

Kettering Information Sheet

Local Council Information and Support

Kettering Borough Council

Address: Municipal Offices, Bowling Green Road, Kettering, NN15 7QX

The offices are closed to the public. To contact us use the following

Email: customerservices@kettering.gov.uk

Telephone: 01536 410333 - Monday to Friday 8:30am to 5pm

Telephone (Out of Hours) - 01536 416005

Website: <https://www.kettering.gov.uk/contact>

Coronavirus Covid-19 - If you require urgent support relating to Coronavirus over the Easter bank holiday weekend, please call 0300 126 1000 (option 5), 8am to 8pm. Stay Home, Save Lives

Supermarkets and Food Deliveries

Morrisons - 53 Lower St, Kettering NN16 8BH

Phone: 01536 525753

Opening hours: Monday to Saturday 8am to 8pm Sunday Closed

Sainsbury's - 1-3 Rockingham Rd, Kettering NN16 8JY

Phone: 01536 411224

Opening hours: Monday to Saturday 8am to 8pm Sunday Closed

ASDA - Cunliffe Dr, Northfield Ave, Kettering NN16 9HU

Phone: 01536 311500

Opening hours: Mon/Sat/Fri 8am to 8pm. Tues/Wed/Thur 8am to 10pm. Sun Closed

Tesco Extra - Carina Rd, Kettering NN15 6XB

Phone: 0345 677 9389

Opening Hours: Mon – Sat – 8am to 10pm. Sun - Closed

To include local supermarkets with opening times, special arrangements for elderly and any delivery services

Any other local food delivery services

Foodbanks

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.

Kettering District Foodbank - 51 Gold St, Kettering, Northants, NN16 8JB

Phone: 01536 481989

Website: <http://www.kcultd.org.uk/foodbank/>

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

Prospect Pharmacy - Prospect House, 121 Lower St, Kettering NN16 8DN

Phone: 01536 312136

Opening hours: Mon – Friday – 8:15am to 6:15pm. Sat – 9am to 12pm. Sun – Closed

Well Kettering Linden Medical Centre –

Linden Medical Centre, Linden Ave NN15 7NX

Phone: 01536 513524

Opening hours: Mon – Fri – 8am to 6:30pm. Sat – 9am to 12:45pm

Lloyds Pharmacy - 3 Field St, Kettering NN16 8EJ

Phone: 01536 51042

Opening hours: Mon – Fri – 8:30am to 6pm. Sat – 8:30am to 1pm

Other Essential Shops and Surgeries

All Dentists, opticians and vets are open as usual. You are advised to telephone prior to visiting, to ensure they are open and are able to see you

Local Banks and Banking

Main banks in Kettering appear to be keeping regular hours, however, you are advised not to visit in person and use telephone/online banking wherever possible.

Online and phone banking normal but obviously busy

Local Support

Kettering Citizens Advice Service –
Council Offices/Bowling Green Rd, Kettering NN15 7QX
Phone: 01536 482281
Opening Hours: Mon – Fri – 9am to 2pm. Sat/Sun – Closed

Northamptonshire Domestic Abuse Service - 0300 012 0154 – 24 Hours

Kettering Job Centre - Derbyshire House, Lower St, Kettering NN16 8BG
Phone: 0800 169 0190
Opening hours: Mon – Fri – 9am to 5pm

Health and Wellbeing

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

General health: www.nhs.uk or call 111

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

Senior citizen's support: 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 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

Online Counselling – Cognitive Behavioural Therapy: www.iesohealth.com or call
0800 074 5560

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

Citizens Advice England www.citizensadvice.org.uk/ or call 03444 111 444

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

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