

Social Prescribing Covid-19 PENWITH Directory

Useful phone numbers / 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/sites/default/files/2020-03/Info%20about%20covid19%2026th%20March.pdf
Cornwall Council	Covid-19 related questions email covid19@cornwall.gov.uk
Council Tax	enquiries 0300 1234 171
Cornwall Council online information	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 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
Samaritans	116123
Misc Services / resources	
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 isolation away from family	£80-£160 per week, private en-suite incl heating, water, electricity, wifi. Kitchen facilities with storage space (shared) email enquiries@hotelstives.com or phone 01736 795277
Recipes Search	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
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 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.
Gas / Electric	smart’ meters – if you call your service they can credit your meters if you are unable to leave the house.
EE Shop Penzance	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
Pet Supplies for isolating / vulnerable	Last Chance Hotel Rehoming are offering to get pet supplies to vulnerable/older people. 01209 281159
Car repair / maintenance	Penwith Service Centre / Tyres / MOT_Station are offering to collect and delivery cars needed for MOT etc etc 01736 740073 (MOT holiday for 6 months on all vehicles that will expire during lock down, does not cover cars that MOT expired prior to March 21 st).
Store information for Vulnerable / Elderly / Key Worker	
Co op Market Jew Street	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
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 07835 983341
The Coach and Horses	near Rosudgeon are doing takeaway food and delivery 01736 763089
The Mexico Inn	, Longrock are doing takeaway meals, cooked and ready to cook 01736 710625
Chypraze Farm Produce	can delivery locally sourced meat 07841 638293
Celtic Fish and Game	can deliver mon, tues, wed 01736 797470 or freephone 08000187470
Cost Cutters	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.
Corner Deli Penzance	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 Penzance	in Causewayhead are offering a grocery delivery service 01736 361869 or 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
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 01736 741216. Or use their temporary dedicated email homedelivery@mountsbaydairy.co.uk
The Mount View 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 Clair	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 Goldisthney, St Hilary, Relubbus, Perran Downs, Roseudgeon, Trevean, Perranuthnoe).
Health And Wellbeing	
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-MLINJVAeOtGdMNASizztLaoTv6gA6vs
Online video	5 Best ways to handle Coronavirus Anxiety https://www.youtube.com/watch?v=VpfoG4Q9BtQ&feature=share&fbclid=IwAR3Rkpi7enY51M7a3o5xI7VpZJfI5G2flu_HQZaI5QW-1eIboKY4VItelWY
Ways to stay social online	while in self-isolation https://www.bbc.co.uk/news/technology-51966087?fbclid=IwAR0tponVRdlq-4SlCpqMY_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 or call us on 01736 364 722.
Exercise	Down Dog (Yoga for Beginners, HIIT, Barre, and 7 Minute workout) app is now free until July
Valued Lives Crisis support	(no face to face visits) phone 01209 438 option 1.
Inclusion Matters Helpline	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 onle on facebook @penleehousegallery.
Your Way Youth Service	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
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=IwAROp3PY8rie3uyV2BnCWBFzLuxDjHCZ3yqrmhxK877cfmch1SVofZrJsk
Free for young learners	https://www.mathletics.com/au/for-home/early-learner/?utm_source=Facebook&utm_medium=Social&utm_campaign=HOMEUSER_MX0001&utm_content=image2
Explore London Museums	https://mumsdotravel.com/2020/03/how-to-explore-londons-top-museums-from-home/?fbclid=IwAR2JL8Woi6evaHDjjGLw63sCYKTN4t42Krq1oyVEEtNQ9nSEdyPOYc7P4H8
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
Stories from Space	– https://www.scarymommy.com/astronauts-story-time-in-space-kids-books/?fbclid=IwAR1knTI4j-1phVOi_o1VE10Ec-gom6txlIf-p6wBhOA5Pz9l6KNEDngaWNs
Boredom busting resources	– https://chatterpack.net/blogs/blog/list-of-online-resources-for-anyone-who-is-isolated-at-home?fbclid=IwAR0HF8msGPoTByHLooGK8hiAlyqpDN1mtY_SSRZwIAfXoIIScZhf6atXJU
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=Mjk5MzQ6MTpUjA5MjAxNjoyOmNsaWVudDE2OTc6MTY5NzoyMjE2Mjg4OjE6MTU4NDM4MDExMzA2Mjpw%3D%3D&fbclid=IwAR1wSq5HY3uvyMCdnRZlJkmDO-CGNqF1bWr8R3JaOZ-vN0CrYW379MPzgV8
Zoo livestreams	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=IwAR11bh4kh4zsD2uGDGCqLeilV8MoJm5yWvmHBjczscD1lyjH8xyisms2PPM
Childrens 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	

	<p>Covid-19 Mutual Aid Helston & Surrounding Areas</p> <p>Covid-19 Mutual Aid Penzance</p> <p>Cornwall Coronavirus Care</p> <p>COVID19 Day to Day help – East Cornwall</p> <p>Here to Help Cornwall Public Group.</p> <p>COVID – 19 mutual aid support Hayle</p> <p>Penwith Special Needs Children Home Survival for Covid 19</p>
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