

| Area | Organisation | Who it is for | Contact details |
|--------------------------|---|---|--|
| General support | Volunteer Cornwall | For those shielding that need help with collecting prescriptions and essential shopping. | requestforhelp@volunteercornwall.org.uk |
| | - Shopping and prescription collection | For people who would like to have a friendly voice to talk to a couple of times a week | 01872 266988 |
| Energy and bills | Cornwall Rural Community Charity | For those that are struggling to pay their energy bills this winter. | 01872 243535 |
| | - Big energy saving week | | |
| | Citizens Advice Cornwall | This is for advice on making your home more economical and efficient. | Text the word ADVICE to 78866 and you will receive a phone call back from an advisor within 48 hours. |
| Financial support | Acts 435 | Anyone in need of quick response support. Each application must be supported by a referral. | 07704 294154 Allsaints435@gmail.com |
| | Christians Against Poverty | Providing help to anyone in debt | 01274 760720 And 0800 328 0006 |
| | Hidden help | Providing upcycled household good to those in need. | 07794 738732 Or 01872 870296 |
| | Cornwall Childrens Clothes Bank | Providing clothing parcels for children under 16. | They mostly work on booking a collection slot at their events through Facebook but they can be contacted at cornwallchildrensclothesbank@gmail.com |
| Food poverty | Truro Foodbank | Emergency food for people in crisis who live in postcode TR1 – TR6 | 07721 711669 |

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| Mental health | The Church of England | A reflection booklet to help those struggling with their mental health. | Can be found at: churchofengland.org/resources/mental-health-resources/supporting-good-mental-health Here a pdf can also be downloaded and shared |
| | Nightline | A free listening service for anyone 18 or over who is experiencing distress | 0808 8000306 |
| | Mind Cornwall | Supporting better mental health for people in Cornwall through social cafes, yoga via zoom, creative writing, art and music groups and telephone and email support. | info@cornwallmind.org |