

**Volunteer Cornwall “Flu Friends”**

They are currently creating a list of volunteers to help those self-isolating with services such as food shopping.

[www.volunteercornwall.org.uk](http://www.volunteercornwall.org.uk)

**Coast Coffee Bar**

Door to door food delivery service in Lizard area.

[www.coastthelizard.co.uk/](https://www.coastthelizard.co.uk/)

T: 01326 290400

**Helston Community Emergency Plan** (Helston town council)

Collect food shopping, post mail, collect urgent supplies, give a regular friendly phone call or check in. Volunteer service.

[townclerk@helston-tc.gov.uk](mailto:townclerk@helston-tc.gov.uk) (Use Volunteer in subject title)

T: 01326 572063.

**Trevaskis Farm** – **Camborne and Redruth Area**

Home delivery service of hot food or food delivery i.e. tins of food and pasta, pasties. Anyone interested to email them directly.

Will cover a 5-mile radius only.

[www.trevaskisfarm.co.uk/](https://www.trevaskisfarm.co.uk/)

T: 01209 713931.

**Crib Stop, Camborne.**

Offering food deliveries.

T: 01209 715900.

**Three Tuns, St Keverne**

Free delivery for food takeaway orders.

[www.threetunscornwall.com/](https://www.threetunscornwall.com/)

T: 01326 281101.

**St Keverne Village Store**

Free delivery in & around the village locally.

T: 01326 280207.

**Lifeboat House Restaurant, Coverack**

Take-away menu due to be increased & the possibility of meal delivery in the future.

[www.thelifeboathouse.co.uk/](http://www.thelifeboathouse.co.uk/)

T: 01326 281400.

**Star Inn, Porkellis**

Due to introduce a take-away menu.

T: 01326 340237.



**The Cornish Harvest**

Deliveries -Helston, Porthleven, Gweek, Ashton, Breage, Mullion, Cury, Ruan, Cadgwith & The Lizard.

[www.cornishharvest.co.uk/](https://www.cornishharvest.co.uk/)

T: 07972 042389.

**Dig In**

Hot meals and drink for delivery in Helston

**Coffee Bean, Helston**

Offering a delivery service, likely to be after closing time.

T: 01326 572970

**Baker Toms**

Offering food deliveries across Cornwall

T: 01209 218989

**Miss Molly’s Tea Room**

Fresh homecooked delivery service – meals on wheels for local community. Daily order sheet available online.

T: 01209 718196

**Iceland, Redruth**

Elderly shopping from 8.00 until 10.00 a.m. on a Wednesday morning + online shopping orders

T: 01209 210982.

**Smokey Joe’s**

Hot meal deliveries Blackwater, Scorrier, Mt Ambrose, Redruth, Mt Hawke, Perranporth, Portreath, Porthtowan. Speak to them they will help.

T: 01209 821810.

**Bassett Arms, Portreath**

Takeaway meals including Sunday Roast, currently unable to provide a delivery service but would be happy for local collections via a volunteer.

T: 01209 842077.

**Jen’s Diner, Redruth –**

Free food deliveries.

T: 01209 212477.

**Praze Village Shop Camborne**

Supporting vulnerable or self-isolating in local area as much as possible.



Praze area only.

**Marsha Wells, Beacon Stores**

Food delivery x 2 days per week

T: 01209 612314.

**Inn for All Seasons**

Take away meal (cost of meal plus re-usable box @ 50p).  Between 12.00 & 2.00 p.m.

T: 01209 219511.

**Country Health Food Shop, Redruth**

Phone & they will take orders with free deliveries for Redruth & surrounding areas. Wide range of food – eggs, beans, lentils, coffee, tea, plus shampoo & conditioner

T: 01209 215012.

**The New Camborne Deli**

Deliver sandwiches, jacket potatoes but can also supply ham, cheese, eggs and a range of store cupboard essentials.

T: 01209 718428

**Tyacks Hotel, Camborne**

Meal deliveries

T: 01209 612424.

**Camborne Day Centre & Forget me not tearooms**

Open

**Corner Café, Mt Hawke**

Home deliveries.

T: 07855754152.

**Cornish Food Box Company**

Free food delivery

T: 01872 211533.

**Shire Inn, Camborne**

Local meal deliveries - carveries Tuesday to Sunday

T: 01209 712691.

**Fourlanes Store**

Local deliveries of shopping prioritising over 70’s.   Payment by cash or cheque.

T: 01209 215052.

**V Cabs**

Over 70s free taxi service to Iceland to complete food shop during isolation period.

Camborne area only.

T: 01209 717171



**Amber Cabs**

For elderly locals who are self-isolating, happy to pick up prescriptions, small shops or anything that needs dropping to houses.

T: 01209 831199 or T: 07787998084

**C.F.S. (Cornwall Funerals Services)**

Scott Waters has offered help with transport for elderly people – Redruth area.

T: 01209 211684

**Warrior Discount, Tuckingmill**

Home deliveries (small charge depending on area) - Gas bottles, white goods, cleaning products, toilet & kitchen rolls, etc.

T: 01209 715500

**Raw4pawz, Redruth –**Free deliveries of raw dog food.

T: 07854 025015.

**Cows & Sows Farm Shop**

Free deliveries to customers.

T: 07866 178556

**Elsewhere in Cornwall**

**Victoria Inn Threemilestone**

Aiming to have a takeaway and food delivery service around local communities for those self-isolating.

T: 01872 278313

**R.J. Trevarthen**

Free delivery of food on Wednesdays & Fridays - 4mile radius of Penhalvean shop.

T: 01209 860081.

**Costcutters, Stithians**

Free home deliveries for food, calor gas & log deliveries.

T: 01209 861713

**Spar Shop, Stithians**

Volunteers & Local Scouts Group are offering to help with deliveries.

T: 01209 861675.

**Norway Inn**

Aiming to have a takeaway and food delivery service around local communities for those self-isolating.

T: 01872 864241



**Postcard bid to help self-isolating neighbours**

<https://www.bbc.co.uk/news/uk-england-cornwall-51880695>

St Austell Printing Company announced it will be printing these postcards designed by a local in its Printshop for free. You are welcome to take as many as you need and distribute them around your town or village in an act of kindness.

**McFaddens Butchers and Bakers and Premier Stores – West Cornwall**

Created food packs available to deliver for those self-isolating

T: 01736 788136

**The Middle Shop, St Clare**

Daily deliveries of milk, bread, fruit and veg. Deliveries if required or take phone orders to be collected.

T: 01736 363606

**The Coldstreamer, Gulval**

Takeaway food menu and deliver to doors for free

T: 01736 602092

**Mount View Hotel and Pub, Longrock**

Pub is delivering meals from the menu to people self-isolating, prices start at £4 with free delivery.

T: 01736 710416

**Facebook Groups – Constantly updating new groups/services**

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.

Want to [help@cornwallcare.org](mailto:help@cornwallcare.org) -   People able to offer support, location & what they are able to do i.e. welfare checks, food/med deliveries, etc.

Covidmutualaid.org/resources – Small local groups of people setting up independently to support vulnerable people in their local area.