

Any changes to this please email assistant@liskeard.gov.uk so it can be kept as accurate as possible by the Town Council

This info is regularly updated and can be found on: www.liskeard.gov.uk/services-info/coronavirus

Support Available During The Pandemic and Useful Info (as at 17th June, 2021)

Expect and respect the social distancing rules in place when in public

| Who | What | How to Contact | Additional Info |
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| Andrew Keirl Opticians Liskeard | Ring to make an appointment between 9am - 5pm Mon - Fri. Operating locked door system. Wear a face mask. | 01579 346694 or email andrew@andrewkeirlopticians.co.uk | FB page: Andrew Keirl Opticians www.andrewkeirlopticians.co.uk |
| Barclays Bank Liskeard | Monday, Tuesday, Thursday, Friday 9.30am - 1pm, Wednesday 10am - 1pm, Saturday 9.30am - 12 noon | | |
| Boots Liskeard | Monday - Saturday 10am - 4.30pm Sunday 10am - 12, 1 - 4pm (closed 12-1pm, Sundays) | Pharmacy Team 01579 343183 | Volunteer Cornwall assistance with collection of prescriptions: 01872 266988 email: requestforhelp@volunteercornwall.org.uk Liskeard Young Farmers Club also assisting with prescription collection. Contact Dan Lethbridge on 07588790066 |
| Café Abundance Junk Food Project | Deliver food in the Liskeard, Torpoint area on a pay as you feel basis Order via Facebook message by 3pm on Wednesdays for delivery on Thursday or Friday. | jemmathebaker@gmail.com Check Facebook page for further info. | Facebook page: @cafesabundance .uk www.cafesabundance.co.uk |

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| Day Lewis Chemist Liskeard | Monday - Friday 9.00am - 5.30pm Saturday 9am - 1.00pm | Urgent calls outside these hours: 01579 342225 | Volunteer Cornwall assistance with collection of prescriptions: 01872 266988 email: requestforhelp@volunteercornwall.org.uk Liskeard Young Farmers Club also assisting with prescription collection. Contact Dan Lethbridge on 07588790066 |
| HSBC Bank Liskeard | Monday - Friday 10am - 2pm | | |
| Junk Food Project | Come along to either Wesley Church or St Martin's Church on Fridays between 12-1.30 and collect some food. Please pay as you feel if you can. Check Facebook for updates each week. | realjunkfoodplymouth@gmail.com | Facebook page: @TheRealJunkFoodProjectPlymouth realjunkfoodprojectplymouth.weebly.com |
| Lloyds Bank Liskeard | Monday - Friday 10am - 2pm | | |
| Mykabs Taxis | We will happily collect prescriptions, bring you essentials, and help in any way you need | 01579 348880 | FB page: @Mykabs |
| Oak Tree Dispensary | Monday - Friday 9.30 - 1pm, 2- 6.30pm MUST WEAR FACE MASK/COVERING WHEN ENTERING | 01579 324252 Surgery | Facebook page: @Oak Tree Surgery Volunteer Cornwall assistance with collection of prescriptions: 01872 266988 email: requestforhelp@volunteercornwall.org.uk Liskeard Young Farmers Club also assisting with prescription collection. Contact Dan Lethbridge on 07588790066 |

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| Post Office The Parade Liskeard | Monday, Wednesday, Thursday, Friday 9am - 3pm Tuesday 9.30am - 3pm Saturday 9am - 12.30pm | | |
| Rosedean Surgery | Dispensary Open to collect medication between 10am - 1pm and 2pm -5pm. Practice and telephone lines open from 8am -6pm on weekdays. MUST WEAR FACE MASK/COVERING WHEN ENTERING | 01579 343133 Surgery or via eConsult | Facebook page: @RosedeanSurgery Volunteer Cornwall assistance with collection of prescriptions: 01872 266988 email: requestforhelp@volunteercornwall.org.uk Liskeard Young Farmers Club also assisting with prescription collection. Contact Dan Lethbridge on 07588790066 |
| Santander, Liskeard | Monday to Friday 10am-2pm Saturday Closed | call 0800 9 123 123 | |
| Thompsons Optician Liskeard | Open for Essential and emergency eyecare only Monday - Friday 9am - 5pm | 01579 343348 | Facebook page: @Thompsonsopticians www.thompsonsopticians.co.uk |
| Community Support and Advice Organisations | | | |

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| <p>Get coronavirus support as a clinically extremely vulnerable person</p> <p>You can register yourself, or on behalf of someone else.</p> | <p>Register with this service if either:</p> <ul style="list-style-type: none"> - you have a medical condition which means you're classed as being clinically extremely vulnerable to coronavirus - you've been told by your GP or hospital clinician that you're clinically extremely vulnerable and need to 'shield' <p>'Shielding' means not leaving your home and minimising contact with other members of your household.</p> | | <p>0800 0288327</p> <p>www.gov.uk/coronavirus-extremely-vulnerable</p> <p>You'll be able to ask for help if you need it - for example, with getting essential supplies or your basic care needs.</p> <p>Cornwall Council and Volunteer Cornwall can provide additional help to those on the shielding register. Their contact details are shown below.</p> |
| <p>Action Fraud</p> | <p>National Fraud and Cyber Crime Centre</p> | <p>0300 123 2040</p> | <p>Facebook page: @actionfraud</p> <p>www.actionfraud.police.uk</p> |
| <p>Addiction - now We Are With You</p> | <p>Get free, confidential support with alcohol, drugs or mental health in one of our local services or online</p> | <p>www.wearewithyou.org.uk</p> | <p>Facebook page: @wearewithyoucharity</p> <p>Formerly Addaction</p> |
| <p>British Heart Foundation</p> | <p>BHF Heart Helpline, which is manned by cardiac nurses bringing comfort to those who may have a question about COVID-19 and how this may affect people with heart disease.</p> <p>Website has extensive range of recipes, fitness videos and advice on our Heart Matters page</p> | <p>The Heart Helpline telephone number is: 0300 330 3311</p> <p>You can also email: hearthelpline@bhf.org.uk</p> | <p>Facebook page: @bhflisheard</p> <p>Facebook page: @bhf</p> <p>We also have this useful information page that is regularly updated: Coronavirus: what it means for you if you have heart or circulatory disease and some additional information and support https://www.bhf.org.uk/informationsupport</p> |

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| Cancer Support - Macmillan | Financial, emotional and practical support from The Mustard Tree Centre | 01752 430060 | Facebook page: @MacmillanInTheSouthWest www.macmillan.org.uk |
| Childline | Support online and on the phone Telephone support 9am up to midnight Website message boards 24/7 | 0800 1111 | Facebook page: @Childline www.childline.org.uk Special Coronavirus information https://www.childline.org.uk/info-advice/your-feelings/anxiety-stress-panic/worries-about-the-world/coronavirus/ |
| Christians Against Poverty | Support Can issue Food Bank vouchers Debt advice Money management | Darren Arulvasagam Liskeard & Looe Centre Manager 07539 473754 CAPLiskeard@outlook.com | FB page: @capliskeardlooe Contactable on Mondays and Fridays |
| Citizens' Advice Bureau | Support and guidance | Text the word ADVICE to 78866 or for debt inquiries text DEBT to 78866 and they'll aim to call you back within 48 hours (excluding weekends). Call us on 03444-111-444 Mondays to Fridays from 10am to 4pm. Webchat via citizensadvice.org.uk | Facebook page: @Citizens Advice Cornwall www.citizensadvicecornwall.org.uk |

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| <p>Cornwall Bereavement Network</p> <p>see also Penhaligan's Friends and Widowed and Young (all details on the Network website though)</p> | <p>It provides initial support for those who are bereaved, or who have a loved one who is seriously ill, and can also signpost callers to any further support needed.</p> | <p>Coronavirus Bereavement Helpline on 01726 829874 is open from 10am-6pm.</p> | <p>Facebook page: @cornwallbereavementnetwork</p> <p>https://www.cornwallbereavementnetwork.org/</p> |
| <p>Cornwall Council Advice Hub</p> | <p>The Council is introducing a new service to help individuals with support and advice on employment, training and skills and where to find further help during these uncertain times.</p> | <p>Call the People Hub phonenumber on 0333 0150699.</p> <p>It will be available between 10am–5pm, Monday–Friday, with an out-of-hours messaging service outside of those times.</p> | <p>Advice, and guidance about:</p> <ul style="list-style-type: none"> -Employment and skills support programmes -Temporary staffing agency workers -Those under threat of redundancy or made redundant -Self-employed -Zero hours contract workers -Being furloughed -Retraining or developing new skills -Sick pay and processes |
| <p>Cornwall Council Covid Concerns</p> | <p>Report any concerns due to Coronavirus</p> | <p>0300 1231 118 email: covid19@cornwall.gov.uk</p> | |
| <p>Cornwall Housing</p> | <p>Housing enquiries rent queries</p> | <p>0300 1234 161</p> | <p>Facebook page: cornwallhousing1</p> <p>www.cornwall.gov.uk/housing</p> |
| <p>Cornwall Council Sheilding enquiries</p> | <p>How to get help if you are shielding or need advice on whether you should be</p> | <p>0800 0288327</p> <p>www.gov.uk/coronavirus-extremely-vulnerable</p> | <p>Cornwall Council and Volunteer Cornwall can provide additional help to those on the sheilding register.</p> |

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| Cornwall Refuge Trust: | Refuge and support Free, confidential helpline for both male and female domestic abuse | 24 hour Helpline: Tel: 01872 225629 | Facebook page: @CornwallRefugeTrust www.cornwallrefugetrust.co.uk |
| Cornwall Samaritans | Whatever you're going through, a Samaritan will face it with you. We're here 24 hours a day, 365 days a year. | Free call 116 123 jo@samaritans.org | Facebook Page: @samaritanscharity www.samaritans.org |
| Cruse Bereavement Care | We offer support and help to those in Cornwall who are grieving, following the death of someone close. Such an event can affect us emotionally, physically, socially and in many practical areas of our life. | Call the helpline on 01726 76100 email: cornwall@cruse.org.uk | Facebook page: @crusebereavementcornwall www.cruse.org.uk |
| Disability Cornwall | Advice and information if feeling isolated and need a chat, or practical support | 01736 759500 advice@dialcornwall.org.uk | www.disabilitycornwall.org.uk |
| Meals / Food to support people | Get in touch with The Foodbank, St Martin's Church Centre, Church Street or the Real Junk Food Project | | |
| Foodbank Liskeard | Deliveries only - don't visit the Foodbank Can also signpost to relevant support / agency for your situation | 07512 011452 Monday - Friday 9am - 5pm | Facebook page: @Liskeard & Looe Foodbank Access information and evoucher via their website. www.liskeardlooe.foodbank.org.uk can donate money on website |

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| gov.uk | How to protect yourself and others, employment and financial support information, information for businesses as well as links to reliable sources of information | www.gov.uk | |
| Gov.uk WhatsApp | Coronavirus Information Service on WhatsApp | In WhatsApp message "hi" to 07860 064422 to get started | |
| HMRC - Phishing emails | Be aware of schemes claiming to be HMRC. Be aware of coronavirus scams. | Report scam emails at phishing@hmrc.gov.uk and 60599 for texts | |
| Independent Age | The older people's charity that offers clear, free and impartial advice on the issues that matter. | 0800 319 6789 | Facebook page: @independentage www.independentage.org |
| The Invictus Trust | The Invictus Trust is a charity for teenage mental health in Cornwall, providing services, support and information both online and locally It was set up in January 2011 by the Cowburn family. | Please visit our website for more details www.invictustrust.co.uk invictustrust@hotmail.co.uk | Facebook page: @TheInvictusTrust This is a trust for teenagers, run by teenagers. |
| Job Centre | Benefit and Universal Credit claims and advice Facebook page has current vacancies | 0800 055 6688 | Facebook page: @Liskeard Job Centre |

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| Keep Children Entertained | David Walliams - a story a day at 11am | www.worldofdavidwalliams.com | |
| Maths with Carol Vorderman | Free access to maths website | www.themathsfactor.com | |
| Traction Engine Colouring Sheets | Download colouring traction engine | www.ntet.co.uk/sac/sac_colouring_pages.pdf | |
| Primary Times advice and resources | Lots to see and download. How to keep entertained at home | Facebook page: @PrimaryTimesCornwall www.primarytimes.co.uk/cornwall | |
| Wild Young Parents Project | Information for young parents, advice and things to keep children occupied. | Sue Fletcher Bodmin, Launceston & Liskeard area mums, Dads work east sue.fletcher@wildproject.org.uk 07900 285273 | WILD works with young parents where one parent is under 20. We also welcome some young parents up to 23 years if they have extra needs. This includes pregnant young women, and parents who are not living with their children. Facebook page: @wildyoungparentsproject www.wildproject.org.uk |
| GWR | Train and Steam related activities for children | https://www.gwr.com/about-us/media-centre/entertainment | |
| Kernow Credit Union | Pay money in, have withdrawals and apply for loans. | enquiries@kernowcreditunion.co.uk 01209 314449 www.kernowcreditunion.co.uk | FB page: @kernow.creditunion |

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| Lighthouse Community Centre | Limited number of food and hygiene packages to families that are struggling to provide basic essentials due to financial restraints. | Clare Bevan 07769 848307 | |
| Lighthouse Community Centre | Online teaching groups offering some relief for people struggling with the present situation, anxiety, stress, loss of income | Clare Bevan 07769 848307 Jackie at the Emotional Logic Centre: hello@emotionallogiccentre.org.uk 01752 892455 | |
| Liskeard Town Council | Local advice and support information as well as links to Public Health England and Government websites | 01579 345401 9am - 1pm | www.liskeard.gov.uk/services-info/coronavirus Also check out Town Council Facebook page Your Liskeard Facebook page has latest information from businesses and any changes to their services |
| Liskeard Young Farmers | We are offering assistance collecting and delivering supplies to elderly and vulnerable in the Liskeard Area. | Please Contact Dan Lethbridge on 07588790066 | |
| NHS | Health advice on Coronavirus | 111 www.nhs.uk | |
| Penhaligan's Friends | Bereavement Support support for children and young people in Cornwall | 01209 210624 enquiries@penhaligonsfriends.org.uk | Facebook page: @penhaligansfriends www.penhaligonsfriends.org.uk |

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| <p>Post Office - Cash Delivery Service for those shielding / isolating</p> | <p>The National Shielding Service, working with DWP, are contacting these customers directly who have Post Office Card Accounts.</p> | <p>https://www.postoffice.co.uk/coronavirus-help-support/card-account?fbclid=IwAR12tF4zYDFFGsaBbqJyfxQHvwIYYPvueiI0SSO71KGD LGVrdOOYuvFbo0</p> | <p>Also cash access services for customers with bank accounts at any of the UK's banks, building societies or credit unions:</p> <ul style="list-style-type: none"> •Payout Now – a service where self-isolating customers can ask their bank to send them a voucher by SMS text, email or post and give it to a trusted individual to withdraw cash on their behalf. •East PACE – a pre-authorised cheque encashment service that allows a customer to arrange for a trusted individual to collect a cheque from them, cash it at the Post Office, and return with the cash. |
| <p>Royal Voluntary Service</p> | <p>Volunteering charity supporting people who need help in hospitals and in communities volunteering charity supporting people who need help in hospitals and in communities</p> | <p>30 555 0310 www.royalvoluntaryservice.org.uk</p> | <p>Facebook page: @royalvoluntaryservice</p> |
| <p>Safer Futures</p> | <p>Advice and support for those suffering from domestic abuse and sexual violence If you feel unsafe and feel that you are in immediate danger, then you should still contact the emergency services via 999</p> | <p>0300 777 4777 email: saferfutures@firstlight.org.uk https://chat.womensaid.org.uk</p> | <p>To make a referral please go to https://www.firstlight.org.uk/make-a-referral/ Bright Sky www.hestia.org/brightsky app is a free to download mobile app on Android and IOS, providing support and information for anyone impacted by an abusive relationship or for those concerned about someone they know. Facebook page: @safercornwall</p> |

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| Social Services | Adult Social Care and Children's Services information and support | 0300 1234 131 (adults) adultcare@cornwall.gov.uk 0300 1234 101 (children) children@cornwall.gov.uk www.cornwall.gov.uk/health-and-social-care | |
| The Silver Line | The only confidential, free helpline for older people across the UK open 24 hours a day, seven days a week, 365 days of the year | 0800 4 70 80 90 | www.thesilverline.org.uk |
| Volunteer Cornwall - needing assistance | Help with shopping, prescription collection or a chat | 01872 266988 | Facebook page: @VolunteerCornwall email: requestforhelp@volunteercornwall.org.uk |
| Volunteer Cornwall - volunteering offers | Where to register your offer to help in the community | 01872 266988 email: mid@volunteercornwall.org.uk | www.volunteercornwall.org.uk/coronavirusvolunteer |

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| Volunteer Cornwall | Key Worker Telephone Support Service | <p>welfare@volunteercornwall.org.uk and aims to respond within 48 hours.</p> <p>Volunteer Cornwall will be accepting self-referrals for support on this dedicated confidential email</p> | <p>Wellbeing Mentors support staff and volunteers in the NHS, Social Care, Voluntary Sector and other essential services. For anyone who may be experiencing an emotional 'wobble' or distress at dealing with the impact of the virus on their working lives.</p> <p>Telephone Wellbeing Mentors are offering a friendly 'listening' service so key workers do not need to take problems home to friends and family or offload onto colleagues. To help keep good mental health you can speak to someone who understands the additional stress that this situation causes.</p> |
| Widowed and Young | Peer-to-peer support network for anyone who's lost a partner before their 51st birthday – married or not, with or without children, whatever their sexual orientation | www.widowedandyoung.org.uk | Facebook page: @WAYwidowedandyoung @WAY (Widowed and Young) Cornwall and Devon |
| Young Minds | useful site for young people's emotional health and wellbeing | www.youngminds.co.uk | |
| Young People Cornwall | Have been successfully working with 11-25 year olds for almost 40 years, encouraging thousands of young people to reach their potential. | www.youngpeoplecornwall.org | |
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Local Churches offering practical or financial and pastoral support to all

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| CAP - Christians Against Poverty | Darren Arulvasagam Can issue evouchers for the Foodbank, crisis funds as well as financial guidance | text 07539 473754 or CAPLiskeard@outlook.com Monday & Friday | Facebook page: @capliskeardlooe |
| Greenbank Community Church | pastoral support | 01579 347794 Monday - Friday 10am - 3pm | Facebook page: @GreenbankCommunityChurch www.greenbankcc.co.uk |
| Light and Life Free Methodist Church | pastoral support | 07712 882 741 Saturday 10am - 12 noon Sunday 3 - 5pm | Facebook page: @lightandlifechurchliskeard www.lightandlife.co.uk/liskeard |
| Methodist Church | pastoral support | 07500 493 939 Monday - Friday 10am - 4pm | Facebook page: @Liskeard & Looe Methodist Church Circuit |
| Our Lady of St Neot Catholic Church | pastoral support | 01579 344906 9am - 7pm | |
| Salvation Army | pastoral support | 07731 885 525 Monday - Friday 11am - 4pm | Facebook page: @DACdivision |
| St Martin's | Practical support as well as pastoral care | 01579 347411 Monday - Friday 10am - 12.00pm | Facebook page: @smartchurchliskeard Shopping, prescription collection as well as telephone befriending www.smartchurchliskeard.co.uk |
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Business Support

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| Cornwall & IoS Growth Hub | business support, government information | 01209 708660 Monday - Friday 9am - 5pm www.ciosgrowthhub.com | |
| Cornwall Council | signposting and information | 0300 1231 118 https://bit.ly/2ykpe7b | |
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