

How can you offer help

We know lots of people are already helping each other out, which is wonderful.

Volunteer Cornwall are coordinating offers of help and would particularly like to hear from you if you have caring experience or could be part of a telephone befriending service.

Please email them on mid@volunteercornwall.org.uk

Local Businesses offering Delivery & Take-Away

Best Kebab

Kebabs and pizza. Evening home delivery in Liskeard.

Tel: 01579 345530 *Free delivery for orders over £15*

Daddios

Pizza, kebabs and burgers. Evening home delivery in Liskeard.

Tel: 01579 344555 *Min. order £15*

Fat Frog Café

Home delivery in 2½ mile radius of Liskeard. Tel. 01579 348818 or use the 'Just Eat' app. *(No walk in orders at café)* See Facebook @TheFatFrogCafe

Keval Community Growers

Local, organic vegetable and/or fruit boxes based in Seaton, Cornwall, deliver within 30 mile radius. To book delivery call: 01503 250343 / email: info@keval.co.uk

Liskeard Pet Shop

Saturday deliveries to Liskeard and surrounding area.

Tel. 01579 347144 *Min. order £15. Payment to be made by phone.*

Olive & Company

May be able to offer home delivery in the future: check www.olivecoffe.com for more details.

Philip Warren Butchers at Oughs

Shop open as usual, or vulnerable/isolated customers can order by 4.00pm Wednesday for delivery.

Tel. 01579 343253 *Card payment by phone or cash on delivery. Min. order £20*

Rumours

Choice of two meals for-reheating, delivered to your home.

email info@rumoursbistro.co.uk or tel. 07787 907315

Available Mon - Sat, order between 11am - 1pm for next day delivery between 11am and 1pm, within 5 miles



**We wish you and your family
the very best in these difficult times.**

Liskeard Town Council, working with
many other local organisations.

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Coronavirus - COVID-19: HELPING EACH OTHER IN LISKEARD



LISKEARD COUNCIL
WORKING FOR YOU



This is a very worrying time for all of us, and for some of us it's particularly hard. For example, if you can't go out at all at the moment, you've lost your income, you're feeling lonely or struggling to maintain good mental health.

You are not alone. We have to physically distance ourselves from each other while we fight the spread of this virus, but we can still actively support each other and many people are already doing that.

We believe there is hope and a positive way forward.

Together we can overcome these hurdles; in fact we have already started. This leaflet is the result of different organisations around Liskeard working together. It is amazing how light always shines through darkness.



PROTECT THE NHS

♥ save lives

What to do if you need immediate practical help

Do you have any family, friends or neighbours who might be able to help you? People are going out of their way to help each other - and this may be the quickest and easiest way to meet your needs.

If not, **Volunteer Cornwall** can arrange someone to provide practical help, including doing your shopping and collecting prescriptions.

If you are isolating and need help please

email requestforhelp@volunteercornwall.org.uk

or if you don't have email ring **01872 266988**

IF YOU DON'T ALREADY KNOW SOMEONE, PLEASE ALWAYS ASK FOR IDENTIFICATION

If you can't afford to buy food at the moment...

- To access the Foodbank you need a referral. Contact the agency best suited to help with your crisis:

Benefit/Universal Credit: Job Centre (new claims tel. 0800 055 6688, existing claimants leave message on your Journal).

Debt: Citizen's Advice tel. 03444 111 444.

Housing: Cornwall Council tel. 0300 1234 161.

Young People: www.youngpeoplecornwall.org

Addiction: www.wearewithyou.org.uk

If you have a Support Worker at **Social Services** contact them.

- 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 12 noon and 1pm.

If you can afford food but need it to be delivered, please see the end of the leaflet for a list of local businesses offering delivery and takeaway.

Other essentials:

- **Energy** - if you can't top up your meter or pay your energy bill, contact your energy company. The government has guaranteed extra help to stop people being disconnected.

- Lighthouse Community Centre have a limited number of **food and hygiene packages** - call 07769 848307.

If you need someone to talk to...

- **Liskeard Covid-19 Help & Support** is a Facebook page where people are giving each other mutual support.
- **Cornwall Samaritans** - you can call free day or night on **116 123** or email jo@samaritans.org
- **www.youngminds.co.uk** is a useful site for young people for emotional health and wellbeing.
- If you need advice on **domestic abuse** ring Safer Futures on 0300 777 4777 or go to <https://chat.womensaid.org.uk>
- **Local churches** are also keen to provide pastoral support to all: St Martin's (can also provide practical support) 01579 347411;

Monday - Friday: 10.00am-12.30pm

Liskeard Methodist Church 07500 493939; Mon - Fri: 10.00am-4.00pm

Our Lady of St Neot Catholic Church 01579 344906; 9.00am - 7.00pm

Liskeard Salvation Army 07731 885525; Mon - Fri: 11.00am-4.00pm

Light and Life Free Methodist Church 07712 882741;

Sat: 10.00am- 12.00 noon, Sun: 3.00pm-5.00pm

Greenbank Community Church 01579 347794; Mon-Fri: 10.00am-3.00pm

Where you can get more information...

Here are links to trustworthy websites which will be updated with the latest information. Amongst all the people providing help there are unfortunately scams and unhelpful rumours so please do check with the proper sources.

- **Health advice on Coronavirus** - **www.nhs.uk** or ring **111**.
- **How to protect yourself and others** - **www.gov.uk**
- **Employment and financial support and information for businesses** - **www.gov.uk** or the Coronavirus page at **www.cornwall.gov.uk**
- **Specific information for Liskeard**, including businesses offering food deliveries and takeaways - **www.liskeard.gov.uk**



We're also regularly sharing information on the Liskeard Town Council and Your Liskeard Facebook pages.

We hope you'll find what you need in this leaflet, but if you can't access the internet and need us to look up information for you, please ring the Town Council on 01579 345407, 9am - 1pm Mon. - Sat. and we'll do our best to help. Have a pen and paper handy!