



THREEMILESTONE & GLOWETH CORONAVIRUS NEIGHBOURHOOD SUPPORT.

The following information has been prepared with and supported by a team of local volunteers and your Cornwall Councillor Dulcie Tudor and Russell Keeble.

This leaflet is being delivered across our area at this difficult time to offer information and help to anyone who needs it.

We are here for those who can't rely on friends, family or neighbours.

Please let us help you with .

- Picking up urgent prescriptions
- Shopping
- Posting mail
- A friendly phone call

We will take every precaution to ensure we are only spreading kindness by avoiding physical contact (2m distance) washing our hands before helping and leaving items on your doorstep.

Please ring Russel Keeble at our telephone early help hub on

01872 562961 or 07788 507412

Russell will contact one of our team who'll be with you as soon as they can.

If you are able to join us as a volunteer please get in touch and we'll add you to our growing team.

What to do if you are in an at risk Group

Those groups at risk include

- People over 70
- People with an Underlying Illness
- Pregnant women
- Help people who have to self-isolate due to displaying signs of coronavirus

If you are in one of these at-risk groups and require help – you can make use of the delivery service being run by volunteers by contacting us by calling the helpline, text, facebook or email

- Phone Russell on 01872 562961 or 07788 507412

Prescriptions from Threemilestone Pharmacy

- Prescriptions from Threemilestone Surgery – are putting a system in place to deliver to locally
 - 01872 277343

Shops and Takeaways

All the following locally based shops and takeaways can accept card payments over the phone

- The Victoria Inn Threemilestone - 01872 309348 (also offering a direct delivery service)
- The Spar Threemilestone – 01872 274622
- Cost Cutter Gloweth – 01872 275330
- Lampiers Butcher Threemilestone – 01872 240024
- Kellaways fish & chips – 01872 270847
- Warrens Bakers Threemilestone – 01872 240340

Radio:

CHBN is your local community radio station that is based in Treliske Hospital and broadcasts on FM and on-line 24 hours a day. If you want a song played for a friend or yourself with a dedication. - Contact: Tel 01872 252861 | email

studio@chbnradio.org | Text 07937 985986

Face book @chbnradio Twitter @chbnradio



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