

TRANSFORMATION CORNWALL[†]

Strengthening Faith Based Social Action in Cornwall



DIOCESE OF TRURO
DISCOVERING GOD'S KINGDOM
GROWING THE CHURCH

Update on Cornish Foodbanks

5th November 2021

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.

In April 2021 we moved from a weekly foodbank update to a fortnightly foodbank update. We still try to make sure that this list is correct at the day of publishing and update 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/referral procedures
2. Details for food donations
3. Local supermarket drop off points
4. Details for financial donations
5. Other

Index

Bodmin Foodbank.....	3
Bude Foodbank Plus.....	4
Callington Foodbank.....	5
Camelford Foodbank	6
Churches Together in Penzance Area (CTIPA) Foodbank.....	7
CPR Foodbank (Camborne, Pool, Redruth).....	8
Falmouth Salvation Army Church and Community Centre Foodbank ...	10
Hayle Foodbank.....	11
Helston and The Lizard Foodbank	13
Launceston Foodbank.....	15
Liskeard and Looe Foodbank.....	16
Newquay Foodbank.....	17
Penryn and Falmouth Foodbank.....	19
St Austell Foodbank.....	20
St Ives Foodbank.....	22
Saltash Foodbank.....	23
Truro Foodbank	24
Wadebridge Foodbank and StoreHouse	26

Bodmin Foodbank

About

Bodmin Foodbank is a 'satellite' Foodbank of the Foodbank in Wadebridge (run by the same people).

We heard from the great team at Bodmin Foodbank on the 3rd November that the information below is correct.

Facebook www.facebook.com/WadebridgeFoodbankStoreHouse

Instagram www.instagram.com/wadebridgefoodbank

Website www.wadebridgefoodbank.org

Phone number / email

01208 815374 / contact@wadebridgefoodbank.org

Opening times/referral procedures

We are now operating a COLLECTION service from our Foodbanks: **Once you have referred the client and specified their nearest Foodbank, they can collect at any time during our opening hours.** Now that we're operating the collection service, the client just needs to bring their referral code with them to collect their food box.

<https://www.wadebridgefoodbank.org/locations/>

For Bodmin area customers, collections can be made on Mondays and Wednesdays 1pm-3pm at Bodmin Foodbank, Immanuel Church Bodmin, Berrycoombe Road, Bodmin. PL31 2NS.

If anyone needs to be referred to our Foodbanks, they can request an online referral to us via a professional organisation, including the doctors, schools, Citizens Advice, health visitors or a full list of agencies is here: <https://www.wadebridgefoodbank.org/covid-19/>

Details for food donations

If you wish to make a food donation, please leave this in one of our supermarket collection boxes (listed under Wadebridge Foodbank & 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 drop off points

Bodmin Foodbank shares donation collection boxes in supermarkets with the Wadebridge Foodbank & StoreHouse (please see Wadebridge listing for where they are).

Details for 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

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

Bude Foodbank Plus

About

Bude Foodbank Plus supports over 1,300 adults and children every year in Bude and the surrounding area who are urgently in need of food and emotional support. In 2020, we gave out over **1,700 food parcels** to families in critical need – we've never supported so many families. With the impact of Covid-19 only beginning to hit, we have a hugely challenging year ahead. We have bigger plans to not only give out much needed food support, but to also offer wider emotional and practical help at a time when mental health issues have never been higher.

The wonderful team at Bude Foodbank Plus keep us regularly updated with any changes and have let us know that the below is correct.

Facebook www.facebook.com/FoodBankBude

Website <https://www.budefoodbank.org.uk/>

Phone number /email

01288 488748 info@budefoodbank.org.uk

Opening times/referral procedures

Bude Foodbank Plus is being 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).

Details for food donations

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/>

Local supermarket drop off points

As above.

Details for financial donations

If you would like to donate money to the food bank at this time, you can do so at: <https://www.budefoodbank.org.uk/donate/>

Other

Bude Foodbank Plus have recently launched their CAP service supporting people who are struggling with their finances. If you need FREE help and don't know where to turn, call them now on 0800 328 0006.

Bude Foodbank Plus recently launched their new Lunchbox Appeal, aimed at helping families on low incomes, providing healthy lunchbox meals over the Summer holidays. Please get in touch if you need their help - or if you would like to donate to their Appeal, please donate at www.budefoodbank.org.uk/donate

Bude Foodbank Plus also 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. So go and check it out and give them a follow!

Callington Foodbank

About

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.

We heard from the great team at Callington on the 5th November that the information below is correct.

Facebook

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

Twitter

@callingtonFB

Website

<https://callington.foodbank.org.uk/>

Phone number

01579 550374 (please leave a message)

or

07931 011459 (available during foodbank sessions: Mon, Wed and Fri 2pm-4pm)

Opening times/referral procedures

Callington Foodbank is open Mon, Wed and Fri 2pm-4pm at 1 Launceston Road, Callington, Cornwall, PL17 7BS. Clients are being served pre-packed parcels at the door, but would appreciate advance notice wherever possible. *Callington Foodbank are changing over to e-referral and are currently signing up agencies to the system – please get directly in touch with the team to find out more.*

Details for food donations

Priority donation items for the month of October at Callington Foodbank are: washing tablets/powder (small boxes); UHT milk; fruit juice (not squash). Please leave suitable donations at the dropbox in the local Tesco supermarket (details below) only.

Local supermarket drop off points

Tesco, Tavistock Road, Callington, PL17 7RD
Callington Town Hall, New Road Callington Cornwall PL17 7BD

***PLEASE NOTE:** The permanent collection point within Tesco is intended for use by 'in-store shoppers only', however Callington Tesco does continue to accept donations from other stores. We request that all donations not purchased from Callington Tesco be sealed and labelled as being purchased elsewhere.

Details for financial donations

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

<http://www.callington.foodbank.org.uk/give-help/donate-money>

Other

Camelford Foodbank

About

Camelford foodbank is a 'satellite' Foodbank of the Foodbank in Wadebridge (run by the same people).

We heard from the great team at Camelford on the 3rd November that the below information is correct.

Facebook www.facebook.com/WadebridgeFoodbankStoreHouse

Instagram www.instagram.com/wadebridgefoodbank

Website www.wadebridgefoodbank.org

Phone number / email

01208 815374 / contact@wadebridgefoodbank.org

Opening times/referral procedures

Camelford Foodbank is open for pre-arranged collections at the Grow Centre, 14a Market Place, Camelford, PL32 9PB on a **Tuesday** from 12pm-2pm only.

If anyone needs to be referred to our Foodbanks, they can request an online referral to us via a professional organisation, including the doctors, schools, Citizens Advice, health visitors. A full list of referral agencies is available here:

<https://www.wadebridgefoodbank.org/covid-19/>

Details for food donations

There will be a trolley outside our Wadebridge hub - Wadebridge Foodbank & Store House, 4 Eddystone Road, Wadebridge, Cornwall PL27 7AL. If you need access to the Foodbank to deliver a large donation, please telephone 01208 815374 first.

Local supermarket drop off points

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

Details for financial donations

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

<http://www.wadebridgefoodbank.org/give-help/donate-money>

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.

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

Churches Together in Penzance Area (CTIPA) Foodbank

About

The CTIPA foodbank aims to provide food for those in our community who find themselves in financial crisis. We heard from the great team at CTIPA Foodbank on the 4th November to let us know that the below is correct.

Website <https://www.churchestogetherinpenzance.co.uk/ctipa-food-bank>

Facebook

www.facebook.com/Churches-Together-In-Penzance-Food-Bank-106562147928147

Phone number 07950 159841

Opening times/referral procedures

We are not serving clients at the store as we are doing deliveries. We are now only making deliveries to clients on Mondays, Wednesdays, Thursdays & Fridays.

Customers need a voucher from one of many agencies to receive food and our remit is for them to be in financial crisis. The reason for this is that food banks are expected to key in with other agencies who should also be helping people to get out of any such crisis. Do feel free to talk to us to discuss your needs and how best to help.

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 (above) for assistance. CTIPA Foodbank will not turn anyone in need away.

Details for food donations

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

Local supermarket drop off points

- Goldsithney Village Stores, Fore Street, Goldsithney, TR20 9HA.
- Thornes Fruiters, 2 Ponio Lane, Longrock, TR20 8YE
- Morrison's Eastern Way Longrock, TR18 3R
- Tesco at Eastern Green Branwell Lane, Penzance, TR18 3DU
- 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
- Lidl Penzance, Western Promenade, Penzance. TR18 4HG
- Coop Wherrytown, Western Promenade Rd, Penzance TR18 4NP
- Also, donation boxes in Co-ops and other local shops in St Just, Pendeen, Sennen, St Buryan, Crowlas, Marazion & Rosudgeon.

***PLEASE NOTE:** The Sainsburys in Penzance does not collect for the CTIPA Food Bank

Details for financial donations

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

<https://www.churchestogetherinpenzance.co.uk/donations-and-gift-aid>

Other

The team have a great short film on their work and an introduction to their team on their Facebook, it is well worth a look:

<https://www.facebook.com/106562147928147/videos/454702429188550>

CPR Foodbank (Camborne, Pool, Redruth)

About

CPR Foodbank distributes food to those in need in the Camborne, Pool & Redruth area.

We heard from the fantastic team at CPR foodbank on the 9th November that the below is correct.

Facebook <https://www.facebook.com/TransformationCPR>

Twitter @CPRFoodBank

Website <http://transformationcpr.org/>

Email transformationcpr@hotmail.co.uk

Phone number 01209 719415 (we strongly advise emailing in the first instance, as we are unable to check messages daily)

Opening times/referral procedures

We are operating our normal voucher system. Extra e-voucher system via isolated agents by emailing transformationcpr@hotmail.co.uk

Camborne: Centenary Methodist Church, Centenary St, Camborne, TR14 8HS:
Tues 1.30-3.30; Weds 5.30-6.30; Thurs 10-12:00; Fri 10.30-12:00

Redruth: St Andrew's Church, Clinton Rd, Redruth, TR15 2QB: Mon 10am-12noon
Redruth Salvation Army, Middletons Row, Redruth, TR15 1NH: Weds 10am-2pm

Delivery: only in exceptional circumstances (please email transformationcpr@hotmail.co.uk for eligibility check).

Details for food donations

Thank you for your continued support of the foodbank. Priority needs for the month of October at CPR Foodbank are: Long life milk, tinned custard, tea bags, tinned tomatoes, tinned potatoes, toilet rolls, washing powder/liquid, washing up liquid, deodorants, shampoo, conditioner, shaving foam, razors and toothbrushes. Size 5 and 6 nappies. Plastic shopping bags ie bag for life, would also be very welcome.

Donations can be put into the baskets in Morrisons, Tesco, Aldi, Lidl or Tehidy post office. Alternatively, they can be brought to our foodbank sessions at Centenary Chapel, next to Camborne Tesco on Tuesdays 1-3.30, Thursdays 10-12 or Fridays 10-12.

Local supermarket drop off points

- Tesco Redruth, Tolgus Hill, Redruth TR15 1AX
- Tesco Camborne, Wesley St, Camborne TR14 8DT
- Tesco Pool, Station Road, Pool, Redruth, TR15 3QJ
- Aldi Camborne, Church St, Camborne TR14 7DF
- Lidl Redruth, Agar Rd, Illogan Highway, Redruth TR15 3EE
- Morrisons Pool, Pool, Redruth TR15 3NH
- Tehidy Road Post Office, 30 Tehidy Road, Camborne, Cornwall, TR14 8TG

Details for financial donations

Bank: HSBC
Sort Code: 401606

Account: Transformation CPR
Account number: 21425226

Other

The team have also asked us to highlight: 'Will all referral agents please note that in extreme cases we are removing the qualification criteria'

Falmouth Salvation Army Church and Community Centre Foodbank

About

The Falmouth Salvation Army Church and Community Centre Foodbank give access to emergency food provisions to those in need in the Falmouth area.

The great team at Falmouth Salvation Army Church and Community Centre Foodbank keep us regularly updated with any changes and have let us know that the below is correct.

Facebook

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

Website

<https://www.salvationarmy.org.uk/falmouth>

Phone number 01326 315272

Opening times/referral procedures

Falmouth Salvation Army Church and Community Centre Foodbank is open to customers Tuesdays 11am to 1pm at Falmouth Salvation Army Church, Brook Street, Falmouth, TR11 3RJ.

The team also offer a Community Cafe at the same time as the Foodbank (Tuesdays from 11am to 1pm) at Falmouth Salvation Army Church, Brook Street, Falmouth, TR11 3RJ.

Details for food donations

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

Local supermarket drop off points

As above.

Details for financial donations

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

<https://www.justgiving.com/fundraising/Falmouth-Salvation-Army>

Other

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.

Hayle Foodbank

About

Hayle Foodbank has been operating since 2012 supplying food to households in short term need in the Hayle / Connor Downs area. We are a relatively small operation compared to nearby foodbanks, only operating on a Saturday morning and supplying between 20 and 45 households a month. We run entirely from food and money donations from individuals, churches, schools and businesses in the generous and caring local community.

We heard from the super team at Hayle on the 3rd November that the below was correct:

Facebook

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

Phone number

07713 171495 *PLEASE NOTE new number

Email haylefoodbank@gmail.com

Opening times/referral procedures

*For the meantime we are still running as if restrictions were in place. This will be reviewed in September.

If you or anyone you know needs a short-term helping hand in the form of food parcels because of loss of earnings, awaiting benefits, homelessness, ill health, unexpected car bill etc. etc. then please get in touch. We are a group of Hayle volunteers who understand how quickly things can go pear shaped in the current climate and are completely non-judgemental and treat everything confidentially. All food has been donated by the fantastic and caring Hayle community!

Until we feel it is safe to open up the Methodist Church to people we are continuing to run a home delivery service and the system currently is:

1. **Self – refer:** to get up to 3 food parcels within a 12 month period by sending an email to haylefoodbank@gmail.com or ring 07713 171495, stating:
 - a. Name / address / contact number / contact email
 - b. Number of adults in your household, number / ages / genders of young people under 18 (this is so food / toiletries can be effectively targeted), any pets.
 - c. Any dietary requirements (vegetarian / allergies / lack of cooking facilities / if you prefer tea or coffee).

You will then need to email or phone in a request for food before 12pm on the Friday to have food delivered between 10 and 12 pm the following Saturday. You need to do this each time you need a delivery. Each parcel contains a lot of food so people often order every other week to stretch their allowance out.

If you need more than 3 parcels within 12 months you will need to be referred as below.

2. **Be referred by a professional / organisation:** to get up to 6 parcels in 12 months. Get in touch with professionals such as GP / Social worker / health visitor or by an organisation such as Citizens Advice / Library / Disability Cornwall etc. They will need to send an email to haylefoodbank@gmail.com or ring 07713 171495 with the above information and you will then need to email or phone in a request for food before 12pm on the Friday to have food delivered the following Saturday.

3. **When restrictions on meeting indoors are finally lifted:** you will also have the option of self-referring and / or picking up your pre-packed parcel of food and chatting to our friendly volunteers in person by turning up at Hayle Methodist Church on a Saturday between 10 and 12pm. We will let you know when this is going to start.

* Any paper vouchers from the previous system will be honoured.

Details for food donations

Food donations can be dropped at the foodbank on a Sat morning 9.30 - 10.30 at Hayle Methodist Church, Chapel Hill, Hayle TR27 4JU or at Hayle Asda as below.

Local supermarket drop off points

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

Details for financial donations

Money can be donated through BACS:

Hayle Foodbank

Sort Code 30-13-88

Account number 18553660

Other

Helston and The Lizard Foodbank

About

The Helston and the Lizard Foodbank distributes food to those in need in the Helston and The Lizard areas.

We heard from the great team at Helston and the Lizard on the 5th November that the below was correct.

Facebook www.facebook.com/Helston-and-Lizard-Foodbank-1710422989188254

Website <https://helstonthelizard.foodbank.org.uk/>

Phone number 01326 564 194 or 07833 892289

Email: info@helstonthelizard.foodbank.org.uk

Opening times/referral procedures

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.

Food can be collected upon presentation of a voucher at the foodbank:

- 14 Wendron Street, Helston, TR13 8PS open 10am to 2pm Mon, Weds & Fri or
- Mullion Methodist Church between 10am and 12noon on 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.

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 to request a delivery. Phone: 01326 564194 Email: info@helstonthelizard.foodbank.org.uk

Details for food donations

Priority donations for this month at Helston & the Lizard are: UHT milk, Dried milk powder, Tins of potatoes, Custard powder, Small boxes of tea, Toilet rolls. Items that we already have plenty of are: Pasta, Breakfast cereals, Tuna, Baked beans, Soups.

For anybody wishing to donate food to our Foodbank project, please use our collection points at the supermarkets below.

Local supermarket drop off points

- Helston Tesco, Clodgey Ln, Helston TR13 8PJ
- Helston Sainsbury's, Clodgey Lane, Helston TR13 8BN
- Lidl, Penzance Road, Helston, TR13 0SF
- Spar, 135 Meneage Street, Helston, TR13 8RW
- Co-op, Nansmellyon Rd, Mullion, TR12 7DQ

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@helstonthelizard.foodbank.org.uk

Details for financial donations

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

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

Other

Launceston Foodbank

About

Launceston foodbank provides 3/4 days of food per person in a household, which will cover breakfast, lunch and an evening meal. The Foodbanks also provides toiletries and household cleaning products as well as bread, fruit and vegetables when available.

Launceston foodbank currently work with over a 100 agencies such as schools, churches, health visitors, social workers, adult social care, Cornwall Council Housing, family support workers, Salvation Army, Launceston Money Advice, We Are With You to name but a few.

We heard directly from the wonderful team at Launceston on the 28th July to say everything below is correct.

Facebook

<http://www.facebook.com/launceston.foodbank.7>

Website

<http://launceston.foodbank.org.uk/>

Phone number / email

01566 779550 / manager@launceston.foodbank.org.uk

Opening times/referral procedures

Monday to Thursday 10:00am -13:00pm at Unit 13D Newport Industrial Estate
Launceston, Cornwall PL15 8EX Tel: 01566 779550

Important: Please leave a message on our phone/Facebook page/email as they are all monitored whilst we are closed.

Details for food donations.

You can drop donations off at the Foodbank during opening hours or via Local supermarket drop off points.

Local supermarket drop off 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
- Poundland Launceston, 6 Hurdon Road, Launceston, PL15 9DJ

Details for 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

Other

You can help to support the great work of Launceston Foodbank through their charity shop also on Newport Industrial Estate, open 10am to 2pm Monday to Friday

Liskeard and Looe Foodbank

About

The Liskeard & Looe Foodbank was started in 2010 as a direct response to the poverty & deprivation witnessed in our towns & villages. It is part of the Trussell Trust national network.

The lovely team there let us know on the 5th November that the below was correct:

Facebook <http://www.facebook.com/Liskeard-Looe-Foodbank-457428347704826>

Instagram <https://www.instagram.com/liskeardlooefoodbank/>

Website <https://liskeardlooe.foodbank.org.uk/>

Phone

07512 011452 (Mon-Fri 09.00-16.00) or email: liskeard.foodbank@gmail.com

Opening times/referral procedures

Liskeard and Looe foodbank is open Mon - Fri each week from 9:30am -12:30pm. 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 09.00-16.00).

Details for food donations

Priority needs for the month of November at Liskeard & Looe Foodbank are: tinned meat, peas/carrots, sponge puddings, coffee, nappies size 5 & 6 only, fruit juice, mashed potato, sugar. For their Christmas boxes the team would welcome the following donations Christmas puddings, Christmas treats for children, rice pudding, custard or white sauce, tinned ham, tinned potatoes & Christmas cake. Liskeard & Looe Foodbank are encouraging donors to use the local supermarket drop off points (below) plus some of the 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 6AY.

Local Supermarket drop off points

- Liskeard Co-op, Barras St, Liskeard PL14 6AD
- Liskeard Cheery Buys, The Parade, Liskeard PL14 6AA
- Liskeard Morrisons, Horningtops, Plymouth Road, Liskeard PL14 3PR
- Liskeard Poundland, Pondbridge Hill, Liskeard PL14 3AB
- Looe Co-op, Fore Street, Looe, PL13 1AD
- Torpoint Co-op, 53 Fore Street, Torpoint PL11 2AD
- Torpoint Costcutter, 49 Trevithick Ave, Torpoint PL11 2PX
- Torpoint Sainsburys, Antony Road, Torpoint PL11 2JW

Details for financial donations

You can donate directly to support the work of Liskeard and Looe Foodbank: <https://liskeardlooe.foodbank.org.uk/give-help/donate-money/>

Other

Newquay Foodbank

About

Newquay foodbank supports families, couples and individuals who, for whatever reason cannot afford to feed themselves or their families. Focusing on the Newquay Community and surrounding areas, we work alongside the Trussell Trust and other Newquay based charities and agencies, to reduce the impact of food poverty within our community.

We heard from the great team at Newquay on the 5th November that the below was correct:

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

Website <http://www.newquayfoodbank.co.uk/>

Phone number / email 07810 271202 newquayfoodbank@gmail.com

Opening times/referral procedures

Our opening times are listed below but if unsure about whether to visit please do call or email us. Please do not attend the Foodbank if you are suffering from any COVID-19 symptoms.

If you are in crisis and need help, please don't be afraid to ask for support. You can obtain foodbank support in one of two ways.

Firstly: If you are in touch with another Agency such as Citizens Advice you may have been given an electronic voucher. If so, present the voucher at the foodbank and we will ensure you receive a food parcel appropriate for the size of your family.

Secondly: If you don't have a voucher don't worry. You can still attend the foodbank and be assisted with food. We will take some details and if you need other help such as with fuel payments or other debt we can ensure you receive appropriate advice/support.

It is our belief that no one should have to rely on foodbanks for essentials such as food and we aim wherever possible to provide additional support and advice to improve your circumstances whilst still providing food, pet food, toiletries etc until you are back on your feet. This may include referring you to other Agencies with your consent.

Our opening times are as follows:

Tuesday: 10:00-12:00 - St Columb Church, St Columb Minor, TR7 3EY

Friday: 12:00-14:00 - St Michaels Church, Newquay, TR7 1RA

Saturday: 10:00-12:00 - St Columb Major Church, Market Place, TR9 6AN

If you would like to discuss your situation before attending the foodbank, please call us on 07810 271202

Referral Agencies: Adult Social Care; Citizens Advice Bureaux, Community Mental Health Team; Cornwall Housing; Disability Cornwall; DISC; Early Help Team; Health Visitors; Local Churches (Newquay Methodist, Newquay Church of England, Salvation Army); Pivotal; Probation Service; We Are With You (Used to be known as Addaction).

Details for food donations

Priority donation items for the winter months at Newquay Foodbank are: tinned tomatoes, tinned puddings, tinned custard, tinned fruit, long life milk and dog/cat food.

Preferably, donate at your local supermarket drop off points but food may also be dropped off during Foodbank opening hours.

Local supermarket drop off 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
- St Columb Road Co-Op, St. Francis Road, Fraddon, St. Columb, TR9 6QD

Details for financial donations

<https://www.justgiving.com/onecheckout/donation/direct/charity/2956694>

Other

Newquay Foodbank would like to thank everyone who donates or volunteers for the foodbank. We would not be able to provide this vital lifeline to people in our Communities without it.

If you would like any further information whether that be to request support or offer it, please contact us on 0781 027 1202.

Penryn and Falmouth Foodbank

About

Penryn and Falmouth Foodbank is a project founded by local churches and community groups, working together towards stopping hunger.

We heard directly from the super team at Penryn and Falmouth Foodbank team on the 4th November that the below is correct.

Facebook <http://www.facebook.com/penrynfalmouthfoodbank>

Website <http://www.penrynfalmouth.foodbank.org.uk/>

Email: foodbank@highwaychurch.co.uk

Phone number 01326 618575

Opening times/referral procedures

Penryn & Falmouth Foodbank are open for clients on Mondays between 11am and 1pm and on Thursdays from 2pm until 4pm. The foodbank does not deliver at the moment, but state that there are other community groups who are delivering on our behalf if the need arises. Penryn & Falmouth Foodbank have recently opened an e-referral system.

Details for food donations

Priority donation items on the 12th August are: shower gel, shaving foam, long life milk, dried milk, tinned potatoes, washing tablets, noodles, fruit juice cartons, tinned ham, tinned corned beef, hot dogs, meat balls. The Foodbank has plenty of: Baked Beans, Tinned Tomatoes, Tinned Pulses, and Dry Pasta. Preferably, 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 or when you are shopping in the supermarkets below please use our collection points.

Local supermarket drop off points

- Penryn Asda, Jennings Road, Penryn TR10 9LY
(*ONLY PURCHASES BOUGHT IN STORE PLEASE*)
- Tesco Metro Falmouth, Killigrew St, Falmouth TR11 3PQ
(*ONLY PURCHASES BOUGHT IN STORE PLEASE*)
- Natural Store Falmouth 5 Market Strand, Falmouth TR11 3DB
- Co-op Boslowick Mongleath Avenue, Falmouth TR11 4PN
- Poundland Falmouth, 40-41 Market Street, Falmouth, TR11 3AJ.
- Lloyds Bank, Falmouth, 11-12 Killigrew St, Falmouth TR11 3RA

Details for financial donations

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

Other

Penryn and Falmouth Foodbank ask that 'all visitors to the foodbank MUST wear facemasks or face coverings for their own and our safety.'

St Austell Foodbank

About

St Austell foodbank is part of a national network of foodbanks, giving out nutritionally balanced emergency food to people in crisis who have nowhere else to turn.

We heard from the fabulous team at St Austell foodbank on the 5th November that the below was correct:

Facebook

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

Website

<https://staustell.foodbank.org.uk/>

Phone number

01726 65313

Opening times/referral procedures

St Austell Foodbank is open on Tuesday, Thursday and Friday from 1-3pm.

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

*St Austell Foodbank COMMUNITY CHAMPIONS are present in the Foodbank on Tuesday afternoons to provide advice between 1:00-3:00pm during that session. No need to book. Just drop in for a chat.

Address: Light and Life Church, Unit 4-5 Brunel Business Park, The Sidings, St Austell PL25 4TJ.

St Austell Foodbank also operate in:

- St Stephen: at St Stephen-in-Brannel Parish Church Fore Street PL26 7NN: Wednesday 11-1pm
- Roche: at Roche C P School, Fore Street, Roche PL26 8EP: Fridays 12.00 – 2.00pm

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 when we are open.

Details for food donations

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

Local supermarket drop off 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

Details for financial donations

St Austell Foodbank have an online giving facility at:

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

Other

St Ives Foodbank

About

St Ives foodbank provide food for people in crisis.

We heard directly from the wonderful team at St Ives on the 1st September that the below was correct.

Facebook

<https://www.facebook.com/Food2Crisis>

Website N/A

Phone number

07958 390303

Opening times/referral procedures

Please be advised as from Thursday 13th May if you require a food parcel you will need to text your request by Wednesday lunchtime to 07958 390303 and then come to Chy an Gweal Chapel, St Ives Road, Carbis Bay between 12:30 & 2pm on Thursday to collect your food. St Ives Foodbank delivery service was only possible during the lockdown and because of the generosity of our volunteer drivers.

Sorry for any inconvenience this may cause. If you are shielding or have had a positive COVID test letter please call and we will see if a delivery is possible, or ask a friend or neighbour to collect for you.

Details for food donations

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 drop off points

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

* Please place any non-perishable food donations in the St Ives Foodbank container in the entrance of Tesco Carbis Bay store NOT the FareShare container.

Details for financial donations

St Ives Foodbank have asked us to add: 'Whilst lockdown is easing we still have higher demand than can be met by food donations alone, and we shop weekly spending £200 - £300 per week on fresh and perishable goods. If you are able to donate, please use the bank details below.'

Sort code: 544116

Account number: 46557563

Account name: St Ives Foodbank

Other

Saltash Foodbank

About

Saltash Foodbank is part of the network of Foodbanks which is able to provide a food parcel for individuals or families at a time of crisis, such as benefit changes or delays, sickness, job loss.

We heard from the team at Saltash Foodbank on the 6th November and they let us know that the below was correct:

Facebook

<http://www.facebook.com/Saltash-Foodbank-116182259934721>

Website

<http://saltash.foodbank.org.uk/>

Phone number

0800 328 2124

Opening times/referral procedures

Saltash Foodbank currently have a collection service, by arrangement only and can provide a delivery service to those that are unable to collect. Currently we still cannot have people come into our centre other than volunteers. Collections are Monday and Wednesdays between 2.30 to 4pm at arranged times and Fridays between 11.30am to 1pm. Deliveries are made in the afternoons or early evenings on Mondays, Wednesdays and Fridays.

To receive a food parcel from us with 3 days of food for a balanced diet, please contact one of our referral agencies. This can be your School, Health Visitor, Social Prescriber, Early Help Hub, Housing Officer, Livewire, Job Centre (if on Universal Credit) or Citizens Advice*. We accept email and phone referrals from these agencies or others that support you. We will then contact you to see if there are any special requirements.

* Citizens Advice Tel 03444 111 444, another number is Citizens Advice ' Help Through Hardship' National Foodbank referral phone number 0808 208 2138 or text ADVICE to 78866 and an advisor will call you back in 48 hours. If you need help with debt, then text DEBT to 78866.

Details for food donations

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 drop off 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

Details for financial donations

Monetary donations can be made at:

Please email our treasurer at treasurer@saltash.foodbank.org.uk for details

Other

Truro Foodbank

About

Truro Foodbank are here to help people in FOOD CRISIS in Truro and the wider surrounding area from Perranporth to the Roseland. They are a Christian organisation, which is part of the Trussell Trust Network.

We heard from the fabulous team at Truro Foodbank on 4th November that the below is correct.

Facebook <https://www.facebook.com/TruroFoodbank/>

Website <https://truro.foodbank.org.uk/>

Phone number

07721 711669 (available for advice or information: 9-5 Mon, 9-1 Weds & 9-1 Fri).

Opening times/referral procedures

Truro Foodbank is committed to helping people in food crisis in the Truro area during this lockdown. Here is some information about how we are operating:

1. Customers will still need a Foodbank referral voucher number.

Most organisations that give out foodbank voucher numbers can be contacted by phone, email or text (eg text the word ADVICE to 78866 for Cornwall CAB to call you back) during lockdown so you should still be able to get a voucher number.

If in doubt about this please call us on 07721 711669 between 9-5 Monday, 9-1 Wednesday & 9-1 Friday so we can talk through your circumstances and advise you who you can contact to get a voucher number.

2. If you are unable to attend Truro Foodbank yourself to collect your food please remember a relative, a friend, a neighbour or a volunteer community helper can come to us to pick your food - just let us know who will be coming in.

3. When you come to either Truro Methodist Church on Mondays and Thursdays or All Saints Church on Tuesdays we regret we cannot spend time in lengthy conversation. Due to the Covid situation we all need to minimise contact time. Please wear a face covering if you can. If there is bad weather, please book in with us on arrival and then wait in your car or follow other instructions.

4. We know for many people this might be the first time they have considered coming to a foodbank. These are unprecedented times so please do not think there is any stigma or judging involved; we are simply here to help people who are struggling with food crisis.

Please note the following information as it updates where and when customers can come to Truro Foodbank to collect food. We now have two distribution places and the Thursday

end time has changed. If you issue a Foodbank voucher to a customer, please advise them of this current information so they can decide if one venue is easier to get to.

***PLEASE NOTE TRURO FOODBANK CHANGES TO OPENING HOURS:**

- MONDAYS (3-5pm) TRURO METHODIST CHURCH, Union Place, Truro TR1 1EP
- WEDNESDAYS (10am-12:00 noon) TRURO METHODIST CHURCH, Union Place, Truro TR1 1EP
- FRIDAYS (10am-12) ALL SAINTS CHURCH, Highertown, Truro TR1 3LD

*On MONDAYS and WEDNESDAYS when arriving at the car park for Truro Methodist Church if the car park gate is locked please call 07721 711669 and someone will come to let you in.

Details for food donations

Priority donations for the month of October for Truro Foodbank are: tinned tomatoes, longlife milk, tinned meat of different kinds, 500g or 1kg bags of rice. Please use the donation collection sites at the shops listed below when you shop with them or phone 07716 325599 (9am-12noon Monday, Wednesday or Friday) or email truroidfoodbank@gmail.com if you would like to drop off your donation at our Truro Foodbank stores.

Local supermarket drop off 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
- Truro Iceland Fairmantle Street, Truro, TR1 2EQ
- Truro Barclays Bank, 14 King Street, Truro, TR1 2RB
- St Agnes Spar, Vicarage Road, Saint Agnes, TR5 0TH

Details for financial donations

You can donate directly to support the work of Truro Foodbank:
www.truro.foodbank.org.uk/give-help/donate-money

Other

Wadebridge Foodbank and StoreHouse

About

Wadebridge foodbank help local people in crisis in Bodmin, Camelford, Padstow, Wadebridge & the surrounding rural areas.

We heard from the fantastic team at Wadebridge Foodbank on the 3rd November that the below was correct:

Facebook www.facebook.com/WadebridgeFoodbankStoreHouse

Instagram www.instagram.com/wadebridgefoodbank

Website www.wadebridgefoodbank.org

Phone number / email

01208 815374 / contact@wadebridgefoodbank.org

Opening times/referral procedures

We are now operating a COLLECTION service from our Foodbanks: **Once you have referred the client and specified their nearest Foodbank, they can collect at any time during our opening hours.** Now that we're operating the collection service, the client just needs to bring their referral code with them to collect their food box.

<https://www.wadebridgefoodbank.org/locations/>

For Wadebridge area customers, arranged collections at Wadebridge Foodbank & StoreHouse, 4 Eddystone Road, Wadebridge, Cornwall PL27 7AL will be when we are open, between Monday-Thursday 10am-1pm.

If anyone needs to be referred to our Foodbanks, they can request an online referral to us via a professional organisation, including the doctors, schools, Citizens Advice, health visitors etc a full list is available here; <https://www.wadebridgefoodbank.org/covid-19/>

Details for food donations

If you wish to make a food donation, please leave this in one of our supermarket collection boxes (list below). If you need access to the Foodbank to deliver a large donation, please telephone 01208 815374 first.

Local supermarket drop off 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, Sarahs Lane, Padstow PL28 8EL

Details for financial donations

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

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

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, between Mon-Thurs 10am-1pm - 01208 815374

**TRANSFORMATION
CORNWALL⁺**

www.transformation-cornwall.org.uk