

Penwith Community Resources and info 25/03/2020

Please see below compiled by the magnificent Jade Carter Bennet from CC:

**\*\*Full List of Penwith Community Resources\*\***

**☆ Useful Numbers and contacts for concerns / queries / questions / guidance ☆**

**Adult Social Care** Concerns about a vulnerable adult's safety and well-being – Call Adult Social Care on 0300 1234 131 during working hours and 01208 251300 out of hours.

**Easy-Read information/guidance about Coronavirus**

<https://www.mencap.org.uk/advice-and-support/health/coronavirus?fbclid=IwAR3P6fx4DNWOF6JVigLP9K8oRQZOvDQAvKN8lrnxSMblggP7k9jfgrcmnhk>

**Cornwall Council** related questions or queries email [covid19@cornwall.gov.uk](mailto:covid19@cornwall.gov.uk)

**Council Tax** enquiries 0300 1234 171

**Cornwall Council Online** (list of categories and links in link, including housing, family services, schools et) <https://www.cornwall.gov.uk/council-and-democracy/contacting-the-council/contact-us-online/>

**Domestic Abuse** – if worried about quarantining in a home where you do not feel safe, live help is available for national domestic abuse hotline 24/7 0808 2000 247

**HMRC Tax** helpline to support businesses affected by coronavirus (COVID-19) 0800 0159 559.

**HMRC Employers** general enquiries 0300 200 3200

**HMRC Employees'** general enquiries 0300 200 3500

**HMRC help line for self employed** who are struggling due to COVID19 0800 0195 559

**Gov.uk** online for latest guidance on social distancing/isolating at home/shielding.

**Childline** 0800 1111

**Samaritan** 116123

## ☆ Misc Services / Information ☆

**Library – online** – <https://www.cornwall.gov.uk/leisure-and-culture/libraries/join> and be sent a borrower number to start using online.

**Affordable** rooms for those who are not able to isolate with family. £80-£160 per week, private en-suite incl heating, water, electricity, wifi. Kitchen facilities with storage space (shared) email [enquiries@hotelstives.com](mailto:enquiries@hotelstives.com) or phone 01736 795277

**Recipe search** by ingredients you have at home Just add your ingredients and Supercook instantly finds matching recipes from the most popular cooking websites!

[https://www.supercook.com/?fbclid=IwAR05o4lp5fvxyfns7SCNqQIIVOD6nqx0HbUc\\_1wZ7KclaBlSzpFiSjXtJxk#/recipes](https://www.supercook.com/?fbclid=IwAR05o4lp5fvxyfns7SCNqQIIVOD6nqx0HbUc_1wZ7KclaBlSzpFiSjXtJxk#/recipes)

**Bin and recycling** services are running as normal. Please note that waste and recycling centres are CLOSED however.

**Breathe Communities** have a facebook live stream that is fun and interactive Th/Fr/Sat 10.30 am.

Also, a rota to phone people daily to check in on needs and health (both physical and emotional) if anyone wants a daily call let them know.

07812110273 or [breathecommunities@gmail.com](mailto:breathecommunities@gmail.com) **Volunteer Cornwall** – “Flu Friends” <https://www.volunteercornwall.org.uk/22-news/392-coronavirus-can-you-help>- They are currently creating a list of volunteers to help those self-isolating, will complete services such as food shopping.

**Electric and Gas** ‘smart’ meters – if you call your service they can credit your meters if you are unable to leave the house.

**Local support with getting supplies** or someone to talk to in Mousehole – please phone Solomon Brown Hall 01736 731040

**The EE shop** is offering to help set up skype, whatsapp calling etc if people are able to visit the shop or get relatives to take their phone in.

**Sailflags** are offering a free flag or banner to any local foodbanks, charities or other worthy causes that can make use of one. [info@sailflags.co.uk](mailto:info@sailflags.co.uk)

**Last Chance Hotel Animal Rescue and Rehome** offering to get pet supplies to vulnerable/older people. 01209 281159

**Royal Mail info** – it is safe to send and receive mail in the post.

**Penwith Service Centre / Tyres / MOT** Station are offering to collect and delivery cars needed for MTO etc etc 01736 740073

## ☆ Store Times for older / vulnerable people / key workers ☆

**Co-op (Market Jew Street only)** 8-9am mon-fri and 10-11 sun for vulnerable people.

**Nationwide Bank** 8am to 9am for older/vulnerable people.

**Tesco (all stores)** 9am-10pm Mon, Wed, Fri (older and vulnerable) , Sun 1 hour (before opening) for NHS workers only

**Asda Hayle** : Fridays open 7am-9am for over 70s/vulnerable with carers

**Iceland Penzance:** Wednesdays 9am-11am for older people

**Sainsbury's Penzance** mon, wed, fri 8-9am for over 70s (from 23/3 vulnerable, over 70s and people with a disability given priority for online delivery slots) and every 30 mins before opening for NHS/Social Care staff (mon-sat).

**Morrisons Penzance** 7-8am for NHS staff.

### ☆ Food Delivery Services ☆

**Community Kitchen**, for people who are older, potentially vulnerable or self-isolating. Delivering soup, pasties and stews £2 a meal wed-sat. 01736 759500 or [advice@dialcornwall.org.uk](mailto:advice@dialcornwall.org.uk)

**Coldstreamer Inn** (Gulval) are doing takeaway food such as homemade pizza, pie, lasagne etc etc. All meals r £6.00 each and free delivery. 07791536323 to order on the day between 12 and 2 to order for that evening Will only accept card over the phone

**Bosavern Farm** do a weekly veg box delivery. £10 large, £6 small. Delivery to your door £1 or collect from Redwing Gallery free (Fridays 2-4pm). <http://www.bosaverncommunityfarm.org.uk/veg-boxes/>

**Dominos** continue to deliver and have a 'no contact' procedure they are following.

**Trink Dairy** has a farm shop open 24/7 with hand washing and sanitiser. Also Cornhill Farm free range eggs. Their cows are milked every day. Also their 'Where to Buy' page on their website is being updated regularly, with filters to see where to buy and who delivers. <https://www.trinkdairy.co.uk/where-to-buy-trink-milk/>

**KC Fish and Chips** Rosudgeon are doing takeaway food and delivery [07835983341](tel:07835983341)

**The Coach and Horses** near Rosudgeon are doing takeaway food and delivery [01736 763089](tel:01736763089)

**The Mexico Inn**, Longrock are doing takeaway meals, cooked and ready to cook [01736 710625](tel:01736710625)

**Chypraze Farm Produce** can delivery locally sourced meat 07841 638293

**Jon Dorys Fish and Chips** can deliver on fri and sat evenings between 5 and 9pm 07599109960

**Celtic Fish** and Game can deliver mon, tues, wed 01736 797470 or freephone 08000187470

**Surf Beach Bar** in Sennen are doing takeaway/collections meals in the area. Also a Sunday Roast available between 12-4 delivered or collected.

**Lavenders** doing full menu of delicatessen delivered items and of course Pasties

Yacht Inn doing fish/steak and chips takeaways

**Costcutter** in Carbis Bay are now doing delivery's on a Monday and Saturday. £2 if the order is under £25 and free if over £25. 01736 759148

**St Ives Food Company** are now offering home deliveries.

**Maria Chica Café** in Pendeen are also doing deliveries 01736 787596 07930093112

**Corner Deli (PZ)** – pizza deliveries on Fri and Saturday's 4pm – 8pm with discounts available too.

**Jordans Café** are offering a pre-order service for their bread which has to be collected from their café. Collections are on Tuesdays and Fridays. They can possibly deliver to people who live in Marazion / PZ area and who are self isolating.

**Baker Toms** has a mobile bread van focusing on visiting small communities / villages who don't have good access to shops. Check their website for details of where the van will be as it changes daily.

**The Granary** in Causewayhead are offering a grocery delivery service 01736 361869 or [thegranarypenzance@hotmail.com](mailto:thegranarypenzance@hotmail.com).

**Cornish Fish** (Jeremy Paul Read) can do fresh fish deliveries 01736 360779 or contact through facebook

**The Bakehouse Penzance** - for anybody self isolating and vulnerable people who cannot get to the shops, they can order things in that have disappeared from shelves in shops, such as eggs, milk, toilet paper, flour etc... 01736 331331

**Hole Foods Deli in Mousehole** are offering local delivery service of pasties, soup and stew. 01736 732843

**Costcutter** in Pendeen can deliver for self isolators only 01736 788638

**The Cook Book Café** in St. Just are offering home delivery of fresh fruit and vegetables, milk, eggs, butter, cheese, bread, pre-packed homemade meals and more. [www.thecookbookcafe.co.uk](http://www.thecookbookcafe.co.uk). 01736787266

**Costercutter** in Heamoor can deliver 01736 363214

**The Little Green Grocery** will endeavour to deliver fresh fruit, vegetables, bread, milk, eggs, jam, butter as well as pasta, rice and tinned food as long as they have stock. Text them on 07876632730

**Local Milkman**, Dave Edwards 01736 360830 – no new customers due to volume

**Caterfood** are offering home delivery (they cover Devon, Cornwall, Somerset and Dorset) 01803 664422

**McFaddens** Butchers and Bakers are doing a delivery service. 01736 788136

**Mounts Bay Dairy** are able to deliver to people at home in the Penwith area. Their email is [info@mountsbaydairy.co.uk](mailto:info@mountsbaydairy.co.uk) 01736 741216. Or use their temporary dedicated email [homedelivery@mountsbaydairy.co.uk](mailto:homedelivery@mountsbaydairy.co.uk)

**The Mount View in Longrock** can provide meals £4 a head, free delivery. 01736 710416

**Food For Families-Food Bank** is open for emergency food parcels. Phone 07925298587 or contact on facebook.

**The Middle Shop, St. Claire** can deliver milk, bread, fruit, veg and other goods. 01736 363606

**Pengarth Day Centre** can deliver meals to anyone who needs it in Pz area. 01736 364307. £5.10 small/£6.10 large.

**Goldsithney Stores** can deliver for small charge of 50p. 01736 710539. Shop is compiling a list of people who are happy to make deliveries to vulnerable people, so if anyone needs this, just ring them and they will arrange with volunteer drivers to sort this out (Covering Goldsithney, St Hilary, Relubbus, Perran Downs, Roseudgeon, Trevean, Perranuthnoe).

**Thornes** They sell fresh fruit and vegetables and are delivering to older people in Penzance/Gulval area free of charge. 01736 362436 \*\*Home delivery for new customers paused due to volume\*\* (from 24/03)

### ☆ Health and Well-being ☆

**Inclusion Matters** - Anyone isolating (or have family members that are self-isolating) who require practical support such as shopping, loneliness or accessing local community services 01872 266383 (day time hours).

**DIAL (Disability Cornwall)** service for advice or feeling isolated and in need of a chat, or practical support, collecting meds and shopping. 01736 759500

**What to do if you are anxious** about corona virus

[https://youngminds.org.uk/blog/what-to-do-if-you-re-anxious-about-coronavirus/?fbclid=IwAR1qoj\\_QYki6CgdXAismTyzbrKj-MLINJVAeOtGdMNAiszztLaoTv6gA6vs](https://youngminds.org.uk/blog/what-to-do-if-you-re-anxious-about-coronavirus/?fbclid=IwAR1qoj_QYki6CgdXAismTyzbrKj-MLINJVAeOtGdMNAiszztLaoTv6gA6vs)

**5 Best Ways to Handle Coronavirus anxiety, isolation and staying positive** video

[https://www.youtube.com/watch?v=VpfoG4Q9BtQ&feature=share&fbclid=IwAR3Rkpi7enY51M7a3o5xI7VpZJfI5G2flu\\_HQZaI5QW-1elboKY4VlTeIWY](https://www.youtube.com/watch?v=VpfoG4Q9BtQ&feature=share&fbclid=IwAR3Rkpi7enY51M7a3o5xI7VpZJfI5G2flu_HQZaI5QW-1elboKY4VlTeIWY)

**Ways to stay social online** while in self-isolation

[https://www.bbc.co.uk/news/technology-51966087?fbclid=IwAR0tponVRdlq-4SICpqMY\\_Ey34iM7HOnTvXJ0x4JK4n0ubFYOD0ixNEwsWA](https://www.bbc.co.uk/news/technology-51966087?fbclid=IwAR0tponVRdlq-4SICpqMY_Ey34iM7HOnTvXJ0x4JK4n0ubFYOD0ixNEwsWA)

**Tindals** on facebook are offering online cookery sessions. Also for videos on how to create restaurant quality meals in your own kitchen in under half an hour with food from our local butcher and ingredients from the Co-op

**Counselling** for Social Change is a registered charity providing low-cost counselling to people across Cornwall. As part of the community response to the Covid-19 pandemic, we are offering free 30-minute one off online slots for people across Cornwall to talk to a counsellor

[info@counsellingforsocialchange.org.uk](mailto:info@counsellingforsocialchange.org.uk) or call us on 01736 364 722.

**Down Dog (Yoga for Beginners, HIIT, Barre, and 7 Minute workout)** app is now free until July.

**Yoga and Pilates.** Clarence House in PZ remains open for yoga, pilates etc (check website for classes / updates).

**Value Lives Crisis Service** (no face to face visits) phone 01209 438 option 1.

**Inclusion Matters Helpline** Please direct individuals who are concerned about self-isolation and needing support to – 01872 266383.

**Penlee Inspired Online** – A digital exhibition of works at Penlee House Gallery and Museum. Starting on Monday 23rd March. Follow on facebook @penleehousegallery.

**Your Way** has a live chat for age 11-25 who need someone to talk to. Between the ages of 1-5pm. Visit [your-way.org.uk](http://your-way.org.uk)

**National Trust** have removed all pay barriers from their parks and gardens, and all car parking charges have been removed. \*update\* all gated sites have been closed. Please refer to <https://www.nationaltrust.org.uk/press-release/the-national-trusts-latest-statement-on-coronavirus-covid->

[19?fbclid=IwAR3aEjrFFBfbzbfijOJ9WbpTk\\_RAmfVC5dANYogXqtlNAEbXwmO7PDsKVM](#)for up to date info re NT.

**Virtual 'tours'** are available on the internet. Youtube have tours of different parts of Cornwall. Also, there are virtual art gallery tours.

**The Happy Newspaper**, full of happy and positive news  
<https://thehappynewspaper.com/>You can joint heir email list for free.

## ☆ **Children** ☆

**David Walliams** is releasing a FREE audio story every day for the next 30 days  
[https://www.worldofdavidwalliams.com/elevenses/?fbclid=IwAR0p3PY8rj\\_e3uyV2BnCWBFzLuxDjHCZ3yqrmhxK877cfmch1SVofZrJSk](https://www.worldofdavidwalliams.com/elevenses/?fbclid=IwAR0p3PY8rj_e3uyV2BnCWBFzLuxDjHCZ3yqrmhxK877cfmch1SVofZrJSk)

### **Free Printable activities for Young Learners**

[https://www.mathletics.com/au/for-home/early-learner/?utm\\_source=Facebook&utm\\_medium=Social&utm\\_campaign=HOME\\_USER\\_MX0001&utm\\_content=image2](https://www.mathletics.com/au/for-home/early-learner/?utm_source=Facebook&utm_medium=Social&utm_campaign=HOME_USER_MX0001&utm_content=image2)

### **Explore London's Museums from Home**

<https://mumsdotravel.com/2020/03/how-to-explore-londons-top-museums-from-home/?fbclid=IwAR2JL8Woi6evaHDjGLw63sCYKTN4t42Krq1oyVEEtNQ9nSEdyP0Yc7P4H8>

**Rainbows!** Children everywhere are drawing/painitng/making rainbows and displaying them int heir windows for other children to 'spot the rainbow' when out for their walks.

### **Kids creative activity ideas**

[https://www.tate.org.uk/kids/make?utm\\_source=instagram&utm\\_medium=organic\\_social&utm\\_campaign=tate\\_kids&utm\\_content=making\\_activities&fbclid=IwAR2V0FKiQrM9VsWbuceSm05N8Biho1ZBqL\\_SeptPIDwXiew9\\_VxEcV-6Yus](https://www.tate.org.uk/kids/make?utm_source=instagram&utm_medium=organic_social&utm_campaign=tate_kids&utm_content=making_activities&fbclid=IwAR2V0FKiQrM9VsWbuceSm05N8Biho1ZBqL_SeptPIDwXiew9_VxEcV-6Yus)

### **Watch Astronauts reading stories from space –**

[https://www.scarymommy.com/astronauts-story-time-in-space-kids-books/?fbclid=IwAR1knTI4j-1phVOi\\_o1VE10Ec-gom6txlIf-p6wBhOA5Pz9I6KNEDngaWNs](https://www.scarymommy.com/astronauts-story-time-in-space-kids-books/?fbclid=IwAR1knTI4j-1phVOi_o1VE10Ec-gom6txlIf-p6wBhOA5Pz9I6KNEDngaWNs)

### **Free online boredom busting resources –**

[https://chatterpack.net/blogs/blog/list-of-online-resources-for-anyone-who-is-isolated-at-home?fbclid=IwAR0HF8msGPoTByHLooGK8hiAlyqpDN1mtY\\_SSJRZwIAfXollScZhf6atXJU](https://chatterpack.net/blogs/blog/list-of-online-resources-for-anyone-who-is-isolated-at-home?fbclid=IwAR0HF8msGPoTByHLooGK8hiAlyqpDN1mtY_SSJRZwIAfXollScZhf6atXJU)

**World Book Online** have just made their fabulous collection of over 3,000 ebooks and audiobooks available for free for children to access at home. Suitable for all ages.

<https://worldbook.kitaboo.com/reader/worldbook/index.html?usertoken=Mjk5MzQ6MTpJUjA5MjAxNjoyOmNsaWVudDE2OTc6MTY5NzoyMjE2Mjg4OjE6MTU4NDM4MDExMzA2Mjp1cw%3D%3D&fbclid=IwAR1wSq5HY3uvyMCdnRZiKMD O-CGNqF1bWr8R3JaOZ-vN0CrYW379MPzgV8>

**Zoo live streams of their animals** [https://www.holidaypirates.com/travel-magazine/13-zoos-that-offer-live-streams-see-giraffes-koalas-pandas-tigers-penguins-more-35765?sc\\_src=email\\_1781336&sc\\_lid=131849624&sc\\_uid=E9XMkMdAJd&sc\\_lid=79845&sc\\_eh=90c96067707bdfbc1&utm\\_campaign=UK\\_2020\\_12\\_We\\_newsletter\\_all\\_all\\_20200318&utm\\_source=newsletter&utm\\_medium=email&utm\\_term=Read+more&fbclid=IwAR1Ibh4kh4zsD2uGDGCqLeilV8MoJm5yWvmHBjczscD1IyjH8xyisms2PPM](https://www.holidaypirates.com/travel-magazine/13-zoos-that-offer-live-streams-see-giraffes-koalas-pandas-tigers-penguins-more-35765?sc_src=email_1781336&sc_lid=131849624&sc_uid=E9XMkMdAJd&sc_lid=79845&sc_eh=90c96067707bdfbc1&utm_campaign=UK_2020_12_We_newsletter_all_all_20200318&utm_source=newsletter&utm_medium=email&utm_term=Read+more&fbclid=IwAR1Ibh4kh4zsD2uGDGCqLeilV8MoJm5yWvmHBjczscD1IyjH8xyisms2PPM)

**Children's treasure hunt** Fun activity for families at home to do. Using 360 tour of @GWRUK Penzance Station  
<https://www.ocean3d.co.uk/Gallery/Show/?tourId=72>

### ☆ **Facebook Groups** ☆

Covid-19 Mutual Aid Helston & Surrounding Areas

Covid-19 Mutual Aid Penzance

Cornwall Coronavirus Care

COVID19 Day to Day help – East Cornwall

Here to Help Cornwall Public Group.

COVID – 19 mutual aid support Hayle

Penwith Special Needs Children Home Survival for Covid 19

*Jade Carter-Bennett*

Transitions Social Worker (West)