



# COMMUNITY NEWS

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## Produce Availability in Devoran

During the COVID-19 crisis the following producers will be visiting Devoran. You can find them in Devoran Village Hall car park.

**Every Saturday:**

- Village Market Fish Man with fish, vegetables and flowers. 09.30-12.30
- Penny's pies. 09:30-12:30
- Baker Tom with bread milk and eggs. 10:30 to 11:30

**2nd Wednesday of month 16.30-18.30 and last Friday of month 13.30-15.30**

**Incredible Bulk with dry foods and cleaning products.**

**Incredible Bulk will also deliver orders to those self-isolating, where ever possible. For further details:**

**07748707217**

**[incrediblebulk@mobilezerowasteshop.co.uk](mailto:incrediblebulk@mobilezerowasteshop.co.uk)**

## Volunteer/Community Support during current Covid-19 situation

### Countywide



Volunteer Cornwall's Flu Friends

<https://www.volunteercornwall.org.uk/latest-news/22-news/392-coronavirus-can-you-help>

Student Nurses Covid19 Community Support Cornwall

"We are nursing students based at Truro campus. We live far and wide over Cornwall. Offering help to our vulnerable, isolated and elderly neighbours and communities."

<https://www.facebook.com/groups/557006358243323/about/>

### Truro and Falmouth

<https://www.facebook.com/truroandfalmouthlabour/>

A red poster with white text. At the top, it says "Truro and Falmouth Constituency Labour Party Coronavirus Community Assistance". Below this, it says "Offering help to all vulnerable and self-isolating residents across the constituency". Then, under the heading "We Will", there is a bulleted list: "Pick up and drop off prescriptions", "Collect and drop off food, toiletries and baby items.", and "Contact isolated individuals to reduce loneliness.". At the bottom, in a white box, it says "Please self-refer or volunteer to help by emailing alex-falconer@outlook.com or messaging 07500877431".

**Truro and Falmouth Constituency  
Labour Party Coronavirus  
Community Assistance**

Offering help to all vulnerable and self-isolating  
residents across the constituency

**We Will**

- Pick up and drop off prescriptions
- Collect and drop off food, toiletries and baby items.
- Contact isolated individuals to reduce loneliness.

Please self-refer or volunteer to help by  
emailing alex-falconer@outlook.com or  
messaging 07500877431



**Truro and  
Falmouth**

**We are here to help**

### Falmouth

Covid-19 Mutual aid and solidarity Falmouth and Penryn

<https://www.facebook.com/groups/1071302193230372/about/>

Whilst we are happy to promote events in our local community, Devoran School does not in any way endorse or take responsibility for any of these events.

## Help in our community - Falmouth

<https://www.facebook.com/groups/200412794577940/>

Hi everyone, I wanted to get a group together of people offering support through the Coronavirus outbreak.

This can be anything you want to offer - getting people who are self isolating supplies, check in phone calls, checking on friends and family of those who are self isolating etc. Please post ideas and offerings of help.

There have been some great cards designed (posted by Rachael below) which you can post through people's doors with offers of help. I think for a start it would be good to get a network of people together so we can work out who can cover which areas so people don't end up with loads of different cards and so everyone has an offer of support. People offering support will need to be contactable (preferably by phone as this is easiest) but for people on Facebook it could also be through this.

To start please post any help you can offer here and then we can get a network together to cover all areas.

Please also share so we can join together with other groups and other areas.

Post on the group, add people who need support or PM us directly with requests for help or support.

Any ideas / suggestions welcome 😊

## Falmouth Salvation Army Church and Community Centre

<https://www.facebook.com/FalmouthSalvationArmyChurch/>



**Falmouth Salvation Army Church And Community Centre** \*\*\*

Centre is at Falmouth Salvation Army Church And Community Centre.

17 hrs · Falmouth · 🌐

**COULD YOU SUPPORT YOUR SELF-ISOLATING NEIGHBOURS?**

At some point during 2020 perhaps some of your neighbours may be required to self-isolate due to COVID-19. You may have seen, reported by mainstream media organisations, that Becky Wass from Falmouth has designed a postcard aimed at helping people to look after their neighbours if they are self-isolating.

The print-at-home template printable pdf ([bit.ly/viralkindness](http://bit.ly/viralkindness)) is being shared to enable people to share their contact details with their neighbours, so that they may request shopping, urgent supplies or a friendly phone call, in the event of being required to self-isolate.

If you live in the local community and do not have access to a printer please come and visit us. We have copies of the template here at The Salvation Army, and we would be delighted to make photocopies of your completed postcard for you to pass on to your neighbours. Our photocopying facilities are currently available on Tuesdays & Thursdays (10am to 12 noon) and Fridays (10am to 1pm).

## Truro

### Truro Dog Walkers - COVID19 Mutual Aid

[https://www.facebook.com/groups/504405203580717/?hc\\_location=group](https://www.facebook.com/groups/504405203580717/?hc_location=group)

This group is intended to help out those who are self-isolating in response to COVID-19.

If you are stuck at home, but your furry friend needs some exercise please post a request.

If you are able to help exercise a dog for someone in your area check the posts and contact each other by DM.

Let's help each other through this difficult time together.

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### Happy to Help TRURO & Surrounding Anti Loo Brigade

<https://www.facebook.com/groups/2650043115278360/about/>

Helping our disabled, elderly, vulnerable or isolating people within our local area. I heard about a group up country who are sharing information, helping each other and offering services to people having to isolate. Even if it's just lending an ear on the phone to an elderly or vulnerable person isolating or going out buying supplies, collecting prescriptions etc. I'm sick of seeing our local community selfishly hoarding so let's combat that and help each other.

### All Saints Highertown

On our website there is a new page dedicated to identifying need locally and coordinating support locally. We are not seeking to duplicate what is happening elsewhere unnecessarily, but we aren't wanting to stand still either, so this web page is our effort to get stuck in. If you can help, or if you know someone who needs help head to:

[https://www.asht.org.uk/covid19.html?fbclid=IwAR0mSIACUZWZgR\\_uJdJZs7Xnvyfw-5WX\\_XYgO-c9q0IE\\_vKKp1us7R1hlwg](https://www.asht.org.uk/covid19.html?fbclid=IwAR0mSIACUZWZgR_uJdJZs7Xnvyfw-5WX_XYgO-c9q0IE_vKKp1us7R1hlwg)

### Malabar

<https://www.facebook.com/NBCAmalabar/>

“ If any of your neighbours or friends need any help with shopping or prescriptions please give us their details so we can help. “

### St Agnes

#### Helping Hands St Agnes

[https://www.facebook.com/groups/1354147704781845/?\\_tn=HH-R](https://www.facebook.com/groups/1354147704781845/?_tn=HH-R)

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#### About this group

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##### Description

This Group has been created by, and will be administered by members of the Community of St.Agnes.

The aim is to co-ordinate local people, to assist local people, if or when the need may arise in relation to the developing situation with COVID-19 (Coronavirus).

If you, or anyone you know, living in the St.Agnes Parish would like to become a member of this Private Group, because you would either wish to offer potential future assistance, or you fear you may need assistance or support, should the general situation deteriorate in our locality, please join this group, or refer someone to this group.

The Administrators will endeavour to provide you with the latest information, relating to Local and National advice, relating to services and guidance for residents on the St.Agnes Parish, as we are informed.

Keep Safe and Hygienic.

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**Porthtowan**

<https://www.facebook.com/porthtowantgether/>



## DO YOU NEED HELP BECAUSE OF THE CORONA VIRUS?

Whether it's because you are self-isolating to avoid getting ill, sick with the virus, or have other issues, do you need help with things like:

- Shopping for essentials?
- Placing online shopping orders?
- Dog walking?
- Combating loneliness?
- Childcare?
- Other issues?



We have a list of local volunteers who are keen to help in our community. You can get in touch by:

**Email:** [porthtowantgether@gmail.com](mailto:porthtowantgether@gmail.com)

**Phone or text:** 07751 880525

**Message us on Facebook Messenger at either:**

"Porthtowan Together" or "Porthtowan and Surrounds XR"

Please also get in touch to go on our list of willing volunteers.

"We don't heal in isolation, but in community."

— S. Kelley Harrell, Gift of the Dreamtime

This initiative is a collaboration between Porthtowan Together and Porthtowan and Surrounds Extinction Rebellion Group

Please note, we cannot give health care advice or information about the Corona Virus. For information on the virus, see <https://111.nhs.uk/covid-19>

**Perranporth**

<https://www.facebook.com/groups/Perranzabuloe/>

Perranzabuloe Community Group - Molly Eden James on the group is coordinating a local response covering Perranporth, Goonhavern, Rose, Trevellas.

### SELF ISOLATION SUPPORT

If you can help or if you need help, or know someone who needs support:

Thank you to everyone who has offered help! You are amazing. 🙌❤️

Please email [office@perranzabuloe-pc.gov.uk](mailto:office@perranzabuloe-pc.gov.uk)

with your:

Name

Telephone number

Location

Availability

Do you have a car?

This data will be held by perranzabuloe parish Council and will only be used for the purposes of which it's been collected which is to support the self isolation programme and will not be shared.

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## Blackwater

<https://www.facebook.com/blackwatervillage/>



## Chacewater

<https://www.facebook.com/chacewaterparishcouncil/>



**COVID 19 - We want to help and protect you!**

**Are you over 70 or of ill health?**

**We have a community project in place to help you get your essential groceries and prescriptions.**

Chacewater Parish Council is working on an Emergency Operational Plan to help vulnerable residents during the Corona Virus Outbreak.

We would like to understand who we can help in the community with the forthcoming requests from the government for self-isolation with small tasks such as, collection of small items, posting letters, picking up prescriptions, essential shopping etc.

If you are over 70, or are unwell and concerned about leaving the house we are here to help.

Please contact Christina Martin at the Parish Office on

01872 561 387 or by email [parish.clerk@chacewater.org](mailto:parish.clerk@chacewater.org) or Steve Leech on 01872 560288 and they will put you in touch with a volunteer in your area.

## Volunteers Needed!



**We need YOU during the Corona Virus Outbreak!**

Chacewater Parish Council is working on an Emergency Operational Plan to help vulnerable residents during the Corona Virus Outbreak

We are looking for Healthy volunteers willing to help with small tasks such as, collection of small items, posting letters, picking up prescriptions, essential shopping etc

If you are able to help please contact Christina Martin at the Parish Office on 01872 561 387 or by email [parish.clerk@chacewater.org](mailto:parish.clerk@chacewater.org) or Steve Leech on 01872 560288

If you are someone in isolation who needs help (or know someone who does), please also contact Christina Martin on the above telephone number / email.

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### Probus

Probus Young Farmer's group is offering assistance in collecting and delivering urgent supplies to the elderly and vulnerable in the area.

<https://www.facebook.com/probusyfc/>

### Roseland

Roseland Corona Group as part of Roseland Online

<https://www.facebook.com/groups/645300886281313/>



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**Roseland Surgeries and CoronaVirus**

Do you know anyone on the Roseland who is worrying about CoronaVirus or who is self-isolating for fear of catching it or because they might have it?

If so please remind them about the RSPG Community Coordinator, **Hilary Box**.

Hilary's role is to support people in our community and she can put them in touch with other agencies and those who can help.

Hilary can be contacted on **07494 161549**. If she's not available leave a message on that number and she'll call you back.

**Please note: Hilary is NOT an emergency medical service. For medical concerns phone the surgery or for CoronaVirus use NHS111 online or phone 111.**

**.....and YOU individually can help in these CoronaVirus dominated times too.....**

Do you know of a neighbour living alone or with no family or support network nearby? Could you be a voice on the end of the phone just for a chat to make sure someone's OK and make them feel less isolated?

Could you deliver food to someone who is self-isolating? Just fetching the simple things like milk, bread and a newspaper could really help someone who's worried about going out for supplies themselves.

Could you drop a note through someone's door to ask if they're OK or need help? Ask them to do something simple like put their lights on at 12.00 midday as a signal that they're fine – or better still phone you!

**The RSPG is really keen to hear from anyone who could help, however much or little, to ensure that no-one is forgotten or abandoned within our community in these extraordinary times.**

Roseland Surgeries Patient Group - Cornwall

**If you'd like to be added to the RSPG list of volunteers please contact Hilary Box on 07494 161549 or email [milliesmum007@gmail.com](mailto:milliesmum007@gmail.com) or [simonekennett@icloud.com](mailto:simonekennett@icloud.com) with your name, contact number, area where you live and how you can help.**

Like Comment Share

## Perranwell Station

### Perran-ar-worthal Emergency Plan

<https://www.facebook.com/Perran-ar-Worthal-Emergency-Plan-106919330840682/>

**Perran ar Worthal Emergency Plan** 2 hrs · 🌐

The information regarding the Coronavirus is changing with pace. The meeting on Saturday will be cancelled. We still need to collate information to find out homes which require help when self isolating. This drawing is at the Perranwell Village Shop and you have between Tuesday and Saturday at 5pm to register properties. Please mark your home with a tick (you would like help) or a cross (no help required). Any homes which do not have a tick or a cross will be leafleted at the weekend. If your home is not on the map you will have to write the address down separately.

I will be asking for a call for volunteers in the coming days so please keep checking this page for updates.

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## Mylor Bridge and Flushing

<https://www.facebook.com/MylorandFlushing/>

Next Door group:

[https://nextdoor.co.uk/g/c0y5mz3tp/?init\\_source=facebook\\_share&fbclid=IwAR04WYIDX8HTCY7nDlgtCk8FtggDuvIY1QzpmW71pJKSPfJU6FQDYnKbQs](https://nextdoor.co.uk/g/c0y5mz3tp/?init_source=facebook_share&fbclid=IwAR04WYIDX8HTCY7nDlgtCk8FtggDuvIY1QzpmW71pJKSPfJU6FQDYnKbQs)



**Mylor and Flushing Community**

23 hrs · 🌐

Share the link and sign up... we all need to support and look after each other.

'Restronquet Neighbours' group (mostly via email) set up to support all neighbours who wish to sign up and particularly those who don't use email or the internet.

## Feock

<https://www.facebook.com/Feockparishcouncil/>



**Feock Parish Council**

2 hrs · 🌐

A big thank you to all the residents who have contacted the Parish Council to volunteer their services to deliver shopping, offer dog walking etc... to people self isolating. We will be in touch with you all via email later today with more details. We are currently drafting a flyer with the details of the support offered and how people can access this. We will need people to help deliver these flyers over the next few days so please let me know by email if you are able to deliver in your local area. Similarly anyone else who would like to volunteer to help please email me at [debra@feockparishcouncil.co.uk](mailto:debra@feockparishcouncil.co.uk)



## Restronquet

<https://www.facebook.com/MylorandFlushing/>

**Restronquet: A neighbourhood group has been set up in Restrionquet. If you live in Restrionquet / Restrionquet Barton / Restrionquet Weir and would like to join the group please contact**

## Grampound/ Grampound With Creed area

<https://www.facebook.com/groups/170101396899847/>

## Ladock

<https://www.facebook.com/groups/ladockvillage/>

With the increased chance of self isolation, we are collating a list of people in Ladock/New Mills areas who can be called upon and offer support with regards to shopping, prescription collection etc. If you feel able to volunteer please message me your details and what support you feel you can offer. I will liaise with Julie and Ladock News will provide information in the next edition of how volunteers can be contacted.

Update on Grampound with Creed 'Helpers if Needed'.

We now have 7 'coordinators' and the village shop whose numbers will be on a card distributed around the village. Each coordinator will have a list of all helpers and roughly where they live in Grampound with Creed - there's now about 30. This long list can be kept up to date. I was going to talk to Bob Egerton about distribution as he seems to be the local expert unless we could use, say, the Grampound Times delivery team. Any thoughts or suggestions very welcome.

This is what the card will look like ... printed on two sides of A5.

**Keep this card – it is for use in Grampound with Creed**

**We want to help with TWO things about Coronavirus (COVID-19)**

**1) Think you have the virus?**

Use the NHS 111 online service first <https://111.nhs.uk/service/COVID-19/> (use your smartphone on the QR code below if you prefer)  
The NHS 111 online service also has links to reliable information. Advice is changing fast so check online first if you are able.



You can also phone the NHS on 111.

**2) Need help from someone nearby?**

If you are unable or unwilling to leave your home because of the virus we are here to help. We can run errands for you.

We have a long list of volunteer neighbours in Grampound with Creed. Please ring one of the numbers below. They will find someone to help you. If there is no answer - or the call goes to voicemail - hang up and try another.

Tanya & Mark Taylor 01726 882070  
Jane Sloan 01726 883214  
Geoff & Penny Hodgson 01726 882921  
Kathy & Mike Wells 01726 327453, 07818 098818  
Sonya Tank 01726 883553, 07787 516069  
Maggie Lundie 01726 882714  
Dean Jenkins 01726 882231, 07977000091

Also our village store has offered to deliver groceries - you can call them on 01726 983125

**Who has organised this and why?** This is a voluntary service, and only meant to be temporary. It is a group of volunteers from Grampound who have got together to do what we can. Helpers will not enter your home. There is no guarantee we can find someone to help you... but we will try. Dean Jenkins, Tanya & Mark Taylor.

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### Grampound Road

Some people in Grampound Road area have said that they can support on the Grampound Road Village Community Page

<https://www.facebook.com/groups/Grampoundroadcommunity/>

### St Erme

Parish Council organising volunteers in St Erme area to support the community.

<https://www.facebook.com/stermecommunitycentre/>

If you wish to be put on a list of volunteers to help anyone in our Parish that may be in need of help during an isolation period such shopping and medication, please contact the Parish Clerk- email –

**Mrs Sally Trothewey – [clerk@stermeparishcouncil.org.uk](mailto:clerk@stermeparishcouncil.org.uk)**

### Tresillian

Tresillian, Truro, Cornwall - Confined to Base.

<https://www.facebook.com/groups/818624705314765/>

For those people over 70, in the 'at risk group' or anyone else who may we be told to 'self-isolate' for whatever reason during the Covid 19 crisis.

We may not be able to physically help each other but we will be able to keep in touch and hopefully call for help from other members of the community.

### Zelah

<https://www.facebook.com/ZelahCommunity/>



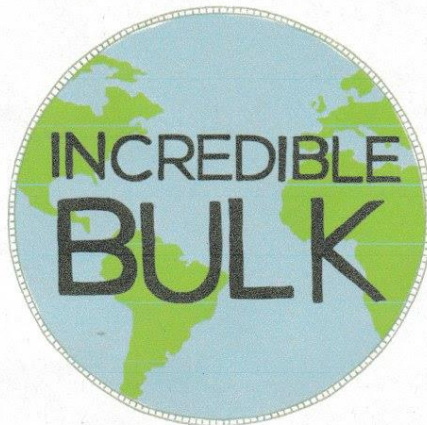
**Zelah Community**

16 March at 23:31 · 🌐

COVID 19. Please reach out via this page if you need help or support or are self isolating. ZVCA has committed members who are willing to help anyone.

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# **AVOID SINGLE USE PLASTIC !**



## **ZERO WASTE REFILL SHOP**

**Selling dried food and home cleaning products  
loose, bring your own reusable containers to  
refill and avoid single-use plastic packaging**

FIND US:

**OUTSIDE THE VILLAGE HALL**

**2<sup>nd</sup> WEDNESDAY OF THE MONTH**

**4.30-6.30PM**

**LAST FRIDAY OF THE MONTH**

**1.30-3.30PM**

for more info visit:

**[www.mobilezerowasteshop.co.uk](http://www.mobilezerowasteshop.co.uk)**



The image shows a black and white dog, possibly a Springer Spaniel, jumping over a large, dark log on a sandy beach. The dog is in mid-air, with its front legs extended forward and its back legs pushing off the log. Its mouth is open, showing its tongue. The background is a soft-focus view of the beach and the sea under a clear blue sky.

 Dog walking  
& puppy visits  
in Cornwall

Hello, I'm Meisha.  
Lovely to meet you!

If you're busy and need a loving hand  
to walk your dog or visit your puppy,  
give me a call on 07890 995681

Find out more at [wildwoofs.com](http://wildwoofs.com)  
or Facebook [wildwoofsCornwall](#)

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## Keywear – shop information:

Alison from Keywear is classed in the group of people with an underlying health condition so she needs to isolate for 12 weeks. To alleviate the fall out as much as she can, she will be in the shop but it will be closed to customers. Online ordering will be the way forward for the moment.

Kind regards

## Alison

**Alison Montgomery**

**Owner Keywear**

**Phone: 01872 242233**

**Mobile: 07894150003**

**[www.keywearuniforms.co.uk](http://www.keywearuniforms.co.uk)**