

We are Menheniot

What do you need? How can you help?

MENHENIOT PARISH COUNCIL

October 2020

Advice & Support	
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 office@gracecc.org.uk	Volunteer Cornwall 01872-266988 requestforhelp@volunteercornwall.org.uk 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	

<p>The Farming Community Network 03000 111 999 07.00-23.00 help@fcn.org.uk</p>	
<p>Farmwell https://farmwell.org.uk/additional-support-contacts/ Offers practical advice and a range of contacts</p>	
<p>Cornwall Partnership NHS Foundation Trust 0800 038 5300 24/7 Mental health telephone support, advice and triage</p>	
<p>Cornwall Bereavement Network 01726 829874 For people who have experienced the death of a family member at home, or who are dying at home</p>	
<p>Ian Maddever 07768-510441 Group Secretary NFU based in Menheniot</p>	<p>Liskeard Young Farmers are part of a local mental health initiative. Search online for #mymindmatters.</p>
<p>Samaritans 116 123 24/7 Phone based counselling and support. We give people ways to cope and the skills to be there for others. We offer listening and support to people and communities in times of need.</p>	<p>SANE 0845 767 8000 08.00-23.00 Mon-Sun SANE offers support to anyone coping with mental illness, including concerned relatives or friends.</p>
<p>Man Down www.mandown-cornwall.co.uk/contact Man down is a Cornwall based group offering a safe space to meet the current emotional and mental health needs of men who are struggling to cope with the everyday pressures facing them in our modern society.</p>	<p>CALM 0800 58 58 58 17.00-00.00 Specifically for men www.thecalmzone.net</p>
<p>Nightlink 0808 800 0306 Text service 07717 989 021 Nightlink is Cornwall's free-phone listening service for anyone 18 years or over, who is experiencing or has experienced emotional distress. Nightlink is also available for people supporting those in emotional distress and anyone who feels they would like to discuss their difficulties in confidence.</p>	<p>Papyrus 0800 068 4141 10.00-17.00, 19.00-22.00 Mon-Fri 14.00-17.00 Sat-Sun Papyrus are the national UK charity dedicated to the prevention of young (under 35) suicide and they provide: www.papyrus-uk.org Email pat@papyrus-uk.org Text 07786 209 697</p>
<p>Stay Alive app An app for those at risk of suicide and those worried about someone. Available in the App Store or Google Play</p>	