

# Corby Borough Information Sheet

## Local Council Information and Support

[www.corby.gov.uk](http://www.corby.gov.uk) – offices are closed until further notice but can email [customer.first@corby.gov.uk](mailto:customer.first@corby.gov.uk) full list of email address can be found on website.  
Repairs team - 01536 464646 [repairs.online@corby.gov.uk](mailto:repairs.online@corby.gov.uk)  
Environmental services – 01536 400088  
Housing finance – 01536 463189 / 463183 / 464615  
Payments can be made online once an account has been created

## Supermarkets and Food Deliveries

### **Lidl Gainsborough Road, NN18 0RG**

Mon–Sat 8am-10pm and Sunday 10am-4pm

### **Food Warehouse Iceland Unit 1, Peel Retail Park, NN17 5DT**

Mon-Sat 8am-7pm and Sunday 10am-4pm  
7am-8am NHS staff with ID  
8am-9am Elderly and vulnerable

### **Aldi Rockingham Road, NN17 4AE**

Mon-Sat 8am-8pm and Sunday 10am-4pm  
Priority ahead of queues for fire service, police and NHS with ID

### **Sainsburys Rockingham Road, NN16 8JY**

Mon-Sat 8am-8pm and Sunday 10am-4pm  
NHS priority Monday to Saturday 7:30am – 8am with ID  
Elderly, carers and disabled priority Monday, Wednesday and Friday 8am-9am

### **Asda Phoenix Park Way, NN17 5DT**

Mon-Sat 8am-8pm and Sunday 10am-4pm  
Click and collect service  
Contactless delivery  
Priority for NHS/Care workers (with ID) on Monday Wednesday Friday 8am-9am

### **Morrisons Oakley Road, NN18 8LH**

Mon-Fri 8am-8pm, Saturday 7am-8am and Sunday 10am-4pm  
Priority for NHS workers (with ID) 7am-8am Mon-Sat 8am-9am Sunday

### **Co-op 121 Welland Vale Road, NN17 2AW**

Mon-Wed 7am-10pm  
Thurs-Sun 7am-8pm

### **Tesco Express 11 Local Centre, NN18 8LX**

Mon-Sun 6am-10pm  
Collect plus available

### **Marks & Spencers Food Hall Courier Road, NN17 5DT**

Mon-Sat 8am-8pm and Sunday 10am-4pm

First hour of shopping on Mondays and Thursdays for elderly and vulnerable only

First hour of shopping on Tuesdays and Fridays for NHS works only (with ID)

### **B&M Express 56-58 Corporation Street, NN17**

Mon-Sat 9am-6pm and Sunday 10am-4pm

Post office

## **Food Banks**

Food banks are designed to provide short-term, emergency support with food during a crisis. Their aim is to relieve the immediate pressure of the crisis by providing food, while also providing additional support to help people resolve the crises that they face.

### **Corby Food Bank**

St Peters & St Andrews Church, Beanfield Avenue NN18 0EH

07414 191 434 [info@corby.foodbank.org.uk](mailto:info@corby.foodbank.org.uk)

Ideally customers to be referred by email providing name, address and reason for their use of the food bank. Normal opening hours are Mon-Fri 9am-5pm. Delivery service available **only if** tenants are self-isolating. They are accepting self-referrals at the moment. If someone was to arrive and be in need they would not turn them away.

### **Kettering District Food Bank**

51 Gold Street, Kettering, NN16 8JB

01536 481 989

### **Rutland Food Bank**

Rear of 40 Melton Road, Oakham, LE15 6AY

07582 783 363 [info@rutland.foodbank.org.uk](mailto:info@rutland.foodbank.org.uk)

When you contact a foodbank direct, inform them you are a PA Housing resident. We have agreements with many foodbanks and it may assist them in deciding whether they can help you.

The Trussell Trust covers approximately 75% of the Foodbanks across the UK. If the local numbers can't provide the help and support you need, try the Trust at <https://www.trusselltrust.org/coronavirus-food-banks/> or on 01722 580180. It may help find foodbanks near to you and give you contact details to see what they are offering local residents.

## **Local Pharmacies**

### **Pytchley Court**

3 Pytchley Court, NN17 2QD  
01536 204 834  
9am-5:30pm  
Repeat prescriptions  
Delivery service

### **Well Pharmacy**

Forest Gate Road, NN17 1TR  
01536 267 499  
8:30am-6pm  
Repeat and electronic prescriptions

### **Mr Pickfords**

8 Spencer Court, NN17 1NU  
01536 264 014  
8am-11pm

## **Other Essential Shops and Surgeries**

### **OFF LICENCE / NEWSAGENT**

#### **McColls**

63-65 Greenhill Place, NN18 OLR  
01536 402 453  
7am-8pm

165-167 Farmstead Road, NN18 0LL  
01536 264 797  
7am-8pm

#### **Raj Convenience Store**

72 Rockingham Road, NN17 1AE  
01536 265 406

### **PETROL STATIONS**

#### **Shell**

Cottingham Road, NN17 2NU  
01536 265 272  
24hrs

#### **Jet**

Rockingham Road, NN17 2AE  
01536 262 904  
24 hrs

**Asda**

Courier Road, NN17 5DT  
01536 203340  
24hrs

**Tesco**

Oakley Road, NN18 8AL  
0345 671 9565  
Closes 12am

**Morrisons**

Oakley Road, NN18 8LH  
01536 741 153  
Closes 9pm

**POST OFFICE****Corby Post Office**

Willow Place Shopping Centre  
Mon-Fri 9am-3pm and Saturday 9am-12:30pm

**Studfall Avenue Post Office**

Studfall Avenue, NN17 1LJ  
0345 722 3344

**Danesholme Road Post Office**

Danesholme Road  
01536 742 827

**DENTIST****Oakham Dental Studio**

14 Gaol Street, Oakham, LE15 6AQ  
01572 771 175

**Dental Care in Kettering**

9 London Road, NN16 0EF  
01536 512 046

**The Dental Centre**

11 Elizabeth Street, NN17 1RZ  
01536 268 336

**Family Dental Healthcare**

52 Rockingham Road, NN17 1AE  
01536 477 707

**OPTICIAN****The Joy of Specs**

2, 86 George Street, NN17 1QE  
01536 401 809

**Spec Savers Optician and Audiologist**

Willow Place Shopping Centre  
01536 401 119

**Vision Express**

Willow Place Shopping Centre  
01536 400 421

**VETS / PET SHOP**

**Pets at Home**

Unit 2, The Peel Centre, Phoenix Way, NN17 5DT  
0345 600 3752

**Vetsavers**

15 Charter Court, Oakley Vale, NN18 8QT  
01536 745 212

**Local Banks and Banking**

**All banks listed below can be found in the Willow Place Shopping Centre in Corby Town Centre. They are all opening Monday – Friday but have taken the decision to close at weekends.**

**HSBC**

[www.hsbc.co.uk](http://www.hsbc.co.uk)

Customer services – 0345 740 4404

Credit card support – 0345 600 7010

Most branches are open but operating at reduced hours 10am-4pm and offering essential services only. No new products and services or appointments. Expect long wait times when calling contact centre.

**LLOYDS BANK**

[www.lloydsbank.com](http://www.lloydsbank.com)

Customer services – 0345 300 0000

Credit card support – 0800 096 9779

Updated opening hours 10am-2pm Monday – Friday offering essential services only. There will be long waiting times when calling the contact centre.

**NATWEST**

[www.natwest.com](http://www.natwest.com)

Customer services – 0345 788 84444

Long wait times when calling contact centre

**NATIONWIDE**

[www.nationwide.co.uk](http://www.nationwide.co.uk)

Customer services – 0345 730 2011

Credit card support – 0345 600 6611

Branches are operating reduced hours of 10am-2pm

## **BARCLAYS**

[www.barclays.co.uk](http://www.barclays.co.uk)

Customer services – 0345 734 5345

Local branch is closed until further notice

Telephone banking –

## **HALIFAX**

[www.halifax.co.uk](http://www.halifax.co.uk)

Customer services – 0345 720 3040

Credit card support – 0345 944 4855

Branches are operating reduced hours of 10am-2pm and are only offering essential services.

## **Local Support**

### **Job Centre Corby**

George Street, Corby, NN17 1PH

0800 169 0190

Opening times are 8:30am-5pm but may be subject to change

### **Women's Aid**

[www.womensaid.org.uk/covid-19-coronavirus-safety-advice-for-survivors/](http://www.womensaid.org.uk/covid-19-coronavirus-safety-advice-for-survivors/)

Freephone 24hrs National Domestic Abuse Helpline – 0800 2000 247

### **Family Support Link**

60 Oxford Street, NN8 4JJ

[fslcontact@yahoo.co.uk](mailto:fslcontact@yahoo.co.uk)

01933 244 632 – General enquiries

01933 227 078 – support helpline

provide accessible and non-judgemental support across Northamptonshire, we aim to reduce the physical, psychological and emotional harm caused to families and individuals living with or caring for someone who is addicted to drugs and/or alcohol.

### **Northampton Domestic Abuse Service**

[www.ndas.com/contactus](http://www.ndas.com/contactus)

**Dementia Connect Support Line** – 0333 150 456

### **Citizens Advice Bureau**

The Corby Cube Parkland Gateway George Street, NN17 1QG

03444 111 444 (County-wide Advice Line)

01536 265501 (To make an appointment only)

## Health and Wellbeing

Here are some contacts that may help with a number of health and wellbeing issues

General health: [www.nhs.uk](http://www.nhs.uk) or call 111

Support for mental health issues: [www.mind.org.uk/information-support/coronavirus](http://www.mind.org.uk/information-support/coronavirus) or [www.mind.org.uk](http://www.mind.org.uk) or call 020 8519 2122

Senior citizen's support: [www.ageuk.org.uk](http://www.ageuk.org.uk) or <https://www.ageuk.org.uk/information-advice/coronavirus/> or call **0800 678 1602**. – open 8am to 7pm, every day of the year.

Daily Meditation – online app providing support through meditation, sleep and movement exercises: [www.headspace.com](http://www.headspace.com) or <https://www.headspace.com/covid-19>

Alzheimer's Support - advice for people living with dementia: Call 0333 150 3456 or [www.alzheimers.org.uk](http://www.alzheimers.org.uk)

Online Counselling – Cognitive Behavioural Therapy: [www.iesohealth.com](http://www.iesohealth.com) or call 0800 074 5560

Domestic abuse advice: [www.womensaid.org.uk](http://www.womensaid.org.uk) or call 0808 2000 247 (women) 0808 801 0327 (men), [www.refuge.org.uk](http://www.refuge.org.uk) and [www.mankind.org.uk](http://www.mankind.org.uk) or call 01823 334244

Citizens Advice England [www.citizensadvice.org.uk/](http://www.citizensadvice.org.uk/) or call 03444 111 444

## First for Wellbeing

Individuals can refer themselves to the service by calling 0300 126 5000\* (Monday to Friday, 8am to 6pm) or by contacting the team's email at: [info@firstforwellbeing.co.uk](mailto:info@firstforwellbeing.co.uk)

A self-assessment can be completed at [www.firstforwellbeing.co.uk/wellbeing-assessment](http://www.firstforwellbeing.co.uk/wellbeing-assessment)

A member of the First for Wellbeing team will discuss an individual's needs in detail to arrange the right community referral.

For further information, please visit: [www.firstforwellbeing.co.uk](http://www.firstforwellbeing.co.uk)

## Corby Mind

Crisis Café is still running on Thursdays and Fridays from 5pm-10pm and Sunday 2pm-7:30pm. **Please do not attend if you are displaying any symptoms of COVID-19.**

Call the hub on 0300 330 1011 if you need help.

## The Samaritans

116 123

**Gyms, libraries, council healthy walks and fitness classes** are closed however here are some exercises you can do at home:

Over 70s Sitting exercises	<a href="https://www.nhs.uk/live-well/exercise/sitting-exercises/">https://www.nhs.uk/live-well/exercise/sitting-exercises/</a>	Home Keeping Fit - Online only
Gym free exercises	<a href="https://www.nhs.uk/live-well/exercise/gym-free-exercises/">https://www.nhs.uk/live-well/exercise/gym-free-exercises/</a>	Cheap and fun gym-free activities to improve health and fitness.
CBeebies	<a href="https://www.bbc.co.uk/cbeebies/grown-ups/fun-exercises-to-do-at-home-with-kids">https://www.bbc.co.uk/cbeebies/grown-ups/fun-exercises-to-do-at-home-with-kids</a>	Fun exercises to do at home with kids
World Stories with Kids	<a href="https://worldstories.org.uk/">https://worldstories.org.uk/</a>	Stories available in numerous languages: <a href="https://worldstories.org.uk/library">https://worldstories.org.uk/library</a>
CBBC	<a href="https://www.bbc.co.uk/cbbc">https://www.bbc.co.uk/cbbc</a>	Games, quizzes and puzzles
BBC	<a href="http://www.bbc.co.uk/scotland/brainSMART/games/">http://www.bbc.co.uk/scotland/brainSMART/games/</a>	Brain games for adults
Games online	<a href="https://www.chess.com/">https://www.chess.com/</a> <a href="https://www.roalddahl.com/shop/gifts-toys-and-games/roald-dahl-monopoly">https://www.roalddahl.com/shop/gifts-toys-and-games/roald-dahl-monopoly</a>	Chess Monopoly (for adults & kids)
Mind	<a href="https://www.mind.org.uk/need-urgent-help/how-can-i-distract-myself/games-and-puzzles/">https://www.mind.org.uk/need-urgent-help/how-can-i-distract-myself/games-and-puzzles/</a>	Distraction when you're in crisis
NHS	<a href="https://www.nhs.uk/conditions/nhs-fitness-studio/pilates-for-beginners/">https://www.nhs.uk/conditions/nhs-fitness-studio/pilates-for-beginners/</a>	Free Pilates for beginners
British Heart Foundation	<a href="https://www.bhf.org.uk/information-support/heart-matters-magazine/activity/yoga/yoga-poses">https://www.bhf.org.uk/information-support/heart-matters-magazine/activity/yoga/yoga-poses</a>	Chair based yoga