




<p>CARADON</p> <p>Kevin James, Milkman – A wide selection of food and essentials available too. – covering Liskeard, Looe, Torpoint, Polperro, Bodmin, Saltash, Launceston and everywhere between: 01579 340 386 https://www.facebook.com/kevinjamesmilkman/</p>	<p>Food deliveries</p> <p>Keval Community Growers Local, organic vegetable and/or fruit boxes based in Seaton, Cornwall and deliver within a 30 mile radius. To book a delivery call: 01503 250343 or email: info@keval.co.uk https://www.facebook.com/kevalcommunityofgrowers/</p>
<p>Paul Bray and Sons (Butcher delivery: St Germans, Landrake, Saltash, Callington, Liskeard, Looe, Downderry and Menheniot): 01752 851224 https://www.facebook.com/paulbraybutchers/</p>	<p>Electricity keys can be topped up by phone if you are self isolating Tel Nos for help are:</p> <p>British Gas 03332029800 EDF 0333 200 5100 EON 0345 052 000 NPOWER 0800 073 3000 SCOTTISH 0800 027 0072</p>

<p>Social and Emotional Support</p> <div style="text-align: center;">  <p>LIVEWIRE Youth Project Making Music, Changing Lives</p> <p>COVID—19 Support for Young People</p> <p>We recognise that during the next period of time a lot of young people are going to be going through a very difficult and anxious time and will need support, obviously this support may need to be different from how we've always done it!</p> <p>Young people who are currently accessing counselling will be able to continue doing so but via phone, skype or other means.</p> <p>In the meantime if any young person needs emotional support please TXT the following mobile number:</p> <p>07398 091595</p> <p>We will need to know 1. YOUR NAME—2. YOUR AGE—3. THE PROBLEM 4. IF YOU WANT TO TALK TO A SPECIFIC MEMBER OF STAFF THEIR NAME We will then get back to you</p> <p>We have also setup two facebook pages for young people at Livewire Youth Project Members online support Livewire Youth Well Being Group Online support Any question please email info@livewireyouth.com Most of the staff myself included can also be contacted via facebook messenger</p> <p>St John COVID-19 Support Network</p> <p>A network is being created to support the community during the on-going COVID-19 outbreak. The goal is to create a list of people willing to assist others who might be isolating or social distancing during the coming weeks.</p> <p>www.stjohnincornwall.org.uk</p> <ul style="list-style-type: none"> • Email: caitlinelizabeth1994@yahoo.co.uk or bettaylor65@yahoo.co.uk or carswell212@aol.com or ionaskyeferguson@hotmail.com • Phone: 07944605276 (Caitlin Taylor) or 07923631317 (Bet Taylor) or 01752823119 (Megan Keys) or 07534321829 (Iona Ferguson) • Facebook: Search 'St John COVID-19 Support Network' or type in 'https://www.facebook.com/groups/209606030113986/' </div>	<div style="background-color: #0099cc; color: white; padding: 10px; text-align: center;"> <h1 style="margin: 0;">childline</h1> <p style="margin: 0;">ONLINE, ON THE PHONE, ANYTIME</p> <h2 style="margin: 0;">Call 0800 1111</h2> </div> <p>Special Coronavirus information https://www.childline.org.uk/info-advice/your-feelings/anxiety-stress-panic/worries-about-the-world/coronavirus/</p>
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 <p>The Silver Line helpline for older people 0800 4 70 80 90</p>	<p>The Silver Line operates the only confidential, free helpline for older people across the UK that's open 24 hours a day, seven days a week, 365 days of the year</p>
 <p>SAMARITANS</p> <p>Call 116 123 for free</p>	<p>We're waiting for your call Whatever you're going through, a Samaritan will face it with you. We're here 24 hours a day, 365 days a year.</p>

CARADON WIDE	Food deliveries
<p>Kevin James, Milkman – A wide selection of food and essentials available too. – covering Liskeard, Looe, Torpoint, Polperro, Bodmin, Saltash, Launceston and everywhere between: 01579 340 386 https://www.facebook.com/kevinjamesmilkman/</p>	<p>Keval Community Growers Local, organic vegetable and/or fruit boxes based in Seaton, Cornwall and deliver within a 30 mile radius. To book a delivery call: 01503 250343 or email: info@keval.co.uk https://www.facebook.com/kevalcommunityofgrowers/</p>
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Liskeard	
Food deliveries	Other Support
<p>Victoria Inn (Pensilva) – Meals on Wheels: 01579 363933 https://www.facebook.com/Victoria-Inn-Pensilva-243822582946975/</p> <p>Beddoes Fruit and Veg (Liskeard) – Home deliveries: 01579 363 933 / confruits321@hotmail.com *Minimum order £10 for delivery https://www.facebook.com/beddoesliskeard/</p> <p>Phillip Warren – Oughs Butchers (Liskeard) – Home deliveries: 07423327218 https://www.facebook.com/Philip-Warren-Quality-Butchers-at-Oughs-1533338196900936/</p> <p>Spar (Menheniot) – Home deliveries: 01579 342266 (Requested donation to foodbank) https://www.facebook.com/menheniotspar/</p>	<p>FACEBOOK Page: Liskeard COVID-19 Help and Support https://www.facebook.com/groups/146186703316573/</p> <p>FACEBOOK Page: Dobwalls and Liskeard Coronavirus Support ?</p> <p>Liskeard and Looe and Torpoint Foodbank: 07512 011452 Deliveries only - don't visit the Foodbank https://www.facebook.com/Liskeard-Looe-Foodbank-457428347704826/</p>

Horizon Farm Shop – Groceries and meals delivered (St Cleer/Pensilva etc): 01579 557070
<https://www.facebook.com/Horizon-Farm-Shop-and-General-Store-178687502760292/>

Crows Nest (Meals home delivered): 01579 345930
<https://www.facebook.com/CrowsNestInnDarite/>

Liskeard Pet Shops (Deliveries on Saturday): 01579 347 144 (£15 min spend)
<https://www.facebook.com/ThepetshopLiskeard/>

Village Greens Mount (deliveries to Warleggan Parish, St Neot and Cardinham)
 07815619754 <https://www.facebook.com/villagegreensmount/>

The Fat Frog (Home delivery in 2.5-mile radius of Liskeard): 01579 348818 or Just Eat app
<https://www.facebook.com/TheFatFrogCafe/>

Pensilva Stores (Home Deliveries over 70's Pensilva): 01579 362457
<https://www.facebook.com/pensilvastores/>

Rumours Cafe: 01579 342302 (£15 minimum spend and delivery up to 5 miles from Liskeard with just a small charge to cover fuel costs) info@rumoursbistro.co.uk
<https://www.facebook.com/rumoursbistro.co.uk/>

Villis Dairy (Liskeard and surrounding areas): 01579326009
<https://www.facebook.com/rumoursbistro.co.uk/>

Chris Davis – Milkman 01579 347128 (Liskeard, Pensilva, and St Ive)

Victoria Inn 01579 363933
<https://www.facebook.com/Victoria-Inn-Pensilva-243822582946975/>

Trevallicks Farm Shop, Pensilva Deliveries to elderly and vulnerable 01579 364061 Min order £10
<https://www.facebook.com/trevallicks/>

Tapenades Food cooked to order 01579 344844
https://www.facebook.com/Tapenades-218414241531709/?_tn=%2Cd%2CP-R&eid=ARA3addEtDxpftHZLGZ4vUT3wIESh-DGV5dOBReYxqnSqHhiRUGyB0pAVQZz_L8Hs7hIIDtq4Aj0lc6n

Menheniot/Merrymeet online support group/forum:
<https://merrymeet-cornwall.uk>
 or email chat@merrymeet-cornwall.uk

Next Door Coronavirus Support Network (St Cleer Parish):
www.nextdoor.co.uk

St Cleer Coronavirus Support Network
 Trish: 07950 262682 / 01579 343543
trish@trecarnehouse.co.uk

Christians Against Poverty - Support - 07539 473754

Lighthouse Community Centre Clare Bevan 07769 848307
 Limited number of food and hygiene packages to families in need

The Liskeard Tavern (Staff willing to volunteer in their community): 01579 341752

O'Keefes Butcher and Pelynt Stores Meat and groceries. Local delivery or store collection 01503 220636

<https://www.facebook.com/Pelynt-Stores-and-OKeefes-Traditional-Family-Butchers-170388496440684/>

Olive & Co. Take away café 07379807104 (Hand over in car park)

<https://www.facebook.com/Olivecocafe/>

Manor House Inn, Rilla Mill Shop, check for stock or orders 07401424121 or 01579 362354 – collect with social distancing

<https://www.facebook.com/themanorhouseinn.rilla/>

Mykabs Taxis We will happily collect prescriptions, bring you essentials, and help in any way you need 01579 348880

https://www.facebook.com/Mykabs-543138295894935/?_tn=%2Cd%2CP-R&eid=ARC3zx5TkwekAqmvhJO2zfw_6NKEf_v9nTsY4ZZibJCY6RZ5QvdNsa8EXZUKBPcWiejMtR2zT4ZfIX33

Chris Rounsevell, Butcher home delivery service for anyone that is unable to get to our shop currently call/text 07713456704 or 01579 363598 <https://www.facebook.com/chris.rounsevell>

Proper Cornish 01208 265838 www.propercornish.co.uk

Bruckey Farm shop <https://www.facebook.com/bruckeyfarmshop/>
07464 483914

St John COVID-19 Support Network

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www.stjohnincornwall.org.uk

- Email: caitlinelizabeth1994@yahoo.co.uk or bettaylor65@yahoo.co.uk or carswell212@aol.com or ionaskyeferguson@hotmail.com
- Phone: 07944605276 (Caitlin Taylor) or 07923631317 (Bet Taylor) or 01752823119 (Megan Keys) or 07534321829 (Iona Ferguson)
- Facebook: Search 'St John COVID-19 Support Network' or type in '<https://www.facebook.com/groups/209606030113986/>'

CARADON	Food deliveries
<p>Kevin James, Milkman – A wide selection of food and essentials available too. – covering Liskeard, Looe, Torpoint, Polperro, Bodmin, Saltash, Launceston and everywhere between: 01579 340 386 https://www.facebook.com/kevinjamesmilkman/</p>	<p>Keval Community Growers Local, organic vegetable and/or fruit boxes based in Seaton, Cornwall and deliver within a 30 mile radius. To book a delivery call: 01503 250343 or email: info@keval.co.uk https://www.facebook.com/kevalcommunityofgrowers/</p>
<p>Paul Bray and Sons (Butcher delivery: St Germans, Landrake, Saltash, Callington, Liskeard, Looe, Downderry and Menheniot): 01752 851224 https://www.facebook.com/paulbraybutchers/</p>	<p>Electricity keys can be topped up by phone if you are self isolating Tel Nos for help are: British Gas 03332029800 EDF 0333 200 5100 EON 0345 052 000 NPOWER 0800 073 3000 SCOTTISH 0800 027 0072</p>
Looe	
Food deliveries	Other Support
<p>Tredinnick Farm Shop - (Looe and surrounding area): 01503 240992 https://www.facebook.com/TredinnickFarmShop/?ref=br_rs</p> <p>Sarahs Taxis (Able to deliver items to home for free) 01503 265688 https://www.facebook.com/sarahstaxilooe/</p> <p>Café Fleur (Meals can be dropped to your car): 01503 265734 https://www.facebook.com/CafeFleurGoldenBank/</p> <p>Lerryn River Stores (Home deliveries): 01208 368725 https://www.facebook.com/lerrynriverstores/</p> <p>Guildhall Market (Home deliveries Looe): 01503 598080 / 07970 876393 https://www.facebook.com/TheGuildhallMarket</p> <p>Looe Bakery (Free local delivery): 01503 265377 https://www.facebook.com/Looe-Bakery-261367283899491/</p> <p>Martins Dairy (Free Local Delivery): 01503 262 525 https://www.facebook.com/pages/Martins-Dairy/145893588810342</p> <p>Quayside Fresh: 01503 262838</p>	<p>FACEBOOK: Looe Coronavirus Support</p> <p>FACEBOOK: Pelynt COVID community Support https://www.facebook.com/groups/636670606891565/?ref=share</p> <p>FACEBOOK: Morval and Widegates covid 19 support group https://www.facebook.com/groups/492629994766011/</p> <p>FACEBOOK: Polruan isolation support https://www.facebook.com/groups/212882740045558/ 07709609538</p> <p>Liskeard and Looe Foodbank: 07512 011452 https://www.facebook.com/Liskeard-Looe-Foodbank-457428347704826/</p> <p>Pelynt Covid Community Support Sara Perry 07480 517179 saradavis999@yahoo.com https://www.facebook.com/groups/636670606891565/?ref=share</p> <p>Lanreath https://www.facebook.com/groups/214251735391610/?ref=share</p>

https://www.facebook.com/quaysidefresh/?hc_location=group

Pelynt Stores: 01503 220636 / O'Keefes Butcher

<https://www.facebook.com/Pelynt-Stores-and-OKeefes-Traditional-Family-Butchers-170388496440684/>

Home Farm Cornwall · Fruit & vegetable shop 07714 002406

<https://www.facebook.com/HomeFarmCornwall/>

Bar View 01503 220926

<https://barviewlanreath.co.uk/>

Farm Shop www.trefrawlfarm.co.uk 01503 220229

Hannafore Point Hotel Food Delivery [Service www.hannaforepointhotel.com](http://www.hannaforepointhotel.com) 01503 263273

Spar (Pelynt/ Polruan): 01503 220239

<https://www.facebook.com/sparpelynt/>

Downderry Stores (home delivery local to Downderry resident – also prescription pick ups etc): 01503 250232

Shellfish <https://www.facebook.com/nippersshellfish/>
07572 365516

Pengelly's 01503 262246

<https://www.facebook.com/pengellysfishshop/>

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Callington	
Food deliveries	Other Support
<p>Tamar Valley Food Hub (Home deliveries): 01579 208412 https://www.facebook.com/tamarvalleyfoodhubs/</p> <p>Over the top Cornish Pasties – (Home deliveries – Callington/Calstock area) 07300 014255 https://www.facebook.com/overthetopcornishpasties/</p> <p>The White Hart (Home deliveries -Chilsworthy/Gunnislake area): 01822 833876 https://www.facebook.com/whitehartchilsworthy/?ref=br_rs</p> <p>Who'd have thought it (Home Deliveries - St Dominic): 01579 350214 https://www.facebook.com/whodcornwall/</p> <p>Stoke Climsland Post Office and Store: 01579 370201 https://www.facebook.com/StokeClimslandPostOfficeandStores/</p> <p>Annies Team Room (Meals delivered Callington): 01579 383303 https://www.facebook.com/annies.tearoom.3</p> <p>The Engine House at Compton Park (deliveries in Callington area) 01579 386859. https://www.facebook.com/Theenginehousecomptonpark/</p> <p>Dupath Farm Shop (home deliveries Callington) 01579 382197</p>	<p>FACEBOOK: One Callington https://www.facebook.com/groups/OneCallington/</p> <p>Callington Foodbank: 07931 011459 https://www.facebook.com/groups/351900558197014/</p> <p>Callington Town Council (volunteers): 01579 384039</p>

<https://www.facebook.com/Dupath-Farm-179282765540214/>

Lifton Farm Shop: 01566 784605

<https://www.facebook.com/strawberryfieldslifton/>

Louis Tea Rooms: 01579 389223

<https://www.facebook.com/LouisTeaRooms/>

Tre, Pol and Pen (Lezant): 01566 706527

<https://www.facebook.com/trepolpen/>

Gunnislake Stores: 01822 832535

<https://www.facebook.com/gunnislakestores/>

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Saltash	
Food deliveries	Other Support
AppleJack Barn (Fruit and veg - Home deliveries): 01752 844700 https://www.facebook.com/applejackbarn/ Asian Bowls Restaurant Saltash https://www.facebook.com/superbowlssaltash/ 01752 845050 Saltash Tandoori https://www.facebook.com/Saltash-Tandoori-Restaurant-158310417545919/ 01752 848194 Paul Bray and Sons (Butcher delivery: St Germans, Landrake, Saltash, Callington, Liskeard, Looe, Donderry and Menheniot): 01752 851224 https://www.facebook.com/paulbraybutchers/ Landrake Stores (Home deliveries): 01752 851259 Cornish veg boxes: 01752 842251 https://www.facebook.com/CornishFarmProduce.co.uk/ Tamarview Fruiterers: 01752 844700 https://www.facebook.com/Tamar-View-Fruiterers-176296399085282/ Holmes Delivery: 07538432757 https://www.facebook.com/HolmesDelivery/ Tamar View Nurseries: 01752 847 366 https://www.facebook.com/tamarviewnursery/ Tamar Fresh: 01752 848738 https://www.facebook.com/TamarFresh/	FACEBOOK: Landrake and St Erney Community info & covid 19 Support https://www.facebook.com/groups/1273931912773278/ FACEBOOK: Saltash Community Help Page https://www.facebook.com/groups/506443003355319/ Livewire – telephone support for young people: 07398091595 Saltash Baptist Church (Call if needing support): 01752 849948 Saltash Foodbank: 0800 328 2124 Landrake Care (volunteers willing to help in Landrake): 07811373780 PL12 Community Enterprises (Team of volunteers):

Caterfoods: www.caterfoods.co.uk or call 01803 664 422

Essa Taxis: click and collect to Sainsbury's (£10), Asda (£10), Tesco's (£7), Morrisons (£7), and Waitrose (£5): 01752 905805 <https://www.facebook.com/essataxis/>

<https://www.facebook.com/call4fish/> <https://www.call4fish.com/plymoutharea> (no number)_

Mills Milk: 01752 844419 <https://www.facebook.com/pages/Mills-Milk/990617927699315>

Holmes Deliveries (fresh fruit and veg, milk and bread to Landulph, Cargreen, Botus Fleming, Hatt, St Mellion, Pillaton, St Dominick, Saltash and Blunts): 07538 432 757 or email ziggerson@outlook.com

Veg Box Fresh: 01752 845559 07720 826664 vegboxfresh.co.uk

Cornish Veg Boxes

<https://www.facebook.com/CornishFarmProduce.co.uk/> 01752 842251

The Market Place Fishmongers: 01752673200 <https://www.facebook.com/The-Market-Plaice-Fishmongers-308363289178752/>

Farm Pizza: 01752 847000 <https://www.facebook.com/afarmpizza/>

Tartendown Nursery (Landrake) is delivering plants, compost and manure for growing vegetables. Call Dawn 01752851431 or 07790864799 <https://www.facebook.com/Tartendown/>

The Railway Hotel 01752 843691

https://www.facebook.com/RailwaySaltash/?_tn=%2CdkCH-R-R&eid=ARBVRDGM8E65no6gidyObcumSPbPvQni8d6R9Y8yZBjmaNW6aPYqenfn2ERUjOGpGGzT2_4qra6ZH1JK&hc_ref=ARQZevVWZdhNE8-FOR7-e609-7vTRHo8WCVfQ2Lqn80LS5FF4kcj0HNX0zgMTPe_MU0&fref=nf&hc_location=group

Blue Moon - Indian Restaurant & Takeaway 01752 840404

<https://www.facebook.com/bluemoonsaltash/>

Bullers Arms Landrake <https://www.facebook.com/BullersArmsSaltashTheSquare/> 01752 851283

Foreign Muck <https://www.facebook.com/Foreign-Muck-599963303849749/> 01752 841133

01752 848348

Cecily Bakery: 07855628154

Saltash Baptist Church 01752 849948 food parcels/foodbank vouchers and can deliver food.

In Saltash Community Group

<https://www.facebook.com/groups/341610343062615/>

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Torpoint	
Food deliveries	Other Support
<p>Kingsand Village Store – (home deliveries to Kingsand/Cawsand): 01752 822 222 https://www.facebook.com/Kingsand-village-store-100162728005341/</p> <p>Cornish Pod – (pasties and one pot meals delivered on The Rame Peninsular): 01752 822259 https://www.facebook.com/cornishpod/</p> <p>Kernow Cars and Coaches (£2 home delivery to Torpoint: 01752 815815 and Millbrook/Kingsand and Cawsand): 01752 822200) https://www.facebook.com/Kernowcars/</p> <p>Hearts Kitchen (Deliveries Torpoint): 01752 816442 https://www.facebook.com/heartskitchentorpoint/</p> <p>Magpies Café: 01752 816057 https://www.facebook.com/MagpiesCafe2020/</p> <p>Widdicombes (Grocery Home deliveries – Millbrook): 01752 822335 www.facebook.com/Widdicombes</p> <p>The Honey Room Café (Millbrook deliveries): 01752 822054 https://www.facebook.com/MagpiesCafe2020/</p>	<p>FACEBOOK: Torpoint and Rame covid-19 Community Support https://www.facebook.com/groups/588325052026653/</p> <p>FACEBOOK: St Germans COVID 19 support https://www.facebook.com/groups/320685318889828/</p> <p>FACEBOOK: Millbrook and Rame Coronavirus community support https://www.facebook.com/groups/509571086422663/</p> <p>Torpoint Foodbank (Via Liskeard and Looe Foodbank): 07512 011452 https://www.facebook.com/Liskeard-Looe-Foodbank-457428347704826/</p> <p>The Rame Centre and Community Fund: Crisis fund for people on the peninsular and volunteers offering support as well: Call Rame Centre: 01752 823909</p> <p>The Rame Centre (Support for people on The Rame) 01752 823909</p>

Dasher Pasties (Torpoint deliveries only) 01752 812775

<https://www.facebook.com/dasherspasties/>

The Wilcove Inn (Free delivery to Torpoint and Wilcove area): 01752 812831

<https://www.facebook.com/thewilcoveinn/>

The Town Fryer Chip Shop (home deliveries in Torpoint) 01752 815357

www.facebook.com/Town-Fryer

The Old Rowing Club (Home delivery service) 01752 814441

<https://www.facebook.com/TheOldRowingClub/>

Higher Tredis Farm 01503 230184

<https://www.facebook.com/Higher-Tredis-Farm-104150257621184/>

Café Abundance – delivering meals in Kingsand/Cawsand and Millbrook. Message via FACEBOOK messenger (café Abundance - The Real Junk Food Project Torpoint and Rame)

Cornish Farm Produce: 01752 844404 <https://www.facebook.com/Cornish-Farm-Produce-110104700627382/>

Asian Wok: 01752 816588 <https://www.facebook.com/Asian-wok-102354747981775/>

Mothers Ruin 1751 07545 537880

<https://www.facebook.com/MothersRuin1751GinFlights>

NS Foods 07787508528

Kathy Fruit and Veg: 01752 814111

<https://www.facebook.com/Kathys-Fruit-Veg-320670095131271/>

Pirates Galley: 01752 415285

<https://www.facebook.com/pirates.galley.7/>

RG Seafood: 01752 695644 / www.facebook.com/RG-Seafoods

The team have compiled a list of local retailers & takeaways that are offering a home DELIVERY service.

A Farm Pizza - 01752 874582. Card payments over the phone. Delivery £1 minimum spend £12.

Cornish Farm produce - 01752 844404. Card Payment over the phone or cash on delivery. FREE delivery to Torpoint & the Peninsula.

Dashers Pasties - 01752 812775, pasties, savoury goods, bread & cakes. Payment over the phone or cash on delivery. FREE delivery over £5.

Kathy's Fruit & Veg - 01752 814111. Payment via bank transfer or cash on delivery. FREE delivery.

Pirates Galley - 01752 415285. Card payment over the phone or contactless on collection. £1 delivery in Torpoint.

RG Seafoods - 01752 695644. Card payment over the phone. FREE delivery. Delivery in Torpoint and Rame Peninsula.

The Orient Chinese Takeaway - 01752 812999. £3 delivery in Torpoint.

Torpoint CO-OP - 01752 812429. Cash on delivery. FREE delivery over £25

Torpoint Hardware - 01752 812477. Card payment over the phone. FREE delivery.

Torpoint Local - 07847272462. Groceries. FREE delivery in Torpoint after 6pm.

Town Fryer - 01752 815357. Card payment over the phone or cash or contactless on delivery. FREE delivery in Torpoint, Wilcove.

Local shops opening times. NOT able to deliver but please contact your street volunteer if you are isolating and need something collecting.

Boots Chemist - 01752 812591. Open 9.30am - 12.30pm & 2pm - 5.30pm.

Costcutter - 01626 332725. Open 7am - 8pm.

Lloyds Chemist - 01752 815536. Open 10am - 1pm & 2pm - 5pm.

Martins Newsagents - 01752 816273. Open 6am - 3pm, 7am - 12 Sundays.

Torpoint Post Office. Open 9am - 1pm, Monday - Saturday.

Torpoint Spar - 01752 815565. Open 7am - 10pm.

Westcountry Bakery. Open 8am - 12 noon, Monday to Friday.

The Orient Chinese Takeaway: 01752 812999 <https://www.facebook.com/The-Orient-Chinese-Takeaway-364981960254903/>

Torpoint Local: 07847272462 www.facebook.com/torpointlocal/

St Germans Community Shop: Local Home Deliveries - 01503 232851, this line will open from 9am-12pm Mon-Fri. www.facebook.com/St-Germans-Community-Shop/

Millbrook Premiere: 01752 823913 <https://www.facebook.com/millbrookstores/>

Downderry Stores Home delivery local to Downderry resident – also prescription pick ups etc 01503 250232

Costcutter Torpoint

https://www.facebook.com/CostcutterTorpoint/?_tn=%2CdkCH-R-R&eid=ARBhvZ3uu06fSPCKyTFDi1Ali36T1E7-g8TJeDW4cKZFLAeMt0hAb2BEuwMHXpjFifG95vyZMChHIRO8&hc_ref=ARRF8veaetG6YSdF9y8O21D-EvzYe4bGABq_Qp4d7Ct0LgPtP20VoTeWwcmjqtNRA&fref=nf&hc_location=group

Millbrook News and Hardware 01752 822343
www.facebook.com/Millbrook-News-Hardware/

St John COVID-19 Support Network

A network is being created to support the community during the ongoing COVID-19 outbreak. The goal is to create a list of people willing to assist others who might be isolating or social distancing during the coming weeks.

www.stjohnincornwall.org.uk

- Email: caitlinelizabeth1994@yahoo.co.uk or bettaylor65@yahoo.co.uk or carswell212@aol.com or ionaskyeferguson@hotmail.com
- Phone: 07944605276 (Caitlin Taylor) or 07923631317 (Bet Taylor) or 01752823119 (Megan Keys) or 07534321829 (Iona Ferguson)
- Facebook: Search 'St John COVID-19 Support Network' or type in '<https://www.facebook.com/groups/209606030113986/>'