

USEFUL SUPPORT & HELP THROUGH THE CORONAVIRUS CRISIS

**IN
CAMBORNE, POOL, ILLOGAN, REDRUTH
& THE MINING VILLAGES**



Compiled by the CPIR & Mining Villages Community Network

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What's this booklet all about?

Cornwall Council's Community Network covering your area, decided that it would be helpful to send out a booklet to help our residents access the help and support they need at this challenging time. As many people are not on social media or have computers, we didn't want you to miss out on what could be, vital information and support.

We hope you find it useful and handy to keep near your phone. Let us know if we can be of any more help.

Kindest regards from your Cornwall Councillors and your Community Link Officer, Charlotte Caldwell.

Useful contacts who can help you with the following;

- Healthcare
- Food
- Community Safety
- Local Volunteers – if you need help with shopping or collecting prescriptions or are lonely and want someone to talk to
- Bereavement support
- Housing & Homelessness
- Debt Support
- Children, Young people & families
- Business Support

We have also included the contact details for your local Cornwall Councillor and your Town/Parish Council in case you have any other queries.

HEALTHCARE

Macmillan Cancer Support 01872 672090 or 0808 808 0000

Cancer Research UK 0808 8004 040

Dementia Admiral Nurse 01872 254551

Dementia Support 01243 888691

Alcohol / Drugs support 0333 200 0325

'We Are With You' addiction support 01872 263001

Mental Health – Nightlink 0808 800 306 (6-10pm Mon-Thurs)

NHS 24/7 Helpline for mental health 0800 038 5300

Loneliness support line 01209 708995

Samaritans 116 123

Kernow Carers Service 01872 323535 / 0800 587 8191

Adult Carers Helpline 01872 266383

Disability Cornwall 01736 759500

Age UK 01872 266383

Adult Care and Support, Cornwall Council 0300 1234 131

Emergency Dental Service 0333 4050 290

Healthy Cornwall

Supporting you with lifestyle, pregnancy, under 5's and training

Call 01209 615600 or www.healthycornwall.org.uk



FOOD

Food deliveries and takeaways (please note this is not an exhaustive list)

Baker Toms – food deliveries 01209 218989

Country Health Food Shop, Redruth 01209 215012

Market Way Cafe, Redruth - a wholesome meal for the elderly and vulnerable, delivered to the doorstep. 01209 213751.

Redruth Town Team – for vulnerable or isolated residents in Redruth area – 01209 213807 – basic shopping from Morgan Meats, Thorne's Greengrocers and Greens Premier Convenience store

Braddons Butchers 01209 820296

Miss Molly's Tea Room 01209 718196 – fresh home cooked delivery service – Meals on Wheels

Crib Stop, Camborne – food deliveries 01209 715900

Beacon Stores – food deliveries 01209 612314

The New Camborne Deli, prepared food deliveries and 01209 718428

Spar Shop, Hilderly Park – shopping deliveries 01209 206796

St Day General Store 01209 820361 – food deliveries – Mon-Fri (St Day village), Tues & Thurs (Carharrack) Weds & Fri – Frogpool, Cusgarne

Costcutter, Stithians – food deliveries 01209 861713

Cornish Arms, Frogpool – 01872 863445 – takeaway food freshly prepared on Weds and Fri evenings – call to book a time slot for collection

Golden Lion, Stithians 01209 860332 – takeaway meal service

Perfect Food Box – Food deliveries call David 07495 261670
www.falfoodbox.co.uk

Londis, Lanner 01209 213321

Portreath Bakery, Lanner 01209 314613

FOODBANK

Transformation Camborne Pool Redruth 01209 714592

Need help with shopping?

Go to the Volunteers section of this booklet for help.

Need help getting a food delivery?

If you or anyone you know is considered vulnerable or are unable to leave home for any reason, and you have explored the options on www.cornwall.gov.uk/helpwithfood but have been unable to obtain a delivery, please get in touch with Cornwall Council on 0300 1231118 or email: covid19@cornwall.gov.uk

If you are struggling to obtain food
or need any help, please do not
hesitate to contact us.



LOCAL VOLUNTEERS

If you need help with your shopping or collecting prescriptions, medicine or having items posted, you can make contact with the following organisations/people who can help.

Volunteer Cornwall 01872 266988

or email: requestforhelp@volunteercornwall.org.uk

Carharrack & St Day Covid Support Group

Tel. Sarah Hamshaw for Carharrack on 0781 3637334.

or Rachel McEvoy for St Day on 01209 822736 / 07790221275

All Saints Church Community Centre

Volunteers and counsellors available for phone support to anyone.

Tel: 0778 0471 062

Monday to Friday 10am – 4pm

Tel: 01209 610260

Office number after 22nd June

or email: info@allsaintscentre.co.uk

Red Cross

Phone support via volunteers.

Charlet Treloar 07912 080912 or Heather Lawry 07843 343623

CN4C (Cornwall Neighbourhoods for Change)

Our crisis team can help with food, shopping or medicine collections, activities and training. Looking for work related support through our various projects. Tel. 01209 310610

BEREAVEMENT SUPPORT

Cornwall Bereavement Network 01872 252713

Cornwall Hospice Care 01726 829874

Penhaligon's Friends

Support for bereaved families with children and young people in Cornwall 01209 210624 / 215889

Redruth Team Ministry

Rituals for saying goodbye are important for so many of us. If you wish, we can read prayers or some of the funeral service over the phone with you to help you mourn when you cannot attend a funeral. Do get in touch via email: deb@redruthchurch.org.uk or call 07742 865618 and we can arrange a phone call with one of our clergy.

HOUSING/HOMELESSNESS

Council Tax helpline 0300 1234 171

Coastline Housing 01029 200200

Homeless 0300 1234 161

Rough sleepers 0300 500 0914

BUSINESS SUPPORT

Business grants/finance 0300 1234 171

Cornwall & Isles of Scilly Growth Hub 01209 708660

BID Camborne 07445 366412

Employment questions The People Hub 0333 0150 699

HMRC tax helpline 0800 0159 559

DEBT SUPPORT SERVICE

Citizens Advice Cornwall 03444 111 444

Debt Help service helpline 0800 328 0006 we have changed our debt counselling service to offer a telephone-based debt help service that will help and support the clients through the process. We have worked hard with regulators to ensure that our service is compliant, and we have trialled the service to ensure that it will work as well as it can do for vulnerable clients. <https://capuk.org/>

CHILDREN, YOUNG PEOPLE & FAMILIES

Early Help Services

Early Help provides a range of support for children, young people and their families from – 9 months to 19 years. We have Family workers, targeted Youth Workers, Parenting workers, Family Group Conference Co-ordinator and Community Development Worker who are all working to support you in creative and innovative ways during these unprecedented times.

Request for support can go through the Early Help Hub - 01872 322277 or www.cornwall.gov.uk/earlyhelphub
Or you can call our Redruth Hub 01209 310000.

Young Minds – Support for parents to support children during the pandemic. See the link below for another source of tips, advice and where to get support for child mental health during the coronavirus (COVID-19) pandemic

<https://youngminds.org.uk/find-help/for-parents/supporting-your-child-during-the-coronavirus-pandemic/>

Young people Cornwall and Find Your Way

The Find Your Way IAG service (Young People Cornwall) is supporting 11-25 years age group for personal support and information in relation to mental & physical health; well-being and healthy relationships; counselling housing / homelessness; Sexual health; education; benefits & money matters; food bank provision and other practical / personal support.

Please visit Young People Cornwall Facebook page for all details of activities that young people may wish to participate in during the lockdown period; also see Web Chat facility available 9-9pm, Monday – Sunday.

Web Chat www.your-way.org.uk

Kathleen Walsh. Tel. 07505 263162 (9-5pm weekdays)
or email: Kathleen.walsh@ypc.org.uk

Maggie Ellis, Tel 07917 522067 (9-5pm Mon; Wed & Fri's)
or email: maggie.ellis@ypc.org.uk

COMMUNITY SAFETY

Domestic Abuse 0300 777 4777

Cornwall Refuge 01872 225629

Children's safety concerns 0300 123 1116 / out of hours 01208 251300

Adult safety concerns 0300 1234 131

Scam reporting 0300 123 2040

Crime and anti-social behaviour
Non-emergency Tel. 101, Emergency Tel. 999

CORNWALL COUNCILLORS CONTACT DETAILS

Redruth

Cllr Barbara Ellenbroek. 01209 314422

Cllr Ian Thomas. 01209 213751 / 07970 141024

Cllr Stephen Barnes. 01209 203946

Camborne

Cllr David Atherfold. 01209 712771 / 07966 033950

Cllr John Herd. 01209 717992 / 07879 416300

Cllr Dave Biggs. 07483 216086

Cllr Paul White. 07793 880202

Cllr Jeff Collins. 01209 710636 / 07586 066158

Pool & Tehidy

Cllr Philip Desmonde. 07860 801162

Illogan

Cllr David Ekinsmyth. 01209 612992 / 07811 114971

Carharrack, Gwennap & St Day

Cllr Mark Kaczmarek. 01209 211366/ 07907 334113

Lanner & Stithians

Cllr John Thomas MBE, 01209 215162/ 07503 547852

Portreath

Cllr Joyce Duffin - joyce.duffin@cornwallcouncillors.org.uk

Four Lanes

Cllr Robert Hendry. 01209 215052 / 07890 841511

TOWN & PARISH COUNCIL CONTACTS

Redruth Town Council:	01209 210038
Camborne Town Council:	01209 612406
Carn Brea Parish Council:	01209 313014
Illogan Parish Council:	01209 711433
St Day Parish Council:	01209 210298
Lanner Parish Council:	01209 200551
Stithians Parish Council:	01209 711156
Gwennap Parish Council:	01872 865840
Portreath Parish Council:	01209 842370
Carharrack Parish Council:	07967 005605

COMMUNITY LINK OFFICER DETAILS

Call Charlotte Caldwell on 07805 860511
or email: Charlotte.caldwell@cornwall.gov.uk

The NHS Test and Trace

This service will help identify, contain and control coronavirus, reduce the spread of the virus and save lives. If you develop symptoms, you should order a coronavirus test immediately at www.nhs.uk/coronavirus or **call 119 if you have no internet access.**

Anyone who tests positive for coronavirus will be contacted by NHS Test and Trace and will need to share information about their recent interactions.

This could include household members, people with whom they have been in direct contact, or within 2 metres for more than 15 minutes.

People identified as having been in close contact with someone who has a positive test must stay at home for 14 days, even if they do not have symptoms, to stop unknowingly spreading the virus.


In the first instance you should consult the Government guidance on Test and Trace <https://www.gov.uk/guidance/nhs-test-and-trace-how-it-works>

We hope you found this booklet useful and if you need any more information, please do not hesitate to contact

Cornwall Council
Tel: 0300 123 1118
or Email: covid19@cornwall.gov.uk

CPIR Community Network

 [twitter@CPIR_CN](https://twitter.com/twitter@CPIR_CN)

 [CambornePoolllloganRedruthCN](https://www.facebook.com/CambornePoolllloganRedruthCN)