

# Harborough District Information Sheet

## Local Council Information and Support

### Harborough District Council

Address: The Symington Building, Adam & Eve Street,  
Market Harborough LE16 7AG

Phone: 01858 828282

Email: [customer.services@harborough.gov.uk](mailto:customer.services@harborough.gov.uk)

Website: <https://www.harborough.gov.uk/> (This site provides an A-Z list of all services provided and recent updates).

#### Hours:

Monday 8:45am–5pm

Tuesday 8:45am–5pm

Wednesday 9:30am–5pm

Thursday 8:45am–5pm

Friday 8:45am–5pm

Saturday Closed

Sunday Closed

**Note:** Harborough District Council are currently experiencing an issue with the processing of all card payments. This issue will be resolved as soon as possible.

**COVID-19 Community Support Hub** – Open Monday to Friday 9am-5pm.

<https://www.harborough.gov.uk/hd-community-hub>

Please note that this service will prioritise those who are most vulnerable and in urgent need of help and support, these include

- people who are over the age of 70
- people with underlying health conditions
- people who have received an NHS letter stating that they are in a 'shielded' group
- families who are struggling to cope

**Complete the online referral form or use the email below and a member of the Community Hub will make contact to see how they can help.**

Online Form: <https://www.harborough.gov.uk/xfp/form/299>

Email: [communityhub@harborough.gov.uk](mailto:communityhub@harborough.gov.uk)

### Social Care

Tel: 01858 465331

Website: <https://www.leicestershire.gov.uk/adult-social-care-and-health>

## Supermarkets and Food Deliveries

Local meal delivery services may be available from some cafés, pubs and restaurants, and some supermarkets can deliver frozen or chilled meals.

**Waitrose** – First hour dedicated to the elderly and vulnerable

Website: [https://www.waitrose.com/content/waitrose/en/bf\\_home/bf/728.html](https://www.waitrose.com/content/waitrose/en/bf_home/bf/728.html)

Address: Springfield Street, Market Harborough, Leicestershire, LE16 8BD

Tel: 01858 469155

Open:

Monday – Saturday 8am – 7pm

Sunday: 10am – 4pm

Shop online and we'll deliver to your door. Delivery charges may apply – Book delivery

Shop online and you can collect from a Waitrose branch for free – Book collection

**Sainsbury** – NHS ID holders have priority Monday to Saturday 7.30am – 8am.

Elderly customers, carers, and disabled customers have priority Monday, Wednesday and Friday 8am-9am.

Website: <https://stores.sainsburys.co.uk/0605/market-harborough>

Address:

Tel: 01858 461724

Open:

Monday – Saturday 8am – 9pm

Sunday 10am - 4pm

Doorstep Delivery and Click & Collect is available (currently unable to open the site to copy the links in)

**The Co-operative Food - Market Harborough** – See website below for more information in the community.

Website: <https://updates.centralengland.coop/>

Address: Coventry Road, Market Harborough, Leicestershire LE16 9BX

Tel: 01858 462281

Open:

Monday to Saturday 8am – 8pm

Sunday 10am – 4pm

**Tesco Metro** – Opening hours vary for some facilities and services.

Website: [https://www.tesco.com/store-](https://www.tesco.com/store-locator/uk/?bID=2878&sc_cmp=ref*yg*stc*2878&utm_source=yext_-_google&utm_campaign=GMB_Stores_MetroExpress_England&utm_medium=organic)

[locator/uk/?bID=2878&sc\\_cmp=ref\\*yg\\*stc\\*2878&utm\\_source=yext\\_-\\_google&utm\\_campaign=GMB\\_Stores\\_MetroExpress\\_England&utm\\_medium=organic](https://www.tesco.com/store-locator/uk/?bID=2878&sc_cmp=ref*yg*stc*2878&utm_source=yext_-_google&utm_campaign=GMB_Stores_MetroExpress_England&utm_medium=organic)

Address: 21 The Square, Market Harborough, LE16 7PA

Tel: 0345 6779457

Open:

Monday to Wednesday - 6.30am-9pm

Thursday – Saturday 6.30am – 10pm

Sunday 10 - 4pm

NHS Workers Priority Time: Tuesday, Thursday, Sunday 9am - 10am

**Aldi** – Does not offer an online grocery service

Website: <https://www.aldi.co.uk/>

Address: Springfield St, Market Harborough LE16 8BD

Tel: 0800 042 0800

Open:

Monday to Saturday – 8am - 8pm

Sunday 10am - 4pm

**Lidl** – Does not to home deliveries

Website: Currently no information

Address: 13 Kettering Rd, Market Harborough LE16 8AN

Tel: 0800 977 7766

Open:

Monday to Saturday 8am - 10pm

Sunday 10am - 4pm

**Co-op Leicester Road - Market Harborough** - Opening times may change. Keep up to date with changes in our stores due to coronavirus.

Website: <https://finder.coop.co.uk/food/store/LE16-7AY/leicester-road>

Address: Leicester Road, Market Harborough, LE16 7AY

Tel: 01858 433898

Open every day - 6am to 10pm

<https://www.leicestershire.gov.uk/adult-social-care-and-health/living-independently-at-home/meals-on-wheels>

### **ICare meals service**

ICare delivers 2-course hot meals or frozen meals daily 365 days a year. The person who delivers the meal will also put it on a plate for you and check that you have a drink if you request it.

You can choose your meal from a varied menu, including:

- meals for special diets (e.g. soft food, gluten free, diabetic)
- meals for different cultures and religions (e.g. halal, kosher, South Asian)
- tea (sandwich, cake and orange juice) – delivered with your hot or frozen meal
- breakfast (cereal, fruit juice, yogurt or fruit ) - delivered with your hot or frozen meal

Phone: 01858 469902

(Monday to Friday 9am to 5pm)

Email: [leicestermeals@icaregroup.co.uk](mailto:leicestermeals@icaregroup.co.uk)

You can pay extra for the ICare delivery person to stay for 15 minutes to help with other needs you may have such as washing up, taking out rubbish, checking heating and hot water.

### **Kind's of Queniborough Food Service**

Kind's of Queniborough are a local, independent family company. They supply frozen meals and hot meals on wheels by a friendly team who can plate up, make a hot drink and provide a wellbeing check at no extra cost. They cater for all dietary and cultural requirements including halal, vegetarian and pureed meals. They can usually start a delivery the next day and can also supply groceries and home from hospital packs.

Phone: 0116 260 0741 / 07714 503 754

(Monday to Friday 8.30am to 7pm, Saturday 8.30am to 2pm)

Email: [kindsofqueniborough@hotmail.co.uk](mailto:kindsofqueniborough@hotmail.co.uk)

### **Grace Dieu Mobile Meals Ltd**

Grace Dieu Mobile Meals Ltd is a family run company providing hot or frozen meals and tea time snacks direct to your door, 365 days a year. They also provide safe and well checks for all their customers as well as welcome home packs for people discharged from hospital. Grace Dieu caters for all specialist diets including gluten free, vegetarian or soft food.

Phone: 0773 4010235

Email: [info@gracedieumeals.co.uk](mailto:info@gracedieumeals.co.uk)

### **Wiltshire Farm Foods**

Wiltshire Farm Foods delivers frozen meals that you can heat yourself. They deliver once a week or once a fortnight. They cater for special diets (e.g. soft food, vegetarian, diabetic).

Phone: 01536 420505

(Monday to Friday 9am to 5pm)

Email: [northants@wiltshirefarmfoods.co.uk](mailto:northants@wiltshirefarmfoods.co.uk)

### **Oakhouse Foods**

Oakhouse Foods delivers frozen meals that you can heat yourself. They deliver once a week. They cater for special diets.

Phone: 0845 643 2009

(Monday to Friday 8.30am to 5pm)

### **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.

Paragon Asra

**PA Housing**



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.

**Jubilee Foodbank – Market Harborough** - The Jubilee Foodbank delivers food to referral agencies therefore; the store is not open to the public. Food parcels are usually delivered to referral agencies on the same day and by 5pm. While continuing to support local people in food crisis, the Store Room is well stocked, however they expect to see an increase in the use of their service over the coming weeks.

Donation points are at Sainsbury's, Waitrose, Both Coop supermarkets, B&M, Nationwide, Halifax. For large food donations, please contact them on the email below.

Website and Online Form: <https://jubileefoodbankmh.uk/>

Address: N/A

Tel: N/A

Email: [jubileefoodbankmh@gmail.com](mailto:jubileefoodbankmh@gmail.com)

Open: 9am -4pm for referral agencies phone calls

**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 Trussell Trust Foodbanks** – Click on the website below to see all listed foodbanks in or closet to Market Harborough

Website: <https://www.trusselltrust.org/get-help/find-a-foodbank/>

All of the following are part of The Trussell Trust:

**Corby Foodbank Main Location** - 8 miles from Market Harborough, Leicestershire, LE16

Website: <http://corby.foodbank.org.uk>

Address: St Peter's and St Andrew's Church, Beanfield Ave, Corby, NN18 0EH

Tel: 07414191434

Email: [info@corby.foodbank.org.uk](mailto:info@corby.foodbank.org.uk)

St Peter's and St Andrews

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

Address: Beanfield Avenue, Corby, NN18 0EH

Open:

Monday 1.30pm-5pm

Friday 11.30am -1pm

St Columbia

Address: Studfall Avenue, Corby NN17 1LG

Open: Wednesday 10.30am - 12noon

**Kettering District Foodbank Main Location** - 10 miles from Market Harborough,  
Leicestershire, LE16

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

Address: 51 Gold Street, Kettering, Northants, NN16 8JB

Tel: 01536 481989

Email: [kcu@kcultd.org.uk](mailto:kcu@kcultd.org.uk)

Open: Not listed

**Leicester South Foodbank Main Location** - 11 miles from Market Harborough,  
Leicestershire, LE16

Website: <http://leicestersouth.foodbank.org.uk/>

Address: Bull Head Street, 56 Bull Head St, Wigston, Leicestershire LE18 1PA

Tel: [info@leicestersouth.foodbank.org.uk](mailto:info@leicestersouth.foodbank.org.uk)

Email: 07912 194783

Leicester South Foodbank @ The Kings Centre

Address: The Kings Centre, 56 Bull Head Street, 56 Bull Head St, Wigston,  
Leicestershire LE18 1PA

Open:

Monday 6pm – 7pm

Thursday 1pm – 2pm

Leicester South Foodbank @ Holy Trinity Church

Address: Holy Trinity Church, Turner Street, Leicester, LE1 6WY

Open: Wednesday 10am - 12noon

The Hub Cafe

Address: High Street, Syston, LE7 1GP

Open: Thursday 2 - 3.30pm

Centre Project

Address: 1 Alfred Place, Leicester, LE1 1EB

Open: Monday 10.30am – 1pm

Chroma Church

Address: 15 Putney Rd W, Freeman's Common, Leicester, LE2 7TD

Open:

Tuesday 9.30am -12noon

Saturday 9.30am -11am

St Johns Church

Address: 4A Clarendon Park Rd, Leicester, LE2 3AD

Open: Thursday 6pm -7pm

**Lutterworth and Villages Foodbank** - 12 miles from Market Harborough,  
Leicestershire, LE16

Website and Online Form: <https://lutterworthvillages.foodbank.org.uk/contact-us/>

Address: St Mary's Church, C/o Church Gate Centre, Church Gate, Lutterworth,  
Leicestershire, LE17 4AN

Tel: 01455 558797 or if in an emergency 07849 729451



Email: [info@lutterworthvillages.foodbank.org.uk](mailto:info@lutterworthvillages.foodbank.org.uk)

Open: Not Listed

**Weston Favell Centre Foodbank** - 16 miles from Market Harborough,  
Leicestershire, LE16

Website: <http://westonfavellcentre.foodbank.org.uk/>

Address: Emmanuel Church, Weston Favell Centre, Northampton NN3 8JR

Tel: 01604 402150

Email: [info@westonfavellcentre.foodbank.org.uk](mailto:info@westonfavellcentre.foodbank.org.uk)

Open:

Monday 1.30pm -3.30pm

Wednesday 10am – 1pm

**Rutland Foodbank Main Location** - 16 miles from Market Harborough,  
Leicestershire, LE16

Website: <http://rutland.foodbank.org.uk/>

Address: Rear of 40 Melton Road, Oakham, LE15 6AY

Tel: 07582 783363

Email: [info@rutland.foodbank.org.uk](mailto:info@rutland.foodbank.org.uk)

Oakham

Address: Rear of 40 Melton road, Oakham, LE15 6AY (Behind Rutland Radio at the back of Westgate Car Park)

Open:

Monday 1pm – 3pm

Wednesday 1pm – 3pm

Friday 10am – 12noon

**Rugby Foodbank Main Location**

Website: <http://rugby.foodbank.org.uk>

Address: Lawn & Retreat (next to Benn Hall), Newbold Road, Rugby CV21 2LN

Tel: 07557 680019

Email: [info@rugby.foodbank.org.uk](mailto:info@rugby.foodbank.org.uk)

Lawn & Retreat, Newbold Rd, Rugby

Address: Newbold Road, Rugby CV21 2LN

Open: Monday, Wednesday, Friday 11am – 4pm

## Local Pharmacies

To find a pharmacy nearest to you, use the link below but please check the opening times as there may be a limited service

<https://www.nhs.uk/service-search/find-a-pharmacy>

**Market Harborough Pharmacy** - Delivery may take longer (up to 5 days)

Website: <https://www.marketharboroughpharmacy.co.uk/>

Address: Located within Market Harborough Medical Centre, 67 Coventry Road, Market Harborough, LE16 9BX

Tel: 01858 439110

Email: [marketharborough.pharmacy@nhs.net](mailto:marketharborough.pharmacy@nhs.net)

Open:

Monday to Saturdays 8am – 11pm

Sunday 8am – 6pm

### **Moins Chemist & Wellbeing Centre**

Website: Not added yet. Can visit another store

<http://www.moinschemist.com/contact-us/>

Address: 11-15 Coventry Rd, Market Harborough LE16 9BX

Tel: 01858 468545

Email: [enquiries@moinschemist.co.uk](mailto:enquiries@moinschemist.co.uk)

Open:

Monday to Saturdays 7.30am – 11pm

Sunday 10am – 6pm

**Well Market Harborough** - Closed to the public for their first hour after opening.

They will also close for 90 minutes in the middle of the day, from 12.30 to 2pm.

Website: <https://finder.well.co.uk/store/market-harborough-coventry-road>

Address: 9 Coventry Rd, Market Harborough LE16 9BX

Tel: 01858 462162

Email: [enquiries@moinschemist.co.uk](mailto:enquiries@moinschemist.co.uk)

Open:

Monday to Fridays – 8.30am – 6pm

Saturday 8.30am – 6pm

Sunday - Closed

**Mistrys Pharmacy** – Delivery may take longer (up to 5 days)

Website: <http://www.mistrys.co.uk>

Address: 14 High St, Market Harborough LE16 7NJ

Tel: 01858 467027

Email: [nhspharmacy.marketharb.mistryskfjv55@nhs.net](mailto:nhspharmacy.marketharb.mistryskfjv55@nhs.net) or [sales@mistrys.co.uk](mailto:sales@mistrys.co.uk)

Open:

Monday to Friday 8.30am – 5.30pm

Saturday 9am – 5pm

Sunday Closed

**LloydsPharmacy** – Click and Collect is currently unavailable

Website: <http://www.lloydspharmacy.com/>

Address: Torch Way, Northampton Rd, Market Harborough LE16 9HL

Tel: 01858 411056

Email: N/A

Opens:

Monday to Friday 8.30am – 5.30pm

Saturday 8.30am – 12pm

Sunday Closed

**Boots** - Hours or services may differ

Website: [https://www.boots.com/?utm\\_source=google-maps&utm\\_medium=google-maps&utm\\_campaign=google-maps](https://www.boots.com/?utm_source=google-maps&utm_medium=google-maps&utm_campaign=google-maps)

Address: 9 St Mary's Rd, Market Harborough LE16 7DR

Paragon Asra

**PA Housing**





Tel: 01858 462154

Email: N/A

Opens:

Monday to Saturday 8.30am – 5.30pm

Sunday 10am – 4pm

## **Other Essential Shops and Surgeries**

### **Opticians**

**Clarke and Roskow Optometrists** - They have revised the days they are available during the continued COVID19 “lockdown”. Emails and phone calls will be monitored between the hours of 9am-12pm on Mondays, Wednesdays and Fridays. If you call the practice number on 01858 462996 you will be asked to leave your name, a contact number and a brief message. This will then be forwarded to our email address [hello@clarkeandroskow.co.uk](mailto:hello@clarkeandroskow.co.uk) as an audio file. One of the C&R team will endeavour to help whatever way they can. Alternatively, you can send an email to [hello@clarkeandroskow.co.uk](mailto:hello@clarkeandroskow.co.uk) and again one of the team will make contact you as soon as they can. The practice will reopen when the COVID situation resolves and it safe for us all to return to “business as usual”.

**Davis Optometrists** – Not conducting routine eye examinations at present but services are still available.

Deliveries - We have a small skeleton staff working who are making deliveries where needed for contact lenses or glasses that were on order or are in for repair. Please e-mail [lynn@davisopt.co.uk](mailto:lynn@davisopt.co.uk) if you need to organise a delivery from us.

Eyecare - For any ocular emergencies and essential eye care services call 01858 462061

For out of hours services call either:

Kim Durden on 07884 376954

Lynn Carson on 07960 380579

or e-mail [lynn@davisopt.co.uk](mailto:lynn@davisopt.co.uk)

**Specsavers Opticians** – OPEN FOR ESSENTIAL SERVICES ONLY - All routine eye and hearing tests are suspended but they ARE open for essential care.

Opening hours may vary during the crisis but we are available by telephone during normal hours to provide advice and support, deliver remote services or book an appointment to see one of our clinicians for urgent and essential care. If you are over 70 years of age, vulnerable or a key worker we can prioritise your care.

Address: 22 St Mary's Place, Market Harborough, Leicestershire, LE16 7DR

Call: 01858 438 980. If you call out-of-hours, leave your name and number and they will call back the next day if not sooner.

**\*Boots and Vision Express are temporarily closed.**

## Dental Care

**Market Harborough Dental Practice** – Please check website for latest updates

Website: <https://harboroughdental.co.uk/>

Address: 106 Northampton Road, Market Harborough, LE16 9HF

Open:

Mon - Thursday 8:30am - 6pm

Friday - 8:30am - 5pm

Saturday - 8:30am - 2pm

Tel: 01858 419600

Email: Cannot be found

**Bupa Dental Care Market Harborough** - available to give telephone support and advice for on-going treatment or dental emergencies.

Website: <https://www.bupa.co.uk/dental/dental-care/practices/market-harborough>

Non Emergency Tel: 01858 462043

Emergency Tel: 01858 462043

Open:

Monday to Thursday 8:30am - 5:00pm

Friday 8am - 4:30pm

Saturday and Sunday Closed

Sunday Closed

**Brite Care Dental Practice** - Please check website for latest updates.

Website:

<https://www.nhs.uk/Services/dentists/Overview/DefaultView.aspx?id=21576>

Address: 11 Fairfield Rd, Market Harborough LE16 9QQ

Tel: 01858 462043 (Closed for lunch between 1-2pm)

Open:

Monday – Friday 9am - 5pm

Saturday and Sunday – Closed

**Brookside Dental** - Please check website for latest updates.

Website: <https://www.brooksidedental.co.uk/site/>

Address: 94 St Mary's Rd, Market Harborough LE16 7DX

Tel: 01858 462734

Email: [hello@brooksidedental.co.uk](mailto:hello@brooksidedental.co.uk)

Open:

Monday 8:15 am – 7 pm

Tuesday – Friday: 8:15 am – 5:15 pm

Saturday 9 am – 12:30 pm

**Ditchfield Dental Practice** - Please check website for latest updates.

Website: <https://ditchfielddental.co.uk/>

Address: 49 Fairfax Rd, Market Harborough LE16 9JU

Tel: 01858 466663

Email: [info@ditchfielddental.co.uk](mailto:info@ditchfielddental.co.uk)

Open:

Monday - Thursday : 8:30am - 6pm

Friday 8:30am - 5pm

Saturday 8:30am - 2pm

## Vets

**Ash Tree Vets - Market Harborough** - Due to restrictions as a result of Coronavirus, there are on-going changes to the services so please check their website or in an emergency, call the number below.

Website: <https://ashtreevets.co.uk/>

Address: 124 Northampton Road, Market Harborough, Leicestershire, LE16 9HF

Tel: 01858 462 839

Email: [enquiries@ashtreevets.co.uk](mailto:enquiries@ashtreevets.co.uk)

Open:

Monday to Friday - 8:30am–7pm

Saturday - 8:45am–3:30pm

Sunday – Closed

**Town and Country Veterinary Centre** – Please call to check the latest updates on services or visit the website.

**Address:** 48 Northampton Rd, Market Harborough LE16 9HE

**Phone:** 01858 465668

Website: <https://www.tcvets.co.uk/>

Open:

Monday to Friday - 8:30am–6.30pm

Saturday 8:30am–12.30pm

Sunday Closed

**Vets4Pets** - In line with government guidelines, they are offering medically essential appointments, so please contact the practice team before travelling. Opening hours may also vary, so please monitor the webpage to keep up to date with the latest information.

**Address:** Springfield Retail Park, Market Harborough LE16 8BD

Open:

Monday to Saturday – 9.30am-6pm

Sunday 10am-4pm

**Phone:** 01858 438900

## Local Banks and Banking

Please be aware branches across the UK are reducing hours or closing temporarily due to the coronavirus pandemic. Customers are urged to check with the bank's own website or contact their local branches directly for reduced hours before making a journey to the branch. Online and phone banking is working to normal but busy.

Click on the link below to locate your local branch or see local banks below.

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

## Barclays in Market Harborough

Address: 20 High Street, Market Harborough, Leicestershire, LE16 7NR

Tel: 0345 734 5345 (central customer services)

<https://www.bankopeningtimes.co.uk/barclays/market-harborough.html>

### **Halifax in Market Harborough**

Address: 41 The Square, Market Harborough, Leicestershire, LE16 7PA

Tel: 01858 479001

<https://www.bankopeningtimes.co.uk/halifax/market-harborough.html>

### **HSBC in Market Harborough**

Address: 15 High Street, Market Harborough, Leicestershire, LE16 7NN

Tel: 03457 404 404 (central customer services)

<https://www.bankopeningtimes.co.uk/hsbc/market-harborough.html>

### **Lloyds in Market Harborough**

Address: 40 The Square, Market Harborough, Leicestershire, LE16 7PA

Tel: 0345 3000 000

<https://www.bankopeningtimes.co.uk/lloyds/market-harborough.html>

### **Nationwide in Market Harborough**

8 High Street, Market Harborough, Leicestershire, LE16 7NJ, 0800 5541073

<https://www.bankopeningtimes.co.uk/nationwide/market-harborough.html>

### **Natwest in Market Harborough**

Address: 21 St Marys Road, Market Harborough, Leicestershire, LE16 7DY

Tel: 03457 888444 (Central Customer Services)

<https://www.bankopeningtimes.co.uk/natwest/market-harborough.html>

### **Santander in Market Harborough**

Address: 4 High Street, Market Harborough, Leicestershire, LE16 7NJ

Tel: 0800 9123123

<https://www.bankopeningtimes.co.uk/santander/market-harborough.html>

## **Local Support**

### **Citizens Advice Market Harborough** – Hours and services may differ

Website and Online Form: <https://citizensadviceleicestershire.org/get-advice/harborough/>

Address: Adam and Eve St, Market Harborough LE16 7LT

Tel: 0300 330 2111

**Open:** Tuesday and Thursday 10am – 3pm

### **Job Centre** – Currently closed. For more information, visit the website.

Website: <https://www.gov.uk/contact-jobcentre-plus>

Address: The Symington Building, Adam and Eve St, Market Harborough, Leicester LE16 7LT

Tel: 0800 169 0190

If are already receiving benefit payments these will continue as normal. In line with Government advice on social distancing, to help protect our customers, communities, and colleagues, our doors will be temporarily closed and we do not need anyone to come into the Jobcentre face to face. Where possible we are asking everyone to claim Universal Credit online and use their online account to manage their claim. You no longer need to call us once you have claimed online; if we need to check any information with you we will call you. Please check your online account as we will message you before calling. For further information on benefits and how to apply please access our website: <http://www.gov.uk>

**Age UK Market Harborough** - To keep in line with the current government advice and to protect staff, volunteers and supporters, shops are closed.

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

Address: 16 The square, Market Harborough LE16 7PA

Tel: 01858 469014

### **Domestic Abuse**

If you or someone you know is in immediate danger, call Nottinghamshire Police on 999 or for non-emergencies 101. Silent calls will work if you are not safe to speak – use the Silent Solution system and call 999 and then press 55 when prompted.

Leicestershire Domestic Abuse Advice and Guidance

<https://www.leicestershire.gov.uk/adult-social-care-and-health/domestic-abuse-help-is-available>

### **Women's Aid**

Online support is available from Women's Aid's online chat service, open from 10am-12pm Monday-Friday.

United Against Violence and Abuse (UAVA)

Text only support: 07715 994 962

Phone advice line: 0808 802 0028

The advice line is open from 8am to 8pm Monday to Saturday.

It's free, confidential and hidden from bills.

### **Domestic Violence Contacts – Leicestershire**

Leicestershire Domestic Abuse Helpline – for advice and signposting to support services – for men, women, concerned friends, professionals: 0300 303 1844

### **Health and Wellbeing**

For advice and guidance on Mental Health and Wellbeing, Sexual Health, Maintaining a Healthy Weight, Eating Well, Smoking Alcohol and Drugs and more :

<https://www.leicestershire.gov.uk/health-and-wellbeing>

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

**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/brainismart/games/">http://www.bbc.co.uk/scotland/brainismart/games/</a>	Brain games for adults
Games online	<a href="https://www.chess.com/">https://www.chess.com/</a>	Chess
	<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>	Monopoly (for adults & kids)

Paragon Asra

**PA Housing**





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/informationsupport/heart-matters-magazine/activity/yoga/yoga-poses">https://www.bhf.org.uk/informationsupport/heart-matters-magazine/activity/yoga/yoga-poses</a>	Chair based yoga

## Keeping yourself safe

Please consider the government advice on social distancing and hygiene measures when offering to assist others.

The Leicestershire Trading Standards team at Leicestershire County Council has issued the following advice to help people to remain vigilant if someone calls at your door:

Try to only liaise with someone you are familiar with only buy the essentials in this manner to keep the amount of money required to a minimum. Do not hand over a bank card.

If the person says they are from a community group or organisation, ask for some ID or to verify their identity by calling the organisation directly. Please share this advice with your family, friends and neighbours.

Action Fraud and Age UK have produced a video which explains how people can protect themselves against fraud and scams, which is viewable on the **Age UK** website.

Anyone offering to help and then keeping money is committing theft. This should be reported to local police.

The government have launched new guidance on how to help people safely.

You should not go inside the homes of anyone you do not live with, especially vulnerable people or people who believe they may be infected and are isolating themselves. Breaking these rules could put you at risk of infection, or risk spreading it to others.

If you are picking things up for others, try to limit the amount of time you spend outside of your home by picking up essential items for them when you do your own shopping or collect their medicines during the same trip.

You should stay 2m or six feet away from anyone you do not live with at all times. Do not share a car journey with them.

You should also regularly wash your hands with soapy water for at least 20 seconds.

If you would like more information on how to help people safely go to: <https://www.gov.uk/government/publications/coronavirus-how-to-help-safely--2/coronavirus-how-to-help-safely>

If you are concerned about a medical condition or are feeling very unwell, please visit **the NHS Coronavirus Covid -19 website** for further information and advice.

If you consider the situation serious, please phone the NHS on 111.