

# *We are Menheniot*

What do you need? How can you help?

Newsletter from Menheniot Parish Council April 2020

The parish is now facing one of the greatest challenges we could have imagined, and over the coming months, we all need to follow government advice and change how we live together, become more self-sufficient, and learn how to protect ourselves and our neighbours.

Your parish council is delivering this Newsletter with essential information about medicine, food and support services. Because the situation is changing every day, not all the services we list may be available. Our website will always have the most up to date information or you can phone us.

You'll have a red and a green card delivered with the Newsletter. Take a moment to put the green card in a window where it can be seen by other people. If you need help from us, call 01579-342437 and put the red card in your window.

Please be a good neighbour to look around or use your social and family networks to spot those people who are unable to take care of themselves or may need extra support. If you see a red card in someone else's window, phone us and we'll do what we can to get them help.

Cllr Jerry Tucker & Cllr Eve Easterbrook | Menheniot Parish Council

## **Medicine & Doctors**

Rosedean Surgery | 01579-343133

If you need prescription of medicine you are already taking, phone to reorder. The surgery will arrange delivery to your home.

If you have a new medical condition, call the surgery for a telephone consultation.

Please do not visit the surgery unless you have an appointment.

Oaktree Surgery | 01579-324252

Please collect your prescription from the surgery if possible.

Delivery of medicine is prioritised to the most vulnerable.

If you have a new medical condition, telephone the surgery as you would usually.

In an emergency, call 999 or NHS 111 for advice

## **Food**

Menheniot Spar | 01579-342266

The Spar shop in Menheniot is open every day, with restrictions on how many people can enter. Please telephone before 1pm for same day delivery.

Kevin James | 01579-340386

Milk and groceries. Deliver.

Villis Dairy | 01579-326009

Milk. Deliver.

Philip Warren | 01579-343253

Butcher | Can deliver meat and cheese.

Paul Bray | 01752-851224

Butcher | Can deliver or collect.

Beddoe's | 01579-348680

Keveral Growers | 01503-250343

Greengrocers. Fruit and vegetables. Can deliver or collect.	Organic fruit & veg deliveries
Liskeard Pet Shop   01579-347144 Pet supplies. Can deliver.	Liskeard Foodbank   07512-011452 Groceries to registered clients. Can deliver. You can refer yourself.

<b>Advice &amp; Support</b>	
Methodist Church at Menheniot   07454-758644 Rev Chloe Jones	
St Martin's Church   01579-347411 10.00-12.30 Mon-Fri	Liskeard Methodist   07500-493939 10.00-16.00 Mon-Fri
Our Lady of St Neot   01579-344906 09.00-19.00	Liskeard Salvation Army   07731-885525 11.00-16.00 Mon-Fri
Light & Life Methodist   07712-882741 Sat 10.00-12.00 Sun 15.00-17.00	Greenbank Community   01579-347794 10.00-15.00 Mon-Fri
Grace Community   01579-342437 <a href="mailto:office@gracecc.org.uk">office@gracecc.org.uk</a>	Volunteer Cornwall   01872-266988   <a href="mailto:requestforhelp@volunteercornwall.org.uk">requestforhelp@volunteercornwall.org.uk</a> If you need the services of a volunteer.
Disability Cornwall   01736-759500 Talk and support	La Leche League   0345-1202918 For mums needing formula milk
Samaritans   116-123 day or night Phone based counselling and support	Mind   0300-123 3393 Information and advice for people with mental health problems
Childline   0800-1111 Help and advice for children and young people up to 19 years old	National Domestic Abuse Helpline   0808-2000247 Phone support for women and men in abusive situations
Age UK   0800-1696565 Support & advice for older people	Independent Age   0800-3196789 Befriending service
Family Action   0808-8026666 Support for adult family members	The Silver Line   0800-4708090 Helpline for older people
Royal Voluntary Service   0845-6080122 Help, advice and support	

<b>Stay safe</b>
In these difficult times, there are always people out to cause trouble. All our parish councillors and volunteers will carry identification so that you know who they are. You can check who these people are by calling 01579-342437.
If you see suspicious behaviour that might need the police, you can still call 999 (urgent) or 101 (non urgent) We are receiving reports of people sending you texts and emails asking for your bank details. Don't respond – it's a scam!

<b>Stay connected  </b>	<b><a href="http://menheniotparishcouncil.org.uk">menheniotparishcouncil.org.uk</a></b>
Our main contacts are   01579-342437   <a href="mailto:clerk@menheniotparishcouncil.co.uk">clerk@menheniotparishcouncil.co.uk</a> . Bookmark our website and follow us on Facebook, Twitter and NextDoor. You can speak direct to your local councillor here:	
Jerry Tucker	07896-996482
Eve Easterbrook	07789-354471
Sean Smith	07912-465100
Tony Ball	07565-505478

1 April 2020