

Financial support

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

Crisis Support Scheme - For residents in financial crisis to apply for emergency supplies, including baby consumables and gas and electric top ups - ☎ 01325 734 991 (Monday-Friday 10am-1pm & 2pm-4pm) and ☎ 07311 789 095 (Saturday and Sunday 9am-1pm)

CAB Debt Hub - Advice on credit and debt - ☎ 0800 048 7023 (Mon/Tues/Wed 9.30am-4.30pm, Wed 1pm-8pm, Fri/Sat 9.30am-1pm)

CAB BEAT (Benefits Entitlement Action Team) - Advice on claiming benefits - ☎ 0800 048 7023 (Mon/Tues/Wed 9.30am-4.30pm, Wed 1pm-8pm, Fri/Sat 9.30am-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 - Bradbury House, Beaumont Street West, Darlington, DL1 5SX ☎ 01325 741492

Oakhouse Foods - A choice of ready meals and desserts delivered - ☎ 01642 221111

Various town centre businesses - www.enjoydarlington.co.uk/deliveries

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

Homecare/Domestic Support

Blossom Home Care - ☎ 01609 751644

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

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

My Homecare - Care service for people who need help such as domestic assistance through to full complex care 24 hour packages - ☎ 01325 480700

The Laundrette - 123 Salisbury Terrace, Darlington, DL3 9NX ☎ 01325 468240

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 Jubilee House, 1 Chancery Lane, DL1 5QP ☎ 01325 380145 or ☎ 07525 237 723 (Mon-Fri 9.30am-4.30pm), info@healthwatchdarlington.co.uk, www.healthwatchdarlington.co.uk,

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

Macmillan Cancer Support - Darlington Memorial Hospital, Hollyhurst Road, DL3 6HX ☎ 01325 743008, ☎ 01388 455230, ☎ 0191 333 2815, ☎ 0800 808 000 (Mon-Fri 9am-5pm) cdda-tr.macmillancddft@nhs.nhs.uk - 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 St Hilda's House, 11 Borough Road, Darlington, DL1 1SQ ☎ 01325 283169 Children and Young People's Helpline: ☎ 07432 843 161 (Mon-Fri 1.30-4.30pm) crew@darlingtonmind.com

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 251 357

Coronavirus Shielding Contact Sheet



Foodbanks

CAB Crisis Service - Provides food packages to residents who are shielding/self isolating and in financial crisis - 📞 01325 734991 (Mon-Fri 10am-1pm & 2pm-4pm)
📞 07311 789095 (Sat and Sun 9am-1pm)

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

Darlington Baptist Church Foodbank & Soup Kitchen -
Darlington Baptist Church, Grange Road, DL1 5NH 📞 01325 360449 or
church@darlingtonbaptist.org (Emergency food bank open Mon, Tues and Thurs 10.30am -12pm)

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

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

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

St Columba's Church Foodbank - St Andrew's Church Hall, Haughton Green, DL1 2DD
(Open Fri 11am-12pm)

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

The Bread and Butter Thing (TBBT) - A service that offers groceries at a fraction of supermarket price picked up from their Hubs, available to residents within a 1 mile radius of these Hubs through a text service; there is no choice in what groceries are received but you will always save money. There are different sizes of order available: Individual, £4; Family order, £7.50; Extra large family, £15
Text 07537 416040 with full name, postcode and the name of the hub (Mount Pleasant, Corporation Road, Red Hall) to sign up.

The Hubs are located:
Tuesday – Mount Pleasant Primary School
📞 01325 244950 (Cockerton) Collection 1.30pm;
Wednesday – Corporation Road Primary School
📞 01325 244940 (Northgate) Collection 2.45pm;

Thursday – Red Hall Primary School
📞 01325 254770, Collection 1.30pm

If unable to text, ring the relevant schools on the numbers provided before 10am on the day before collection

Pharmacies

Boots Pharmacies - 23 High Row, DL3 7QW - 📞 01325 462683
47-53 Northgate, DL1 1TT - 📞 01325 465644

Lloyds Pharmacy - 9 Damson Court Orchard Road, DL3 6JA - 📞 01325 481152
150 Victoria Road, DL1 5JG - 📞 01325 482188

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

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

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

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

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

Morrisons Pharmacy -
Morrisons Supermarket, Morton Park Way, Morton Park, DL1 4PJ - 📞 01325 383181

The Pharmacy - Rockcliffe Court, Hurworth Place, DL2 2BJ - 📞 01325 722755

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

Rowlands Pharmacies -

14 High Row, DL3 7QQ 📞 01325 380708	99 North Road, DL1 2PS 📞 01325 480745
Clifton Court Med Centre, Victoria Road, DL1 5JN 📞 01325 380362	19 West Auckland Road, DL3 9EL 📞 01325 380735
Blacketts Medical Practice, 67 Bondgate, DL3 7JR 📞 01325 462592	307 North Road, DL1 2JR 📞 01325 356285
155 Neasham Road, DL1 4BN 📞 01325 380753	Unit 8, West Park Community Village, DL2 2GL 📞 01325 467645
Cardinal Gardens, DL3 8SD 📞 01325 462394	Whinbush Way, DL1 3RT 📞 01325 380270

Supermarkets

Aldi - 255 Yarm Road, DL1 1BA; 5 North Road Retail Park, DL1 2EE
8 Invention Row, DL2 2GZ - 📞 0800 042 0800

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

Co-op - 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 - 📞 01325 468430

Iceland - 8 Queen Street, DL3 6SL;
Unit 6, North Road / Albert Road, DL1 2PF; 225 Yarm Road, DL1 1BA - 📞 01325 352286

Lidl - 257 Yarm Road, DL1 1BA - 📞 0800 977 7766

M&S - West Park, 7 Invention Row, DL2 2GZ - 📞 01325 525677

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

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

Voluntary Sector Support

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

Alzheimer's Society - Information for people with dementia and their carers
www.alzheimers.org.uk/blog/mental-health-wellbeing-tips-dementia-carers-during-coronavirus
Dementia Advisor Service - 📞 01748 825817 or DarlingtonTeesValley@alzheimers.org.uk
Dementia Connect service - 📞 0333 150 3456

ARCUS (LGBT) - Online phone and counselling services for all residents - www.arcuslgbt.com;
contact@arcuslgbt.com; Facebook: @arcusdarlington; 📞 Mobile: 07434 794 059

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

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
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 Support Service Support for carers
📞 03000 301215 or 03000 051213 (Mon – Fri 9am to 5pm)
Facebook - Darlington Carers Support; www.dccarers.org

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: Unit 1P Enterprise House, Valley Street North, DL1 1GY
📞 01325 489999 or 01325 360524, keepingconnected@darlingtondisability.org

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

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, www.facebook.com/ddsupporthorden

First Stop Darlington - Support for residents experiencing financial difficulties
32 Houndgate, Darlington, DL1 5RH Open Monday – Friday 9.30am – 4.30pm
(Closed 12.30-1.30pm for lunch) 📞 0808 196 3144, www.facebook.com/FirstStopDarlington