

## Covid – 19 Mutual Aid and Community Support For Lizard Peninsula

**Boots Pharmacy, Mullion:** now offering delivery outside of Mullion village on Monday and Thursday between 9am – 1pm. Please call to register – 01326 240238

**Treleague Dairy:** shop open 10am – 2pm daily, delivery of dairy essentials, veg and fresh fish / shellfish from our Cadgwith fishermen – 01326 369123 / 07891 714065  
Mon & Thurs - Ruan / Lizard. Tues & Fri - Mullion / Cury. Wed – Mawgan & Garras.  
Small Bale hay also available: 07960 743923 (Robbie Green)

**Vincents Family Butchers:** delivery across the Lizard Peninsula – 01326 280252  
Mon & Thurs – Mawgan, Gweek, Mullion & Ruan. Wed - St Martin. Fri - Manaccan & Gillan

**The Store Ruan Minor:** delivery offered Mon – Fri to those in self isolation in Ruan Minor, Cadgwith & Kuggar. Limited hot meal delivery offered Mon – Fri between 12noon & 2pm. Card payments can be taken over the phone – 07779 635148

**Mawgan Stores:** delivery offered to those in isolation to Mawgan and surrounding areas – 07740 275525

**St Keverne Stores:** delivery offered on Monday and Thursday – 01326 280207

**Gwavas Jersey Farm:** delivery of Roddas products & free-range eggs – 07780 727972 / 07973 690232 Mon, Wed & Fri – Lizard Peninsula. There is also a stand selling produce & seedlings at the top of the lane (Cadgwith).

**Lanarth Gate Farm Produce:** fresh veg, milk and eggs available from the stall at the gate – 07974 751764

**Cornish Harvest:** delivery of fresh veg boxes – 07972 042389  
Friday / Saturday - Mullion, Ruan, Lizard Village, Gweek

**Tregullas Farm:** delivery of daily groceries to Lizard Village only – 01326 290122

**Tregaminion Farm:** delivery of beef across the Lizard Peninsula – 07739 166414

**West Country Fruits, Bulk Buy –** groceries and store cupboard items delivered min spend £50 and £100 for free delivery – 01326 331900

**Grose & Son Cornish Potatoes:** delivering across the Lizard Peninsula – 01326 231219

**Curio Spirits Company:** delivery across the Lizard Peninsula – 07980 943391

**Wags & Whiskers:** offering free dog walking to over 70's – 07399 067008  
Lizard Village, Cadgwith, Ruan Minor, Mullion

**Petz of Mullion:** offering local delivery (Mullion and surrounds) – 01326 240645

**Tesco Helston** – offering a specific hour for elderly & vulnerable people every Monday, Wednesday & Friday between 9am - 10am.

**Sainsburys Helston** – offering a specific hour for elderly, vulnerable people every Monday, Wednesday & Friday between 8am – 9am. Online orders for elderly/vulnerable will be prioritised.

Our fantastic village shops and local businesses are continuing to offer a delivery service to those in need. They are also working hard to ensure that shelves are stocked, and social distancing is adopted please be respectful at all times. If you find that they do not deliver to your area, please get in touch and we will endeavour to help.

Following the government announcement on Monday 23<sup>rd</sup> March 2020 it is imperative that we all stay at home. We are only allowed to leave our homes for the following, very limited purposes:

- Shopping for basic necessities, as infrequently as possible.
- One form of exercise per day, eg. run, walk or cycle. This must be alone or with members of your household.
- Any medical need, to provide care, or to help a vulnerable person.
- Travelling to and from work, but only where this is absolutely necessary and cannot be done from home.

These restrictions will be reviewed every three weeks.

We understand that this is a very strange way of life at the moment however, we urge you to obey the Government instructions which have been introduced to save lives. Please do not hesitate to get in touch if you need any help or support during these difficult times.

There is a 'pen pal' initiative starting in the local area with our care and residential homes so if you would like to know more about that please let us know, or if you would like to receive a letter or a regular phone call, particularly now we are compelled to remain in our homes please get in touch.

This information has been collated in good faith and is accurate as of 30<sup>th</sup> March 2020. We will aim to keep this updated however, please get in touch if you have any queries: [covid19lizard@yahoo.com](mailto:covid19lizard@yahoo.com) or contact your local Parish Council.