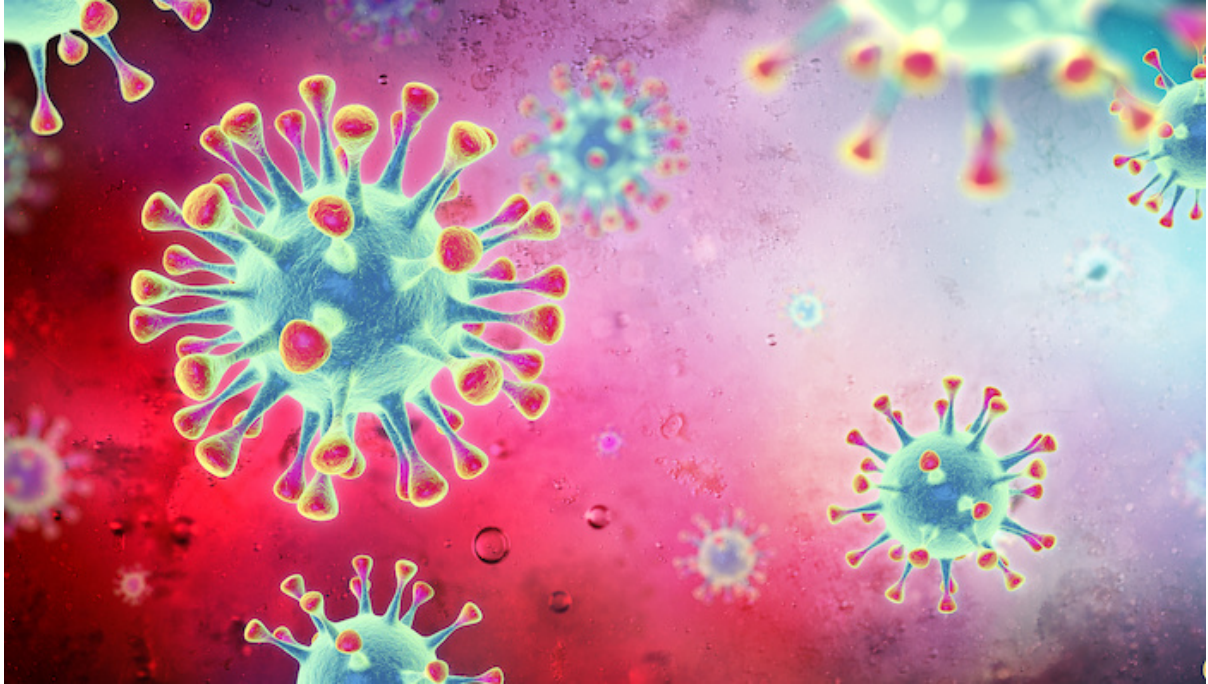


[View this email in your browser](#)

Community Strength against the Coronavirus **News at 3rd April 2020**

www.thepeninsulatrust.org.uk

In this bulletin..

- Government Guidance
- The Rame Centre
- One to One Support
- Door to Door Leaflets
- The Rame Community Fund - grants for those in need
- The Rame Community Fund - how to donate
- Food Bank
- Thanking NHS Staff
- The Phone Chat Network
- Book Exchange

- **Stay at home – Only go outside for food, exercise or work (but only if you cannot work from home)**
- **If you go out, stay 2 m (6ft) away from other people at all times**
- **Wash your hands as soon as you get home**
- **Do not meet others, even friends or family.**

You can spread the virus even if you don't have symptoms. For all our sakes, please stick to the rules and stay safe.

Loads of people are helping their neighbours through this – what a great community we live in!

[The Rame Centre](#)

The Peninsula Trust is working to coordinate community support. If you need help, or if you will help others:

Ring 01752 823909, 10.00 am – 1.00pm, Mon-Fri

Email: ramecentre@thepeninsulatrust.org.uk any time

Come to the Rame Centre in West St, Millbrook:

- Open with the Post Office, Tues + Fri, 9.00 – 12.00
 - Also now open Wed + Thurs, 10.00 – 12.00
-

[Door-to-door Leaflets](#)

Thank you everyone who is helping with our new community information leaflet. Everyone in the Millbrook / Cawsand / Cremyll / Freathy area should get one – please tell us if not!

[One-to-one support, and how to get help](#)

[Subscribe](#)[Past Issues](#)[Translate ▼](#)

neighbours. Many others will have received a “Good Neighbours” card with details of someone who can help. If you don’t have an offer of help and you need something – please ring us on 01752 823909. We have lots of marvellous volunteers available for shopping, medicines, dog-walking, and much more.

[The Rame Community Fund - grants for those in need](#)

The Community Fund has been helping local people in need since 2014. They can help if you need small essential household items, food or topping up your electricity key. Contact them by email at info@ramecommunityfund.org.uk or pick up a paper application from the Rame Centre, the Village Store in Kingsand, the Phone Box in St John or the Community Shop in Crafhole.

Applicant guidelines and online application forms are also available to download [here](#).

[The Community Fund needs donations](#)

The Community Fund are ramping up their work to help with the current challenge, but they desperately need donations. If you can help, please donate now:

- Bank transfer to Rame Community Fund, sort code 08-92-99, account no 65623697
 - Cash to the collection tin in the Rame Centre
 - Cheques to “Rame Community Fund” can be left at the Rame Centre or posted to RCF, 2 West Quay, Millbrook, Cornwall, PL10 1AS.
-

[Food Bank](#)

The local Food Bank’s work continues as always, with new urgency and a much higher need. Please continue to support this vital service – Donation point at the Rame Centre.

Thanking the NHS staff

We are hosting a collection point for goodies for Derriford and Liskeard hospitals, Penntorr doctor's surgery and the pharmacy. Ideas: chocolate/cake, tea/coffee, squash, juice. Hand cream ("our hands are getting sore and dry"). Drawings/ cards most welcome, and anything else you feel will warm their hearts. Thank you for giving what you can!

The Phone Chat network

We're working on a link-up arrangement so that people stuck at home can have regular phone chats with others. If you like the idea, please email rame.centre@thepeninsulatrust.org.uk or give us a call on 01752 823909.

Book Exchange

We are starting a donations-based Book Exchange at the Rame Centre, from next week. Please bring in any novels and other Good Reads for adults and children. Our delivery volunteers can bring books to your door – just ask.

We will keep sending out information and support. Stay strong everybody, this will pass!



Copyright © 2018 THE PENINSULA TRUST, All rights reserved.

Our mailing address is:
admin@thepeninsulatrust.org.uk

[unsubscribe from this list](#) [update subscription preferences](#)

[Subscribe](#)

[Past Issues](#)

[Translate](#) ▼

This email was sent to <<Email Address>>

[why did I get this?](#) [unsubscribe from this list](#) [update subscription preferences](#)

The Peninsula Trust · 3 West Street · Millbrook · Torpoint, Cornwall PL10 1AA · United Kingdom

