

## Food support during current Covid-19 situation

### **Community Fridge at Cafe Chaos, Truro**

The community fridge is free of use, every person, you don't need to be registered, be a client at the Café CHAOS, they truly believe by this way it takes away the stigma/shame that this subject is associated. The Community Fridge is open Monday – Friday between 8.30AM and 5PM.

<http://chaosgroupcornwall.co.uk/community-fridge/>

### **AsOne Community Fridge, Perranporth**

<https://www.facebook.com/AsOneCsc-595489770875635/> AsOne are working with FareShare South West offering food to locals to collect from our community fridge. Dates for the community fridge advertised on their above Facebook page.

### **Mobile Bread Van – Baker Tom's**

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



## Food Collection from A2B Taxis

### **A2B Taxis Truro & Falmouth Ltd.**

Taxi service

[Book Now](#)

#### **A2B Taxis Truro & Falmouth Ltd.**

17 hrs

[Like as your Page](#)

Due to the uncertainty of the Coronavirus Covid-19 situation, we are acutely aware that many people are self isolating or are unable to visit the shops or supermarkets for essential food items.

Because of the potential serious impact this could have for many of our customers, A2B Truro, Falmouth & Helston are pleased to offer a "Food Collection Service." during these uncertain times.

Simply place your order on-line with your favourite supermarket, select the option for "Customer Will Collect." and make a note of the Order Number and Collection Point, then simply give us a call...

Our Truro customers can contact us on 01872-272989, our Falmouth customers can contact us on 01326-212000, and our Helston customers, can reach out to us on 01326-505050. Quote your order number and collection point, and leave us to do the rest...!!!

## St Agnes



**St Agnes Bakery**

14 March at 15:05 · 🌐

Strange Times delivery in St Agnes.....as we all try to get to grips with Coronavirus, St Agnes Bakery is offering a discrete delivery service for all parishioners in St Agnes. If you are vulnerable, self isolating or just plain frightened we will deliver bread, pasties, sausage rolls, cakes, milk, eggs and butter to you. Call us on 01872 552308 or 07775 449633 or contact us via Instagram or Facebook

#community #communitysupport #worktogether #oneworld  
#aggyaggyaggy #stagnesbakery #originalpasty #originalgiantroll  
#originalroll #vegan #veganfood #veganpasty #veganroll #stagnes  
#stagneslive #lovestagnes #bakerylife #bakerslife #instafood #cornwall  
#lovecornwall #cornwalllive #kernow #kernowbysvyken #cornish  
#cornishbakery #lifeofabaker #pasty #cornishpasty #pasties



Costs involved with food.

## St Agnes



**The Greenroom**

12 hrs · 🌐

Evening all.

We will be open as usual tomorrow 8.30am-3pm but....

Here's a simple takeaway menu for you.

If there is something you fancy off our full menu and we can do it to takeaway it's no problem.

Phone for takeaway and possible delivery options on 01872 553991.

Card payments accepted over the phone.

If there is anything else we can help anyone in other ways please do not hesitate to ask!!

Take care of yourselves.

Help the community.

Check on a neighbour.

Talk to each other .



TAKEAWAY MENU

Costs involved with food.

## St Agnes



Taphouse

21 hrs · 🌐



Due to current circumstances we are offering a take away menu from 12pm to 8.30pm 🍷

You can either collect from us or we'll deliver for free in St Agnes.

We want to be able to keep providing awesome food for the community.

Either give us a message on here or call us on 01872 553095 X



## St Agnes

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



Driftwood Spars

20 hrs · 🌐



We are in the process of launching a takeaway food service, starting with Fish & Chips. This will be available from this Friday at both lunch and dinner, with our incredible Buy One Get One Free (BOGOF) £12.95 deal. Unless we are forced to close in the meantime, BOGOF Fish & Chips will also be available to eat in this Friday.

We'll be confirming the menu and details of the full takeaway service officially soon, but in the meantime if you'd like to discuss options and ordering for collection give us a ring.

We also hope to provide a free delivery service to vulnerable people in our community who are self-isolating. Again, more on this soon.

To place orders call 01872 552428 option 1.



Driftwood Spars

2 hrs · 🌐



**MOTHERING SUNDAY:** Mums still need their special day!

We are offering a take away service for £10 per roast this weekend.

Beef, Ham, Pork & Nut Roast will be available on Sunday, served with all the delicious trimmings.

And, for any pre-order made before Saturday at 9pm, we'll also give you a free bottle of Drifty Beer for every 2 roasts ordered.

Anyone local who is in isolation or vulnerable, please call us to discuss free delivery options as we want to support our community at this difficult time. Call 01872 552428, Option 1.

## Chacewater



Costs involved with food.

## Goonhavern



Costs involved with food.

## Perranporth



Costs involved with food.



## Truro



### Trennick Mill

10 mins · 🌐

Here at Trennick Mill, business remains as normal. We are not looking to shut, as a small family business this is not an option for us. We are all fit and well and have extra measures in place.

★ We have milk, eggs fruit, vegetables, meat and bread all of which we can order in for you, even tinned goods if necessary. ★

★ Our takeaway christmas dinners were a huge success, if you require a few home cooked meals let us know and we are more than willing to help where we can. ★

Please share with friends and family, let's help each other where we can.

Call us on 01872 272121

info@trennickmill.com

Costs involved with food.

## Perranwell Station/Carnon Downs/Cusgarne/Penryn area



### Perran ar Worthal Emergency Plan

5 hrs · 🌐

Did you know that you can get fresh milk, bread, eggs, breakfast, fruit and vegetables delivered to your door by [Milk & More](#) ?

[Perran-ar-worthal fruit & Veg Stall](#) deliver fruit and veg boxes to your door

[Cusgarne Organic Farm Shop](#) have a mini organic supermarket and you can order over the phone. Delivery would be from one of our volunteers.

[Bailey's Country Store](#) in Penryn offer a free delivery service to Perranwell

[The Royal Oak, Perranwell](#) are now offering a takeaway and home delivery service

We are trying to organise a payment over the phone service with the volunteers from the plan to deliver shopping essentials from

[Perranwell Village Shop](#)

[Spar store and Butchery Carnon Downs](#)

We will also be able to pick up Prescriptions from the Surgery if we are Pre registered to do so.

Costs involved with food.

## Porthtowan



### The Unicorn on the Beach

44 mins · 🌐

TAKEAWAY NOW AVAILABLE!

Having reviewed the needs of our local community we are thrilled to now be offering a takeaway service from The Unicorn on the Beach.

Simply call us on 01209 890381 to place your order and we will provide a 'drive-thru' service from our car park.

You will receive a 20% DISCOUNT from our standard menu prices.

Perfect for those self-isolating or looking for a well-balanced meal during food shortages.

We are happy to also be offering a takeaway Mother's Day menu for this weekend for those unable to join us in person.

Takeaway available from 5pm this evening.

Please share so that those most vulnerable in the Porthtowan area are aware of the new service.

Costs involved with food.

## Porthtowan/Portreath/Redruth area

### Jenn's Diner



**Dan Jago**

14 hrs · 🌐



I don't usually post anything on Facebook, but please take a second to read this.

My family owns Jenn's Diner in Redruth, and we are going to be offering a hot, nutritious meal to elderly and/or vulnerable people in our community. We will be running off of donations to try and cover food costs, please please please, if you know anyone who would benefit from Soups, Stews, Casseroles etc delivered to them, let me know so we can reach out to try and help them during this crisis.

Thank you.

## Falmouth



**Bridie Toft** ▶ **C.R.A.P Falmouth/Penryn area**

16 March at 19:16 · 🌐



Starting to see posts for local shops and businesses who offer home delivery which may help people who are self-isolating. Thought it might be useful to put them in one post. Speak with them direct as far as cost, availability and mileage restrictions:

Budock Water Stores 01326 372697 (even if it's just bread & milk)

Natural Store Falmouth 01326 311507

Cornish Food Box Company 01872 211533 (ext 1) Currently offering free delivery for over 70's.

Lillie Brothers Falmouth 01326 374367

Mabe Premier Stores & Post Office 01326 374509 (deliveries on Tues and Fridays initially, will also deliver prescriptions that would normally be collected from the store)

Un\_rap Falmouth may be able to deliver [info@un-rap.co.uk](mailto:info@un-rap.co.uk)

Albany Road Spar Falmouth will endeavour to deliver to elderly and vulnerable people 01326 313488

Doggies & Moggies 01326 379281

Plus:

Iceland stores are open exclusively for senior citizens and vulnerable people on Wednesday 8am-10am.

Patients of Penryn Surgery Dispensary living in Mabe, Rame, Ponsanooth, Perranwell, Mawnan Smith, Stithians there is a daily delivery service for prescriptions to the local post offices in those areas.

If you know of any others, perhaps mention them in the comments below and I'll add to this main post.

## Mabe



**Mabe Premier Stores & Post Office**

16 March at 19:18 · 🌐



To all our customers

In light of the continuing advice from the Government regarding Coronavirus, we would like to offer our support to the elderly and vulnerable members of our community by offering a free home delivery service. Initially this will be available on Tuesdays and Fridays.

Additionally we can provide top ups for mobile phones and electric keys or cards. We can also deliver prescriptions that would normally be collected from the shop.

Please call us on 01326 373509 and we will do our best to support you.

Please share with family, friends and neighbours who might not be on Facebook or the internet.

Best wishes

Steve and all the staff at Mabe Post Office

Probus

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

I will be putting out a "Dishes to Deliver" menu shortly, providing good, wholesome food to customers new and established. Please share this with anyone you feel may be isolated in this area and let me know if I can help.

Email: [hello@timetoo.cafe](mailto:hello@timetoo.cafe) or

Phone: 07484 650 622



Threemilestone



**The Victoria Inn**

20 hrs · 🌐

**\*\*Takeaway & Delivery Service\*\***

We are able to do takeaway food and keep your eyes peeled for our delivery service coming very soon. We will be here for our community and thank you for your continued support.

Team Vic x



Idless/Shortlanesend area



**Cows and Sows**

13 hrs · 🌐

**COWS AND SOWS ANNOUNCEMENT**

We are opening our mobile Farm Shop from this weekend at our farm.

We will be as fully stocked as possible with local produce including Sausages, Hogs Pudding, Meat, Fruit and Veg, Eggs, Preserves and long life items.

Due to the pandemic we are offering a free delivery service to your door. Please phone 07866 178556 or 07977 706572 or message us on here for more information.

We will be posting a list of produce available very soon. If we do not have what you need you only need ask us and we will do our best to get it for you.

As some of you know we are planning to open our new permanent farm shop and tea room this Easter. We still hope to continue with our plans, however this will be subject to government advice. We will keep you up to date





St Mawes Hens

18 hrs · 🌐

👍 Like Page

#### EGGS DELIVERED TO YOUR DOOR!

We are now delivering High Welfare, Free Range White Eggs ('Cornish Whites') direct to those living in TR1 & TR2 postcodes. Super fresh, straight from the farm. Thursdays & Sundays deliveries. These will be delivered in trays of 30 of mixed sizes @£6 per tray. Minimum order of 2 trays.

Please leave a voicemail with your order on 01326 369201 and include your name, a contact number and address, or text 07970 593543 We accept cash, BACS, gold sovereigns, Camels and soon, contactless.

## Shortlanesend



Shortlanesend Store

16 March at 17:27 · 🌐

Shortlanesend Store & Post Office

LOCAL DELIVERY SERVICE

DURING VIRUS OUTBREAK

Due to the current Coronavirus outbreak and possible risk of contagion to the community, we have decided to keep the shop in operation during this time by also providing a home delivery service. Scientists around the World are currently promoting social distancing ie. reducing or avoiding as far as possible interaction with others. These measures should be enacted swiftly to ease the burden on healthcare systems and protect the vulnerable. Therefore the shop will remain open to those who need the Post Office but we would encourage customers to avoid visiting the shop and use our delivery service instead. This, we feel, will minimise any risk to you and the community as a whole.

How can I get my shopping?

Just go online, email, Facebook or simply phone us with your shopping list. We will then confirm your order, process your payment over the phone and then deliver your shopping to you at home (outside your door, no contact required). If some of you are worried about not being online, please don't worry, we can take orders over the phone. We will do our very best to be there for you and obtain the products you need.

Minimum order of £5

£2 delivery charge

Orders over £20

£1 delivery charge

Orders over £40



### Flushing

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

#### Flushing:

For those who are following government advice and self-isolating, and unable to get to the village to pick up essentials, Gary (Flushing's postman) will deliver pre-ordered goods from Flushing Village Store (01326 375232).

Another group in Flushing has been set up to help those in self-isolation. A group of willing volunteers are putting Postcards in every post-box in flushing. The cards provide a volunteers name and contact details. Once contacted these volunteers will arrange for basic necessities to be sourced and delivered to individual residents.

### Mylor

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

#### Mylor:

Volunteers are required to help set up a 'Pick, Scan and Deliver' service primarily for those that have been advised by the government to self-isolate. The service will work with Mylor Stores who will provide product lists and order forms. The volunteer will pick up an order from the Customer, pick the items off the shelf, scan through till and deliver the order to the doorstep of the Customer. Anyone wishing to volunteer should contact David Lansdowne on [lansdowne.mylorpc@gmail.com](mailto:lansdowne.mylorpc@gmail.com). Details will be posted here <https://www.mylorandflushing.org.uk/> and when ready people will be able to download the product list and the order form. Paper copies of the product list, order form and how the service will work will also be available from Mylor Stores.

### Ponsanooth

[https://www.facebook.com/staghuntinnponsanooth/?ref=br\\_rs](https://www.facebook.com/staghuntinnponsanooth/?ref=br_rs)



#### The Stag Hunt Inn

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16 March at 16:49 · 🌟

If and when we lockdown, some of you may miss The Stag Hunt Inn curries. This week, I am happy to take orders for curries for your freezer, it will make a change from pasta and tinned food and a real treat to brighten up your week.

We have

Dai Ki Murgli... my Mom's homemade curry with a swirl of Greek yogurt.

Creamy Coconut Chicken Curry, think Korma but better and not heavy on the coconut.

Chicken Dhansak cooked with finely balanced sweet and sour lentils and tomatoes

Chicken Jalfrezi, a really spicy curry with tomatoes, stir fried peppers and onions, tell us how hot you want it or if you fancy it without chillies.

Ben Carter ; )

Chicken Methi, with tomatoes and lightly bitter fenugreek herb (often a background flavour to many curries)

Chicken Tikka masala no explanation necessary.

Lamb Jalfrezi

Lamb Dhansak

Lamb Methi

Vegetable Dhansak with mushrooms, peppers and chickpeas (vegan with rice)

For £8.95 They come with rice or mini naan bread

side dishes

Dahl or Gujarati Cabbage with peas £4.50

Michelle, shop owner in Ponsanooth offering help with shopping needs Tel: 01872 863025

## Zelah and Surrounding Areas

**Myates Sons**  
Yesterday at 09:40 · 🌐

Morning all,  
We are operating a collection & home delivery service.  
Please see below a small selection of the products we can offer: CALL 01637 875727 to order  
We stock a wide range of fresh & frozen products

**ROAST SPECIALS**

**COLLECTION & HOME DELIVERY AVAILABLE  
NEWQUAY & THE SURROUNDING AREAS  
CALL 01637 875727 TO ORDER**

T TOPSIDE BEEF	£8.00 PER KIL	PACKS BEST SLICED HAM	£2.00 E
ND TIED SIRLOIN BEEF	£15.00 PER KIL	PACK BACK BACON	£1.10 E
ND TIED LEG OF PORK	£4.80 PER KIL	UTCHERS PORK SAUSAGES	£2.80 E
ND TIED PORK LOIN	£7.50 PER KIL	H CHICKEN FILLETS 8 O/Z	£1.30 E
LAMB JOINTS	£11.50 PER KIL	H PORK STEAKS 6 O/Z	£0.80 E
ND TIED TURKEY BREAST	£7.80 PER KIL	H RUMP STEAKS 8 O/Z	£2.70 E
		H SIRLOIN STEAKS 8 O/Z	£4.60 E
		E BEEF 454g PACK	£2.30 E
		MADE STEAK BURGER 6 O/Z	£1.50 E
		CHUCK STEAK 454g PACK	£3.10 E
		LAMB LEG 454g PACK	£4.60 E
		PORK SHOULDER 454g PACK	£2.30 E

## Penryn

**SPAR in Penryn**  
1 hr

From Thursday 19th March we will be offering a delivery service to the residents of Penryn who are having to self-isolate or are unable to leave their home. Please phone between 9am and 1pm, Monday to Friday to place your order and we will do our best to get your shopping to you within a few hours.

We have daily deliveries and Ian and all the staff are working hard to ensure the shop is well stocked.  
Any enquires please phone 01326 373269

Stay safe everyone x

## Falmouth and Penryn

Local shops and businesses offering home delivery which may help people who are self-isolating.

Westcountry Fruit Sales online orders launching 20/03/20

Budock Water Stores 01326 372697 (even if it's just bread & milk)

Spar, Penryn 01326 373269

Londis, Old Hill 01326 314186

Mylor Stores 01326 373615

Natural Store Falmouth 01326 311507

Cornish Food Box Company 01872 211533 (ext 1) Currently offering free delivery for over 70's.

Lillie Brothers Falmouth 01326 374367

Mabe Premier Stores & Post Office 01326 374509 (deliveries on Tues and Fridays initially, will also deliver prescriptions that would normally be collected from the store)

Riverford Farm Cornwall 01208 220341

Un\_rap Falmouth may be able to deliver [info@un-rap.co.uk](mailto:info@un-rap.co.uk)

Albany Road Spar Falmouth will endeavour to deliver to elderly and vulnerable people 01326 313488

The Cornish Fish Producers Organisation preparing to go live, message via their FB page and give your phone no. or email.

Doggies & Moggies 01326 379281

## Shortlanesend

### *Covid-19 update Newsletter*

Below are some details of things that your local businesses and volunteers are doing within Shortlanesend.

#### **General**

We have had some wonderful volunteers who have offered their time to collect prescriptions and shopping for those elderly and vulnerable who are not able to get out.

Rather than giving out everyone's numbers and details, if you need any assistance please contact Mark at The Old Plough who will try and get you the right assistance. A thank you goes to everyone who has volunteered so far especially Ryan Penhallurick.

In this uncertain time it is important we all pull together as much as possible. If you have some spare time and can volunteer, even if its to talk to someone over the phone who may be lonely please contact Mark at The Old Plough who can co-ordinate all volunteers and get them to where they are needed.

#### **The Old Plough**

Even if we are ordered to close to the the public we will still be offering takeaway evening meals, if placed by 5pm, for collection (if we're open) or FREE delivery . We can take payments over the telephone and have contact free delivery if required. Our menu is overleaf.

#### **Shortlanesend Store**

Shortlanesend Store are offering free delivery when you spend over £5. For more details you can find them on Facebook or telephone 01872 275102.

#### **Penrose Kitchen**

We are offering, with 24 hours notice, a selection of goods available for collection during our normal trading hours. These include meat, fish, dairy products, toilet roll, gluten free flour and pasta. For more details find us on facebook or call 01872 225697

#### **Sows & Cows**

We are offering a free delivery service on our fresh meat, fruit and vegetables. Find us on Facebook or call 07866178556

#### **Shortlanesend Salon**

We have taken the decision to close. We will re-open as soon as we feel it is safe to do so.

#### **Shortlanesend Methodist Church**

SLE Methodist Church has its Facebook page being updated regularly with useful information and alternative worship opportunities. There are also regular updates posted on the church window. We are all encouraged to keep in touch by phone.

#### **Kenwyn Parish Council**

You can contact the Parish Clerk or any one of the local councillors who will try and assist you or point you in the right direction.

#### **Kenwyn Church**

Although there are no services the church is still open for private prayer and contemplation during the day.