarm Road, DL1 1BA;

5 North Road Retail Park, DL1 2EE; 8 Invention Row, DL2 2GZ

Asda - ☎ 01325 373400 - Whinbush Way, DL1 3RB; Neasham Road, DL1 4DF

Co-op - ☎ 01325 468430 - West Park Village, Unit 10, Tillage Green, DL2 2GL;

102-106; Fulthorpe Avenue, DL3 9XT;

25-58 West Auckland Road, DL3 9EP;

315-317 Woodland Road, DL3 9AA

Iceland - ☎ 01325 352286 - 8 Queen Street, DL3 6SL;

Unit 6, North Road / Albert Road, DL1 2PF; 225 Yarm Road, DL1 1BA

Lidl - ☎ 0800 977 7766 - 257 Yarm Road, DL1 1BA M&S

☎ 01325 525677 - West Park, 7 Invention Row, DL2 2GZ

Morrisons - ☎ 01325 468430 - Morton Park Way, Morton Park, DL1 4PJ; 97 North Road, DL1 2PY

Sainsbury's - ☎ 01325 465915 - Victoria Road, DL1 5JG

Financial support

Age UK - Offers a range of support to older people, including on benefits and rights
☎ 01325 357345 - Bradbury House, Beaumont Street West, DL1 5SX CAB

Crisis Service - Provides emergency baby consumables, clothing, utility top ups and/or transport costs to eligible residents in financial crisis - ☎ 01325 734991 (Open 10am-1pm & 2pm-4pm daily except bank holidays).

CAB Debt Hub - Advice on credit and debt - ☎ 0800 048 7023 (Option 1)
(Open Mon, Tues, Wed & Fri 10am-2pm). Alternatively you can email your name and phone number to debtappointment@darlingtoncab.co.uk

CAB Benefit Entitlement Action Team - Advice on benefits, housing, employment, fuel and energy advice and all other queries - ☎ 0800 048 7023 (Option 2) (Open Mon-Fri 10am-1pm)

Energy Suppliers:

EDF - ☎ 0333 200 5110

British Gas - ☎ 0330 100 0303

E-ON - ☎ 0345 303 3040

Npower - ☎ 0800 073 3000 / 0330 100 3000

Scottish Power - ☎ 0800 027 0072

SSE - ☎ 0345 600 2006

Meal Deliveries

Age UK - Residents aged over 70, or over 50 and self-isolating, can order for food to be delivered, including boxed meals and hot meals - ☎ 01325 741492
Bradbury House, Beaumont Street West, Darlington, DL1 5SX

Oakhouse Foods - A choice of ready meals and desserts delivered - ☎ 01642 221112

Wiltshire Farm Foods - A choice of ready meals and desserts - ☎ 0800 077 3100

For details of town centre businesses offering deliveries -
visit www.enjoydarlington.co.uk/deliveries

Homecare/Domestic Support

Blossom Home Care - ☎ 01609 751644

Firstpoint Homecare - ☎ 01325 290008 - Unit 1R Enterprise House, Valley Street North, DL1 1GY

Home Instead Home Care - ☎ 01325 467833 - Lingfield House, Lingfield Point, DL1 1RW

My Homecare - ☎ 03300 415 485

Salisbury Terrace Launderette - ☎ 01325 468240 - 123 Salisbury Terrace, DL3 6NX

Voluntary Sector Support

Age UK - ☎ 01325 362832 - Bradbury House, Beaumont Street West, Darlington, DL1 5SX

Alzheimer's Society - Information for people with dementia and their carers
www.alzheimers.org.uk/blog/mental-health-wellbeing-tips-dementia-carers-during-coronavirus

Alzheimer's Society - Dementia Advisor Service
☎ 01748 825817 or DarlingtonTeesValley@alzheimers.org.uk

Alzheimer's Society - Dementia Connect service - ☎ 0333 150 3456

ARCUS (LGBT) - Online phone and counselling services for all residents - www.arcuslgbt.com;
contact@arcuslgbt.com; Facebook: [@arcusdarlington](https://www.facebook.com/arcusdarlington); Mobile: ☎ 07434 794059

BikeStop Darlington - Bike repairs and purchases, and free hire to key care workers
☎ 01325 788857 - 31 Skinnergate, DL3 7NR

British Legion - Telephone support, grants and all usual services operational
☎ 0808 8028080 (8am-8pm Mon-Sun) - www.britishlegion.org.uk

British Wireless for the Blind - Support for residents with sight loss - blind.org.uk

Carers Support Service - Support for carers
☎ 03000 301215 or 03000 051213 (Mon - Fri 9am to 5pm)
Facebook: [@DarlingtonCarersSupport](https://www.facebook.com/DarlingtonCarersSupport); www.dccarers.org
Unit 1F, Enterprise House, Valley Street North, Darlington, DL1 1GY

Call Companions - residents over 75 can request a call with a volunteer
☎ 0800 716543 www.reengage.org.uk/join-a-group/apply

Carers UK - information on support for carers
☎ 0808 808 7777 (Mon-Fri 9am - 6pm) - advice@carersuk.org

Darlington Assistance for Refugees - Support and advice for asylum seekers and refugees
☎ 07859 0875365 /01325 244417

Darlington Association on Disability (DAD) - Service to support people with disabilities and autism - ☎ 01325 489999 or 01325 360524, keepingconnected@darlingtondisability.org
Unit 1P Enterprise House, Valley Street North, DL1 1GY

Darlington Credit Union - ☎ 01325 529829 - 41 Tubwell Row, Darlington, DL1 1PD

Darlington Support - Request support from a volunteer
☎ 01325 978897 - www.darlingtonsupport.uk

Darlington Young Carers (Humankind) - Support for young carers
Unit 2B, Enterprise House, Valley Street North, DL1 1GY

Diabetes UK - Helpline for those worried about diabetes - ☎ 0345 123 2399 (9am-6pm)
helpline@diabetes.org.uk, evie.kinghorn@diabetes.org.uk or ☎ 07885 557 010

Dimensions UK - Website for those with learning difficulties and autism
dimensions-uk.org/get-involved/campaigns/advice-activities-coronavirus

Durham Deafened Support - Support for residents with hearing loss - ☎ 0191 5183358
admin@ddsupport.org.uk, Facebook: @ddsupporthorden

First Stop Darlington - Support for residents experiencing financial difficulties
☎ 0808 196 3144, Facebook: FirstStopDarlington - 32 Houndgate, Darlington, DL1 5RH
Open Monday – Friday 9.30am – 4.30pm (Closed 12.30-1.30 for lunch)

Guide Dogs - Phone line for residents with sight loss - ☎ 0800 781 1444, www.guidedogs.org.uk

Harbour Support Services - Support for people affected by domestic abuse, including a chat service - www.myharbour.org.uk, ☎ 03000 20 25 25 (24 hours)

Healthwatch Darlington - Information for residents who use local health and social care services
☎ 01325 380145 or 07525237723 (Mon-Fri 9.30am-4.30pm),
info@healthwatchdarlington.co.uk, www.healthwatchdarlington.co.uk
Jubilee House, 1 Chancery Lane, DL1 5QP

Let's Go Tees Valley - Advice for healthier lifestyles
☎ 01325 405040 - Town Hall, Feethams, DL1 5QT

Macmillan Cancer Support - ☎ 01325 743008, 01388 455230, 0191 333 2815, 0800 808 000
(Mon-Fri 9am-5pm), cdda-tr.macmillancdfdt@nhs.uk - Darlington Memorial Hospital,
Hollyhurst Road, DL3 6HX MAIN - Support line for residents with autism or learning difficulties
☎ 07584 914582 (Mon-Fri 9am-5pm), checkandchat@iammain.org.uk

Darlington Mind - A range of support for mental health - ☎ 01325 283169
Children and Young People's Helpline: ☎ 07432 843161 (Mon-Fri 1.30-4.30pm),
crew@darlingtonmind.com St Hilda's House, 11 Borough Road, Darlington, DL1 1SQ

MS Society - Support line for those with multiple sclerosis
www.mssociety.org.uk/care-and-support/ms-helpline/keep-in-touch

NHS Responders - Request help with medical collection and shopping from a volunteer
☎ 0808 1963646, www.nhsvolunteerresponders.org.uk

Refuge - Phone support line for victims of domestic abuse or concerned relations
☎ 0808 2000 247 (24 hours, 7 days a week), www.refuge.org.uk

Relate North East - Counselling service for relationship issues
☎ 01325 461500 - West Lodge, West Crescent, DL3 7PS

St Teresa's Hospice Family Support Team - ☎ 01325 254321
Familysupport1@darlingtonhospice.org.uk

The Silver Line - Free phonenumber for older people for advice and friendship
☎ 0800 470 80 90 (24 hours, 7 days a week)

Tees Valley Rural Action - Limited transport service - ☎ 01642 213852

Town Mission - Residents can request support with tasks such as shopping - ☎ 07943 251357