

Any changes to this please email assistant@liskeard.gov.uk

Businesses and Community Offerings followed by useful info

Who	What	How to Contact	Additional Info
Continental wholesale fruits	Bread, fresh fruit veg and more. We are experiencing a high number of calls and enquiries so please be patient and we will get back to you. Anyone with an existing order please do not be concerned as we are getting these out to you.	confruits321@hotmail.com Alternatively please call 01579 326841	*Minimum order £10 for delivery. With your name full address (any tips for the driver delivering or if you are able to collect) and a detailed description of what you require. if you are able to collect we will be arranging a collection point where we can safely practice social distancing and place your goods in your boot on arrival.
Best Kebab	One item Free from menu for NHS staff		Show ID badge FB page
Chris Davis – Milkman	unable to take any more customers		
Chris Rounsevell, Butcher	home delivery service for anyone that is unable to get to our shop at this time . We have closed off the shop and serve at the entrance. Call before you set off, we can get your order together and ready for when you turn up	call/text 07713456704 or 01579 363598 open as normal 8-5 6 days a week	we have a wide range of special offers and bulk buy deals on
Downderry Stores	Home delivery local to Downderry resident – also prescription pick ups etc	01503 250232	home delivery volunteers needed 01503 250232

Fat Frog Café	Home delivery in 2.5 mile radius of Liskeard. No walk in orders at the café.	01579 348818 or Just Eat app	On ALL of our deliveries we are now offering a 'contactless delivery', this means we will come to your door, put our insulated bags by the door, knock or ring your bell and then step back whilst you take your order. No walk in orders at the cafe.
Flower Gallery	Flowers safely collected or delivered	01579 342897	FB page Shop open 9am - 2pm, doors closed. Place order over phone or website flowergallery-liskeard.co.uk
Horizon Farm Shop, Tremar	a home delivery service for those who don't wish to venture out. Groceries and meals delivered. St Cleer/Pensilva etc	Please contact the shop on 01579 557070 As at 26.3.20 9am - 12 noon weekdays, 10am - 1pm Sundays	Deliveries are only available Monday to Friday only. Our delivery service will be within a 10 mile radius of our shop and a minimum order value of £25. Anyone wishing to use this service will need to ring the shop with their order and we will deliver it within 48hours same day delivery won't be possible as we will need to get the products in and products are subject to availability. You can either pay by card over the phone or you can put cash in an envelope for the driver to collect. We will leave your products in a box at your front door or the driver can pop them just inside your door but for obvious reasons we will not be entering peoples houses.
Kevin James, Milkman	unable to take any more customers		
Liskeard Pet Shops	Saturday deliveries to Liskeard and surrounding area	01579 347 144	Free. Minimum spend £15 Pay over the phone Closed on Sundays

Manor House Inn, Rilla Mill	<p>Shop, check for stock or orders</p> <p>takeaway with stringent measures such as minimal queues and social distancing.</p> <p>one person at a time in the pub to say you are here, payment to be taken then food will be dropped outside to you in your car to minimise all contact with each other.</p>	07401424121 or 01579 362354	FB page
Menheniot Spar	Free Home deliveries.	01579 342266	<p>Place orders before 1pm for same day delivery in Mehneniot parish.</p> <p>Shop open 7am - 7pm, Monday to Friday and 9am - 7pm on Sundays.</p> <p>Residents asked if will donate to Food Bank. Food bank donations are kept at the shop until delivered to the foodbank .</p>
Mykabs Taxis	<p>We will happily collect prescriptions, bring you essentials, and help in any way you need</p>	01579 348880	<p>Taxi service for essential travel only.</p> <p>FB page</p>
O'Keefes Butcher and Pelynt Stores	<p>Meat and groceries.</p> <p>Local delivery or store collection</p>	01503 220636	<p>FB page</p> <p>Drs, nurses, carers and all other keyworkers who are all working nights go to do their shopping after a shift to find nothing is available. Well if you phone us/ leave us a message through our fb page we will get you your shopping ready to collect when you have finished work.</p> <p>All you need to do is turn up at the shop, pay for it and go home, or if it's possible we maybe able to get it delivered to your door.</p>

Olive & Co.	Take away café	7379807104	Phone us when you're in the Cattle Market car park. We'll deliver to your car and take contactless card payment.
Paul Bray and Sons, Butcher	Butcher delivery: St Germans, Landrake, Saltash, Callington, Liskeard, Looe, Donderry and Menheniot	8.45am - 4pm 01752 851224	Minimum Order £20 Card payment when ordering
Pensilva Stores	Home Deliveries Pensilva	Monday to Friday 9am till 5pm Saturday 9am-1pm 01579 362457	Fridays - Liskeard, Looe, Donderry & Menheniot Over 70s only - Tuesday & Friday between 1-2pm
Philip Warrens Butchers at Oughs	Butchers delivery, order at Liskeard, deliveries supplied by Launceston branch.	01579 343253	FB Page *All orders must be placed by the Wednesday...close of business.. to give us time to fulfill your order requirements. *Card payments can only be accepted when using the mobile number . *We can also accept cash on delivery if requested. *We can vacuum pack or freezer bag your order for extended storage time. The shop will, of course, be open normal hours. Respecting social distancing
Rumours	wide range of homemade dishes for home delivery, with free delivery in Liskeard. (£15 minimum spend) and delivery up to 5 miles from Liskeard with just a small charge to cover fuel costs.	Call 01579 342302 or email info@rumoursbistro.co.uk to order	Available Monday – Saturday between 9am-4pm.
Spar, Pelynt		01503 220239	
Station Body Repairs	Collection of vehicles from vulnerable customers		FB page
Tapenades	Food cooked to order	01579 344844	FB page
Tredinnick Farm Shop	Looe and surrounding area	01503 240992	
Trevallicks Farm Shop, Pensilva	Deliveries to elderly and vulnerable	01579 364061	Min order £10 Opening hours, Daily 9am-1pm FB page Deliveries 2-5pm
Victoria Inn, Pensilva	Meals on Wheels	01579 363933	FB Page

Village Greens, Mount	Deliveries to Warleggan Parish, St Neot and Cardinham	7815619754	FB page
Community Support			
Volunteer Cornwall - assistance	assistance with shopping, prescription collection, a chat	01872 266988	requestforhelp@volunteercornwall.org.uk
Volunteer Cornwall - volunteering offers	Where to register your offer to help in the community	01872 266988	www.volunteercornwall.org.uk/coronavirusvolunteer
Liskeard, Looe, Torpoint Foodbank	Deliveries only - don't visit the Foodbank	07512 011452	
Christians Against Poverty	Support	07539 473754	
Kernow Credit Union	Pay money in, have withdrawals and apply for loans.	enquiries@kernowcreditunion.co.uk Phone: 01209 314449 www.kernowcreditunion.co.uk	FB page
Lighthouse Community Centre	Limited number of food and hygiene packages to families that are struggling to provide basic essentials due to financial restraints.	For more info: Clare Bevan, Lighthouse Community Centre, 07769 848307.	

Lighthouse Community Centre

Online teaching groups offering some relief for people struggling with the present situation, anxiety, stress, loss of income etc called "Journey to Hope over two weeks with Emotional Logic"
Equip yourself to cope with new challenges and worries without getting stuck or isolated in this lock-down world. Join one of our 14 day WhatsApp Groups where you'll receive daily posts and free materials from a local coach as part of an online 'learning and support group'. You'll be able to talk with others about unpleasant emotions, learn their useful purpose and find constructive ways to move on in life even when you're feeling stuck.

For more info: Clare Bevan,
Lighthouse Community Centre, 07769 848307.

Jackie at the Emotional Logic Centre:
hello@emotionallogiccentre.org.uk
01752 892455

Shops and Banks

Morrisons hours:

8am - 8pm Monday - Saturday,
normal Sunday hours

Co-Op:

Opening hours 7am - 8pm Mon -
Sat. Sun 10-4.

Aldi:

Closing at 8pm Monday - Saturday.
Usual Sunday hours

Spar:

7am - 8pm daily

Boots:

Monday - Sunday 10am - 12noon,
then 2 - 4pm

Day Lewis Chemist

Monday - Saturday 10am - 12noon,
then 2 - 4pm

Vulnerable customers and NHS staff hours: 8am - 9am Monday -
Saturday, 10-11 Sundays

Emergency services staff allowed in shop 9.30am Sundays to
gather shopping in time to pay when store opens at 10am

Oak Tree
Pharmacy/Dispensary
Lloyds Bank, Liskeard
Barclays, Liskeard
Santander, Liskeard
HSBC, Liskeard

Monday - Friday 9.30 - 1pm,
2- 6.30pm
Monday - Friday 10am - 2pm

Addington Service Station 8am - 8pm daily

FB page

B & M
Monday - Saturday 8.30am - 6pm
Sunday 10am - 4pm

Mole Valley Farmers
Monday - Saturday 8.30am - 4pm
Sunday 10am - 2pm

Business Support

Cornwall & IoS Growth Hub

www.ciosgrowthhub.com