

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

Businesses and Community Offerings and generally useful info (as at 2nd July, 2020)

Expect and respect the social distancing rules in place if you aren't able to [#StayHomeSaveLives](#)

<p>Face coverings - available in shops and these Facebook groups locally</p>	<p>Shaggy Sheep and Moody Cow</p> <p>The Cornish Cake Pantry</p> <p>Caradon COVID19 Face Mask Group</p>	<p>debsnsteve@btinternet.com</p> <p>Facebook: @The Cornish Cake Pantry</p> <p>Facebook: @Caradon COVID19 Face Mask Group</p>	
<p>Who</p>	<p>What</p>	<p>How to Contact</p>	<p>Additional Info</p>
<p>Business hours and those offering Deliveries / Take Away</p>			
<p>Addington Service Station Liskeard</p>	<p>6am - 11pm Monday to Saturday 7am - 10pm Sundays</p>		<p>FB page: Premier - New page. Addington Service Station, Liskeard : BP</p>
<p>Addington Stores Liskeard</p>	<p>7am - 8.30pm Monday - Friday 8am - 8.30pm Saturday 8.30am-7pm Sunday</p>	<p>01579 343863</p>	<p>Facebook page: @addingtonstoresliskeard</p> <p>2 customers in store at a time</p> <p>Normal hours resume 1st June</p>

Aldi Liskeard	8am - 10pm Monday - Saturday. Usual Sunday hours Emergency Services staff: Priority access to store at any time. Can enter from 9.30am on Sundays and select shopping ready for tills opening at 10am Elderly and most vulnerable and emergency services staff can access store 30 minutes before opening Mon- Sat so they are ready to go to tills at opening time.	0800 042 0800	www.facebook.com/Aldi-UK-288068591619342
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
B & M Liskeard	Monday - Saturday 8.30am - 8pm Sunday 10am - 4pm		Facebook page: very long name...
Barclays Bank Liskeard	Monday, Tuesday, Thursday, Friday 9.30am - 1pm, Wednesday 10am - 1pm, Saturday 9.30am - 12 noon		
Barnecutt's Bakery	Reopens Thursday 21st May		

Bean Coffee Shop	Open for takeaway of drinks and tasty treats (sandwiches, panini, jacket potatoes made to order) Mon - Fri 10am - 2pm	Ring 01579 344366	Facebook page: Bean Coffee Shop - Liskeard
Best Kebab Liskeard	Collection and Free Delivery service in Liskeard for orders over £15 ordered via the website	01579345530 open 4.30pm till 11pm	Show NHS ID badge FB page www.bestkebabliskeard.com
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
Bruckey Farm Mobile Produce Shop South Trekeive Liskeard	Tea, apple juice, olives, honey jams, Vegetables, fruits, honey, jam, chutney, gifts, potatoes, milk Open at least 10am - 4pm	Call 07464 483914	A farmer working with other farmers to bring you fresher tastier produce. If driving from Liskeard, head to Siblyback Lake. Once on the Lake approach road the shop is on the left hand side 1/2 a mile down the lane Facebook page: @bruckeyfarmshop
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: @cafeabundance.uk www.cafeabundance.co.uk

Caradon Inn Upton Cross	Pop up shop. Groceries, fruit and vegetables, plants Open 10-2 Monday to Saturday (closed Sunday)	Orders can be placed by phone on 01579 228315, or message via Facebook page. info@caradoninn.co.uk	Items will then be picked and packed for you to collect. Check Facebook page for latest info: @thecaradoninn www.caradoninn.co.uk
Chadd's Foodsmiths	Home deliveries of groceries Liskeard and Looe areas twice a week 1000s of items 6 days a week	01288 353964 sales@chaddsfoodsmiths.co.uk	min order £50 Deliveries Tuesday and Thursday FB page: @chaddsfoodsmith www.chaddsfoodsmiths.co.uk
Cheery Buys Liskeard	Mon - Sat 9am - 5pm	Household essentials, gifts and much more.	Facebook page: @cheerybuys
Chequered Flag SW Liskeard	Drive In Takeaway, burgers and various hot food Fridays 6pm to 8pm Saturday & Sun 10.30am to 2.30pm	01579 344434 Telephone orders ½ hr before opening.	Facebook page: @chequeredflagsw
Chris Rounsevell, Butcher Caradon Town	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 8am -5pm 6 days a week	Facebook page: @ChrisRounsevellTraditionalButchers we have a wide range of special offers and bulk buy deals on

<p>Continental Fruits Wholesale Liskeard</p>	<p>Bread, fresh fruit veg and more.</p> <p>We are experiencing a high number of calls and enquiries so please be patient and we will get back to you.</p>	<p>info@continentalwholesalefruits.co.uk</p> <p>Alternatively please call 01579 326841</p>	<p>Facebook page: @continentalwholesalefruits</p> <p>*Minimum order £10 for delivery. Give 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.</p> <p>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.</p>
<p>Cornish Cheese Company</p>	<p>Home delivered, locally sourced food box full of your essential veg, meats and dairy products for you to choose from.</p>	<p>Please give us a ring on 07948080563 to organise a bespoke food box and delivery day.</p>	<p>Facebook page: @cornishcheese</p> <p>All of the products in this box have been produced by local Cornish companies including:</p> <p>Chris Rounsevell Traditional Butchers Blakes Bakery H F Produce Limited Tom Mitchell Potatoes Liskeard Davey's Cracking Good Eggs</p> <p>See full list of products and prices at: https://bit.ly/34ifqGx</p>
<p>Co-Op Liskeard</p>	<p>Opening hours 7am - 8pm Mon - Sat. Sun 10-4</p> <p>Vulnerable customers and NHS staff hours: 8am - 9am Monday - Saturday, 10-11 Sundays</p>	<p>Delivery available for isolating customers, order and pay by card over the phone 01579 342255</p>	<p>PL14 and PL13 areas covered</p>

<p>Cornish Pudding Company Liskeard</p>	<p>Pudding boxes delivered on Saturdays £10 including delivery</p>	<p>07713468208 thecornishpuddingco@gmail.com or via Facebook</p>	<p>Facebook page: @TheCornishPuddingCo Deliveries to Liskeard, Dobwalls, Pelynt, St Cleer, Duloe, Merrymeet, Menheniot Keep an eye on Facebook page for info on the weekly delivery, usually posted Monday afternoons</p>
<p>Crows Nest Inn Darite</p>	<p>Open for takeaway Thursday, Friday and Saturday evenings and Sunday lunches. Wine and cider available too.</p>	<p>Book in advance by calling 01579345930 or 07496790715.</p>	<p>Facebook page: @CrowsNestInnDarite</p>
<p>Daddios Kebab & Pizza Liskeard</p>	<p>7 days a week from 5-10pm collection and delivery to Liskeard and surrounding area</p>	<p>01579 344555</p>	<p>FB page: @DaddiosPizzaPastaGrill Contactless service available, pre pay by credit/debit card. Or you can leave your payment on the doorstep and our driver will leave your food and change and just ring on the doorbell before leaving. www.daddiosliskeard.co.uk</p>
<p>Day Lewis Chemist Liskeard</p>	<p>Monday - Friday 9.00am - 5.30pm Saturday 9am - 1.00pm</p>	<p>Urgent calls outside these hours: 01579 342225</p>	<p>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</p>

Delea Coffeehouse & Fermented Foods Liskeard	An assortment of fermented foods & kefir kits for delivery	07548827460 deleacoffeehouse@gmail.com	Facebook page: @deleacoffeehouse Free delivery in & around Liskeard on orders over £5 or can post for a small fee. www.delea-coffeehouse.business.site
Dominos Pizza Liskeard	Delivery only pizza. No walk ins	01579 348989 website, facebook or app ordering	Facebook page: @DominosPizzaLiskeard Contactless deliveries. Cash no longer accepted
Downderry Stores	Home delivery local to Downderry resident – also prescription pick ups etc	01503 250232	home delivery volunteers needed 01503 250232
Everest Tandoori Liskeard	Delivery and Take away Closed Monday, Tuesday - Thursday 4 - 9pm Friday and Saturday 4- 9.30pm	Order online if possible: www.everestliskeard.co.uk 01579 343013 or 01579 342012	Facebook page: @Everesttandooriliskeard www.everestliskeard.co.uk
Fat Frog Café Liskeard	Home delivery in 2.5 mile radius of Liskeard. 7 days a week No walk in orders at the café.	01579 348818 or Just Eat app	FB page: @TheFatFrogCafe 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.
Geoffrey Harris Tyres Liskeard	8.30 - 5.30 Monday - Friday 8.30 - 1.00 Saturday We can offer mobile fitting at your home or work.	01579 347744	FB page: @geoffreyharristyres www.tyresliskeard.co.uk Free valves & balancing for NHS and care workers when ID is shown.

Gurkha Tandoori Liskeard	Take away meals 5pm - 10pm	01579 343666	Facebook page: @Gurkhatandooriliskeard
Green Cow Dairy	Apple Juice & Honey from the Tamar Valley. Tea, Coffee, Biscuits. Along with our delicious milk, all you need for that relaxing cuppa! Meat boxes, Fruit & Veg boxes, Breakfast boxes	07876 208609	Facebook page: @GreenCowDairy www.greencowdairy.co.uk
The Halfway Twowatersfoot	Open for takeaways Friday night, Saturday night and Sunday lunch.	Pre-order on 01208 821763 between 10.00 and 11.00am.	Facebook page: @HalfwayHouse
HE Goldsworthy Liskeard	Gas deliveries order by phone Shop open 9am-3pm	01579 342188 07970 075277 info@hegoldsworthy.co.uk	www.hegoldsworthy.co.uk
Health and Happiness Liskeard	Accept orders and card payments over the phone so that someone else can come in to collect what you need. Possibility of local deliveries in the future. Check with store.	01579 340740	Pay by card if at all possible. Facebook page: @healthandhappinessliskeard
Highwayman Inn Dobwalls	Open for takeaways on Thursday, Friday and Saturday evening (order from 2pm on the day) and for Sunday lunches (book the day before).	Phone your order through on 01579 320114	Facebook page: @Highwaymancornwall

Himalayan Spice Indian Take Away Liskeard	Delivery and take away	01579 208040	Facebook page: @himalayanspiceliskeard Check Facebook for updates NHS staff a free meal every Tuesday. All you have to do is email us thehimalayanspice2019@gmail.com collection time, menu choice and simply bring your NHS ID with you when you collect.
Hot Wok Renaissance Chinese Take Away Liskeard	Hot Wok - Pre-order by phone and wait outside or delivery	01579 349422 5-11pm	Facebook page: @HotWokRenaissance
HSBC Bank Liskeard	Monday - Friday 10am - 2pm		
Horizon Farm Shop, Tremar	a free home delivery service within 10 miles. Groceries and meals delivered	01579 557070 8am - 6pm Monday - Saturday, 9am - 4pm Sundays www.food4myhomedelivery.co.uk	Facebook page: @Horizon Farm Shop and General Store Deliveries are only available Monday to Friday. Minimum order value of £25. Ring the shop with their order and we will deliver it within 48hours. same day delivery not possible. You can either pay by card over the phone or you can put cash in an envelope for the driver to collect. Delivery details given when ordering.

J & R Food Service	Home food delivery service. Fresh milk Fresh fruit or Veg Boxes Ready Meal Boxes Fresh Butchery boxes Everyday Essentials Fresh Fish Boxes Whole of Cornwall Monday - Saturday	01392 445510 www.jrfoodservice.co.uk	Facebook page: @J & R Food Service Ltd Free delivery on orders over £50, otherwise £5 charge. Brochure available online. Also has App . Order by midnight for next day delivery.
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 location each week. Will be joining forces with cafe abundance at St Martin's Church Liskeard to provide a pop up grocery 'shop' and meals for you to heat up at home on.	jessicasneyd@gmail.com	Facebook page: @TheRealJunkFoodProjectPlymouth realjunkfoodprojectplymouth.weebly.com
Keveral Community Growers Seaton	Local, organic vegetable and/or fruit boxes, eggs based in Seaton, Cornwall. Deliver within a 30 mile radius.	01752 852155 info@keveral.co.uk	FB Page: @keveralcommunityofgrowers www.keveral.co.uk/community-of-growers
Launderette The Parade Liskeard	Open, closed for lunch 12-1pm	call 01579 343293 for assistance	

<p>The Little Shop Dvds & Games Liskeard</p>	<p>Open 9am - 4pm Mon - Sat 10am - 4pm Sunday Buy from them through their Ebay store</p>	<p>01579 344193 or Through their Facebook page.</p>	<p>Facebook: https://www.facebook.com/The-Little-Shop-Dvds-and-Games-142650225858134/</p>
<p>Liskeard Book Shop</p>	<p>Click and Collect from virtual book shop, collection only Tues - Thurs 9am - 1.30pm They are taking 'send my book' orders can be sent straight from our suppliers to your address for a small postage fee.</p>	<p>liskeardbookshop@btconnect.com 07710986599 or 07811888060 (between 0930 and 1700)</p>	<p>facebook page: @thebookshopliskeard www.thebookshopliskeard.com</p>
<p>Liskeard Cycles</p>	<p>Shop open Monday to Saturday, 9am-2pm. Workshop very busy, call for appointment</p>	<p>01579 347696 Please message me on Liskeardcycles Facebook during work hours</p>	<p>Facebook page: @Liskeard Cycles www.liskeardcycles.co.uk</p>
<p>Liskeard News</p>	<p>as of 6/7/20 Open Monday - Friday 7.30am - 4pm Saturday 7.30am - 3pm Offering delivery to elderly customers during the current Covid-19 outbreak</p>	<p>01579 344887 liskeardnews@hotmail.com</p>	<p>Facebook page: Liskeardnewsagent www.liskeardnews.co.uk</p>
<p>Liskeard Newspaper Delivery</p>	<p>Paper deliveries 7am - 10am daily</p>	<p>07467043325 liskeardnewspaperdelivery@gmail.com</p>	<p>Facebook page: @liskeardnewspaperdelivery</p>

Liskeard Pet Shop	Open Mon - Fri 9am - 5pm, Sat 9am - 3pm Saturday deliveries to Liskeard and surrounding area Shop now open 2 people at a time	01579 347 144	Facebook page: @ThepetshopLiskeard Delivering for Free. Minimum spend £15 Pay over the phone Closed on Sundays
Little Bakehouse, Launceston	Home deliveries are available for sourdough Bread. We are delivering weekly on Tuesdays to Liskeard	01566 248029 to order www.littlebakehouse.co.uk	Facebook page: @littlebakehouseatlaunceston Minimum of 6 breads with the choice of Wholemeal, white, bordelaise or west country. £2.85 a loaf, plus £2 delivery.
Lloyds Bank Liskeard	Monday - Friday 10am - 2pm		
London Inn St Neot	Open for takeaway Friday and Saturday evenings and Sunday lunches. A weekly menu is released on their page each Tuesday. They have had some availability of cask ales for takeaway too.	Call 01579 326728 to order.	Facebook page: @Thelondoninn1
Manor House Inn Rilla Mill	Take away meals, shop and take away brews. check website for range or give a call Shop open 10am - 8pm	07401424121 01579 362354	FB page: @themanorhouseinn.rilla www.manorhouserilla.co.uk

Menheniot Spar	Free Home deliveries in the village and pre-ordered take away Shop open 7am - 8pm, Monday to Saturday and 9am - 7pm on Sundays.	01579 342266	Facebook page: @menheniotspar Place orders before 1pm for same day Takeaway open Monday to Saturday 5pm-7.30pm
Mole Valley Farmers Liskeard	Monday - Saturday 8.30am - 4pm Sundays 10am - 2pm	01579 340034	Facebook page: @Mole Valley Farmers (Moorswater Industrial Estate, Liskeard, Cornwall)
Morrisons	7am - 11pm Monday - Saturday, normal hours Sunday NHS and care staff hours: 6-7am Monday to Saturday and 9-10am on Sundays from 14th April Free Deliveries for elderly and vulnerable 10% discount to NHS staff for 3 months from 16.4.20	Vulnerable and elderly deliveries - calling Customer Contact Centre (0345 611 6111; selecting Option 5)	Facebook page: @Morrisons (Liskeard, Cornwall) Order from a list of 46 selected items Delivery within a 10 mile radius Card payments only Order by 4pm for next day delivery between 2-5pm. More cards and vouchers not accepted for the delivery service.
Mykabs Taxis	We will happily collect prescriptions, bring you essentials, and help in any way you need	01579 348880	Taxi service for essential travel only. FB page: @Mykabs
Nelly's Pasties and Pies	Delivery of Pasties, flans and Pies to Liskeard Tuesday and Friday afternoons Pasties can be delivered uncooked, frozen ready for cooking at home	01208 872407 or via Facebook	FB Page: @nellyspastiesandpies Minimum order £10 Order by 5pm the day before. Pay by card Delivery charge may be applicable depending on location

New Kwong Lee Chinese Take Away	Pre-orders by phone, one person collecting and deliveries	01579 34249	Check Facebook page for full details: @New Kwong Lee
New Lai Wan Chinese Take Away	Telephone and Text orders for delivery only	01579 343277 Text: 07 438 856 554	Payment by cash or bank transfer only. Details given on ordering.
Newspaper Delivery Liskeard	a new lunchtime delivery service is now available within the Liskeard town proper. We deliver all daily and weekly newspaper titles, both local and national. Delivery runs 7 days a week and will continue throughout the lockdown period.	All delivery inquiries to our email address or Facebook page. liskeardnewspaperdelivery@gmail.com	Facebook Page: @liskeardnewspaperdelivery We accept cash and all debit/credit cards. Please note we cannot accept cheque at this time
No Wrap No Crap Liskeard	Open Wed - Sat 10 am - 4 pm also offering a pre-order service also via email	Email: nowrapnocrap@gmail.com	Facebook page: @NoWrapNoCrap Click & collect, but we call it "email & collect". It's great for the emergency services in general and working really well. Product list is on Facebook
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

<p>O'Keefes Butcher and Pelynt Stores</p>	<p>Meat and groceries.</p> <p>Local delivery or store collection</p> <p>Butchery closed Sunday and Mondays. (although can collect orders)</p> <p>Open Tuesday - Saturday 6am-5pm</p> <p>shop open 7am - 7pm Monday to Saturday 8am - 1pm Sunday</p> <p>In the store from 6am, so any key workers on their way to/from work can still come in and shop.</p>	<p>01503 220636</p>	<p>FB page: Pelynt Stores and O'Keefe's Traditional Butchers</p> <p>One in one out system in operation.</p> <p>Essential supplies, not just a newspaper</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>
<p>Paul Bray and Sons Butcher Tideford</p>	<p>Butcher delivery: St Germans, Landrake, Saltash, Callington, Liskeard, Looe, Donderry and Menheniot (Ring Monday/Tuesday to order)</p>	<p>01752 851224</p> <p>Monday to Friday 9am till 4pm Saturday 9am-1pm</p>	<p>Minimum Order £20</p> <p>Card payment when ordering www.paulbrayandson.co.uk</p> <p>Fridays - Liskeard, Looe, Donderry & Menheniot</p>

<p>Pengellys Fish Shop Liskeard</p>	<p>8.30-4.30 Thursday and Friday</p> <p>We are also able to send direct to anywhere in Mainland UK.</p> <p>Please give us a call.</p> <p>If your are in Looe or surrounding we can deliver free of charge.</p>	<p>01503 262246</p>	<p>orders can be placed all week</p>
<p>Pensilva Stores</p>	<p>Home Deliveries Pensilva</p> <p>7.30am - 7.30pm Monday - Saturday 8am - 7.30pm Sunday</p>	<p>01579 362457</p>	<p>FB Page: @pensilvastores</p> <p>Over 70s only - Tuesday & Friday between 1-2pm</p>
<p>Pets at Home Liskeard</p>	<p>Monday - Friday 9am - 8pm Saturday 9am - 6pm Sunday 10am - 4pm</p> <p>Currently also running a Call & Collect service in store for vulnerable people - pay for your items over the phone and collect from our car park in the safety of your car.</p>	<p>01579 324769</p>	<p>Facebook page: @liskeardpets</p>

<p>Philip Warrens Butchers at Oughs Liskeard</p>	<p>Butchers delivery for vulnerable and self isolating. Thursday and Fridays order by phoning Liskeard branch, deliveries supplied by Launceston branch.</p> <p>Mon, Tue - 8.30am - 4pm Wed - 8.30am - 2pm Wed, Thur, Fri - 8.30am - 5pm Saturday 8am - 2pm</p>	<p>01579 343253</p>	<p>Facebook page: @Philip Warren Quality Butchers at Oughs.</p> <p>Minimum order £20 All orders must be placed by the Wednesday...close of business.. to give us time to fullfill your order requirements. Payment instructions on ordering 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 be open normal hours.</p>
<p>The Plough Inn Duloe</p>	<p>Open for takeaway on Friday evenings. Fish and chips one week and curry the next.</p>	<p>Call 01503 262556 to order.</p>	<p>Facebook page: @theloughno1duloe</p>
<p>Post Office The Parade Liskeard</p>	<p>Monday, Wednesday, Thursday, Friday 9am - 3pm Tuesday 9.30am - 3pm Saturday 9am - 12.30pm</p>		
<p>Rosedean Surgery</p>	<p>Dispensary Open to collect medication between 10am - 1pm and 2pm -5pm.</p> <p>Practice and telephone lines open from 8am -6pm on weekdays.</p> <p>MUST WEAR FACE MASK/COVERING WHEN ENTERING</p>	<p>01579 343133 Surgery or via eConsult</p>	<p>Facebook page: @RosedeanSurgery</p> <p>Volunteer Cornwall assistance with collection of prescriptions: 01872 266988 email: requestforhelp@volunteercornwall.org.uk</p> <p>Liskeard Young Farmers Club also assisting with prescription collection. Contact Dan Lethbridge on 07588790066</p>

Rumours	Weekly choice of 2 homemade meals that you can re-heat at home delivered free in Liskeard. (£15 minimum spend) and delivery up to 5 miles from Liskeard with just a small charge to cover fuel costs.	07787 907 315 info@rumoursbistro.co.uk	Facebook page: @rumoursbistro.co.uk Available Monday – Saturday 10% discount with NHS ID Pre-Order up to the day before delivery. Delivery is between 11am-1pm. Check Facebook or telephone to find out what the current choices are.
Santander, Liskeard	Monday to Friday 10am-2pm Saturday Closed	call 0800 9 123 123	
Simply Chic Liskeard	Furniture / gift shop.	07403 662933	Facebook page: @simplychicliskeard
Spar Liskeard	7am - 8pm daily	01579 342108	
Spar Pelynt	Home Deliveries and Store Collections. SHOP 7am – 5pm (7 days a week) POST OFFICE Mon, Tue, Thu, Fri 9am-1pm & 2pm-5pm Wednesday 1pm – 5pm Saturday 9am-1pm	01503 220239 pelyntpo@btconnect.com	FB page: @sparpelynt 5 customers in store at one time
Station Body Repairs	Collection of vehicles from vulnerable customers	01579 347879	FB page: @StationBodyRepairsLtd

St Clear Taxis	From Monday 15th June we will be open again 8am till 1600hrs	01579 381212	Facebook page: @www.sctcornwall.co.uk Customers will be asked to use hand gel which is provided by us and a limit of two persons sitting on the rear seats.
Take Aways / Restaurants doing deliveries	Bean Café Rumours Everest Tandori Himalayan Spice Gurkha Tandoori Hot Wok New Kwong Lee New Lai Wan Best Kebab Daddios Dominos Fat Frog Tapenades	Check each company's Facebook page for latest updates and full details	
Tamar Fresh / Applejack Barn	Deliveries of Fruit, Veg and groceries	Please call 01752 848738 . Just like the good old days you can talk to a real person to place an order	Facebook page: @TamarFresh , @applejackbarn Full list of items or order online: www.tamarfresh.co.uk

<p>Tapenades Restaurant Liskeard</p>	<p>a la carte cooking to order for collection or delivered free within 5 mile radius of Liskeard everyday except Tuesdays</p> <p>Orders received and paid before midday can be delivered at a pre-booked time between 6-8pm</p> <p>If needing a weekend delivery you are advised to ring and book a slot in advance.</p>	<p>01579 344844</p>	<p>Pre-order Pay over the phone</p> <p>FB page for latest info or www.tapenadesrestaurant.co.uk</p>
<p>Thompsons Optician Liskeard</p>	<p>Open for Essential and emergency eyecare only</p> <p>Monday - Friday 9am - 5pm</p>	<p>01579 343348</p>	<p>Facebook page: @Thompsonsopticians</p> <p>www.thompsonsopticians.co.uk</p>
<p>Tredinnick Farm Shop Widegates</p>	<p>Deliveries deliver within a 10 mile radius of the Shop.</p> <p>call the shop between 9am - 4pm Monday to Friday. Don't leave messages</p> <p>No orders will be taken over the weekend</p>	<p>01503 240992</p>	<p>48 hours notice for orders over £25.</p> <p>Shop open: 9am - 3pm Monday - Saturday, 10am - 3pm Sundays</p> <p>We are receiving a lot of calls so please do not leave messages as we are unable to call you back .</p> <p>FB page: @TredinnickFarmShop</p>

Trequite Nursery Liskeard	Delivery of compost and plants Liskeard and also covers Saltash to Lostwithiel Nursery now reopened, call before visiting	07969 296165	Minimum spend £25 Check Facebook for full info Facebook page: @mandytregallas
Trevallicks Farm Shop, Pensilva	Shop remains closed. Home delivery or call & collect Cream tea / treat box deliveries on certain days by pre-order. Orders need to be placed between 9am-1pm and delivery /collection is the next day.	01579 364061 if you have queries or would like a produce list	Min order £10 Facebook page: @trevallicks
Veg Box Fresh	Fresh fruit and veg, eggs and milk, bread, cream and more Delivery to Liskeard and surrounding areas	07720 826664	Facebook page: @vegboxfresh Minimum order £15 Free delivery www.vegboxfresh.co.uk
Victoria Inn Pensilva	Pre-ordered Meals on Wheels 7 days a week Take away Thursday to Saturday, Sunday carvery Ring to book, now on Just Eat	Wendy on 01579 363933 between 5 - 7pm	Facebook Page: @Victoria Inn, Pensilva Check the specials on Facebook www.thevictoriainnpensilva.co.uk

<p>Village Greens Mount</p>	<p>Fruit, vegetables, dairy produce, meat, eggs, staples, baked goods and TOILET ROLLS, plus many other household basics.</p> <p>We will box up your order for collection between 10.30 and midday on Friday, we can also deliver to homes in Warleggan Parish, St Neot and Cardinham.</p>	<p>We are happy to receive shopping lists, by email, handwritten to the post box at the Village Hall in Mount, or by phone to 07815619754, leave a message if there's no answer and someone will call you back.</p>	<p>FB page: @villagegreensmount</p> <p>www.warleggan.net/village-greens</p> <p>Minimum spend £10</p> <p>Payment can be made by cash, cheque, or bank transfer, we will provide bank details when acknowledging your order.</p> <p>Please make clear on your order whether you'll be collecting or would like delivery, and provide full address, postcode and contact telephone number, even for collections, in case theres any changes.</p>
<p>Villis Dairy East Taphouse</p>	<p>Delivery to Liskeard and surrounding areas non-homogenised Cows and Goats milk We also offer a range of home-made goats cheese.</p>	<p>01579 326009</p> <p>07818092064</p>	<p>Facebook page: @Villis Dairy</p> <p>www.villisdairy.com</p>
<p>Wellbeing Centre</p>	<p>Reopening 1st June, call for an appointment</p>	<p>01579 344090</p>	<p>Facebook page: @welbeingcentreiskeard</p>
<p>The Wool Shop Liskeard</p>	<p>Shut to customers but we can fill your order if you give us a ring.</p>	<p>Leave a message on the shop phone 01579 342375 or call 07787 292012</p>	<p>FB Page: @TheWoolShopLiskeard</p> <p>Pattern books and chenille wool in a range of beautiful colours.</p>

Yummy Cakes Liskeard	treat box cake delivery on Fridays Free local delivery to Liskeard and further afield, check with Niki for outside Liskeard if your area is covered on the current week's delivery schedule £10 per box	07793674249 01579 347565	Facebook page: @yummycakesliskeard for further info
Community Support and Advice Organisations			
<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. Cornwall Council and Volunteer Cornwall can provide additional help to those on the shielding register. Their contact details are shown below.</p>	
Action Fraud	National Fraud and Cyber Crime Centre	0300 123 2040	Facebook page: @actionfraud www.actionfraud.police.uk
Addiction - now We Are With You	Get free, confidential support with alcohol, drugs or mental health in one of our local services or online	www.wearewithyou.org.uk	Facebook page: @wearewithyoucharity Formerly Addaction

British Heart Foundation	<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: @bhfliskeard 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/information-support</p>
Cancer Support - Macmillan	Financial, emotional and practical support from The Mustard Tree Centre	01752 430060	<p>Facebook page: @MacmillanInTheSouthWest</p> <p>www.macmillan.org.uk</p>
Childline	<p>Support online and on the phone</p> <p>Telephone support 9am up to midnight</p> <p>Website message boards 24/7</p>	0800 1111	<p>Facebook page: @Childline</p> <p>www.childline.org.uk</p> <p>Special Coronavirus information https://www.childline.org.uk/info-advice/your-feelings/anxiety-stress-panic/worries-about-the-world/coronavirus/</p>
Christians Against Poverty	<p>Support</p> <p>Can issue Food Bank vouchers</p> <p>Debt advice</p> <p>Money management</p>	<p>Darren Arulvasagam</p> <p>Liskeard & Looe Centre Manager</p> <p>07539 473754</p> <p>CAPLiskeard@outlook.com</p>	<p>FB page: @capliskeardlooe</p> <p>Contactable on Mondays and Fridays</p>

Citizens' Advice Bureau	Support and guidance	<p>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).</p> <p>Call us on 03444-111-444 Mondays to Fridays from 10am to 4pm.</p> <p>Webchat via citizensadvice.org.uk</p>	<p>Facebook page: @Citizens Advice Cornwall</p> <p>www.citizensadvicecornwall.org.uk</p>
<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 phoneline 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 Businesses contravening restrictions (holiday accommodation etc)</p>	<p>Report businesses contravening the restrictions so that enforcement action can be taken.</p>	<p>Email: businesscompliance@cornwall.gov.uk</p>	<p>online form also available: <a href="https://secure.cornwall.gov.uk/form/auto/cse
rv_contact_covid19">https://secure.cornwall.gov.uk/form/auto/cse rv_contact_covid19</p>
<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 www.cornwall.gov.uk/housing</p>
<p>Cornwall Council Registering a Birth</p>	<p>Due to the current Coronavirus situation we are currently unable to carry out any birth registrations. Appointments will now be deferred until further notice.</p> <p>Claims for Child Benefit or Universal Credit can now be made before the birth is registered if you have not been able to because of the current measures.</p>		<p>Full details on: <a href="https://www.cornwall.gov.uk/advice-and-
benefits/births/">https://www.cornwall.gov.uk/advice-and- benefits/births/</p>
<p>Cornwall Council Registering a Death</p>	<p>Due to the current situation we are no longer undertaking face to face appointments in our offices. Instead you can register a death over the telephone</p>	<p>Please complete the form on the following link to request a telephone appointment https://bit.ly/3anTdbq or telephone the Customer Services Team on 0300 1234 181 between 8:30am – 6:00pm Monday to Friday</p>	<p>Full details and guidance on: <a href="https://www.cornwall.gov.uk/advice-and-
benefits/deaths-funerals-and-
cremations/registering-a-death/">https://www.cornwall.gov.uk/advice-and- benefits/deaths-funerals-and- cremations/registering-a-death/</p>

Cornwall Council Shielding enquiries	How to get help if you are shielding or need advice on whether you should be	0800 0288327 www.gov.uk/coronavirus-extremely-vulnerable	Cornwall Council and Volunteer Cornwall can provide additional help to those on the shielding register.
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	Meals to take away will be available outside St Martin's Church Centre, Church Street on the first Friday of the month, and outside Liskeard Methodist Church on the other Fridays between 12noon and 1pm		

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
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
Keep Children Entertained	David Walliams - a story a day at 11am	www.worldofdavidwalliams.com	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
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	
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
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	

Online Support Forums	<p>Liskeard COVID19 Help & Support</p> <p>Morval & Widegates Covid19 Support Group</p> <p>Menheniot/Merrymeet online support group/forum</p> <p>St Cleer Parish - Next Door Coronavirus Support Network</p> <p>St Cleer Coronavirus Support Network</p> <p>St John COVID19 Support Network</p>	<p>Facebook</p> <p>Facebook</p> <p>https://merrymeet-cornwall.uk email chat@merrymeet-cornwall.uk</p> <p>www.nextdoor.co.uk</p> <p>Trish: 07950 262682 / 01579 343543 trish@trearnehouse.co.uk</p> <p>Facebook 07944605276, 07923631317, 01752 823119, 07534321829 caitlinelizabeth1994@yahoo.co.uk</p>	<p>www.stjohnincornwall.org.uk</p>
Penhaligan's Friends	Bereavement Support support for children and young people in Cornwall	<p>01209 210624</p> <p>enquiries@penhaligonsfriends.org.uk</p>	<p>Facebook page: @penhaligansfriends</p> <p>www.penhaligonsfriends.org.uk</p>

<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>

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
St Ive Parish Council	Hub set up to help Practical support within the parish	01579 363096	
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

Volunteer Cornwall	Key Worker Telephone Support Service	welfare@volunteercornwall.org.uk and aims to respond within 48 hours. Volunteer Cornwall will be accepting self-referrals for support on this dedicated confidential email	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. 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.
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	

Local Churches offering practical or financial and pastoral support to all

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

Business Support

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	