



St Mewan Parish
Council Supporting
Our Community!

Essential Information.....

St Mewan Parish Council are working with a fabulous group of local volunteers and in agreement with **Volunteer Cornwall** assisting the elderly and vulnerable with shopping and prescriptions in and around Trewoon, Sticker, Polgooth, Hewaswater and Trelowth.

For those of you not already using our volunteer service and needing help please call **Wendy Yelland Parish Clerk** on **07464 350 837** or email clerk@stmewanparishcouncil.gov.uk www.stmewanparishcouncil.gov.uk Follow St Mewan PC on [Facebook](#) and [Twitter](#)

Health

In an emergency **call 999**

Out of Hours GP & NHS Helpline **call 111**

Probus GP Surgery – **01726 882745**

St Austell Healthcare (Wheal Northey) – **01726 75555**

Mevagissey Surgery – **01726 843701**

RCH Treliske – **01872 250000**

Grocery Supplies

Polgooth Premier Store & PO- **01726 73816**

Sticker Londis Store & PO -**01726 73812**
includes Martins Bakery supplies

Trewoon Premier Store -**01726 65021**

Trewoon Post Office & cleaning supplies -**01726 73667**

Card Payment over the phone, delivery by Parish Volunteers!

Other Suppliers

Niles Bakery – **07432264537** (£10.00 minimum delivery). Payment over the phone

Trudgian Farm Shop & Butchers -**01726 883946** (Free delivery to Sticker) Payment over the phone.

James Kittow Butchers **01726 814926**- Free Delivery (no minimum order) Payment over the phone or online <https://jameskittow.co.uk/>

ASDA Delivery – Anytime 12month & 6-month pass – Midweek 12-month pass
0800 952 0101

<https://groceries.asda.com/account/delivery-pass>

TESCO Delivery – 1 month and 6-month pass
0800 323 4040

<https://www.tesco.com/DeliverySaver/>

Hot Food

The Hewas Inn, Sticker– **01726 73497**
Delivery can be arranged by our Parish volunteers

The White Pyramid – **01726 68047** (starting Fri 10th April Sat & Sun) Free Delivery in Trewoon

The White Hart Hotel, St Austell – **01726 72100** (Free Delivery)

Kingwood Restaurant – London Apprentice
Free meals on wheels for the elderly and vulnerable – **07850 550433**

Angels in the Kitchen
07737074951/07976244934
Free Delivery in St Mewan Parish
<https://www.angelsinthekitchen.co.uk/frozen-food-menu>

Prescriptions

Asda Pharmacy
01726 223800
<https://storelocator.asda.com/south-west/saint-austell/cromwell-road>

Probus Surgery
01726 882745
<https://www.probussurgery.co.uk/prescriptions/1.aspx>

Boots Pharmacy
0345 121 9040
<https://www.boots.com/online/pharmacy/>

Wheal Northey
01726 75555
<https://www.staustellhealthcare.co.uk/>

Day Lewis
01726 72975
<https://www.daylewis.co.uk/>

please see further info overleaf



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Mental Wellbeing while Staying at Home

NHS Every Mind Matters

<https://www.nhs.uk/oneyou/every-mind-matters/coronavirus-covid-19-staying-at-home-tips/>

Urgent NHS Support

<https://www.nhs.uk/oneyou/every-mind-matters/urgent-support/>

Free 24-hour listening support

When life is tough, Samaritans are here to listen at any time of the day or night. You can talk to them about anything that's troubling you, no matter how difficult.

Call free on 116 123 or [visit the Samaritans website](#)

Shout offers confidential 24/7 crisis text support for times when you need immediate assistance.

Text "SHOUT" to 85258 or [visit Shout Crisis Text Line](#)

CALM

CALM is the Campaign Against Living Miserably, for people in the UK who are down or have hit a wall for any reason.

Call 0800 58 58 58 (daily, 5pm to midnight)

Free, anonymous [webchat with trained staff](#)

[Visit the CALM website](#)

Crisis support for young people

Under 35's call Papyrus's Hopeline UK from 9am to 10pm weekdays and 2pm to 10pm on weekends.

Call HopelineUK on 0800 068 41 41

Text 07786 209697 <https://papyrus-uk.org/>

Support

Cornwall Council

0300 1234 100

<https://www.cornwall.gov.uk/>

Devon & Cornwall Police - **Call 101**

<https://www.devon-cornwall.police.uk/>

- Be aware of online shopping scams
- **Do NOT handover your debit/credit card to anyone**
- Be aware of fake Covid 19 testing kits
- <https://www.devon-cornwall.police.uk/advice/your-money/fraud/action-fraud/> or Tel: 0300 123 2040

Victim Care Devon & Cornwall – **Call 0300 3030 554**

<https://www.victimcaredevonandcornwall.org.uk/Victim-Support/>

Independent Age- **0800 3196789** – **A regular call, a regular connection, now you're talking**

<https://www.independentage.org/get-support/receive-regular-phone-calls>

Cornwall Link – Connecting to your Community

<https://cornwall-link.co.uk/>

The Woman's Centre (Helpline)

01208 79992/77099

<https://www.womenscentrecornwall.org.uk/>

NSPCC **0808 800 5000**

Childline – **0800 1111**

Citizens Advice Bureau

0344 411 1444

www.citizensadvice.org.uk

The Money Advice Centre

0800 138 7777

Typetalk:1800 10800 915 4622

<https://www.moneyadviceservice.org.uk/en>

Cruse Bereavement Care

0808 808 1677

<https://www.cruse.org.uk/get-help/helpline>

Penhaligon's Friends (support for bereaved children)

01209 210624

<https://www.penhaligonsfriends.org.uk/>

RSPCA

0300 1234 999

<https://www.rspca.org.uk/>