

Torpoint & Rame / Liskeard & Looe Foodbank

To access the foodbank you need a referral. Contact the agency best suited to help with your crisis:

Benefit/Universal Credit: Devonport Job Centre (01752) 614817

Debt: Citizens Advice Tel: 0344 4111 444

Housing: Cornwall Council Tel: 0300 1234 161

Young People: www.youngpeoplecornwall.org

Addiction: www.wearewithyou.org.uk

If you have a support worker at Social Services contact them

For further information, contact the FoodBank direct

Tel: 07512 011452 Email: liskeard.foodbank@gmail.com

Torpoint Library & Community Hub

Staff can now deliver physical library books to you, as well as helping you register for a library card; free online books are available on BorrowBox. Library staff can also provide a signposting advisory service for information and referral purposes.

Contact available Monday—Friday 8:30am—4:30pm Telephone (01752) 812215 or 07951 182611, Email comhub@torpointtowncouncil.gov.uk Or check out the Facebook page [Torpoint Library and Community Hub](#)

Silver Stories, a Torpoint Nursery and Infant School initiative, is where school children telephone older members of the community, Silver Listeners, to read stories or poems. If you know someone who would like to be a Silver Listener please access the website www.silverstories.co.uk



Coronavirus (Covid-19): What you need to do

Stay At Home

- Only go outside for food, health reasons or work (*but only if you cannot work from home*)
- If you go out, stay 2 Metres (6ft) away from other people at all times
- Wash your hands as soon as you get home
- Do not meet others, even friends or family. You can spread the virus even if you don't have symptoms



For the latest advice go to

www.gov.uk





HELLO if you are self-isolating
Local Community Markets can help.

My name is.....

I live locally at.....

My phone number is.....

If you are self-isolating due to COVID-19
we can help with

Picking up shopping Posting mail

A friendly phone call Prescriptions

Coronavirus is contagious. Please take every
precaution to ensure you are spreading only kindness.
Avoid physical contact (2m distance). Wash your
hands regularly. Items should be left on your
doorstep.

Local Community Markets has set up a network of volunteers across Torpoint. You should have received this leaflet with the name and contact details of the volunteer in your area.

If you have mislaid the information or have any queries please call

Rachel: 07535 600895 /(01752) 812357

Or

Julie : 07802 948046 /(01752) 813420

Or Email:

Torpointmarkets@gmail.com

A list of local businesses, their opening times and delivery options is maintained by Local Community Markets and available on the Facebook group 'Torpoint and Rame Covid-19 Community Support' or from your volunteer. Please contact the group if you require a copy.

CHAT Fresh Food Boxes

If you have been financially affected by Covid-19 and need help and support to feed your family, please contact:

chatfoodboxappeal@gmail.com

or private message through the CHATLINK Facebook page.

If You Need Someone to Talk to:

Volunteer Cornwall offer a Befriender Service. Many people are finding it a lonely and worrying time not being able to see or meet up with friends and family. Volunteer Cornwall have set up a telephone befriending service for people who would like to have a friendly voice to talk to a couple of times a week. The service is provided by volunteers who might themselves be self-isolating but nonetheless want to help others. The chats can be about anything and everything from hobbies and interests you may have to the good old British weather, the number for this Service is: 01872 266988.

Other agencies offering specific support are:

- **Cornwall Samaritans**—you can call free day or night on **116 123** or email jo@samaritans.org
- **www.youngminds.co.uk** is a useful site for young people for emotional health and wellbeing.
- If you need advice on **domestic abuse** ring Safer Futures on **0300 777 4777** or go to <https://chat.womensaid.org.uk>

Where you can get more information

- **Health advice on Coronavirus**—www.nhs.uk or ring **111**
- **How to protect yourself and others**—www.gov.uk
- **Employment and financial support and information for businesses**—www.gov.uk or the Coronavirus page at www.cornwall.gov.uk

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**PROTECT
THE NHS**

**save
lives**

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