

Update on Cornish Foodbanks. 16th October 2020

Cornish foodbanks remain open and crucially need our support.

Foodbanks across Cornwall need supplies of all tinned, dried or long-life food items - with a typical food parcel including: Breakfast cereal, long-life milk, soup, pasta, rice, pasta sauce, tinned beans, tinned meat, tinned vegetables, tinned fruit, tinned puddings, tea or coffee, sugar, biscuits and snacks. Many of the foodbanks also collect: Baby food, baby milk, disposable nappies, washing up liquid, Washing Powder, soap, Dry Dog Food, canned Dog Food and canned Cat Food.

The way each Cornish foodbank runs is very unique, depending on volunteers, the building they operate, their capacity, their community and their opening times. If you would like to donate and support your local foodbank, we have included links to some of the foodbanks below; we have purposely included references to their Facebook pages where possible. If you could help your foodbank by looking at their Facebook posts before contacting them, that would be super helpful as these often have the most up to date answers to many queries. Facebook posts often also have details of any financial donation appeals individual foodbanks are running, or for some foodbanks with websites, there is often a direct link to donate money to them.

PLEASE NOTE: The mission of Foodbanks is to give out food parcels to people in need. Customers can access foodbanks with a food voucher. Many of the Foodbanks are now operating an e-voucher system but please check how your local Foodbank is operating.

There are many wonderful community food projects that people without Foodbank vouchers can access and, in many cases, this may be more appropriate.

We try to make sure that this list is correct at the day of publishing, we will be updating some info from individual foodbanks as it comes in, but PLEASE **always get the latest information from that foodbank directly**. Our list is not exhaustive, there are other foodbanks in local communities across Cornwall and we would urge you to support any foodbank that you know of that is local to you.

Where available we have listed details for the foodbanks:

1. Opening times / address / procedure for customers.
2. Opening times / address for donations to be dropped off to them.
3. And local donation points (supermarket collection boxes) that are operating.

Bodmin Foodbank. Bodmin Foodbank is a 'satellite' Foodbank of the Foodbank in Wadebridge (run by the same people). So please do check the Wadebridge Foodbank Facebook page for updates:

www.facebook.com/WadebridgeFoodbankStoreHouse

We heard from the great team at Bodmin on the 15th October that the below is correct:

Opening times / address / procedure for customers:

If you have been referred to our Bodmin Foodbank, you can now collect your food box at an arranged time. Our volunteers will call you on the day to arrange a time slot between 1:30pm-2:30pm on a Monday and Wednesday. This time slot will be given so that social distancing is adhered to, this avoids everyone turning up at the same time and queuing up outside (especially with the weather changing).

- Bodmin Foodbank is open for pre-arranged collections at the Bodmin Christian Fellowship, Berrycombe Road, Bodmin, PL31 2NS between 1:30pm-2:30pm on a Monday and Wednesday.

Opening times / address for donations to be dropped off to you:

If you wish to make a food donation, please leave this in one of our supermarket collection boxes (listed under Wadebridge Foodbank and Storehouse) or there will be a trolley outside our Wadebridge hub. If you need access to the Foodbank to deliver a large donation, please telephone 01208 815374 first.

Local supermarket donation points:

Bodmin Foodbank shares the donation collection boxes in supermarkets with the Wadebridge Foodbank (please see supermarket list under Wadebridge Foodbank for where they are).

Other:

If you are a referral agency: please email wadebridgefoodbank@gmail.com and we can set you up on the e-referral system.

If you would like to volunteer: please call our Wadebridge office, (see details below).

Our current office hours at Wadebridge Foodbank are: Mon-Thurs 10am-1pm:

Tel: 01208 815374 www.wadebridgefoodbank.org

Financial Donations: If you would like to donate money to the food bank at this time, you can do so at:

www.wadebridgefoodbank.org/give-help/donate-money

See also the link to their current successful Wadebridge Foodbank and Storehouse Crowdfunding campaign listed under the Wadebridge entry (page 13).

Bude Foodbank: www.facebook.com/FoodBankBude

Posted on their Facebook on 17th March: As from today, Bude Foodbank will be used as a warehouse to distribute food items. If you are eligible for our services: 1) Phone for Appointment on 01288 488748 and leave a message if unanswered and we'll get back to you or email us at info@budefoodbank.org.uk 2) We will then deliver food to your home (subject to food availability and eligibility).

Bude Foodbanks have some great videos on their facebook of their work and wonderful community support.

Bude Foodbank also have a website: <https://www.budefoodbank.org.uk/>

Opening times / address for customers:

If you are eligible for our services: 1) Phone for Appointment on 01288 488748 and leave a message if unanswered and we'll get back to you or email us at info@budefoodbank.org.uk 2) We will then deliver food to your home (subject to food availability and eligibility).

Opening times / address for donations to be dropped off to you:

Unfortunately, we are not accepting donations of food at the moment. If you'd like to donate money, please do so at <https://www.budefoodbank.org.uk/donate/>

Facebook: The great team at Bude Foodbank have some great videos on their Facebook page, keeping people updated with how they work, how to donate and giving thanks to the community for their donations:

<https://www.facebook.com/FoodBankBude/>

Financial Donations: If you'd like to donate money, please do so at <https://www.budefoodbank.org.uk/donate/>

Callington Foodbank <https://www.facebook.com/groups/351900558197014/>

The wonderful team at Callington Foodbank are currently advertising for a part-time Co-ordinator:

This is an exciting new opportunity to oversee the work and development of the food bank. So, if you are self-motivated, hard-working and believe that you have the qualities we need, check out the details on

<https://callington.foodbank.org.uk/2020/10/13/callington-foodbank-part-time-foodbank-co-ordinator-16hrs-week-initially/> or get in touch callingtonfoodbank@gmail.com Closing date for applications is 26th Oct 2020.

2 List compiled by Jane and Rosey at Transformation Cornwall with support from Reverend Andrew Yates at Truro Diocese. 16th October 2020

Interviews will take place during the first week of November.

Callington Foodbank also has a website: <https://callington.foodbank.org.uk/> Priority items on 9th October are: Jam/Marmalade, Jacket Mashed Potato, Tinned Carrots, fruit juice and tinned Rice Pudding. We heard from the great team at Callington on the 9th October that the below was correct.

About us:

Callington foodbank is a project founded by local churches and community groups, working together towards stopping hunger in our local area. The Foodbank is well supported by the generous people in their community.

Opening times/address/procedure for customers:

Mon, Wed and Fri 2pm-4pm, clients are being served pre-packed parcels at the door.

Opening times / address for donations to be dropped off to you

We can receive donations when the foodbank is open

Local supermarket donation points:

- Tesco, Tavistock Road, Callington, PL17 7RD

Phone us 07931011459 **Email us** callingtonfoodbank@gmail.com

ADDRESS 1 Launceston Road, Callington, Cornwall, PL17 7BS

Financial donations: Our foodbank is run by local people for local people – we rely on the community's support to ensure we can continue to stop people going hungry. Can you invest in the future of our project and help us provide much-needed support to people in crisis in our community?

www.callington.foodbank.org.uk/give-help/donate-money

Camelford Foodbank is also a 'satellite' Foodbank of the Foodbank in Wadebridge (run by the same people). So again, please check Wadebridge Foodbank Facebook for updates

www.facebook.com/WadebridgeFoodbankStoreHouse

We heard from the great team there on the 15th October that the below was correct:

Opening times / address / procedure for customers.

'We are now operating a COLLECTION service from our Foodbanks: Our volunteers will contact the client on the day to arrange this. A time slot will be given so that social distancing is adhered to, this avoids everyone turning up at the same time and queuing up outside (especially with the weather changing).

- Camelford Foodbank is open for pre-arranged collections at the Grow Centre, 14a Market Place, Camelford, PL32 9PB on a Wednesday from 12pm-2pm and Friday 10am-12pm

Opening times / address for donations to be dropped off to you:

There will be a trolley outside our Wadebridge hub - Wadebridge Foodbank, Unit 2 Trevanson Street, Wadebridge, PL27 7AR. If you need access to the Foodbank to deliver a large donation, please telephone first.

Or

We have a collection box for Wadebridge Foodbank just outside of the Grow Centre, 14a Market Place, Camelford, PL32 9PB during our opening hours (which is only Tuesdays 10am-Noon for now).

Local supermarket donation points

Camelford donation collection boxes in supermarkets are shared with the Wadebridge Foodbank (please see list under Wadebridge Foodbank for where they are). If you wish to make a food donation, please leave this in one of our Wadebridge Foodbank supermarket collection boxes.

Other:

If you are a referral agency: please email wadebridgefoodbank@gmail.com and we can set you up on the e-referral system.

If you would like to volunteer: Please call our Wadebridge office, (see details below).

Our current office hours at Wadebridge Foodbank are: Monday-Thursday 10am-1pm - 01208 815374

www.wadebridgefoodbank.org

Financial donations: If you would like to donate money to the food bank at this time, you can do so at: www.wadebridgefoodbank.org/give-help/donate-money

Financial donations: If you would like to donate money to the food bank at this time, you can do so at: www.wadebridgefoodbank.org/give-help/donate-money

See also the link to the current Wadebridge Foodbank and Storehouse Crowdfunding campaign listed under the Wadebridge entry (page 13).

Churches Together in Penzance Area (CTIPA) Foodbank:

Our official title is Churches Together in Penzance Area Food Bank & we serve customers in the west of Cornwall from Crowlas to Land's End. www.churchestogetherinpenzance.co.uk

CTIPA Foodbank email is penzancefoodbank@churchestogetherinpenzance.co.uk

We heard from the lovely team at CTIPA on the 15th October.

The team have asked us to highlight that the collection box at Sainsbury's Eastern Green, Penzance is not a collection box for CTIPA Foodbank. If you would like to donate to the CTIPA foodbank, please use one of the collection boxes in the list below.

We are trying not to have clients come to us & are delivering to each client's home by using volunteer drivers. We are now only making deliveries to clients on Mondays, Wednesdays & Thursdays partly to give our small team some time away from the food bank.

Opening times / address /procedure for customers:

We are not serving clients at the store as we are doing deliveries. Customers need a voucher from one of many agencies to receive food and our remit is for them to be in financial crisis. Most agencies where vouchers are supplied are closed, with staff working from home, so clients need to contact them & the agency worker informs us by email to whom they have approved vouchers. If they cannot raise the agency staff, they can phone our emergency number (below) for assistance.

Opening times / address for donations to be dropped off to you:

Open for receiving food donations Tuesdays 9 – 11am at The Store, Treweath Road, Treneere Estate, Penzance, TR18 3PZ.

Local supermarket/shop donation points:

- Morrison's Eastern Way Long Rock, Penzance TR18 3RF
- Tesco at Eastern Green Branwell Lane, Penzance, TR18 3DU
- Thornes Fruiters at Long Rock
- Thornes Fruiters at 66 Causewayhead, Penzance TR18 2SR
- Coop Stores at Western Promenade Road, Penzance TR18 4NP
- Coop in Market 114-117 Market Jew Street, Penzance TR18 2LD
- Goldsithney Village Stores, Fore Street, Goldsithney, Penzance. TR20 9HA.
- Lidl Penzance, Western Promenade, Penzance. TR18 4HG **NEW SITE
- We also have donation boxes at local shops in St Just, Pendeen & St Buryan.

We do have a CTIPA food bank emergency phone number 07950 159841 (available 9am -5pm Mon-Fri)

Financial donations: CTIPA also have a donation page on the main Churches Together in Penzance Area website: <https://www.churchestogetherinpenzance.co.uk/donationsgiftaid.htm>

CPR Foodbank (Camborne, Pool, Redruth) www.facebook.com/TransformationCPR

CPR Foodbank is run by the fantastic team at Transformation CPR. We heard from them on the 15th October that the below was correct.

They have also asked us to highlight: 'Will all referral agents please note that in extreme cases we are removing the qualification criteria'. *Please also note new telephone number: 01209 719415.

The team are asking for packets of crumble mix to go with their cooking apples.

Opening times / address for customers:

St Andrews Church Albany Rd Redruth: Mon 10.30-12

Centenary Methodist Church Camborne: Tues 1.30-3.30; Weds 5.30-6.30; Thurs 10-12; Fri 10.30-12

Opening times / address for donations to be dropped off to you:

Food donations can be left when we are open at the above times/places.

Also, Central Warehouse, Pool Industrial Estate, Wilson Way, Redruth TR15 3RX between 9-3 Monday to Thursday. This is situated behind Bombadingas (Children's soft play).

Local supermarket donation points

- Tesco Redruth Tolgus Hill, Redruth TR15 1AX
- Tesco Camborne Wesley St, Camborne TR14 8DT
- Tesco Pool
- Morrisons Pool, Pool, Redruth TR15 3NH

Other info:

We are operating our normal voucher system. Extra e-voucher system via isolated agents by transformationCPR@hotmail.co.uk Home delivery to isolated customers by contacting 01209 719415.

Financial donations:

Bank: HSBC

Account: Transformation CPR

Sort Code: 401606

Account number: 21425226

If you are able to set up a monthly direct debit, that would really help us plan ahead and support those in crisis in our community. Thank you for all your support

Falmouth Salvation Army Church and Community Centre Foodbank

<https://www.facebook.com/FalmouthSalvationArmyChurch>

The great team at Falmouth Salvation Army Church and Community Centre Foodbank keep us regularly updated: Our Food Bank is open for people needing emergency food provisions, 11am to 1pm, on Tuesdays & Thursdays at the Falmouth Salvation Army Church and Community Centre Brook Street, Falmouth, TR11 3RJ.

The team also offer a take away hot food service for people without access to cooking facilities. The hot food take away is open at the same time as the Foodbank - 11am to 1pm, on Tuesdays & Thursdays at the Falmouth Salvation Army Church and Community Centre Brook Street, Falmouth, TR11 3RJ

The team posted on their Facebook page on the 24th July: *'Can we help you? It's been a difficult few months and we are aware that many families may be finding life a little tough at the moment. If you are struggling financially and a food parcel would be helpful at this time, please do get in touch with us. You can call our Church Office Monday to Friday 10am to 2pm.'*

Email: falmouthchurch@salvationarmy.org.uk Non-perishable food donations are very welcome.

Tel: 01326 315272

Opening times / address / procedure for customers.

Falmouth Salvation Army Church and Community Centre Foodbanks is open to customers Tuesday to Friday, 11am to 1pm at the Falmouth Salvation Army Church and Community Centre Brook Street, Falmouth, TR11 3RJ. Tel: 01326 315272

Opening times / address for donations to be dropped off to the Foodbank.

You can drop any donations into the Foodbank when the team are open as above.

Other info: Falmouth Salvation Army Church and Community Centre do some great Facebook posts with details of their current work, prayer requests, introductions to some of their church members and an invitation to their popular Sunday service.

Financial donations: You can donate online to support the work of Falmouth Salvation Army Church and Community Centre Foodbank: <https://www.justgiving.com/fundraising/Falmouth-Salvation-Army>

Hayle Foodbank <https://www.facebook.com/Hayle-Foodbank-506805902676744/>

Hayle Foodbank was set up in 2012 by volunteers: members of Churches Together and the Labour Party. The foodbank relies on support from the local community through donations of food items, financial gifts and volunteer

time. All the supplies in the foodbank store are either donated by the local community: churches, supermarket collections, schools, individuals, and businesses, or purchased using cash donations.

The foodbank also benefits from support from Helston Foodbank. A network of local agencies refer people in crisis to the foodbank, where they will find a non-judgmental environment and be offered an emergency donation of food. People referred receive a voucher entitling them to 3 x 1-week supply of food.

We heard from the lovely team at Hayle on the 16th October that the below was correct:

Just a note to update everyone on referrals during the current crisis:

1) Referrals can be made by email to haylefoodbank@yahoo.co.uk

2) A referral gives you 3 weeks which can be used at any time

3) Referrals are made by GPs, health visitors, family support workers, social workers, Head Teachers, CAB, Early Help Hub and other equivalent professions. We want to reach those who need us so please email if you are worried about someone.

4) If you do not have any family support but have a Universal Credit letter as a new claimant, we will accept a copy(photo) of your letter by email as a referral.

5) Once you have a referral you will need to email when you want a delivery. The email needs to be with us by 1pm on Friday. You get three weeks with a referral but they do not have to be consecutive so you must let us know each week that you want a delivery.

6) You can usually have 6 deliveries a year but we will extend this in exceptional circumstances.

7) When we make a delivery, we will knock on the door and step away. Please do not approach the person delivering.

8) We are all volunteers doing our best, please understand if we make a mistake and please be polite.'

Opening times / address for customers:

See above. Hayle Foodbank is now a delivery only service whilst lockdown is in place. We have also moved to referral by email.

The person referring you just needs to email haylefoodbank@yahoo.co.uk. If you already have a referral and have some weeks left on your voucher you can just email us yourself. Please include your name, address and contact number. We will also now accept a Universal Credit letter as a referral

Opening times / address for donations to be dropped off to the Foodbank.

Donations can be dropped at the foodbank on a Sat morning 9.30 - 10.30. Hayle Methodist Church, Chapel Hill, Hayle TR27 4JU

Local supermarket donation points

- ASDA supermarket Hayle: 1 South Quay, Hayle TR27 4EP

Helston and The Lizard Foodbank: www.facebook.com/Helston-and-Lizard-Foodbank-1710422989188254

Helston and the Lizard Foodbank also have a website where they regularly post updates including a list of their urgently needed items: <https://helstonthelizard.foodbank.org.uk/> On the 15th October their priority needs were: tinned custard, tinned rice pudding, sponge puddings, tinned fruit, table sauces and mashed potatoes.

We heard from the great team at Helston and the Lizard on the 15th October that the below was correct:

Opening times / address /procedure for customers:

Although you will not be able to come into the Open Door Cafe at the moment, we are still operating our foodbank. Food can be collected upon presentation of a voucher at the foodbank in 14 Wendron Street, Helston, TR13 8PS (opening hours 10am to 2pm Mondays, Wednesdays & Fridays).

Please note we will not be open on any of the Bank Holidays, if you are making a specific journey to collect food please contact us first to confirm we are open.

Please ring the doorbell and wait to be greeted by one of our befrienders. If you wish to post your voucher through the Open Door Cafe post box, then please remember to add your contact telephone number on the back of the voucher so that we can contact you to arrange collection.

If you have a foodbank voucher, but are not able to travel to the foodbank at this time, please contact us during foodbank opening hours (10am to 2pm Mondays, Wednesdays & Fridays) to request a delivery. Phone: 01326

564194 / Email: info@helstonhelizard.foodbank.org.uk

If you need food and are unable to afford it, and live in the Helston & Lizard area, then we can issue food upon presentation of a foodbank voucher from one of our voucher referral agencies.

Referrals are made by GPs, the Job Centre, Social Workers, Citizens Advice Bureaux, Christians Against Poverty, Church Minsters, Family Hub, Health Visitors, Head Teachers, and other equivalent professions.

Some of these agencies may be closed with staff working from home during the Covid-19 virus situation. However, most will be able to issue foodbank vouchers electronically to help you access foodbank support. Please phone or email the agency most relevant to support you.

If you require further information or assistance, please contact us during foodbank opening hours (10am to 2pm Mondays, Wednesdays & Fridays). Phone: 01326 564194 / Email: info@helstonhelizard.foodbank.org.uk

Opening times / address for donations to be dropped off to you

Anybody wishing to make food donations to our foodbank project, please use our collection points at the supermarkets below. We will not be able to accept any food donations at the Open Door Cafe or our warehouse.

Local supermarket donation points

- Helston Tesco, Clodgey Ln, Helston TR13 8PJ
- Helston Sainsbury's. Clodgey Lane, Helston TR13 8BN

If you wish to make a food donation but not able to travel at this time, then please contact us during foodbank opening hours (10am to 2pm Mondays, Wednesdays & Fridays). Phone: 01326 564194 /

Email: info@helstonhelizard.foodbank.org.uk

Financial donations: You can donate directly to support the work of Helston & The Lizard Foodbank:

www.helstonhelizard.foodbank.org.uk/give-help/donate-money

Launceston Foodbank: www.facebook.com/launceston.foodbank.7

Launceston Foodbank also have a website where they regularly post updates including a list of their urgently needed items: <https://launceston.foodbank.org.uk/> Priority items on the 15th October are breakfast cereals, jam, sugar, tinned carrots and fruit juice.

We heard from the wonderful team at Launceston on the 15th October that the below was correct.

If you are unable to drop donations to a collection point then please contact us as we are able to collect.

Launceston Foodbank have asked us to promote the below message that they are currently sending to their community:

'Anyone who had been furloughed, made redundant or had lost hours just needs to call us for a chat on 01566 779550. Our charity shop has been open for several weeks now with mountains of donations coming in. Our charity shop funds the foodbank so it was important to get the shop reopened after lockdown.'

Opening times / address for customers:

Mon to Weds 10-1 at Unit 13D Newport Industrial Estate Launceston, Cornwall PL15 8EX **Tel:** 01566 779550

Opening times / address for donations to be dropped off to you:

Donations can be dropped at the foodbank during opening hours or via supermarket donation points

Local supermarket donation points

- Tesco Tavistock Rd, Launceston PL15 9HG
- Co-op Launceston, Newport Industrial Estate, Launceston, PL15 8EX
- Co-op Western Road, Launceston, PL15 7AU
- Co-op town centre, [12-14 Broad Street, Launceston, PL15 8AE](#)

Financial donations: Cheques can be made payable to Launceston foodbank Ltd and sent to, Unit 13D Newport Industrial Estate, Launceston, PL15 8EX. Please contact us by phone or email to donate via a bank transfer or standing order. www.launceston.foodbank.org.uk/give-help/donate-money

Liskeard and Looe Foodbank: www.facebook.com/Liskeard-Looe-Foodbank-457428347704826

Liskeard and Looe Foodbank have a website where they regularly post a list of their most needed items: <https://liskeardlooe.foodbank.org.uk/give-help/donate-food/> On the 16th October Liskeard and Looe

Foodbanks most needed items were: items for school packed lunches, meat (tinned), snacks/treats and Bisto/gravy mix.

The lovely team there let us know on the 16th October that the below was correct:

During the present crisis the foodbank is operating a 'Delivery Only' model where those referred to us will have emergency food aid dropped on their doorstep in the Liskeard, Looe, Torpoint & Rame areas. It is important to ensure that people in the community who have no money to buy food for their families are pointed to agencies that provide help and advice to help them through this tough time. Most agencies we work with are no longer able to provide face-to-face meetings; however, many are still contactable by phone or email. If you are unsure who to contact, we can provide signposting advice on: 07512 011452 (Mon-Fri 09.00-17.00). Thank you to everyone for their continued support.

The Foodbank will be open for food donations ONLY.

Opening times / address for customers/procedure for customers:

As above. During this current crisis the Foodbank will be delivering all food parcels to the homes of those referred to us. Please contact the agency best placed to help with your crisis and they will either issue an E-voucher code or will contact us for you.

Opening times / address for donations to be dropped off to you

'We're encouraging donors to use the Supermarket donation points (below) plus some of our local corner/village shops have donation points or donations can go to the Foodbank Monday, Wednesday and Friday mornings between 9.30 - 12.30 which will be open for food donations ONLY – Unit 1, Barras Place, Liskeard, PL14 6AX'.

Local supermarket donation points

- Liskeard Co-op Barras Street, Liskeard, PL14 6AD
- Looe Co-op Fore Street, Looe, PL13 1AD
- Torpoint Co-op
- Sainsburys, Antony Road, Torpoint PL11 2JW
- Morrisons, Horningtops, Plymouth Road, Liskeard PL14 3PR

Other info:

The main contact number 07512 011452 is staffed Mon-Fri 09.00-17.00 for all enquiries or please email:

liskeard.foodbank@gmail.com

Financial donations: You can donate directly to support the work of Liskeard and Looe Foodbank:

<https://liskeardlooe.foodbank.org.uk/give-help/donate-money/>

Newquay Foodbank: www.facebook.com/Newquay-Foodbank-699984567032215

We heard from the great team at Newquay on the 16th October that the below was all correct:

Newquay Foodbank recently posted on their Facebook page: '*...Newquay Foodbank has proudly joined The Trussell Trust, which gives us increased unity with other local foodbanks as well as a louder voice in government to discuss the real crisis of food poverty. (Nothing will change with regards to the collecting of food parcels and session times and set ups).*'

Our priority needs on the 16th October are: cat food, toothpaste, soap, shampoo, toilet rolls.

How to Access a Foodbank Voucher:

1. Go through one of our recognised Agencies these are included at the bottom of the [list] amongst others
2. If you are not in touch with one of these agencies then please call us on **07810 271202**. Here you'll talk to our Foodbank Co-ordinator, Sara who will refer you to a referral Agency or talk you through the next steps to access support. You can also find support from us at:

Email: newquayfoodbank@gmail.com

Facebook: <https://www.facebook.com/Newquay-Foodbank-699984567032215>

3. If you are desperate and need food straight away, we can give one box on self-referral basis and then from there you would be referred to an agency. You can do this by coming to a session or contacting us on the details above.

- Tuesday – 1000 – 1200 – Session – St Columba Church, St Columb Minor, TR7 3EY

- Fridays – 1200 – 1400 – Session – St Michaels Church, Newquay, TR7 1RA
- Saturday – 1000 – 1200 – Session – Oasis Centre, St Columb Major, TR9 6RH

Common Referral Agencies: Citizens Advice; Adult Social Care; Health Visitors; Pivotal; Some of the local Churches; Social Prescribers; Cornwall Housing; DISC; We are With You (Used to be known as Addaction); Community Mental Health Team; Probation Service; Disability Cornwall; Early Help Team.

Opening times / address for customers/procedure for customers:

Please see above for guidance on how to access the foodbank

The foodbank operates at:

Tuesday 10am – Midday. St Columba’s Church, St Columb Minor, Newquay, TR7 3EY

Friday Midday – 2pm. St Michael the Archangel Church, St Michael’s Road, Newquay, TR7 1RA

Saturday 10am – Midday. The Oasis Centre, [26A Fore Street, St Columb Major, TR9 6RH](http://www.newquayfoodbank.co.uk/)

Opening times / address for donations to be dropped off to you

Preferably at local dropboxes in supermarket donation points but also during foodbank opening hours.

Local supermarket donation points:

- Newquay Morrisons Treloggan Road, Newquay TR7 2GZ
- Newquay Sainsburys The Whim, Alma Place, Newquay TR7 1NF
- Newquay Asda, Oakleigh Terrace, Newquay TR7 1RN
- Newquay Aldi Cliff Road, Newquay TR7 1SW
- Perranporth Co-Op Station Road, Perranporth, TR6 0DD

Other: If you would like any further information whether that be to request support or offer it, please contact us on 07810271202.

Financial donations: You can donate directly to support the work of Newquay Foodbank via the purple donate button on the home page of their website: <http://www.newquayfoodbank.co.uk/>

Penryn and Falmouth Foodbank: www.facebook.com/penrynfalmouthfoodbank

We heard from the super team at Penryn and Falmouth Foodbank team on the 15th October that the below was correct.

Penryn and Falmouth Foodbank ask that ‘all visitors to the foodbank MUST wear facemasks or facecoverings for their own and our safety.’

On the 12th October Penryn and Falmouth Foodbank posted on their Facebook: *“We are beginning to focus on Christmas, which will be here before we know it, and therefore, over the next few weeks we will be including certain items which will help to make Christmas a little more special for our clients”*

Penryn and Falmouth post their weekly foodbank needs on their website: www.penrynfalmouth.foodbank.org.uk

On the 15th October their priority needs are: Dry Cat Food, Small Jars Coffee, Toilet Rolls, and Shower Gel. The Christmas list includes Gravy Granules, Sweets, Hot Chocolate.

Opening times / address /procedure for customers:

We are open for clients on Mondays between 11am and 1pm and on Thursdays from 2pm until 4pm. We do not deliver at the moment, however there are other community groups who are delivering on our behalf if the need arises, we do not currently have an e-referral system.

Opening times / address for donations to be dropped off to you

You can drop off items directly to us at the Foodbank Highway Community Centre, Church Road, Penryn, TR10 8DA on Mondays between 11am and 1pm and on Thursdays from 2pm until 4pm.

Local supermarket donation points

- Penryn Asda, Jennings Road, Penryn TR10 9LY
- Tesco Metro Falmouth, Killigrew St, Falmouth TR11 3PQ
- Natural Store Falmouth 5 Market Strand, Falmouth TR11 3DB
- Co-op Boslowick Mongleath Avenue, Falmouth TR11 4PN

Other: Email foodbank@highwaychurch.co.uk

Financial donations: We are also in receipt of some very kind monetary donations through our website. Here is the link if you would like to make a donation: <https://penrynfalmouth.foodbank.org.uk/give-help/donate-money/>

St Austell Foodbank: www.facebook.com/foodbankstaustell

St Austell Foodbank priority needs on the 11th October are: Sponge puddings & Instant mash.

We heard from the fabulous team at St Austell foodbank on the 14th October that the below was correct:

Opening times / address/procedure for customers

Anyone seeking assistance from the foodbank needs to obtain a voucher or an e-voucher code to present at the foodbank. This ensures further support is also available. There are a number of local agencies which can provide vouchers, and these are some of the agencies we currently work with:

St Austell Healthcare (All the GP practices are registered with us)

STAK

Schools/colleges

Ocean Housing Welfare Officers

We Are With You (formerly Addaction)

Children's Social Care

The Family Hub

Health Visitors

Probation Services

In case of difficulty, you can contact the Citizens Advice Bureau national helpline free on 0808 208 2138 who will be able to offer advice and assistance.

St Austell Foodbank **COMMUNITY CHAMPIONS** are currently working remotely but are able to offer free advice and practical assistance. Please call them on 07942 252922 or email cc@staustell.foodbank.org.uk

Address: Light and Life Church, Unit 4-5 Brunel Business Park, The Sidings, St Austell PL25 4TJ open on Tuesday, Thursday and Friday from 1-3pm.

St Austell Foodbank also operate in:

St Stephen: at St Stephen-in-Brannel Parish Church Fore Street PL26 7NN Wed 11-1pm

And

Roche: at Roche C P School, Fore Street, Roche PL26 8EP. Mondays, Wednesdays and Fridays 12.00 – 2.00pm

***Please check website before making a special journey as all are subject to change.* www.staustell.foodbank.org.uk

If you need help from the foodbank the quickest way to reach us is by email: info@staustell.foodbank.org.uk We can then direct you to the most appropriate agency to give you a foodbank voucher.

For those in crisis and in need of a food parcel, the CAB can be called on 0808 2082138 for free (open Monday to Friday, 10am to 4pm).

Alternatively, a trained Citizens Advice agent will confidentially discuss the situation and will, if needed, issue a food bank voucher code. This code can then be given to foodbank volunteers on Tuesdays, Thursdays and Fridays between 1 - 3pm

Opening times / address for donations to be dropped off to you

Please use our dropboxes in supermarkets (see below) or drop to us direct at Light and Life Church during one of our Tues or Thurs afternoon sessions.

Local supermarket donation points

- Asda St Austell, Cromwell Road, St Austell PL25 4PR
- Tesco St Austell Daniels Lane, St Austell PL25 3HT
- Coop Gover, Moorland Road, Westhill, St Austell, PL25 5BS

Financial Donations: St Austell Foodbank have recently set up an online giving facility at:

<https://secure.nochex.com/charity/default.aspx?cID=2BB3A009B7A4>

St Ives Foodbank www.facebook.com/St-Ives-Food-Bank-111550773720938

We heard directly from the wonderful team at St Ives on 9th October that the below was correct.

Opening times / address / procedure for customers.

During the COVID period we are NOT open for people to come to the foodbank. We deliver all parcels to people's home. Please call or text this number 07958 390303 if you require Foodbank during this time. Deliveries on Thursdays, please text us your address and number of people in your household by Wednesday.

Opening times / address for donations to be dropped off to you:

Please text or call this number 07958 390303 for larger donations to be collected as most collection points apart from Tesco are closed to the public. If you text please give us your address and telephone number and a brief description of your donation.

Local supermarket donation points:

- Tesco Carbis Bay St Ives Rd, Carbis Bay, St Ives TR26 2PN

Financial Donations: St Ives Foodbank have asked us to add: Hi Folks. As you can imagine demand has significantly increased due to self-isolation and job losses, and we are expecting high demand in the coming weeks. St Ives Foodbank desperately needs help with food donations to meet demand during this pandemic, and also financial donations, needed to buy milk, bread, fresh fruits and veg.

Financial donations can be made by Online banking to:

Sort code 544116

Account number 46557563

Account name: St Ives Foodbank

Saltash Foodbank: www.facebook.com/Saltash-Foodbank-116182259934721

About us: Saltash foodbank is a project founded by local churches and community groups, working together towards stopping hunger in our local area. Saltash Foodbank also have a website where they regularly post updates including a list of their urgently needed items: www.saltash.foodbank.org.uk Urgently needed items on the 1st October are: Sponge Puddings, Deodorant, Hair Conditioner, Milk Powder, Savoury Biscuits, Toothbrushes, Shaving Foam or Gel, Chocolate and Sweets.

We heard from the lovely team there on the 1st October saying that the below was correct:

'Are you a family struggling financially and finding feeding yourself and your children difficult at the moment? Do you have job insecurity and struggling to pay your bills? Have you had bills come out of the blue, making you choose between food or fuel? Then contact us on 0800 328 2124 and see how we can help you.

Further help can be obtained from your housing welfare officer, health visitor, schools, Citizens Advice, Job Centre, Mental health support workers and many others.

We currently provide a delivery only service and cannot see people at our centre. Deliveries are made on Mondays, Wednesdays and Fridays.'

Opening times / address / procedure for customers

See above. Saltash Foodbank are now operating a DELIVERY ONLY service. If you need help from the foodbank the quickest way to reach us is by freephone 0800 328 2124.

Opening times / address for donations to be dropped off to you

Please call freephone 0800 328 2124 if you wish to make a food donation and cannot take it to one of the locations below.

Local supermarket donation points:

- Waitrose, Tamar View, Saltash, PL12 6LD
- Co-op Food, 51-59 Fore St, Saltash PL12 6AL
- Tesco Superstore, Transit Way, Plymouth PL5 3TW
- Lidl, Gilston Rd, Saltash PL12 6TW

Financial Donations: Monetary donations can be made at: www.saltash.foodbank.org.uk/give-help/donate-money

Truro Foodbank: <https://www.facebook.com/TruroFoodbank>

Truro Foodbank have posted on their Facebook: *'To protect our customers, staff and volunteers please wear a face covering and stay at least 2 metres apart. Please scan the QR code by the door to check in. Thanks for your cooperation'*.

Truro Foodbank also have a website where they regularly post updates including a list of their urgently needed items: <https://truro.foodbank.org.uk/> Priority items on the 16th October are: cereal, fruit juice, rice, toothpaste, washing up liquid and washing powder.

We heard from the fabulous team at Truro Foodbank on 16th October that the below is correct:

Opening times / address / procedure for customers

"The advice to someone in food crisis in the Truro area is to phone or email a referral agency if you need a foodbank voucher. If you have a health concern and food is part of that assessment then both Three Spires and Lander practices can provide a foodbank voucher; if you want advice about benefits then the Citizens Advice Bureau can also create a voucher (ring 0808 2082138 for free Monday to Friday, 10am to 4pm or text ADVICE to 78866 for an adviser to call you).

Most schools in the Truro area know how to raise a foodbank voucher, as do other agencies such as Wearewithyou or NewStart. Vouchers can be created by email so whichever agency a customer needs for help should know how to create a voucher or email us.

If a customer has a voucher and needs food from Truro Foodbank advise them to PLEASE COME TO ALL SAINTS CHURCH DURING OUR DISTRIBUTION SESSION TIMES TO COLLECT IT. If a person cannot travel to us for whatever reason, we will allow a friend/relative/neighbour/other local volunteer to collect it for them as long as we know what arrangement has been made.

If you are not sure who to ask, then call us on: 07721 711669 Mon-Fri 9am-5pm.

FOOD DISTRIBUTION is at All Saints Church, Highertown, TR1 3LD Mon 3-5pm, Tues 10-12.00 and Thurs 10-12.30

Opening times / address for donations to be dropped off to you:

RECEIVING DONATIONS: at All Saints Church, Highertown, TR1 3LD on Monday, Tuesday and Thursday mornings from 09:00 to 12:00 or supermarket donation points. (listed below).

Local supermarket donation points

- Truro Tesco, Garras Wharf, TR1 2TN
- Truro Sainsbury's, Treyew Road, Truro TR1 3XL
- Truro Waitrose, Tregurra Park, Newquay Rd, Truro TR1 1RH
- Truro Co-op 26 Boscawen Street, Truro, TR1 2QQ

Financial Donations: You can donate directly to support the work of Truro Foodbank:

www.truro.foodbank.org.uk/give-help/donate-money

Wadebridge Foodbank and Storehouse: www.facebook.com/WadebridgeFoodbankStoreHouse

Wadebridge Foodbank also have a website where they regularly post updates including a list of their urgently needed items: <https://www.wadebridgefoodbank.org/>

On the 15th October, priority items are: tinned meat, tinned fish, long-life fruit juice, Christmas pudding, household cleaning products (no bleach please), toiletries (soap/deodorant/shampoo).

We heard from the fantastic team at Wadebridge Foodbank on the 15th October that the below was correct:

Opening times / address / procedure for customers:

'We are now operating a COLLECTION service from our Foodbanks: Our volunteers will contact the client on the day to arrange this. A time slot will be given so that social distancing is adhered to, this avoids everyone turning up at the same time and queuing up outside (especially with the weather changing).

Arranged collections at Wadebridge Foodbank, Unit 2 Trevanson Street, Wadebridge, PL27 7AR will be when we are open, between Monday-Thursday 10am-1pm.

Opening times / address for donations to be dropped off to you:

If you wish to make a food donation, please leave this in one of our supermarket collection boxes (list below), or

there will be a trolley outside our Wadebridge hub Wadebridge Foodbank, Unit 2 Trevanson Street, Wadebridge, PL27 7AR. If you need access to the Foodbank to deliver a large donation, please telephone 01208 815374 first.

Local supermarket donation points

- Wadebridge Co-op, Jubilee Road, Wadebridge PL27 7DA
- Wadebridge Tesco, West Hill, Wadebridge PL27 7HW
- Wadebridge Lidl, Eddystone Road, Wadebridge PL27 7AL
- Bodmin Asda Launceston Road, Bodmin PL31 2AR
- Bodmin Sainsbury's Dennison Rd, Bodmin PL31 2SS
- Bodmin Lidl, Priory Road, Bodmin, PL31 2AA
- Bodmin Morrisons, Priory Road, Bodmin PL31 2ST
- Padstow Tesco, Sarah's Lane, Padstow PL28 8EL

Other info:

If you are a referral agency: please email wadebridgefoodbank@gmail.com and we can set you up on the e-referral system.

Our current office hours are; Monday-Thursday 10am-1pm - 01208 815374 www.wadebridgefoodbank.org

If you would like to volunteer, please call our Wadebridge office, between Mon-Thurs 10am-1pm - 01208 815374

Financial Donations: If you wish to make a monetary donation, please do so via:

www.wadebridgefoodbank.org/give-help/donate-money

See also the above link to their current Crowdfunding campaign.