

Area	Food deliveries	Other Support
Liskeard	Kevin James, Milkman – A wide selection of food and essentials available too. – covering Liskeard, Looe, Torpoint, Polperro, Bodmin, Saltash, Launceston and everywhere between: 01579 340 386 Victoria Inn (Pensilva) – Meals on Wheels: 01579 363933 Beddoes Fruit and Veg (Liskeard) – Home deliveries: 01579 363 933 Phillip Warren – Oughs Butchers (Liskeard) – Home deliveries: 07423327218 Spar (Menheniot) – Home deliveries: 01579 342266 Horizon Farm Shop – Groceries and meals delivered (St Cleer/Pensilva etc): 01579 557070 Crows Nest (Meals home delivered): 01579 345930 Liskeard Pet Shops (Deliveries): 01579 347 144 Highwayman (Dobwalls) Meals Home delivered): 01579 320114 Village Greens Mount (deliveries to Warleggan Parish, St Neot and Cardinham) 07815619754 The Fat Frog (Home delivery in 2.5 mile radius of Liskeard): 01579 348818 The Liskeard Tavern (Staff willing to volunteer in their community): 01579 341752 Pensilva Stores (Home Deliveries Pensilva): 01579 362457 Rumours Cafe (Free local delivery Liskeard): 01579 342302	FB Page: Liskeard COVID-19 Help and Support FB Page: Dobwalls and Liskeard Coronavirus Support Liskeard and Looe Foodbank: 07512 011452
Looe	Tredinnick Farm Shop - (Looe and surrounding area): 01503 240992	FB: Looe Coronavirus Support FB: Pelynt COVID community Support

	Sarahs Taxis (Able to deliver items to home for free) 01503 265688 Café Fleur (Meals can be dropped to your car): 01503 265734 Lerryn River Stores (Home deliveries): 01208 368725 Guildhall Market (Home deliveries Looe): 01503 598080 / 07970 876393 Looe Bakery (Free local delivery): 01503 265377 Martins Dairy (Free Local Delivery): 01503 262 525 Quayside Fresh: 01503 262838 Pelynt Stores: 01503 220636 O'Keefes Butcher (Pelynt) : 01503 220636 Spar (Pelynt): 01503 220239 Downderry Stores (home delivery local to Downderry resident – also prescription pick ups etc): 01503 250232	FB: Morval and Widegates covid 19 support group FB: Polruan isolation support Liskeard and Looe Foodbank: 07512 011452
Callington	Tamar Valley Food Hub (Home deliveries): 01579208412 Over the top Cornish Pasties – (Home deliveries – Callington/Calstock area) 07300 014255 The White Hart (Home deliveries - Chilsworthy/Gunnislake area): 01822 833876 Who'd have thought it (Home Deliveries - St Dominic): 01579 350214 Stoke Climsland Post Office and Store: 01579 370201 Annies Team Room (Meals delivered Callington): 01579 383303	FB: One Callington Callington Foodbank: 07931 011459

	The Engine House at Compton Park (deliveries in Callington area) 01579 386859.	
Saltash	AppleJack Barn (Fruit and veg - Home deliveries): 01752 844700 Saltash Baptist Church (Call if needing support): 01752 849948 Also have food parcels/foodbank vouchers and can deliver food. Paul Bray and Sons (Butcher delivery: St Germans, Landrake, Saltash, Callington, Liskeard, Looe, Downderry and Menheniot): 01752 851224 Landrake Stores (Home deliveries): 01752 851259	FB: Landrake and St Erney Community info & covid 19 Support FB: Saltash Community Help Page. Livewire – telephone support for young people: 07398091595 Saltash Foodbank: 0800 328 2124
Torpoint	Kingsand Village Store – (home deliveries to Kingsand/Cawsand): 01752 822 222 Café Abundance – Follow “café Abundance” via FB for updates. Cornish Pod – (pasties and one pot meals delivered on The Rame Peninsular): 01752 822259 Kernow Cars and Coaches (£2 home delivery to Torpoint: 01752 815815 and Millbrook/Kingsand and Cawsand): 01752 822200) Hearts Kitchen (Deliveries Torpoint): 01752 816442 Magpies Café: 01752 816057 The Rame Centre (Support for people on The Rame) 01752 823909 Widdicombes (Grocery Home deliveries – Millbrook): 01752 822335 The honey Room Café (Millbrook deliveries): 01752 822054 Dasher Pasties (Torpoint deliveries only) 01752 812775	FB: Torpoint and Rame covid-19 Community Support FB: St Germans COVID 19 support FB: Millbrook and Rame Coronavirus community support Torpoint Foodbank (Via Liskeard and Looe Foodbank): 07512 011452

	The Wilcove Inn (Free delivery to Torpoint and Wilcove area): 01752 812831 The Town Fryer Chip Shop (home deliveries in Torpoint) 01752 815357	
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