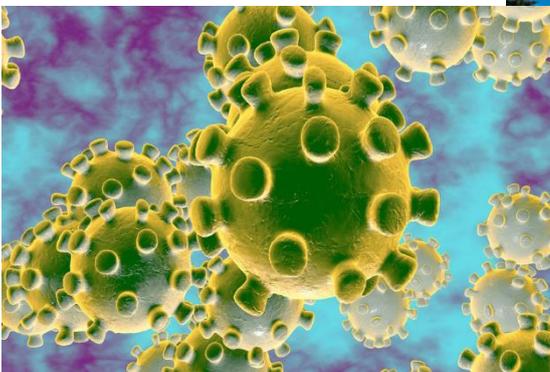


# **LAUNCESTON MEDICAL CENTRE PATIENT PARTICIPATION GROUP**



## **CORONAVIRUS HELP & SUPPORT AVAILABLE IN YOUR COMMUNITY**



**In this booklet you will find all the businesses & local groups who have offered their services.**

**At this difficult time many people will find themselves in self-isolation.**

**Altarnun Tea Room ([www.facebook.com/Altarnun-Tea-Room-101544004778592/](http://www.facebook.com/Altarnun-Tea-Room-101544004778592/))**

"I am pleased to say that Meals on Wheels is supplying freshly prepared and cooked meals to people in and around Launceston. One of my clients has increased her order as the care home she visits twice a week is no longer accepting day visitors. If you or any one you know needs a hot meal delivering at lunch time please get in touch. I will be back at work on Monday - call me on 01566 86670 if you would like more information." See [https://www.facebook.com/permalink.php?story\\_fbid=119306889668970&id=101544004778592](https://www.facebook.com/permalink.php?story_fbid=119306889668970&id=101544004778592)

**Archer Arms Lewannick ([www.facebook.com/ArcherArms/](http://www.facebook.com/ArcherArms/))**

"Everything on the menu can be takeaway and if you live in Lewannick or surrounding area we will deliver to you for free!" See <https://www.facebook.com/ArcherArms/posts/2640684639501310>

**The Bell Inn Launceston ([www.facebook.com/The-Bell-Inn-Launceston-387057014823804/](http://www.facebook.com/The-Bell-Inn-Launceston-387057014823804/))**

"We are happy to sell takeaway beers but you will need to bring your own container as we are unable to get any at the moment. Sorry for that inconvenience, but it seems there has been a panic buy on carry out containers! 😊" See [https://www.facebook.com/permalink.php?story\\_fbid=1295312780664885&id=387057014823804](https://www.facebook.com/permalink.php?story_fbid=1295312780664885&id=387057014823804)

**B & N farm foods ([www.facebook.com/B-N-farm-foods-170078563196137/](http://www.facebook.com/B-N-farm-foods-170078563196137/))**

Fresh meat, fruit and veg with free delivery - contact them for a price list.

**Callum's Free-Range Eggs ([www.facebook.com/callumeggs/](http://www.facebook.com/callumeggs/))**

**"FRESH FREE-RANGE EGGS**

**STRAIGHT FROM FARM TO YOUR DOOR MEANING LESS RISK OF ANY HANDLING CONTAMINATION**

**With the current outbreak of Covid -19 I'm offering my FREE door to door delivery to any new or current customers that might be in isolation extra delivery days from next week**

**Eggs can be left on your door step for you with no contact and money can be left for me outside or pay via bacs before delivery**

**Ungraded eggs (30) £5**

**Ungraded eggs (12) £2.50**

**Large eggs (30) £6**

**Large eggs (12) £2.90**

**Minimum order 1 dozen for Free delivery**

**Delivery Tuesday (day)**

**and Friday (evenings)**

**Weekly Delivery area drops:**

**Tregadillett - Friday**

**South Petherwin - Friday**

**Coads Green - Friday**

**Rilla Mill - Friday**

**North Petherwin - Tuesday**

**Egloskerry - Tuesday**

**Launceston -Tuesday/Friday**

**Lewhitton-Friday**

**Polyphant -Tuesday**

**St Clether / Laneast -Tues**

**Fortnightly delivery drops**

**(next 27th March)**

**Lifton/Lifton Down - Friday eve**

**St Giles - Friday eve**

**Message me for any orders**

**Many Thanks" See**

**<https://www.facebook.com/callumeggs/posts/629772170933792>**

Earth Bistro & Deli ([www.facebook.com/EarthBistroDeli/](http://www.facebook.com/EarthBistroDeli/))

"If anyone needs any meals delivering or essentials picking up, we are happy to help for those who are self-isolating. We can provide freshly cooked meals and if you also need essentials i.e. Milk, Bread, Prescriptions we can pick them up at the same time 😊"

See

[www.facebook.com/EarthBistroDeli/photos/a.283662782350808/451978788852539/](http://www.facebook.com/EarthBistroDeli/photos/a.283662782350808/451978788852539/)

"As from today (Thursday 19th) we will be offering Take Away Roasts.

Available from 12.30 until 2pm and 5pm to 6pm if you want to collect on your way home 😊

Need it delivering let us know and we will drop it off to anywhere in the Launceston area ❤️

£6 each

Pre booking advisable

Payment by BACS, Cash or Card.

Call us on 01566 777839/ 07578383869

Or message us via our Facebook page." See

<https://www.facebook.com/EarthBistroDeli/posts/454433511940400>

The Eagle House Hotel

([www.facebook.com/TheEagleHouseHotel/](http://www.facebook.com/TheEagleHouseHotel/))

"With everything that's going on we thought you might still be craving some Great British menu style food!

So, from tomorrow (March 20th) evening and every evening from then on (excluding Sundays) we will be serving trio of takeaway deliciousness to choose from!

Orders can be called through any time of the day, and collection is between 6-8:30pm with last order at 8pm.

Why not pair it with our famous @eagleonegin and tonic to really make it a meal to remember!

Any questions or order call reception on 01566 774488." See

<https://www.facebook.com/TheEagleHouseHotel/photos/a.2174178642859878/2707959049481832/>

**Firebrand Brewing Co ([www.facebook.com/firebrandbrewing/](http://www.facebook.com/firebrandbrewing/))**

**"Our online store is live!**

**To celebrate, we are offering free shipping on every order for £20 and more. It's a very weird time for everyone, but this is a great opportunity to support small businesses. Don't get stuck at home without and beers, click the link in our bio to have a look around**

** See**

**<https://www.facebook.com/firebrandbrewing/photos/a.323717367802021/1452847561555657/>**

**Hilltop Farm Shop Cornwall**

**([www.facebook.com/HilltopFarmShopcornwall/](http://www.facebook.com/HilltopFarmShopcornwall/))**

**"As of Monday 16th March, we will be offering a home delivery service for orders over £25. We hope we will be of service to anyone that wishes to "Self-Isolate" during this outbreak of Corona Virus.**

**We can deliver everything from basic toiletries ,bread, Dairy produce, fresh fruit & vegetables, frozen unbaked pasties, tinned goods such as tomatoes, beans and pulses, we can even offer all of our homemade cafe goodies such as savouries like cottage pie, Lasagne and meat pies all ready for you to just warm at home, cakes and desserts all available by the slice.**

**Everything we have in store we can deliver, including logs, coal fire lighters etc.**

**We hope this will particularly help our more elderly customers who would rather not travel during these times.**

**All payments can be made over the phone when orders are placed. We will do our best to deliver same day. Within 3 miles delivery will be free up to 10 miles there would be a £1.50 delivery charge.**

**We have today taken delivery of toilet Rolland bacterial hand wash and bleach." See**

**<https://www.facebook.com/HilltopFarmShopcornwall/photos/a.1249910738434575/2864160077009625/>**

## Josephine's Garden

([www.facebook.com/launcestonsecondtimeround/](http://www.facebook.com/launcestonsecondtimeround/))

"Due to the fast Pace of the coronavirus we have taken the decision to close our doors to the general public we will still be doing all our Fruit and veg boxes fresh every day but these will be for DELIVERY only so please if you would like anything please pre-order with us and we will have it delivered to you<sup>[OBJ]</sup><sup>[OBJ]</sup><sup>[OBJ]</sup>!! we will wear gloves to pack your boxes with all fresh items and we would ask that if possible where possible payments are made by bank transfer prior to your delivery<sup>[OBJ]</sup> Unless already arranged with us.....<sup>[OBJ]</sup>

We will still be having a fresh delivery every day of fruit vegetables milk and eggs but please if you can spread the word We are happy to do several drops to one house <sup>[OBJ]</sup>you can either order through me on here or on the contact numbers which is (07484) 255178 if you leave us a message once I have picked the message up<sup>[OBJ]</sup> I will phone you back to take your order please bear with us at this time as you can imagine we are extremely busy but I will come back to you ASAP." See

<https://www.facebook.com/launcestonsecondtimeround/posts/2740943459353496>

## Josie's Childcare/Nannying services ([www.facebook.com/Josies-ChildcareNannying-services-675447046232475/](http://www.facebook.com/Josies-ChildcareNannying-services-675447046232475/))

"\* With possible closures of schools coming up within the next few weeks due to the Coronavirus, I will be offering hours to help the working parents that need it.

\* With the situation not being at anyone's fault and if it comes to all schools being involved in closure, I will be reducing my prices to help the parents, with as little stress added as possible.

\* Please bear in mind at this time I may become increasingly busy, but I will try and fit in as many clients as I can." See

[https://www.facebook.com/permalink.php?story\\_fbid=901897040254140&id=675447046232475](https://www.facebook.com/permalink.php?story_fbid=901897040254140&id=675447046232475)

**Kevin James - Milkman**

**([www.facebook.com/kevinjamesmilkman/](https://www.facebook.com/kevinjamesmilkman/))**

"With this Corona virus outbreak and uncertain times, if you are self-isolating don't forget we don't just deliver milk. We deliver many of your daily essentials too. We will be sending out lists this week to all of our customers and for those who don't currently have a delivery but would like a delivery please do get in contact. We would like to help out the best that we can to our delivery area and customers.

All our deliveries take place throughout the night to ensure that your delivery is made by morning. No contact is made actually it's rare to see the milkman/lady at all!

We take telephone payments, online payments, cash and cheques.

You can phone, email or send us a message on Facebook with any enquiries.

Kind regards

Sadie and Kevin" See

**<https://www.facebook.com/kevinjamesmilkman/posts/2649586395363160>**

**Lifton Farm Shop ([www.facebook.com/strawberryfieldslifton/](https://www.facebook.com/strawberryfieldslifton/))**

**\*\*\*\*DELIVERY SERVICE\*\*\*\***

Now offering delivery to those in our local community.

Visit the link below for terms and product range.

<https://www.strawberryfieldslifton.co.uk/farm-news/here-for-you-during-coronavirus/>" See

**<https://www.facebook.com/strawberryfieldslifton/posts/3183569054989019>**

**Little Bakehouse at Launceston**

**([www.facebook.com/littlebakehouseatlaunceston/](https://www.facebook.com/littlebakehouseatlaunceston/))**

"We will be starting home deliveries from Tuesday. Our new bakery will be open and baking... so get your orders in." See

**<https://www.facebook.com/littlebakehouseatlaunceston/photos/a.1489030434649710/2632967133589362/>**

The Little Sandwich Shop ([www.facebook.com/freshlymadebyjo/](http://www.facebook.com/freshlymadebyjo/))

\*\*\*\*we are still opening at the moment & We are still delivering\*\*\*\*  
and dropping at doors to avoid social contact if that's what you  
require paying via our shops bank details to avoid using cash  
we will be making up so individual cottage pies tomorrow morning  
as an extra if people are self-isolating and can't get out and as  
normal, we deliver hot dogs jacket potato's sandwiches baguettes  
wraps omelettes salad boxes<sup>[OBJ]</sup>

we can deliver out of hours too and if your struggling to get out I'm  
happy to go out grab Essential items (if I can get hold of them)  
please just messaged or ring

Stay safe everyone and remember asking for help is all you need  
to do

we need to pull together like we are it's going to make all the  
difference." See

<https://www.facebook.com/freshlymadebyjo/posts/159043792219170>

Michie's of Cornwall ([www.facebook.com/michiesofcornwall/](http://www.facebook.com/michiesofcornwall/))

"We presently have vast stock levels and moving forward also  
have enough raw product to produce your dog's favourite dinners  
for some time to come, to ensure orders and deliveries are  
processed without interruption.

We have taken extra steps with staff training to safeguard any  
customers that wish to call and collect at our Launceston outlet  
and would like to offer free local delivery to any customers that  
are self-isolating. Please call for further details.

If you are currently purchasing any of our products from any of our  
retail stockists and consider travelling a risk, we can also offer next  
day delivery via DPD." See

<https://www.facebook.com/michiesofcornwall/posts/2997273523686519>

No.8 Cafe And Coffee Bar ([www.facebook.com/No8-Cafe-And-Coffee-Bar-115222728587177/](http://www.facebook.com/No8-Cafe-And-Coffee-Bar-115222728587177/))

"We are happy to deliver any take away food around the town  
area if you have any questions or would like to place an order  
please call us on 01566 777369." See

[https://www.facebook.com/permalink.php?story\\_fbid=2661645367278221&id=115222728587177](https://www.facebook.com/permalink.php?story_fbid=2661645367278221&id=115222728587177)

**Petstop Launceston ([www.facebook.com/PetstopLaunceston/](http://www.facebook.com/PetstopLaunceston/))**

**"With the current coronavirus situation, we just wanted to remind people that we do a free local delivery service. If anyone requires it please just give us a call and for anyone self-isolating, we can arrange a time for it to be left outside for you if required, just Call us on 01566 776670." See**

**<https://www.facebook.com/PetstopLaunceston/posts/2344176519015255>**

**Philip Warren Butchers**

**"Philip Warren Butchers will be offering a local free delivery service for those unable to visit our shop due to the current coronavirus situation. Customers can phone the Pennygillam shop on 01566 772244 option 1, we are not sure of the finer details yet but we will do all we can to help, particularly prioritising the elderly and those at risk who are self-isolating etc."**

**Tre, Pol & Pen ([www.facebook.com/trepolpen/](http://www.facebook.com/trepolpen/))**

**"From Monday 16th March we will be offering a home delivery service to all of our customers within a 5-mile radius of the shop for orders over £20.00 during this outbreak of Coronavirus (COVID-19). We understand at this time there may be those who don't wish to visit in person and we aim to keep the community supplied with anything we have in store.**

**Our wide range of fresh produce, bread, cakes, dairy, pasta, rice, tinned goods, store cupboard staples, butchery and delicatessen items including our homemade pies, pasties, quiches etc will all be available along with frozen ready meals and toiletries. We can even bring out our freshly made meals, cakes and desserts from the restaurant should you require them.**

**Orders can be placed and paid for by telephone on 01566 706527 (option 2) between 8am and 4pm seven days a week and we aim to deliver to you on the same day, a small delivery charge of £2.50 will apply to all orders." See**

**<https://www.facebook.com/trepolpen/posts/556973054917468>**

Trethorne Hotel & Golf Club ([www.facebook.com/TrethorneGolf/](http://www.facebook.com/TrethorneGolf/))  
"FULL MENU HERE: <https://www.trethornegolfclub.com/take-away/>  
Our takeaway service starts tomorrow (March 20th) collection only between 8am-6pm and from 6pm -9pm we will be doing a collection or delivery service. Payment will be over the telephone for delivery, no cash handling will be done, you can also get some essentials delivered at same time, we can do deliveries for essentials from 6pm-9pm. Payment over phone. Deliveries 3 miles by sat nav and will be free." See <https://www.facebook.com/TrethorneGolf/videos/2543674595888659/>

Veg in the Shed ([www.facebook.com/VegintheShed/](http://www.facebook.com/VegintheShed/))  
"Veg in the Shed already run a free weekly organic veg box delivery service in Launceston and surrounding areas. We post our weekly veg boxes up Sunday/Monday and deliver on Thursdays. We are able to add eggs, Moo Milk, toilet rolls and eco-friendly cleaning products. Please message us via our Facebook page or call us on 01566 248020 if we can be of help... Please leave an answer phone message along with a contact number if we miss your call, we will call you back. On delivering we will call or text you to let you know we have delivered to your choice of safe place so as to keep you and us safe."

Wiggins & CO ([www.facebook.com/WigginsandCo/](http://www.facebook.com/WigginsandCo/))  
"If you are in Launceston or the surrounding areas and Raw Feed your dogs and are self-isolating please do not panic about getting your dog food. We will deliver to you. We already have a delivery service in place throughout Cornwall but those in Launceston that need emergency dog food please place an order online and we will deliver to a safe place and contact you once delivered. [www.wigginsandco.co.uk](http://www.wigginsandco.co.uk)"

## LAUNCESTON MEDICAL CENTRE PPG

20 March 2020

List of organisations to contact for information during the Coronavirus Pandemic

<https://www.launcestonmedicalcentre.co.uk/> Tel: 01566 772131

<https://www.cornwall.gov.uk/health-and-social-care/>

Tel: 0300 1234 131 (Adults) 0300 1234 101 (Children)

<https://www.volunteercornwall.org.uk/> Tel: 01872 265305

<https://launceston.foodbank.org.uk/> Tel: 01566 779550

<https://coronacornwall.org/>

<https://launceston-tc.gov.uk/wp-content/uploads/2018/12/CEP-Final-REDACTED-2018-09-13.pdf>  
Tel: 01566 773693

<https://en-gb.facebook.com/Launcestonlifemagazine/> Tel: 01566 788700

<https://ststephensbylauncestonrpc.org.uk/> Tel: 01566 773405

<http://www.ststephensresidents.com/>

trewen.parish@hotmail.com Tel: 01566 86064

### HOME DELIVERIES:

[https://www.tripadvisor.co.uk/ShowUserReviews-g1497224-d12787611-r513231715-Altarnun\\_Tea\\_Room-Altarnun\\_Cornwall\\_England.html](https://www.tripadvisor.co.uk/ShowUserReviews-g1497224-d12787611-r513231715-Altarnun_Tea_Room-Altarnun_Cornwall_England.html) (Altarnun Tearooms) Tel: 01566 86670

<https://m.facebook.com/ArcherArms/> (Archer Arms, Lewannick) Tel: 01566 782700

<https://www.facebook.com/pages/category/Shopping---Retail/B-N-farm-foods-170078563196137/>  
(B&N Farm Foods, nr St Giles on the Heath) Tel: 01409 211287

<http://www.bellinnlaunceston.co.uk/> The Bell Inn, Tower St, Launceston Tel: 01566 779970

<https://www.facebook.com/callumeggs/> (Callum's Free Range Eggs)

<https://theeaglehousehotel.com/> (Eagle House Hotel) Tel: 01566 774488

<https://en-gb.facebook.com/pages/category/Restaurant/EarthBistroDeli/about/> (Earth Bistro & Deli)  
Tel: 01566 777839

<https://www.facebook.com/firebrandbrewing/> (Firebrand Brewing Co, Altarnun) Tel: 01566 86069

garnishsharing@yahoo.com (deliveries Tuesdays to Saturdays) Tel: 07455083717

<https://www.hilltopfarmshop.co.uk/> (Hilltop Farm Shop) Tel: 01840 211518

<http://www.facebook.com/launcestonsecondtimeround/> (Josephine's Garden, White Hart Arcade)  
Tel: 07484255178

<https://www.facebook.com/kevinjamesmilkman/> (Kevin James, Milkman) Tel: 01579 340386

<https://www.littlebakehouse.co.uk/> (The Little Bakehouse, Church Street, Launceston)

Tel: 01566 248029

<https://www.facebook.com/freshlymadebyjo/> (The Little Sandwich Shop, Exeter St, Launceston)

Tel: 07484 779612

<http://www.no8launceston.co.uk/> (No 8 Cafe) Tel: 01566 777369

<http://www.philipwarrenbutchers.co.uk/> Tel: 01566 772244

<https://www.strawberryfieldslifton.co.uk/> (Strawberry Fields, Lifton Farm Shop) Tel: 01566 784605

<https://trepolandpen.co.uk/> (Tre Pol Pen Farm Shop) Tel: 01566 706527

<https://www.trethorneleisure.com/> (Trethorne Leisure Park) Tel: 01566 86324

<https://www.facebook.com/VegintheShed/> (Veg in the Shed, Pennygillam, Launceston)

Tel: 01566 248020

#### HOME DELIVERIES PET FOOD:

<https://www.michiesdogmeatsandtreats.co.uk/> (Michies of Cornwall) Tel: 01566 333337

<http://www.petstop-online.co.uk/> (Pet Stop, Newport, Launceston) Tel: 01566 776670

<https://www.wigginsandco.co.uk/> (Wiggins Raw Pet Food, Launceston) Tel: 01566 248020

#### PRESCRIPTION PICK UP:

<http://dl.email.boots.com/rts/go2.aspx?h=738136&tp=i-1NGB-Gp-7Kf-2LttkH-1v-21P57D-1c-2LgbRP-l4OevXgTCj-29jv6d> (Boots)

Urgent prescriptions door to door: [les.whaley@talktalk.net](mailto:les.whaley@talktalk.net) (PPG member & AGE UK TAP Driver)

**Prescription Delivery Service - Launceston Medical Centre Patients 70+ and Vulnerable - available Tuesdays and Thursdays. Please contact Launceston Medical Centre for details**

**TEL: 01566 772131**