



St Mewan Parish
Council Supporting
Our Community!

Essential Information..... 5th January 2021

Following the Government lockdown announcement **St Mewan Parish Council** will be re-starting our **volunteer delivery and support groups**. If you are shielding, or know somebody who is, needing help with food and/or prescription deliveries we can help, call the Parish Clerk, Wendy Yelland on **07464 650837** 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**

COVID 19 Vaccine Information

GP practices ask that patients do **NOT** contact them about making appointments. Practices will contact patients when they have vaccine available for the age ranges that they can vaccinate. When presenting for your appointment, please wear a face mask and loose clothing (so that the top of your arm is easily accessible).
The appointment takes approximately 10 minutes to ask the various questions, gain consent and give the vaccination. Afterwards patients are asked to wait for 15 mins before leaving the premises, this is so that the Drs and Nurses can ensure you have no adverse reactions.
The second vaccine is now being given up-to 12 weeks after the first vaccine.
GP practices have had no input into which groups are being vaccinated and have no control over when the vaccine will be delivered, so please be kind to them, they are working their hardest to deliver a vaccination programme whilst maintaining normal GP services.
Thankyou Probus Surgery & St Austell Healthcare

Grocery Supplies

Polgooth Premier Store & PO- **01726 73816**
Sticker Stores & PO -**01726 73812** includes Martins Bakery supplies
Trewoon Premier Store -**01726 65021**

Trewoon Post Office & cleaning supplies -
01726 73667

Card payment taken over phone and delivery by the volunteers

Other Suppliers inc Meat & Fresh Fish

Richards of Par – Fresh Fish, Fruit and Veg -
01726 812550 or email

shop@richardsfruitandveg.co.uk

(maximum delivery cost is 2.50)

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/>

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

Hot Food Takeaway

The Hewas Inn, Sticker **01726 73497**

Friday 5pm – 8pm & Sunday 12pm – 8pm.

Delivery available in Sticker

The White Pyramid, Trewoon – **01726 68047**

Fri & Sat 5pm – 7pm, Sunday 12pm -2.00pm

Delivery in Trewoon

Trewoon Wagon Wheel Fish and Chips Tues to Saturday - **01726 70812**

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.probusurgery.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/>



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Mental Wellbeing while Staying at Home

Polgooth Inn Pub Quiz on Facebook– 'feel connected outside of Lockdown and have fun testing your knowledge. Every Tuesday 'Live' online at 7.25pm

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/>

- Be aware of online shopping scams
- Do NOT hand over 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/>

Support with A – Z directory

Cornwall Council

0300 1234 100

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

Devon & Cornwall Police - **Call 101**

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

