

Any changes to this please email assistant@liskeard.gov.uk so it can be kept as accurate as possible by the Town Council

Businesses and Community Offerings and generally useful info

Who	What	How to Contact	Additional Info
Best Kebab	Free Delivery service on orders over £15 One item Free from menu for NHS staff	01579345530 open 5pm till 10pm	Show NHS ID badge FB page
Chadd's Foodsmiths	Home deliveries Liskeard and Looe areas twice a week 1000s of items 6 days a week	01288 353964 sales@chaddsfoodsmiths.co.uk	min order £50 Delivery within 2 days FB page www.chaddsfoodsmiths.co.uk
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

Continental Fruits Wholesale	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.
Daddios Kebab & Pizza	7 days a week from 5-10pm collection and delivery to Liskeard and surrounding area	01579 344555	If you prefer a contactless service due to Covid 19, please 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. FB page www.daddiosliskeard.co.uk
Delea Coffeehouse & Fermented Foods	An assortment of fermented foods & kefir kits for delivery	07548827460 deleacoffeehouse@gmail.com	Free delivery in & around Liskeard on orders over £5 or can post for a small fee. Facebook page Delea Coffeehouse & Fermented Foods www.delea-coffeehouse.business.site
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. FB page

Flower Gallery	Flowers safely collected or delivered	01579 342897	Shop open 9am - 2pm, doors closed. Place order over phone or website flowergallery-liskeard.co.uk
Geoffry Harris Tyres	Reduced working hours 8.30 - 3.30 until further notice	01579 347744	FB page www.tyresliskeard.co.uk
HE Goldsworthy	Gas deliveries (although shop closed, deliveries still possible)	01579 342188 07970 075277 info@hegoldsworthy.co.uk	www.hegoldsworthy.co.uk Facebook: https://www.facebook.com/pages/H-E-Goldsworthy/1677877645794956
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.

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	Free delivery on orders over £50, otherwise £5 charge. Brochure available online. Also has App . Order by midnight for next day delivery.
Keveral Community Growers	Local, organic vegetable and/or fruit boxes based in Seaton, Cornwall. Deliver within a 30 mile radius.	01503 250343 info@keveral.co.uk	FB Page www.keveral.co.uk/community-of-growers
Kevin James, Milkman	unable to take any more customers		
The Little Shop Dvds & Games	Buy from them through their Ebay store	Through their Facebook page.	Facebook: https://www.facebook.com/The-Little-Shop-Dvds-and-Games-142650225858134/
Liskeard Book Shop	Offering a virtual book shop They are taking 'send my book' orders can be sent straight from our suppliers to your address for a small postage fee.	liskeardbookshop@btconnect.com 07710986599 or 07811888060 (between 0930 and 1700)	facebook page
Liskeard News	Open as normal Offering delivery to elderly customers during the current Covid-19 outbreak	01579 344887	www.liskeardnews.co.uk

Liskeard Pet Shop	Saturday deliveries to Liskeard and surrounding area	01579 347 144	Free. Minimum spend £15 Pay over the phone Closed on Sundays
Little Bakehouse, Launceston	Home deliveries are available for sourdough. We are delivering weekly on Tuesdays .	01566 248029 to order www.littlebakehouse.co.uk	Minimum of 6 breads withered the choice of Wholemeal, white, bordelaise or west country. £2.85 a loaf, plus £2 delivery.
Manor House Inn, Rilla Mill	Shop, check for stock or orders takeaway with stringent measures such as minimal queues and social distancing. 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.	07401424121 or 01579 362354	FB page
Menheniot Spar	Free Home deliveries.	01579 342266	Place orders before 1pm for same day delivery in Mehneniot parish. Shop open 7am - 7pm, Monday to Friday and 9am - 7pm on Sundays. Residents asked if will donate to Food Bank. Food bank donations are kept at the shop until delivered to the foodbank .
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

O'Keefes Butcher and Pelynt Stores	Meat and groceries. Local delivery or store collection	01503 220636	FB page 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. 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.
Olive & Co.	Not currently open. May be able to offer home delivery in the future		Watch www.olivecoffe.com for more details.
Paul Bray and Sons, Butcher	Butcher delivery: St Germans, Landrake, Saltash, Callington, Liskeard, Looe, Dowlunderry and Menheniot	01752 851224 Monday to Friday 9am till 5pm Saturday 9am-1pm	Minimum Order £20 Card payment when ordering Fridays - Liskeard, Looe, Dowlunderry & Menheniot
Pensilva Stores	Home Deliveries Pensilva	01579 362457	Over 70s only - Tuesday & Friday between 1-2pm FB Page

Philip Warrens Butchers at Oughs	Butchers delivery for vulnerable and self isolating. Thursday and Fridays order by phoning Liskeard branch, deliveries supplied by Launceston branch.	01579 343253	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, of course, be open normal hours. Respecting social distancing
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	Available Monday – Saturday Order between 11am and 1pm for delivery the next day between 11am and 1pm. Check Facebook or website for what choices are.
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 / Take away Ring to book	01579 363933	FB Page www.thevictoriainnpensilva.co.uk
Village Greens, Mount	Deliveries to Warleggan Parish, St Neot and Cardinham	7815619754	FB page

Villis Dairy	Delivery to Liskeard and surrounding areas non-homogenised Cows and Goats milk We also offer a range of home-made goats cheese.	01579 326009	FB page
Shops, Doctors Pharmacies and Banks Opening Hours			
Addington Service Station	8am - 8pm daily		FB page
Aldi:	Closing at 8pm Monday - Saturday. Usual Sunday hours Emergency Services staff: can enter from 9.30am on Sundays and select shopping ready for tills opening at 10am		
B & M	Monday - Saturday 8.30am - 6pm Sunday 10am - 4pm		
Barclays, Liskeard	Monday, Tuesday, Thursday, Friday 9.30am - 1pm, Wednesday 10am - 1pm, Saturday 9.30am - 12 noon		
Boots:	Monday - Sunday 10am - 12noon, then 2 - 4pm		Pharmacy Team 01579 343183
Co-Op:	Vulnerable customers and NHS staff hours: 8am - 9am Monday - Saturday, 10-11 Sundays Opening hours 7am - 8pm Mon - Sat. Sun 10-4.		

Day Lewis Chemist	Monday - Saturday 10am - 12noon, then 2 - 5.30pm	Urgent calls outside these hours: 01579 342225	Volunteer Cornwall assistance with collection of prescriptions: 01872 266988 email: requestforhelp@volunteercornwall.org.uk
HSBC, Liskeard	Monday - Friday 10am - 2pm		
Launderette, The Parade	Open, closed for lunch 12-1pm	call 01579 343293 for assistance	
Lloyds Bank, Liskeard	Monday - Friday 10am - 2pm		
Mole Valley Farmers	Monday - Saturday 8.30am - 4pm Sunday 10am - 2pm		
Morrisons	8am - 8pm Monday - Saturday, normal Sunday hours		
No Wrap No Crap Hub	10 am until 12 noon for essentials to anyone over 70 years old, N H S workers, carers, and for vulnerable people in our community, then from 12.30 pm we will be open until 4 pm for everyone else		
Oak Tree Pharmacy/Dispensary	Monday - Friday 9.30 - 1pm, 2- 6.30pm	01579 324252 Surgery	
Post Office, The Parade	Monday, Wednesday, Thursday, Friday 9am - 3pm Tuesday 9.30am - 3pm Saturday 9am - 12.30pm		
Rosedean Surgery - Dispensary	Dispensary will only be open to collect medication between 10am - 1pm and 2pm -5pm. As of 24.3.20 FB post	01579 343133 Surgery	

Santander, Liskeard	Monday, Tuesday, Wednesday 11am - 3pm. Thursday and Friday tbc Saturday Closed	call 0800 9 123 123	Info correct as at 30.3.20
Spar:	7am - 8pm daily		
Wellbeing Centre	Open, ring to check if therapist continuing their services currently. We are maintaining a high level of hygiene, to help keep our therapists and everyone who visits us safe.	01579 344090	FB page
Community Support and Advice Organisations			
Action Fraud	National Fraud and Cyber Crime Centre	0300 123 2040	www.actionfraud.police.uk
Addiction	Get free, confidential support with alcohol, drugs or mental health in one of our local services or online	www.wearewithyou.org.uk	
Childline	Support online and on the phone	0800 1111	Special Coronavirus information https://www.childline.org.uk/info-advice/your-feelings/anxiety-stress-panic/worries-about-the-world/coronavirus/
Christians Against Poverty	Support Can issue Food Bank vouchers Debt advice	Darren Arulvasagam Liskeard & Looe Centre Manager 07539 473754 CAPLiskeard@outlook.com	Contactable on Mondays and Fridays
Citizens' Advice Bureau	Support and guidance	03 444 111 444	www.citizensadvicecornwall.org.uk
Cornwall Housing	Housing enquiries	0300 1234 161	www.cornwall.gov.uk/housing

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	
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
Facebook Support Pages	Liskeard COVID-19 Help and Support Dobwalls and Liskeard Coronavirus Support	search online	
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	
Job Centre	Benefit and Universal Credit claims and advice	0800 055 6688	
Keep Children Entertained	David Walliams - a story a day at 11am	www.worldofdavidwalliams.com	
Maths with Carol Vorderman	Free access to maths website	www.themathsfactor.com	
Traction Engine Colouring Sheets	Download colouring traction engine sheets	www.ntet.co.uk/sac/sac_colouring_pages.pdf	

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.	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 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 with others about unpleasant emotions, learn their useful purpose and find constructive ways to move on in life even when you're feeling stuck.	Clare Bevan 07769 848307 Jackie at the Emotional Logic Centre: hello@emotionallogiccentre.org.uk 01752 892455	

Liskeard Town Council	Local advice and support information	01579 345401 9am - 1pm	www.liskeard.gov.uk/services-info/covid-19 Also check out Town Council Facebook page Your Liskeard Facebook page has latest information from businesses and any changes to their services
Liskeard, Looe, Torpoint Foodbank	Deliveries only - don't visit the Foodbank	07512 011452	FB page www.liskeardlooe.foodbank.org.uk
NHS	Health advice on Coronavirus	111 www.nhs.uk	
Online Support Forums	Menheniot/Merrymeet online support group/forum St Cleer Parish - Next Door Coronavirus Support Network St Cleer Coronavirus Support Network	https://merrymeet-conrwall.uk email chat@merrymeet-cornwall.uk www.nextdoor.co.uk Trish: 07950 262682 / 01579 343543 trish@trearnehouse.co.uk	
Safer Futures	Advice on domestic abuse	0300 777 4777 https://chat.womensaid.org.uk	
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
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
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 pastoral support to all			
Greenbank Community Church	pastoral support	01579 347794 Monday - Friday 10am - 3pm	
Light and Life Free Methodist Church	pastoral support	07712 882 741 Saturday 10am - 12 noon Sunday 3 - 5pm	
Methodist Church	pastoral support	07500 493 939 Monday - Friday 10am - 4pm	

Our Lady of St Neot Catholic Church	pastoral support	01579 344906 9am - 7pm	
Salvation Army	pastoral support	07731 885 525 Monday - Friday 11am - 4pm	
St Martin's	Practical support as well as pastoral care	01579 347411 Monday - Friday 10am - 12.30pm	
Business Support			
Cornwall & IoS Growth Hub		www.ciosgrowthhub.com	
Cornwall Council		0300 1231 118 https://bit.ly/2ykpe7b	