



FALMOUTH

the spirit of the sea

Looking for help or information on Coronavirus?

This flyer provides contact information for businesses and resident communities in Falmouth and the surrounding areas.

You will find local and national details on a variety of topics, from business support to health and wellbeing. More information on the Coronavirus is also available at Falmouth.co.uk.

National / Regional Support

Government information announcements and updates:
gov.uk/coronavirus

Support for those extremely vulnerable:
gov.uk/coronavirus-extremely-vulnerable

GOV.UK Coronavirus Information Service on WhatsApp:
07860 064422

Citizens Advice - Text ADVICE to 78866
Financial Advice - Text DEBT to 78866
citizensadvice.org.uk

Citizens Advice Helpline:
03444 111444 (Mon to Fri, 10am - 4pm)

Council Tax Helpline (Cornwall):
0300 1234 171 (Mon to Fri, 8.30am - 5pm)

Cornwall Council's Covid19 Information:
cornwall.gov.uk/health-and-social-care/public-health-cornwall/information-about-coronavirus-covid-19/
covid19@cornwall.gov.uk

NHS Advice

- If you have symptoms of coronavirus (a high temperature or a new, continuous cough), use the 111 online coronavirus service: 111.nhs.uk/covid-19
- Call 111 if you're unable to get help online.
- For life-threatening emergencies call 999 for an ambulance.

Volunteer & community helplines

Cornwall Link - An online directory of communities in Cornwall, connecting and supporting those in need through the Coronavirus: cornwall-link.madeopen.co.uk

Community Network Link Officer for Falmouth and Penryn:
Esther Richmond 07528 983366

Volunteer Cornwall:
01872 266988 / requestforhelp@volunteercornwall.org.uk

Looking for funding for your community group?
01566 779333 / 779865 / office@cornwallfoundation.com

Social and Domestic Support

Samaritans:
116123 / cornwallsamaritans@gmail.com

Safer Futures – If you are experiencing domestic abuse or would like further information:
0300 7774777 / saferfutures@firstlight.org.uk
To make a referral visit: firstlight.org.uk/make-a-referral

Cornwall Refuge Trust - a 24 hour helpline for refuge and support:
01872 225629 / cornwallrefugetrust.co.uk

True Butterflies – A charity local to Falmouth that supports survivors of domestic abuse and their families:
07927 465978 / truebutterflies.org

Streetlink - If you see someone homeless and need to report it:
0300 500 0914 / streetlink.org.uk
(please call 999 if they need urgent medical assistance)

Cornwall Housing Team - If you are homeless and need help:
0300 1234 161

Food and Medicines

Salvation Army Falmouth (Tues to Fri, 11am - 1pm):
01326 315272 / falmouthchurch@salvationarmy.org.uk

The Trussell Trust foodbank in Penryn:
www.penrynfalmouth.foodbank.org.uk
01326 618575 / foodbank@highwaychurch.co.uk

Falmouth Food Co-operative Kitchen - Veggie hot food dinner deliveries from the Dracaena Centre:
01326 567526 / falmouthfood.coop

Doggies & Moggies animal care supplies: 01326 379281

Community Heart - Emergency fruit and veg boxes for the most vulnerable:
Robin Markland 07756 285026

Abacus Taxis - Free delivery of shopping and medicines to the elderly or vulnerable. Limited regular services to key workers only:
01326 212141 / bookings@falmouthtaxi.com

Budock Water Stores - 01326 372697

Spar, Penryn - 01326 373269

Londis, Old Hill, Falmouth - 01326 314186

Mylor Stores - 01326 373615

Natural Store Falmouth - 01326 311507

Lillie Brothers Falmouth - 01326 374367

Mabe Premier Stores & Post Office - 01326 374509

Albany Road Spar Falmouth - 01326 313488

Argal Farm Shop - 01326 372737

Nude Canteen food box scheme - 07870 543199

Bailey's Country Store home deliveries - 01326 379888

Fal Falafel fresh fruit and vegetables box - 07495 261670

Cant find what you're looking for?

- For Cornwall Council enquiries contact Cllr Jayne Kirkham:
07736 895195 / jayne.kirkham@cornwallcouncillors.org.uk
- For Falmouth Town Council contact 01326 315559
or alternatively contact The Mayor Steve Eva:
07974 812103 / councillor-sdeva@falmouthtowncouncil.com

Businesses & Employee Support

CIOS Growth Hub - The Growth Hub is offering advice to businesses affected by the Coronavirus:
01209 708660 / ciosgrowthhub.com

People Hub - Practical support and information on employment, training and signposting for people in Cornwall:
0333 0150699 10am–5pm Mon - Fri

Cornwall Council dedicated email: covid19@cornwall.gov.uk

Government Business Support Helpline:
0300 4563565 (Mon to Fri, 9am - 6pm)

HMRC - Tax helpline for businesses affected 0800 0159559
HMRC - Employers general enquiries 0300 2003200
HMRC - Employees' general enquiries 0300 2003500

Health and Wellbeing Contacts

Cornwall Mind - Supporting mental health during COVID-19:
0300 1233393 / info@mind.org.uk

Healthy-Outlook - For those experiencing symptoms of stress, depression or anxiety: 01208 871905

Penhaligon's Friends - Supporting children through bereavement during COVID-19: 01209 215889

To report any crime and anti-social behaviour
call the police on 101 or email 101@dc.police.uk.
In an emergency please dial 999.

The show of community spirit in Falmouth has been stronger than ever during the COVID-19 crisis, and Falmouth Town Council and Falmouth BID thank everyone for their help and co-operation during this challenging time.