

Area	Food deliveries	Other Support
Liskeard	<p>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</p> <p>Victoria Inn (Pensilva) – Meals on Wheels: 01579 363933</p> <p>Beddoes Fruit and Veg (Liskeard) – Home deliveries: 01579 363 933</p> <p>Phillip Warren – Oughs Butchers (Liskeard) – Home deliveries: 07423327218</p> <p>Spar (Menheniot) – Home deliveries: 01579 342266</p> <p>Horizon Farm Shop – Groceries and meals delivered (St Cleer/Pensilva etc): 01579 557070</p> <p>Crows Nest (Meals home delivered): 01579 345930</p> <p>Liskeard Pet Shops (Deliveries): 01579 347 144</p> <p>Highwayman (Dobwalls) Meals Home delivered): 01579 320114</p> <p>Village Greens Mount (deliveries to Warleggan Parish, St Neot and Cardinham) 07815619754</p> <p>The Fat Frog (Home delivery in 2.5 mile radius of Liskeard): 01579 348818</p>	<p>FB Page: Liskeard COVID-19 Help and Support FB Page: Dobwalls and Liskeard Coronavirus Support</p> <p>Liskeard and Looe Foodbank: 07512 011452</p>
Looe	<p>Tredinnick Farm Shop - (Looe and surrounding area): 01503 240992</p> <p>Sarahs Taxis (Able to deliver items to home for free) 01503 265688</p> <p>Café Fleur (Meals can be dropped to your car): 01503 265734</p>	<p>FB: Looe Coronavirus Support FB: Pelynt COVID community Support FB: Morval and Widegates covid 19 support group</p> <p>Liskeard and Looe Foodbank: 07512 011452</p>

	<p>Lerryn River Stores (Home deliveries): 01208 368725</p> <p>Guildhall Market (Home deliveries Looe): 01503 598080 / 07970 876393</p> <p>Looe Bakery (Free local delivery): 01503 265377</p> <p>Martins Dairy (Free Local Delivery): 01503 262 525</p> <p>Quayside Fresh: 01503 262838</p> <p>Pelynt Stores: 01503 220636</p> <p>O'Keefes Butcher (Pelynt) : 01503 220636</p> <p>Spar (Pelynt): 01503 220239</p> <p>Downderry Stores (home delivery local to Downderry resident – also prescription pick ups etc): 01503 250232</p>	
Callington	<p>Tamar Valley Food Hub (Home deliveries): 01579208412</p> <p>Over the top Cornish Pasties – (Home deliveries – Callington/Calstock area) 07300 014255</p> <p>The White Hart (Home deliveries - Chilsworthy/Gunnislake area): 01822 833876</p> <p>Who'd have thought it (Home Deliveries - St Dominic): 01579 350214</p> <p>Stoke Climsland Post Office and Store: 01579 370201</p> <p>Annies Team Room (Meals delivered Callington): 01579 383303</p> <p>The Engine House at Compton Park (deliveries in Callington area) 01579 386859.</p>	<p>FB: One Callington</p> <p>Callington Foodbank: 07931 011459</p>
Saltash	<p>AppleJack Barn (Fruit and veg - Home deliveries): 01752 844700</p>	<p>FB: Landrake and St Erney Community info & covid 19 Support</p>

	<p>Saltash Baptist Church (Call if needing support): 01752 849948</p> <p>Paul Bray and Sons (Butcher delivery: St Germans, Landrake, Saltash, Callington, Liskeard, Looe, Donderry and Menheniot): 01752 851224</p> <p>Landrake Stores (Home deliveries): 01752 851259</p>	<p>Livewire – telephone support for young people: 07398091595</p> <p>Saltash Foodbank: 0800 328 2124</p>
Torpoint	<p>Kingsand Village Store – (home deliveries to Kingsand/Cawsand): 01752 822 222</p> <p>Café Abundance – Follow “café Abundance” via FB for updates.</p> <p>Cornish Pod – (pasties and one pot meals delivered on The Rame Peninsular): 01752 822259</p> <p>Kernow Cars and Coaches (£2 home delivery to Torpoint: 01752 815815 and Millbrook/Kingsand and Cawsand): 01752 822200)</p> <p>Hearts Kitchen (Deliveries Torpoint): 01752 816442</p> <p>Magpies Café: 01752 816057</p> <p>The Rame Centre (Support for people on The Rame) 01752 823909</p> <p>Widdicombes (Grocery Home deliveries – Millbrook): 01752 822335</p> <p>The honey Room Café (Millbrook deliveries): 01752 822054</p> <p>Dasher Pasties (Torpoint deliveries only) 01752 812775</p> <p>The Wilcove Inn (Free delivery to Torpoint and Wilcove area): 01752 812831</p>	<p>FB: Torpoint and Rame covid-19 Community Support FB: St Germans COVID 19 support FB: Millbrook and Rame Coronavirus community support</p> <p>Torpoint Foodbank (Via Liskeard and Looe Foodbank): 07512 011452</p>