

Wellingborough Borough Information Sheet

Local Council Information and Support

Borough Council of Wellingborough,

Swanspool House, Doddington Road, Wellingborough NN8 1BP

Tel: 01933 229777

generalenquiries@wellingborough.gov.uk

Council Support line number 0300 126 1000 (option 5)

Wellingborough crisis café

14 Havelock Street, Wellingborough NN8 4QA

Telephone: 01933 223591

Thursday 5- 10

Friday 5- 10

Saturday 5- 10

Supermarkets and Food Deliveries

Morrisons

2-5 Oxford St, Wellingborough NN8 4JJ

01933 274045

Monday	7am–8pm
Tuesday	7am–8pm
Wednesday	7am–8pm
Thursday	7am–8pm
Friday	7am–8pm
Saturday	7am–8pm
Sunday	10am–4pm

Tesco Superstore

Victoria Park, Turnells Mill Ln, Wellingborough NN8 2EF
0345 677 9707

Monday	8am–10pm
Tuesday	8am–10pm
Wednesday	8am–10pm
Thursday	8am–10pm
Friday	8am–10pm
Saturday	8am–10pm
Sunday	10am–4pm

Sainsbury's

260 Northampton Rd, Wellingborough NN8 3GZ
01933 443040

Monday	8am–9pm
Tuesday	8am–9pm
Wednesday	8am–9pm
Thursday	8am–9pm
Friday	8am–9pm
Saturday	8am–9pm
Sunday	10am–4pm

kaka Wellingborough

26b Market St, Wellingborough NN8 1AT
01933 277599

Monday	8am–11pm
Tuesday	8am–11pm
Wednesday	8am–11pm
Thursday	8am–11pm
Friday	8am–11pm
Saturday	8am–11pm
Sunday	9am–11pm

K D Supermarket

109 Nest Farm Cres, Wellingborough NN8 4TU
01933 401964

Monday	7am–7pm
Tuesday	7am–7pm
Wednesday	7am–7pm
Thursday	7am–7pm
Friday	7am–7pm
Saturday	8am–7pm
Sunday	8am–2pm

.International Supermarket

14 Victoria Rd, Wellingborough NN8 1HN
01933 228193

Monday	7am–11pm
Tuesday	7am–11pm
Wednesday	7am–11pm
Thursday	7am–11pm
Friday	7am–11pm
Saturday	7am–11pm
Sunday	8am–11pm

ALDI

Victoria Rd, Wellingborough NN8 1HH
0800 042 0800

Monday	8am–8pm
Tuesday	8am–8pm
Wednesday	8am–8pm
Thursday	8am–8pm
Friday	8am–8pm
Saturday	8am–8pm
Sunday	10am–4pm



Paragon Asra

PA Housing

Lidl

London Rd, Wellingborough NN8 2DP
0800 977 7766

Monday	8am–10pm
Tuesday	8am–10pm
Wednesday	8am–10pm
Thursday	8am–10pm
Friday	8am–10pm
Saturday	8am–10pm
Sunday	10am–4pm

Iceland Foods

Swansgate Shopping Centre
Unit 20 Cheese Lane, Swansgate NN8 1EX

Monday	9am–6pm
Tuesday	9am–6pm
Wednesday	9am–6pm
Thursday	9am–6pm
Friday	9am–6pm
Saturday	9am–6pm
Sunday	10am–4pm

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.

Contact Viv Adams for all Foodbank related queries.

Telephone: 01933 446494

Email: foodbank@daylightcf.org

Daylight Centre Fellowship,
Queens Hall,
8 High Street Place,
Wellingborough NN8 4JU



PA Housing

Opening Times

Monday to Friday 2 to 4 pm.

(CLOSED Bank Holidays)

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

Finedon Pharmacy

95 Wellingborough Rd, Finedon, Wellingborough NN9 5LG
01933 680330

Monday	9am–6pm
Tuesday	9am–6pm
Wednesday	9am–6pm
Thursday	9am–6pm
Friday	9am–6pm
Saturday	9am–12:30pm
Sunday	Closed

Lloyds Pharmacy

Farm, Stubbs Close Redhill, Wellingborough NN8 4UQ
01933 678290

Monday	8:30am–6:30pm
Tuesday	8:30am–6:30pm
Wednesday	8:30am–6:30pm
Thursday	8:30am–6:30pm
Friday	8:30am–6:30pm
Saturday	Closed
Sunday	Closed

Day Lewis Pharmacy

4 Grafton Cl, Wellingborough NN8 5WA
01933 678259

Monday	9am–6pm
Tuesday	9am–6pm
Wednesday	9am–6pm
Thursday	9am–6pm
Friday	9am–6pm
Saturday	9am–1pm
Sunday	Closed

Rowlands Pharmacy

House 12, New Queensway Medical Centre Old Eagle Public, 14 Olympic Way,
Wellingborough NN8 3QE
01933 678674

Monday	10am–1pm, 2–6:30pm
Tuesday	10am–1pm, 2–6:30pm
Wednesday	10am–1pm, 2–6:30pm
Thursday	10am–1pm, 2–6:30pm
Friday	10am–1pm, 2–6:30pm
Saturday	10am–1pm
Sunday	Closed

Berrymoor Pharmacy

2-3 Berrymoor Rd, Wellingborough NN8 2DL
01933 226576

Monday	9am–5:30pm
Tuesday	9am–5:30pm
Wednesday	9am–5:30pm
Thursday	9am–5:30pm
Friday	9am–5:30pm
Saturday	9am–1pm
Sunday	Closed

Cohens Chemist

108 Gold St, Wellingborough NN8 4ES
01933 225318

Monday	9am–12pm, 1–6pm
Tuesday	9am–12pm, 1–6pm
Wednesday	9am–12pm, 1–6pm
Thursday	9am–12pm, 1–6pm
Friday	9am–12pm, 1–6pm
Saturday	Closed
Sunday	Closed

3Q Pharmacy and Travel Clinic

3 Queen St, Wellingborough NN8 4RW
01933 273373

Monday	7am–10pm
Tuesday	7am–10pm
Wednesday	7am–10pm
Thursday	7am–10pm
Friday	7am–10pm
Saturday	7am–10pm
Sunday	8am–6pm

Other Essential Shops and Surgeries

DENTISTS – Following government advice all dentists are closed until further notice

Specsavers Opticians

Swansgate Shopping Centre
26 Spring Lane Swansgate, Wellingborough NN8
01933 228600

Bellamy Eyecare Irthlingborough

24 High St, Irthlingborough, Wellingborough NN9 5TN
01933 653226

Ernest Haynes Opticians

Mannock Medical Centre, Irthlingborough Rd, Wellingborough NN8 1LT
01933 270205

Swanspool Veterinary Clinic

1 London Rd, Wellingborough NN8 2BT
01933 222145

Monday	8:30am–6:30pm
Tuesday	8:30am–6:30pm
Wednesday	8:30am–6:30pm
Thursday	8:30am–6:30pm
Friday	8:30am–6:30pm
Saturday	8:30–11:30am
Sunday	Closed

The Johnston Veterinary Clinic

73 Northampton Rd, Wellingborough NN8 3LS
01933 442188

Monday	8:30am–7:30pm
Tuesday	8:30am–7:30pm
Wednesday	8:30am–7:30pm
Thursday	8:30am–7:30pm
Friday	8:30am–7:30pm
Saturday	8:30am–3pm
Sunday	Closed

Vet Meds Ltd

1, Airfield Road Trading Estate, Airfield Rd, Wellingborough NN29 7XA
01234 783113

Monday	8am–6pm
Tuesday	8am–6pm
Wednesday	8am–6pm
Thursday	8am–6pm
Friday	8am–6pm
Saturday	8am–6pm
Sunday	8am–6pm

Local Banks and Banking

Main banks in Wellingborough appear to have a reduced service. Please check with your local branch

Online and phone banking normal but obviously busy

Local Support

The Salvation Army

28A Market St, Wellingborough NN8 1AT
01933 226354

Mon-Sat 09:00-17:00

40 Havelock St, Wellingborough NN8 4PZ
01933 270385

29 High St, Irthlingborough, Wellingborough NN9 5TE
01933 653824

Monday	9am–4pm
Tuesday	9am–4pm
Wednesday	9am–4pm
Thursday	9am–4pm
Friday	9am–4pm
Saturday	9am–3pm
Sunday	Closed

[Citizens advice bureau](#) – 01933 273716

Family support link – 01933 227078

Childrens Centre – 01933 279681

Family support link – 01933 227078

Counselling

[Rushden Mind](#) – 01933 312800

[Teamwork](#) – 01933 442066

Pet Bereavement – 0800 096 6606

Bereavement advice – 0800 634 9494

Domestic Violence

WAVE – 01536 275830

Womens Aid – 07879 844451

National Women's Aid - 0808 2000 247

Victim Support – 01933 226655

NSPCC – 0808 8005000

Rape and Incest Crisis centre – 01604 250721

Men have Rights Too – 07456 257 457

Northamptonshire Domestic Abuse Service 0300 0120154

EVE 01604 230211

Wellingborough Jobcentre

Address: Lothersdale House, W Villa Rd, Wellingborough NN8 4NE

Phone: 0800 169 0190

Monday 9:00 AM - 5:00 PM

Tuesday 9:00 AM - 5:00 PM

Wednesday 10:00 AM - 5:00 PM

Thursday 9:00 AM - 5:00 PM

Friday 9:00 AM - 5:00 PM

Saturday Closed

Sunday Closed

Universal Credit helpline [0800 328 9344](tel:08003289344).

The Sunflower Centre

Northamptonshire Sunflower Centre provides free, confidential advice and support

First Floor, Campbell Square Police Station, Campbell Square, Northampton, NN1 3EL

01604 888211

Email address:

Sunflowercentre@northants.pnn.police.uk

Website:

<http://voicenorthants.org/victims/about-voice-northants/sunflower-centre/>

[Citizens Advice Bureau](#) - 0844 855 212

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