

# We are Menheniot

What do you need? How can you help?

MENHENIOT PARISH COUNCIL

October 2020

<b>Advice &amp; Support</b>	
Methodist Church at Menheniot   07454-758644 Rev Chloe Jones	
St Lalluwys at Menheniot   01579 532186  07899 363458 Rev Becca Bell Sat-Thu All message returned	
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	

13 October 2020