

Rugby Borough Information Sheet

Local Council Information and Support

Most information can be sourced through <https://www.rugby.gov.uk/>

It does not appear that there are any council offices open to the public.

Telephone: (01788) 533533 or Email: contactcentre@rugby.gov.uk These would appear to be the only way to contact the LA

Supermarkets and Food Deliveries

Sainsbury's, 385 Dunchurch Road, Opening times: Monday – Friday 7:00 am - 11:00 pm, Saturday 7:00 am - 10:00 pm, Sunday 10:00 am - 4:00 pm

Asda, 12 Chapel Street, Opening times: Monday - Saturday 8:00 AM - 10:00 PM. Sunday 10:00 AM - 4:00 PM

Tesco, Railway Terrace & Holloway Road - Opening times: Monday – Sunday 6:00 – 23:00

Tesco, Leicester Road, Opening times: Monday 6:00 – 12 PM, Tuesday – Saturday 00:00 – 24:00, Sunday 10:00 – 16:00

Aldi, Paddox Close – Opening times: Monday – Saturday 08:00 – 22:00, Sunday 10:00 – 16:00

Alma Supermarket, Address: 21-23 Clifton Road, Rugby CV21 3PY. Opening times: Monday – Sunday 8 AM - 6 PM

SPAR – Brownsover, Address: 14 Boughton Road, Rugby CV21 1BJ. Phone: 01788 567676. Opening times: Monday - Friday 5:30 AM - 8 PM. Saturday & Sunday 8 AM - 8 PM

Iceland, 3-4 Northway, Rugby, CV21 2JS. Opening times: Monday - Saturday 09:00 - 18:00, Sunday 10:00 - 16:00

Co-op, 6 The Green, Bilton, Rugby, CV22 7LY. Opening Times: Monday - Friday 09:00 - 18:00. Saturday & Sunday Closed

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.

Community Hub - RBC is preparing to deliver emergency food supplies to vulnerable residents who have been identified as needing extra support. The food parcels will be delivered to residents who have been instructed by the NHS to stay at home for 12 weeks because of medical conditions and other residents who have been assessed as needing urgent support. The service has been put in place for residents who are unable to source their own supplies and do not have family, neighbours or other support available from their communities. The hub will also provide social and emotional support, while residents in financial hardship will be referred to Rugby Foodbank.

Rugby Foodbank - Lawn & Retreat, Newbold Road, Rugby, CV21 2LN. After a temporary Foodbank closure due to the Coronavirus RBC Foodbank has now opened. Foodbank is open Monday, Wednesday and Friday from 11:00 to 16:00 for food distribution. The warehouse is open Tuesday and Thursday to receive donations between 10:00 and 12:00.

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

Rugby Health & Wellbeing Centre, Drovers Close CV21 3HX - Phone: 01788 577889. Opening hours; Monday – Friday 8:30 AM - 6:30 PM, Saturday 9 AM - 1 PM, Sunday Closed

Whaley Chemist, 30-31 Sheep Street, Rugby CV21 3BX. Phone: 01788 542808. Opening hours; Monday – Friday 9 AM - 6 PM, Saturday 9 AM - 5 PM, Sunday Closed

Revel Surgery, Barr Lane, Rugby CV23 0LU. Opening hours; Monday - Friday 8 AM - 1 PM & 2 PM - 6:30 PM, Saturday & Sunday Closed

Lloyds Pharmacy, 385 Dunchurch Road, Rugby CV22 6HU. 01788 519802
www.lloydspharmacy.com Opening hours Monday – Saturday 7 AM - 10 PM,
Sunday 10 AM - 4 PM

All **Boots** Opening Times; Monday - Friday 9 AM - 8 PM, Saturday 9 AM - 6 PM,
Sunday 10:30 AM - 4:30 PM

Lister Chemists, Bow Fell Shopping Centre, Hollowell Way, Rugby CV21 1LT.
Phone: 01788 569046. Opening hours Monday – Friday 9 AM - 1 PM & 2 PM - 6
PM, Saturday 9 AM - 1 PM, Sunday Closed

ROWLANDS PHARMACY, Corporation Street, CV21 3SP Rugby. 01788 574236
www.rowlandspharmacy.co.uk Opening Hours Monday – Friday 10:00 – 13:00 &
14:00 – 18:30. Saturday 10:00 – 13:00 & 14:00 – 17:30, Sunday Closed

Well Pharmacy, Rugby Health & Wellbeing Centre Drovers Close, Rugby CV21
3HX. Phone: 01788 577889. Opening hours Monday - Friday 8:30 AM - 6:30 PM,
Saturday 9 AM - 1 PM, Sunday Closed

Other Essential Shops and Surgeries

Opticians

Gray Opticians Not open but can be called on 01788 544948, emailed at
clinical@grayopticians.co.uk or 07309 544199 (Mon – Fri 10 – 4)

Vision Express Opticians, Clock Towers Shopping Centre Closed

Dentists

It is unclear as to which dentists are open and which aren't.

Surgeries

Bennfield Surgery, Hilton House Corporation Street, Rugby CV21 2DN. Phone:
01788 540860. Opening hours Monday – Friday 8:30 AM - 6 PM, Saturday 8:30 AM
– noon, Sunday Closed

Beech Tree Medical Practice, Rugby Health & Wellbeing Centre, Rugby CV21
3HX. Phone: 01788 561319. Opening hours Monday – Friday 8 AM - 6:30 PM,
Saturday & Sunday Closed

Central Surgery, Corporation Street, Rugby CV21 3SP. Phone: 01788 524366.
Opening hours Monday – Friday 8:30 AM - 6:30 PM, Saturday & Sunday Closed

Dunchurch Surgery, Dunsmore Heath, Rugby CV22 6AP. Phone: 01788 522448.
Opening hours Monday - Friday 8:30 AM - 6:30 PM, Saturday & Sunday Closed

Clifton Road Surgery Booked appointments have changed to phone consultations. For urgent and other enquiries, phone the practice on 01788 552211.

Market Quarter Medical Practice, Rugby Health & Wellbeing Centre, Rugby CV21 3HX. Phone: 01788 578800. Opening hours; Monday - Friday 8 AM - 6:30 PM, Saturday & Sunday Closed

Local Banks and Banking

Barclays, North Street, Rugby CV21 2AH. Phone: 0345 734 5345 Opening hours Monday & Tuesday 9:30 AM – noon, Wednesday 10 AM-noon, Thursday & Friday 9:30 AM – noon, Saturday Midnight-noon , Sunday Closed

TSB, 26 Sheep Street, Rugby CV21 3BX. Phone: 01788 570221. Website: tsb.co.uk Opening hours Monday – Friday 10 AM - 12:30 PM & 1:30 PM - 4 PM. Saturday & Sunday Closed

Lloyds: 14 Church Street, Rugby CV21 3PL. Phone: 03456021997. Opening hours Monday - Friday 10 AM - 2 PM. Saturday & Sunday Closed

Santander: 23-24, Market Place, Rugby CV21 3DU. Phone: 0800 085 1644. Opening hours Monday - Friday 9 AM - 5 PM, Saturday 9 AM - 4 PM, Sunday Closed

Halifax, 32 North Street, Rugby CV21 2AH. Phone: 03457203040. Opening hours Monday - Friday 10 AM - 2 PM. Saturday & Sunday Closed

Local Support

Citizen Advice Bureau, 32 North Street, Chestnut House, 1st Floor, CV21 2AG Rugby. 0300 330 1163 www.brancab.org.uk/rugby_citizens_advice_bureau.html Opening hours Monday - Wednesday 10:00 – 14:00, Thursday Closed, Friday 10:00 – 14:00 Saturday & Sunday Closed

The Hoskyn Centre for the Disabled is closed

A lot of the charities in Rugby are very small and have not updated their website with information about service during COVID-19.

WCAVA useful link re: volunteering <https://www.wcava.org.uk/covid-19>

Job Centres

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/	Chess
	https://www.roalddahl.com/shop/gifts-toys-and-games/roald-dahl-monopoly	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