

Isolating during COVID-19: useful resources

| Name | Description | Contact & Information |
|---|---|--|
| Help at home | | |
| Volunteer Cornwall | Offering support to help with tasks such as shopping and medicine collection in event of household isolation or illness. Available to all, not only those who are shielded. | Email requestforhelp@volunteercornwall.org.uk or call 01872 266988. https://www.volunteercornwall.org.uk/covid19-volunteers/request-support/16-pages/401-shopping-prescription-collection |
| Cornwall Link | Website documenting countywide support available. | https://cornwall-link.co.uk/ |
| DIAL (Disability Information and Advice Line) | Assist people living with health conditions or a disability, their families, carers, friends and professionals to access the information and support they need. | advice@disabilitycornwall.org.uk or 01736 759500. |
| Support for domestic and sexual abuse and violence | | |
| Safer Futures | Support for domestic and sexual abuse and violence. | saferfutures@firstlight.org.uk or 0300 777 4777 https://saferfutures.org.uk/ . In an emergency dial 999. |
| Drug & alcohol support | | |
| We Are With You | Drug, alcohol, and mental health support. | 0333 2000 325 https://www.wearewithyou.org.uk/ |
| YZUP | Drug and alcohol support for young people. | 01872 300816 |
| Mental Health | | |
| Cornwall Council | The council has produced some essential guides with signposting on mental health and wellbeing during COVID-19. | https://www.cornwall.gov.uk/health-and-social-care/mental-health/ https://www.cornwall.gov.uk/health-and-social-care/mental-health/coronavirus-and-mental-wellbeing/mental-wellbeing-guidance/ |
| Healthy Cornwall | The Healthy Cornwall website features extensive signposting to a number of different resources and support organisations for mental health. | https://www.healthycornwall.org.uk/organisations/healthy-workplace/resources/coronavirus-resources/#mentalhealth |
| HeadStart Kernow | Signposting to children and young people specific mental health resources. | https://www.headstartkernow.org.uk/covid-19/ |
| NHS telephone support | 24/7 NHS mental health telephone support, advice and triage help line. Support is available to anyone, regardless of age. If you or someone you know feels they need to access urgent mental health support, they will listen to you and assess how best to help. | 0800 038 5300 |

| Debt, money, & employment | | |
|---------------------------|--|--|
| Citizens Advice | Free, confidential, independent and impartial information and advice for different challenges including employment law, benefits, housing, debt, consumer rights, discrimination, family and personal issues, immigration and nationality. | 03444 111 444 or text ADVICE to 78866 https://www.citizensadvicecornwall.org.uk/getting-advice/ . For debt specific advice text DEBT to 78866 or call 01752 850488. |
| CIOS Growth Hub | Help to access support and information for your business or whether you are self-employed. | 01209 708660 https://www.ciosgrowthhub.com/ |

One Vision Community Development Workers

Community Development Workers can provide signposting and advice on either topic areas or support available based on locality and local areas.

| Locality | Name | Contact |
|-----------------------------|-----------------|--|
| Locality 1 - Penwith | Tess Snellgrove | tessas@volunteercornwall.org.uk |
| Locality 2 – Kerrier | Sarah Martin | sarahm@volunteercornwall.org.uk |
| Locality 3 – Carrick | Amy Brooks | amyb@volunteercornwall.org.uk |
| Locality 4 – Restormel | Davina Slack | davinas@volunteercornwall.org.uk |
| Locality 5 – North Cornwall | Karen Campbell | karenc@volunteercornwall.org.uk |
| Locality 6 – Caradon | Becky Higgins | beckyh@volunteercornwall.org.uk |

Community Hubs

Healthy Cornwall staff are members of community hub groups operating across the county to co-ordinate responses locally and provide support to residents. Most hubs meet on a weekly or fortnightly basis but others are less active – use Community Development Worker contacts first.

| Location | Name | Contact |
|----------------------------------|--------------------|--|
| Bodmin | Ryan Parker | Ryan.parker@cornwall.gov.uk |
| Bude | Tanya Wharton | Tanya.wharton@cornwall.gov.uk |
| Camborne, Pool, Illogan, Redruth | Joe Parma | Joe.parma@cornwall.gov.uk |
| Camelford | Julia Bright | Julia.bright@cornwall.gov.uk |
| Caradon | Jill Lees | Jill.lees@cornwall.gov.uk |
| China Clay | Mary Dawe | Mary.dawe@cornwall.gov.uk |
| Cornwall Gateway | Sharon Nightingale | Sharon.mightingale@cornwall.gov.uk |
| Falmouth & Penryn | Rachel Garmory | Rachel.garmory@cornwall.gov.uk |
| Hayle & St. Ives | Jilly Parkinson | Jilly.parkinson@cornwall.gov.uk |
| Helston & South Kerrier | Graham Hicks | Graham.hicks@cornwall.gov.uk |
| Launceston | Lucy Brown | Lucy.brown@cornwall.gov.uk |
| Liskeard & Looe | Marcia Henning | Marcia.henning@cornwall.gov.uk |
| Newquay & St. Columb | Amy Bromfield | Amy.bromfield@cornwall.gov.uk |
| St. Agnes & Perranporth | Liz Whitworth | Liz.whitworth@cornwall.gov.uk |
| St. Austell & Mevagissey | Jack Watterson | Jack.watterson@cornwall.gov.uk |
| St. Blazey, Fowey & Lostwithiel | Tracey Barter | Tracey.barter@cornwall.gov.uk |
| Truro & Roseland | Chris Cleator | Chris.cleator@cornwall.gov.uk |
| Wadebridge & Padstow | Graham Keat | Graham.keat@cornwall.gov.uk |
| West Penwith | Hazel Smith | Hazel.smith@cornwall.gov.uk |

Food Banks



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-Foodbanks11-12.06

Information on food banks across Cornwall can be found here: