

LISKEARD COMMUNITY UPDATE

Summer 2020



LISKEARD COUNCIL
WORKING FOR YOU

A Message from the Mayor

I hope you are all well.

I know the last months have been hard for many people.

Caring and active community

Firstly I'd like to pay tribute to all of the key workers who live or work in Liskeard, who have kept things going through some very difficult times.

We always knew Liskeard was a caring and active community and we've seen that very clearly as so many organisations and individuals have stepped up to help each other. Thank you, if you've been able to help.

In March the Town Council set up an emergency social fund and so far we've given more than £12,500 to organisations helping our community - providing free food, making masks and visors and finding ways to entertain people at home.



STAY ALERT ▶ CONTROL THE VIRUS ▶ SAVE LIVES

Information and participation

The Town Council's website www.liskeard.gov.uk is a good source of up-to-date local information and also has the papers for our meetings. We are meeting by video conference and this is open to the public. If you wish to attend please contact Steve Vinson, the Town Clerk at townclerk@liskeard.gov.uk or call the office on 01579 345407 (Mon-Fri 9am-1pm).

Safe and welcoming town centre

Coming out of lockdown is presenting new challenges.

We are lucky to have a town full of independent shops and cafes as well as some important chains. We want to welcome people back to our town centre and are working with businesses, Cornwall Council and CORMAC to help that happen as safely as possible.

We are all adapting to new ways of doing things and that includes the staff in shops, so please be patient and kind.

Blooming lovely

The volunteers from Liskeard in Bloom have done an amazing job making Liskeard bloom again this year.

I've also really enjoyed seeing the wildflowers and bees during lockdown and am delighted that Cornwall Council's new approach to verges will keep most of the flowers, but also provide neat edges.

I hope this will be one of many areas where we can learn from our lockdown experiences and do things differently and better.

- Rachel Brooks, Mayor of Liskeard



Debt Advice

Helping you find a way ahead



**FREE, INDEPENDENT AND CONFIDENTIAL
ADVICE FOR EVERYONE**

The Citizens' Advice Bureau can offer advice with debts, benefits, housing, work, relationship problems, immigration or consumer issues.

You can text **ADVICE** to 78866
or **DEBT** to 78866 for a call back
- or ring 0344 111 444,
Mon - Fri, 10am - 4pm.

**citizens
advice**

Cornwall

www.citizensadvice.org.uk has a
webchat facility as well as advice pages.

Other Free advice on dealing with debt is available from
www.stepchange.org 0800 138 1111 (Mon - Fri, 8am-8pm; Sat 8am-4pm),
www.payplan.com 0800 280 2816 (Mon-Fri, 8am-8pm; Sat 9am-3pm).
Or www.moneyadvice.service.org.uk has lots of advice and help.

Christians Against Poverty can issue Foodbank vouchers and have crisis funds for emergency essentials - e.g. electric / gas top ups, medication, help for people who would be made homeless.

email: CAPLiskeard@outlook.com or call 07539 473754 Mon or Fri.

Online Money courses are also available to review your finances (PC with internet access / sound / microphone required.)

Energy - if struggling with energy costs contact your supplier. The government has given extra help to stop people being disconnected.

Local churches are also keen to provide support (you don't need to be a member) and their numbers are:

St Martin's can help with practical things, as well as a chat -
01579 347411, Mon - Fri: 10am-12.00 noon

Liskeard Methodist Church - 07500 493939; Mon - Fri: 10am-4pm

Our Lady of St Neot Catholic Church - 01579 344906; 9am-7pm

Liskeard Salvation Army - 07731 885525; Mon - Fri: 11am-4pm

Light & Life Free Methodist Church - 07712 882741; Sat: 10am-12noon,
Sun: 3-5pm

Most of these organisations have Facebook pages where more information can be found, Google also knows who they are

Alcoholics Anonymous

24 hour advice & helpline **0800 9177 650**

Bereavement

Cornwall Bereavement Network provide support by phone on **01726 829874**, 10am - 6pm, Mon - Sat

Childline

Call **0800 11 11** if you are in crisis

Community Fridge

At the Community Treasure Chest / Foodbank building. Open Mon - Fri, 9.30am - 12.30pm. Variety of items restocked daily. Available to all, no referral needed. Turn up - no payment required.

Cornwall Council

up to date information for residents and businesses on coronavirus issues:

<https://bit.ly/2B713KW>;

call **0300 1231 118** or email covid19@cornwall.gov.uk

Cornwall Samaritans

free day or night if you are struggling to cope or at risk of suicide. Call **116 123** or email jo@samaritans.org

Cafe Abundance

 (email:

jemmathebaker@gmail.com) and

The Real Junk Food Project (email: jessicasneyd@gmail.com) -delivering food to those in need on a pay as you can basis; also outside St Martin's Church Centre on the first Fri. of the month and outside the Methodist Church on the other Fridays, 12 noon - 1pm with meals to take away.

Dentists

open for emergencies, for treatment contact your dentist. For an emergency NHS dentist call **111**.

HELPLINES

Coronavirus Testing

available if you or someone you live with has symptoms. Essential workers can apply here: www.gov.uk/apply-coronavirus-test-essential-workers
Other people can access a test at: www.nhs.uk/ask-for-a-coronavirus-test

Foodbank

delivering to homes. To access the Foodbank you need a voucher. The website will help if you don't know who to ask: <https://liskeardlooe.foodbank.org.uk/get-help/how-to-get-help/> -

Benefit/Universal Credit

Job Centre. New claims Tel. **0800 055 6688**, existing claimants leave message on your Journal for Foodbank vouchers or call **01579 529648**.

Health advice

If you cannot speak to your local doctor ring **111** or check www.nhs.uk/conditions/coronavirus-covid-19/

Cornwall Housing

Call **0300 1234 161**
<https://www.cornwallhousing.org.uk/residents-area/coronavirus-information/>

Lighthouse Community Centre

offers food and hygiene parcels, feeding the homeless, support groups and online children's activities - **07769 848307**

Liskeard Town Council's Social Emergency Fund

open to organisations providing help or support. Application form and criteria at: www.liskeard.gov.uk/services-info/grants/

Applications considered regularly and paid quickly. Tel **01579 345407**, 9am - 1pm, Mon - Fri

HELPLINES

Mental Health Support

available if you are in crisis- over 18's text "SHOUT" to **85258**; under 18's text "YM".

NHS mental health support

there 24/7 on **0800 038 5300** if you are worried about yourself or someone else.

Opticians

Thompsons - **01579 343348** - and Andrew Keirl - **01579 346694** - open. Call for advice and wear a mask if requested.

Prescriptions

Contact your surgery or Liskeard Young Farmers who are offering assistance collecting medication and supplies for elderly and vulnerable - ring Dan Lethbridge - **07588 790 066**.

Volunteer Cornwall

can quickly arrange help with shopping or collecting prescriptions, or their telephone befriending service a friendly chat . Email:

requestforhelp@volunteercornwall.org.uk or ring **01872 266988**. To be part of the team ring or fill in the online form: **www.volunteercornwall.org.uk/coronavirusvolunteer**

Clinically Extremely Vulnerable People

Get coronavirus support - ring **0800 0288327** or register on: **www.gov.uk/coronavirus-extremely-vulnerable**

We Are With You *(formerly Addaction)*

Help to manage drug or alcohol use for you or a friend - **01579 340 616**

Young People Cornwall

Support for people aged 8 - 25. Your Way Live Chat is available 7 days a week 9am til midnight - **www.your-way.org.uk**

Face masks

are being produced locally. On Facebook - Caradon Covid19 Face Mask Group; Shaggy Sheep Moody Cow, email: **debsnsteve@btinternet.com**, and The Cornish Cake Pantry, call Julie **07544 862692**. Also on sale in shops including Cheery Buys on The Parade and Morrisons.

National Links

If you have employment questions **ACAS** can help with your rights at work: helpline **0300 123 1100** website: **https://bit.ly/3hCzKJ1**

The **www.gov.uk/coronavirus** website has support and advice information on **health and business support**

Transport Enquiry Helplines

Passengers on public transport must use face coverings unless there is a medical reason or they are under 11 years of age and social distancing still applies.

Transport for Cornwall

0800 196 2632 9am - 5pm

Kernow busses

0345 656 0707 Mon - Fri, 9am - 5pm

Cross Country Trains

0344 736 9123

GWR Trains

0345 700 0125

Traveline SW

for help planning journeys in the south west: **http://www.travelinesw.com/**

Liskeard Tourist Information Centre

can help 9am - 1pm, Mon - Fri: **01579 559567**

Safer Liskeard

Be #ScamAware. During the current coronavirus period 1 in 3 people have been targeted by a scam since lockdown. Here's a couple we've been made aware of:

- **HMRC** are currently contacting people by email for various reasons.

You can check the details on the link below if you've received a message and are concerned. Don't fall foul of the scammers.

Report anything that you feel is a scam.

! Be aware of schemes claiming to be HMRC

? Report scams at **phishing@hmrc.gov.uk** and 60599 for texts

i Find out more at HMRC's website **<https://bit.ly/3fTrX7W>**

- **NHS Test and Trace** -

The ONLY website the service will ask you to visit is:

<https://contact-tracing.phe.gov.uk>

If you think you've been the victim of a scam or cyber fraud, then speak to your bank immediately and report any fraud to Action Fraud on 0300 123 2040, Mon to Fri, 8am - 8pm. Action Fraud also have a webchat facility on **www.actionfraud.police.uk**

Domestic Abuse

Cornwall Refuge Trust support and advice, refuge for men, women and children 24 hour Helpline: (01872) 225629

Domestic Abuse support is available from **Safer Futures** for children, young people, women and men suffering domestic abuse and sexual violence ring 0300 777 4777 or **<https://saferfutures.org.uk/>**

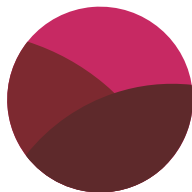
If you have urgent concerns or are **worried about a child or young person's safety**, telephone the Multi Agency Referral Unit on 0300 123 1116.

When you go out and about do so safely, we have many lovely walks locally, find them on www.visitliskeard.co.uk. Follow the country code and if you go to the beach respect the sea.

- Leave no trace - take your litter home
- Put fires out
- Keep your dog on a lead
- Dog mess - Bag it, Bin it
- Don't dump your garden waste
- Wash your hands



Shop
Local



Shop
Safe

YOUR LISKEARD
LOCAL FOR YOU

Welcome to Liskeard

Thanks for shopping local,
please be patient as we all adapt
and follow government guidelines:

Social distance

Cover your mouth

Use a hand sanitiser

Wash your hands

Avoid touching your face



LISKEARD COUNCIL
WORKING FOR YOU



HM Government



European Union

European Regional
Development Fund

Business Support

The Growth Hub help you access the right support to deal with the impact of Coronavirus. Call 01209 708660 or check their website: www.ciosgrowthhub.com


Cornwall Council business support has a wealth of information:

<https://www.cornwall.gov.uk/health-and-social-care/public-health-cornwall/information-about-coronavirus-covid-19/support-for-businesses/>

Government Business pages have information including for the self-employed and sole traders: <https://www.gov.uk/coronavirus/business-support>

Local Shops



Our local shops are starting to re-open, follow  Your Liskeard to keep up to date. Please respect social distancing and follow Government advice on face coverings.

Our local businesses have been amazing during lockdown. Here are some that are offering delivery services or take away.

#ShopLocal #StaySafe #BeKind

Bean Coffee Shop - take away food and drinks made to order.

Mon - Fri, 10am - 2pm: 01579 344366

Beddoes - 01579 348680. Bread, cakes, flour, cream, fresh fruit, veg and more;

Continental Fruits - 01579 326841 for delivery enquiries (min. £10)

Co-Op - offer a delivery service. Ring 01579 342255 with your order.

Morrisons - Deliveries to the vulnerable and elderly - call Customer Contact Centre - 0345 611 6111; select Option 5.

Newspaper Deliveries - Call Chris 07 467 043 325
or email liskeardnewspaperdelivery@gmail.com

Pengelly's Fish Shop - Delivery locally (and nationwide) of fresh fish.
Tel. 01503 262246 to order. Open in Fore Street Thursdays and Fridays

The Pet Shop, Liskeard - Delivery available. Tel. 01579 347144

Tapenades - Celebrations are still happening, free delivery from à la carte menu within 5 miles. Order by mid day for delivery between 6-8pm - 01579 344844.
It is advisable to book a weekend slot in advance.

All these food business are delivering, check their Facebook pages or Google the latest information:

- **Best Kebab**
- **Daddios**
- **Dominos**
- **Everest Tandori**
- **Himalayan Spice**
- **Fat Frog**
- **Gurkha Tandoori**
- **Hot Wok**
- **New Kwong Lee**
- **New Lai Wan**
- **Rumours**
- **Tapenades**
- **Yummy Cakes**

This information leaflet has been printed and sent direct to the distributor who is hand-delivering to properties in the Town Council's area. Thereby reducing possible cross-contamination enroute to you.



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LOCAL FOR YOU



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