



Community Strength against the Coronavirus News at 28th May 2020

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Life with the New Normal

After nearly two months, it feels like we have overcome the initial confusion of the crisis. Nothing is solved yet – when will that be? – but we really have pulled together and made a difference. The Rame Peninsula is very fortunate to have a generous and selfless community which has come together to help and support each other. We must continue to support each other and make sure no-one falls through the gaps. Our Trust is immensely proud of what we've done to help:

- We salute our existing team – directors, staff and Rame Centre volunteers. We are what we are because those people built a great organisation that could respond fast and well. Many of the team are shielding, but still active and helping others.
- We applaud the hundreds of local people who have pitched in to help, directly with their neighbours and through our work. Your strength has been vital.

We've said it before, and we WILL say it again – hoorah for us all!
Thank you.

Millbrook Parish Council



Maker with Rame Parish Council



Emergency grant support – a thank you

We could not have achieved half of what we've done without the emergency grant support from Millbrook and Maker-with-Rame parish councils and from Cornwall Community Foundation. Their

generosity allowed us to employ a part-time Key Support worker, now at the heart of our efforts, and to cover our printing and admin costs.

Community Survey

We believe that the virus has caused massive problems for many people's income and well-being. The Peninsula Trust wants to try and help with new support – but to get it right, we have to be clear where the real needs are.

We have created a 2-minute survey and we're asking **everybody to please fill it in**, whether you yourself are affected or not. This will help the Trust understand how wide the need is and how we can help. If you're doing fine, great – please tell us, so we get a full picture for our community.

We are not asking for personal details – it is 100% anonymous.

The survey is here: <https://forms.gle/BWGbtYrxuuXMDsJRA>

Please share the link as widely as possible and **please fill it in yourself**. The closing date is Friday 12th June – but please do it now while you're reading this, it is very quick...

We'll be publishing the same survey in our next door-to-door newsletter, to reach those without internet (around 25% of older residents, apparently – many of them in the most vulnerable categories).

One-to-one support for local people

We know that many local people are struggling and worried. Our response:

- We can now offer full one-to-one advice from experienced volunteers, including benefits, housing and debt/budgeting advice. What we don't know ourselves, we can signpost to other specialists.
- We have increased our effort with Liskeard & Looe foodbank and now offer Foodbank vouchers/deliveries directly from the Rame Centre.
- We are providing links to the Rame Community Fund for crisis grants, and other local support.

We know that many people in need won't ask for help. Please talk to your family, friends and neighbours, and convince them to reach out:

"If you're in trouble, ask for help. Willingly given; no stigma; no blame attached."

Tel - 823909 (please leave a message with your contact number outside normal working hours and we will get in touch)

Email - rame.centre@thepeninsulatrust.org.uk

Geographical range

Our Trust is small and our resources are limited. Unfortunately, this means that our Local Support service is *only available to residents in Millbrook/Cawsand and surrounding hamlets*. We have good contacts for advice services outside our area and can pass those on.

Food, Phone Chat and more

Our existing effort to support people continues. We're still arranging shopping and deliveries, finding volunteers for those who need something, sending out information, helping with crisis grants and

Foodbank. If you, or someone you know, needs help – ring us.

We've started a Phone Chat service, asking some key volunteers to ring those in need to see how they are getting on. Many people are fine and don't want repeat calls; many others are grateful for the chance to talk, and a few have further needs that we didn't know about. So a good result and a useful new service, well done to our Chatters! If you know someone who might welcome a call, please tell us.

That number again for the Rame Centre: 01752 823909 or call in, Tuesday – Friday 10.00 – 13.00.

NHS Gift boxes

We've been running an NHS Gift Box since the early days of the crisis. Community generosity has been overwhelming, with donations of all kinds of Lovely Things, from handcream to chocolates, facemask ties to flannels, as well as locally-made apple juice. Deliveries have gone to Liskeard and Derriford hospitals, Penntorr doctors surgery, Torcare home in Antony and Millbrook Pharmacy. Thanks very much to everyone who has contributed.

We have some photos, but the NHS recipients have asked us not to publish them online, so you'll have to wait till the door-to-door newsletter comes out!!!



A salute to unsung heroes

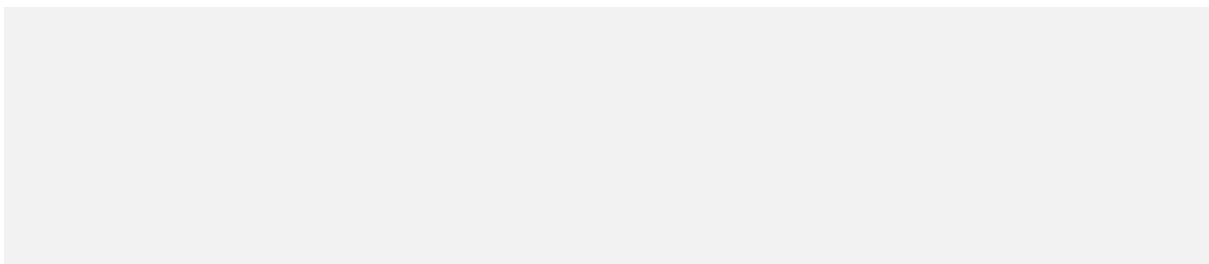
All of us have come to realise just how many people it takes to keep our lives running through a lockdown. Health professionals, refuse collectors, bus drivers, people running the power and the phone, many more... and we really mustn't forget one vital group – the shop workers.

Many people enter local shops in trepidation, most respect safe distancing – but a few don't, and some people have even been abusive to the staff who are in there for many hours every day, keeping us supplied under circumstances that are often difficult. The panic buying seems to be over, but life still isn't easy for this key group of heroes – thank you, each and every one. Our photos show the four main shops in Millbrook, but salutes go to many others too!

The Community Fund needs donations

The Community Fund is working hard 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.
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Book deliveries

Thanks again to our amazing community we now have a selection of more than 350 books available for delivery to people stuck at home. We don't currently have the capacity to take any more donations. If you are isolating and would like us to arrange a drop off please contact us on the usual number - 823909.

[News from the Ship, Coastguard Cottages, Methodist Hall](#)

Other work by the Trust is continuing behind the scenes:

- The Old Ship in Cawsand is nearing completion of the first phase of building work. For obvious reasons, it won't be opening as a pub/café any time soon, but we are working on a limited opening as a community hub for Cawsand. More on that as soon as we have it.
- Our work to buy the three empty houses at Cawsand Coastguard Cottages has seen even more delays. We were very nearly there just before the virus struck – just one official document away... but that one approval didn't get to us and we're still waiting.
- Millbrook Methodist Hall. Our public consultation was complete pre-virus, and we now have outline ideas for a potential rebuild for new housing and community space. We will come back to the ideas once the coronacrisis work has slowed down enough.

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

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