

The Peninsula Trust

The Impact of Covid-19 on the Rame Peninsula

**Results of community support work and our
community survey, to 31st July 2020**

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The Peninsula Trust is a Community Benefit Society - a community cooperative – serving the rural Rame Peninsula of SE Cornwall. The Trust was founded in 2014 and has four linked objectives:

- **Housing.** We are working to acquire, refurbish and/or rebuild houses that can be retained in perpetuity as secure rented homes for local people.
- **Support for those in need.** We offer a wide range of services including one-to-one advice, counselling, befriending, shopping and deliveries, information, access to specialist agencies
- **Jobs and training.** We have six small work units, available for rent by local businesses. We support job-seekers with access to training and help. We run the Rame Business Forum and act as an information conduit and signposting service.
- **Community spirit.** Most of our work is supported by a large number of community volunteers. We provide friendly, positive activities, training and support where needed. The Trust is a resource for many community groups and activities.

Our base is The Rame Centre community hub in Millbrook, open six days a week and offering a huge range of activities and services.

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The Peninsula Trust is a registered society under the Co-operative and Community Benefit Societies Act 2014, no. 32339R. Registered Office: 3 West St, Millbrook, Cornwall, PL10 1AA

Impact of Covid-19 on the Rame Peninsula, report to 31st July 2020

Executive Summary

The Peninsula Trust

An independent community trust on the Rame Peninsula, SE Cornwall:

- 680 members, 5 paid staff, 6 Directors
- Work: Housing, support for those in need, jobs/training, community spirit/volunteering
- Rame Centre community hub in Millbrook, open 6 days/week, wide range of services

The Covid-19 outbreak

When the pandemic started, the Trust pivoted all work to community support:

- New helpline and community volunteers, 132 people involved
- Shopping, prescriptions, information, phone support
- Door-to-door info to 2,000 homes in the first week, strong social media campaign

The beneficiaries

- Initial focus was urgent needs – 25 households supported to date
- Welfare / economic impact – 34 households supported to date

The survey

We ran a one-month community survey to establish real needs and set our priorities:

- 27% of all households (398) in Maker with Rame and Millbrook parishes responded
- 33% of households reported reduced income, worse in Millbrook than Maker-with-Rame
- Food poverty highest in Millbrook, 34 households struggling to pay for food/basic needs.
- 23% reported mental or physical health worries

Conclusions and next steps

- Expand and strengthen the Trust's welfare work, build links to other support
- Vital need to support mental health risks
- Economic impact will be severe and we need to build a response

The Peninsula Trust

The Impact of Covid-19 on the Rame Peninsula July 2020

Introduction

The Peninsula Trust was quick to respond to the Coronavirus outbreak. Within days of the lockdown, our team – staff and volunteers – was pivoted fully towards the new challenge. We worked very hard to create a complete Community Support package, in a very short time and against a great deal of fear and tension.

Within weeks, it became obvious to all that the virus was going to have a lasting effect on everyone, worldwide, so as well as immediate steps to support people, the Trust started thinking about the longer-term impact. This report summarises the work that we have done to date, provides an analysis of the needs and priorities in our community, and lays out a series of recommendations for the Trust's continuing work.

The report has the following sections:

- Background: our community's situation and vulnerabilities
- The Trust's community support work
- The Community Survey
- Quotations and comments
- Conclusions and Recommendations
- Appendices: detail on the responses, a copy of the survey



1. Background

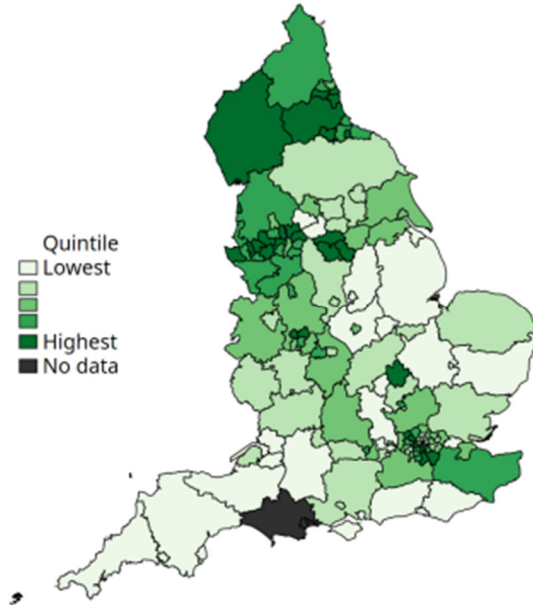
Unlike past outbreaks in the UK, Covid-19 is more than a public health issue. The lockdown restrictions needed to halt the spread of the virus have resulted in social and economic crises across the country. These impacts are not spread evenly across the UK and need to be examined at a local level in order to effectively deal with the resulting outcomes.¹

The demographics of our local population in terms of age, health and employment are important determinants that have helped us to inform local action and planning as the crisis develops.

Low infection rates so far

Cornwall was fortunate in that the infection rates so far have been very low (Fig 1).

Figure 1: Distribution of Covid-19 infections per 10,000 in England (as of 7 June 2020)

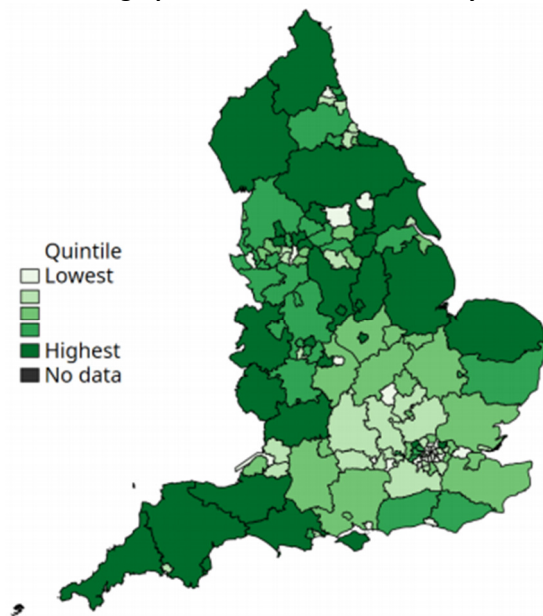


Source: Public Health England 'Coronavirus (COVID-19) in the UK' Data Dashboard, latest cases data as of 7 June 2020,.¹

High vulnerability on health grounds

Despite the low incidence of cases in Cornwall, our aging population and prevalence of at-risk groups represents a geographic vulnerability to the health impacts of Covid-19 (Fig 2). The low population density and rural location has perhaps mitigated the risk to date, but we have yet to see the impact of increased tourism as UK travel and leisure restrictions ease.

Figure 2: Geographic variation in vulnerability: health



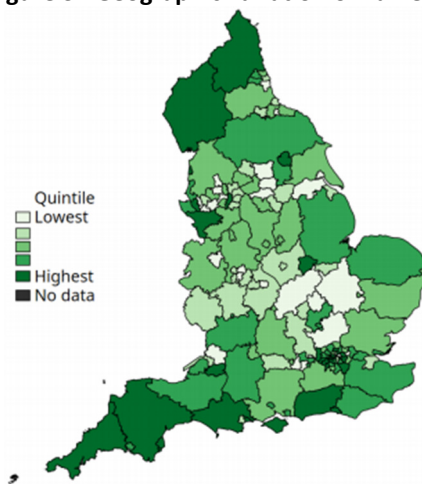
Source: ONS, 2018 local authority population estimates of residents aged 70+ and PHE public health profiles for CHD, Hypertension and Diabetes. ¹

The economic impact

In terms of the economic impact of the pandemic, Cornwall is categorised as being in the highest vulnerability category. Closed sectors such as tourism and hospitality are major employers in Cornwall, supporting 1 in 5 jobs.² In May alone, Visit Cornwall predicted a loss of £450 million in visitor spend. This sector is also associated with seasonal work, zero hours contracts and low wages leaving employees economically vulnerable (Fig 3).

Employees aged under 25, women and low earners are particularly likely to work in a sector which has shut down during the pandemic. This is of concern as the economic impact will fall hardest on those already at an economic disadvantage, with lowest earners seven times more likely to work in a shut down sector than those with the highest earnings.³

Figure 3: Geographic variation of vulnerability: workers

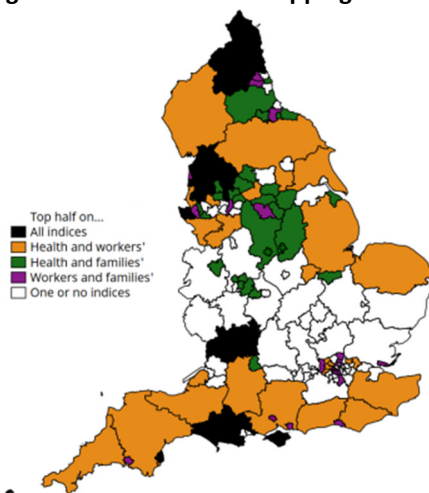


Source: Business Register and Employment Survey 2018, NOMIS.¹

Overlapping vulnerabilities

Coastal communities have been identified as being highly vulnerable on both the health and worker indices, having higher shares of elderly and retired people and more jobs in tourism and hospitality (Fig 4). The combination of high needs on health and economic variables put our community at great risk from the long-term effects.

Figure 4: Areas with overlapping vulnerabilities



Source as per figures 1 and 3.¹

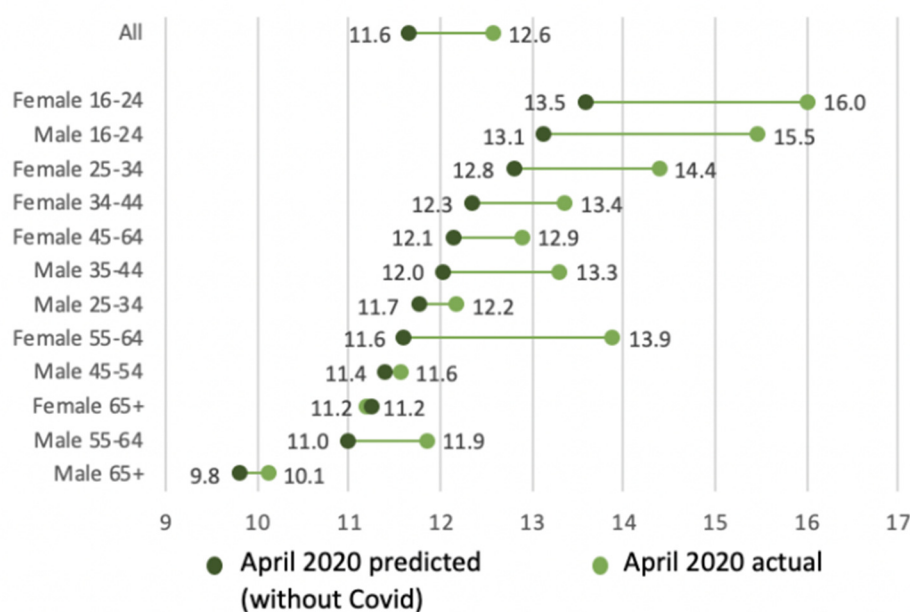
Mental health

Globally, the negative impact of lockdown measures and social distancing on mental health has been well documented and research in the UK supports this trend.⁴ As distancing measures have been applied equally across the whole country there has been little research on geographical differentiation, so data specific to Cornwall are not available.

In the UK a significant deterioration in mental health has been measured in people under 25 and women (Fig 5). Other factors identified include people working in a shut-down sector and people caring for young children. Having young children may also increase the stress for women where there is a disparity in childcare responsibilities.

Surprisingly, older people with a higher risk of negative health outcomes due to Covid-19 showed a less marked deterioration in mental health. This may be due to the fact that older people are more likely to be retired, so less likely to experience the economic impacts of the pandemic.

Figure 5: Average overall mental health (GHQ-12) scores by age and sex, April 2020. Higher scores indicate worse mental health



Source: UKHLS Waves 6-9 and April Covid-19 survey⁵

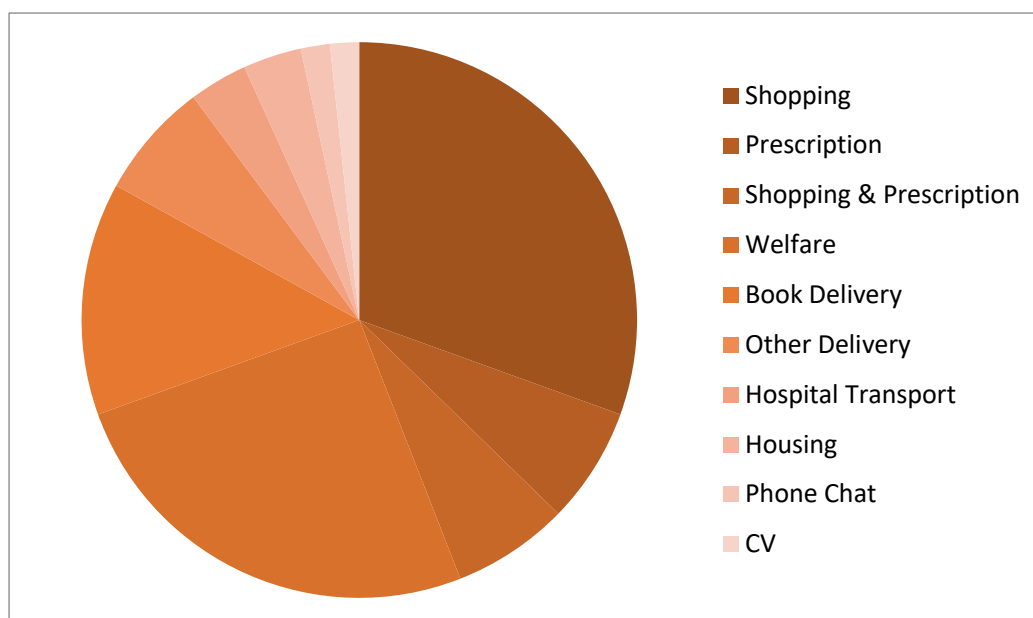
It might be hoped that as the pandemic restrictions ease, we may see some improvement in mental health; however, the knock-on economic stress brought about by the crisis and the risk of a second wave of infection may negate this.

2. The Trust's community support work

The Rame Peninsula is a tight knit community and many people were quick to offer direct support to their neighbours during the initial stages of lockdown. To ensure that nobody was left without support, the Peninsula Trust recruited a substantial number of local community volunteers and set up a help line for local residents in need. A total of 132 local people offered their services; at the time of writing, a total of 59 local households with no other support had used the Trust to get help (Appendix A). Regular information and updates were also circulated door to door and electronically (example shown in Appendix B).

Results from the community support work

Chart 1: Helpline calls by type



The initial impact

Initially the majority of contacts (44%) were from people who were isolating or shielding and needed help getting immediate supplies such as food or prescriptions delivered (Chart 1). The local pharmacy was overwhelmed with staff off sick and the increased demand for prescription deliveries, so they contacted us for urgent help. Within 2 hours we had volunteers out delivering; we then established a “pharmacy delivery team” of 10 local volunteers who supported the pharmacy over a 13 day period until they were able to recruit a delivery driver. The volunteers delivered 159 prescriptions for the pharmacy over this period.

Other support requested included hospital transport, CV writing and housing advice. We created a Phone Chat network, with shielding volunteers ringing those in need, for social interaction and to check on people's wellbeing. We also set up book deliveries for people isolating or shielding.

The growing economic impact

As we progressed into the outbreak and people were matched with volunteers or managed to get online food deliveries, the economic impact became more prevalent. To date, 25% of calls have related to welfare, these households have been helped by the Trust in the form of prepaid shopping cards, food bank referrals, benefits advice and referrals to a local charity, the Rame Community Fund, for help with small grants to cover bills etc. This demand is still growing at the time of writing this report, so we do not know the total need as yet.

Case Studies

The case studies below give examples of the help offered and the experiences of our volunteers.

Example A:

An elderly couple reached out to us via our helpline following the door-to-door circulation of our newsletter. They were both new to the village and didn't know anybody locally. The wife was ill with suspected Covid-19 alongside other health conditions. Both were isolating and shielding and needed help with prescription and food deliveries. Their income was also reduced due to a recent drop in PIP allowance.

A Trust volunteer was assigned to them for weekly shops and prescription deliveries and we helped them apply for a Rame Community Fund grant over the phone. The Fund approved the grant on a prepaid shopping card the next day and the volunteer delivered shopping. Benefits advice and support was also signposted.

The volunteer continued to support them until no longer needed and we provided follow up calls to check that they were okay. They later emailed us *"thank you so much for your support, without you we would have been left eating cat food. You dug us out of a complete hole. Being so friendly and approachable really made a difference."*

Example B:

A young family contacted us via our helpline. Both parents normally worked in the tourism sector, one self-employed and the other on a zero-hours contract. Neither adult was able to work due to lockdown, and their income had fallen to the point that they were no longer able to feed their family.

They were invited into the Rame Centre for a socially distanced support session. We were able to immediately give them a food bank voucher which provided their family with food for the next three days. They also applied for an RCF grant for a new washing machine and were given a £40 co-op card to top up with fresh goods/electric etc. A benefits advice and budgeting session was also scheduled with a member of our support team. *"The trust has been a tremendous help. I don't know how I would have managed to feed my daughters without them"*

Example C:

An elderly lady living alone and shielding contacted our helpline as she had no support and her family lived overseas. She needed help with prescriptions and food deliveries.

A volunteer was assigned and provided ongoing support alongside a 'phone chat' volunteer to help combat loneliness. She told us *"This has been a very trying time, it has been great to receive support. I have had no contact with anyone other than your volunteers and family via phone"*

Example D:

Perspectives from our team of volunteers.

A young man helping with leafleting and deliveries stated *"This is the one thing that gives me something to do and helps me keep a routine"*.

A lady on furlough helping with shopping deliveries *"It's nice to feel that I'm doing something to help and I have got to know my neighbours so much better"*.

Our helpline operator *"People with no support or who didn't really feel part of community before now know they are supported and have got to meet new people, I feel this has really strengthened our community"*.

Quotes

"Over the last six years, The Peninsula Trust has steadily increased the support needed for our local community. When the Covid-19 crisis started the trust was quick to react with a full scale and truly impressive response. I have supported the trust from its foundation and having an overview of the whole of Cornwall it's clear that the trust is a leader in community support."

Councilor George Trubody, Cornwall Council

"Peninsula Trust have been vital in offering the community support at this difficult time but are also a go to organisation for Social Prescribers looking for support for people with a variety of needs. From financial advice to volunteering and social isolation the Trust and their Rame centre are a vital part of the local community that many people who live in the area value."

Jessica Hirons, Social Prescriber, NHS/Age UK

"It has been phenomenally helpful having The Peninsula Trust on the scene, trying to work from a distance has always been a challenge for us so it's a weight off our minds to know that the Trust is there to share information, signpost and help collect and distribute supplies where they are most needed."

David Berry, Manager, Liskeard and Looe Food Bank, The Trussell Trust

"In the three and a half months since the beginning of April, the Rame Community Fund, based on the Rame Peninsula and offering financial help to the residents of the five parishes, has experienced over a 300% increase in requests for help and has spent £6,000 assisting residents with food, electricity, household items and bills. The Fund has continued to receive donations, mostly anonymous, from within the local community and beyond. Without these donations, Rame Community Fund would not have been able to offer help to the community."

Rame Community Fund

3. The Community Survey

Faced with an evolving situation and a lack of clarity on where the greatest needs were, the Trust decided to run a local survey to inform our activities moving forward. We designed and printed an anonymous questionnaire for circulation to local residents to gauge the level and type of need for continued support in our community (attached as Appendix C). The questionnaire was distributed to every household in our door-to-door newsletter and was published in our e-bulletin and on social media in order to engage with a broad demographic group. Schools and local groups were also asked to help publicise the work.

The response

Over a 4-week period from 26th May, a total of 418 responses were collected, of which 20 were omitted as being outside our geographical boundary. This represents an overall return rate of 27% based on ONS household data from the 2011 census, comprising 26% of households in Maker-with-Rame Parish (122) and 28% of households in Millbrook parish (276).

The analysis

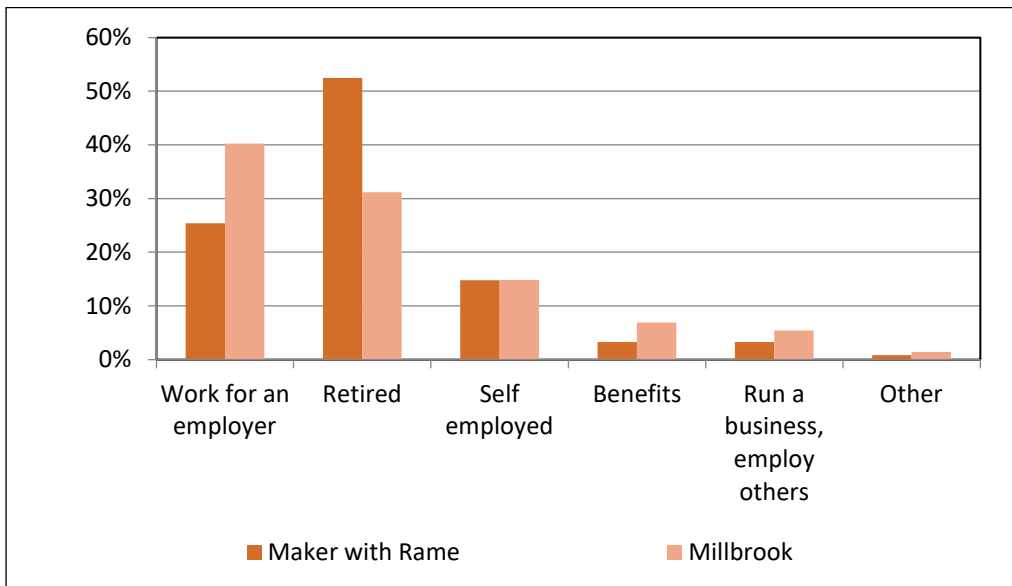
It is apparent that there are some differences in the demographics of each area which may influence the type and level of need in each area. There were more families with children in the Millbrook cohort, and more families with adults only in Maker with Rame (Table 1). Households with 3 or more adults are likely to represent families with adult children who live at home as there are very few houses in multiple occupation (HMOs) in the area.

Table 1: Household type by parish

Household Type	Maker with Rame		Millbrook	
	Number	Percentage	Number	Percentage
Adult/s with children	22	18%	77	28%
1-2 adults	83	68%	170	62%
3+ adults	17	14%	29	11%
Total	122	100%	276	100%

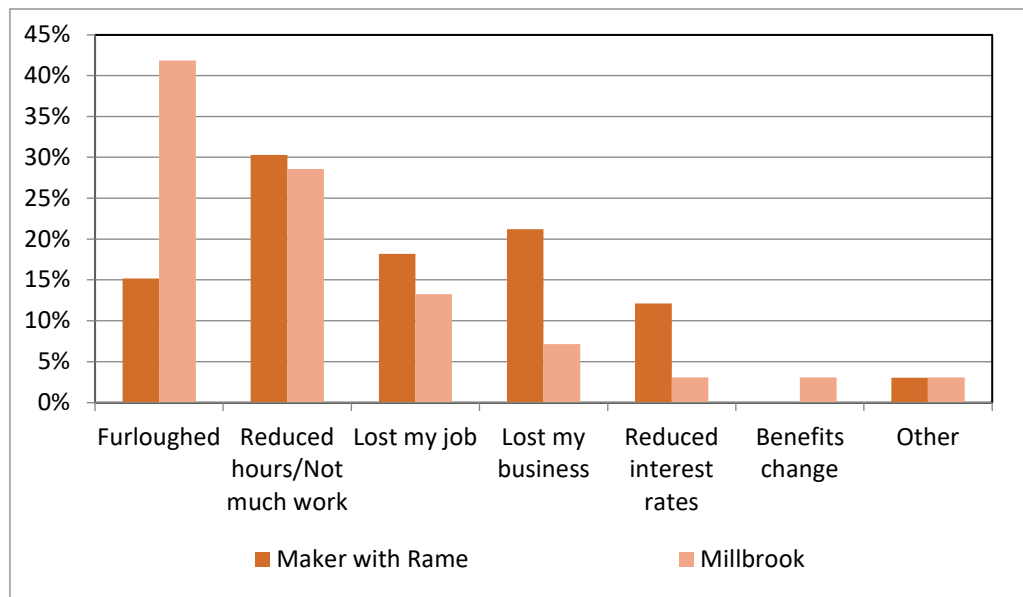
The returns from Maker-with-Rame showed a much higher proportion of retired people who are less likely to feel an economic impact from the pandemic, whereas Millbrook has a higher proportion of households who work for an employer and a higher proportion of households relying on benefits (Graph 1, next page).

Graph 1: Households by main income source and parish



Overall, 33% of households reported a drop in their household income, this was higher in Millbrook (36%) than Maker with Rame (27%). The free text responses to this question led to 2 new categories being retrospectively added for data interpretation purposes. These were 'reduced hours/a loss of work' and 'reduced interest rates'. Reduced hours/loss of work was most commonly reported and reflects a reduction in work for self employed individuals, or a lack of/drop in hours for those working zero hours contracts (Graph 2).

Graph 2: Reason for income loss by parish



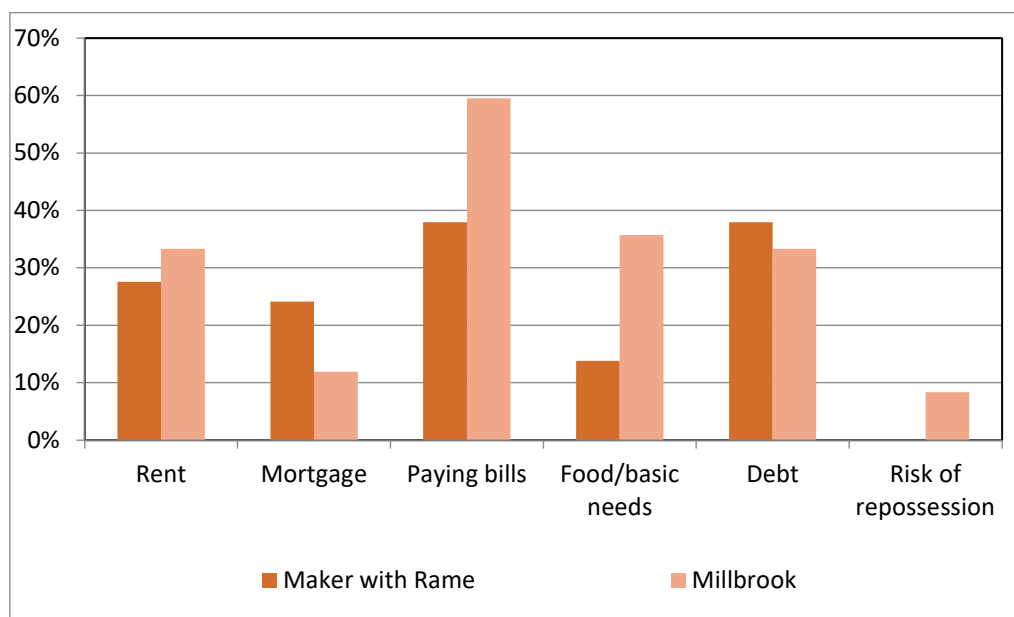
42% of those experiencing a drop in income in Millbrook were affected by furlough and these households account for 37% of all people reporting that they work for an employer. In Maker

with Rame only 16% of those working for an employer were affected by furlough, this is likely to be influenced by employment sector and ability to work from home.

Loss of a business was more pronounced in Maker with Rame.

All those reporting a drop in interest rates affecting their income were retired.

Graph 3: Money worries by parish



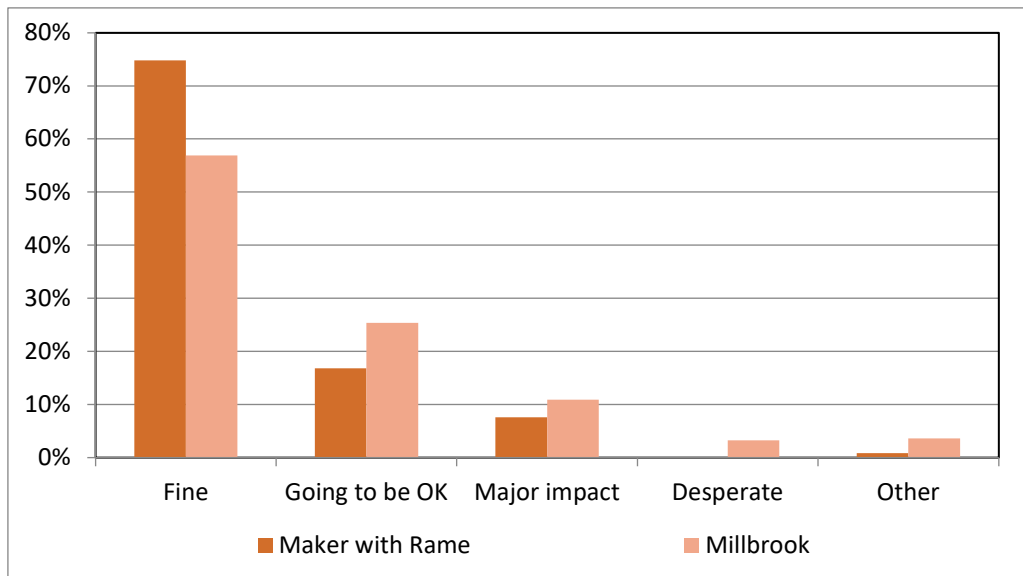
Money worries were reported by 28% of households and this was more pronounced in Millbrook (30%) than Maker with Rame (24%). In both parishes those experiencing money worries were most likely to be concerned with paying bills. In Millbrook more households were struggling to pay for food and basic needs (Graph 3).

Our survey identified 34 local households struggling with food and basic needs which equates to 113 individuals, 33 of which are children. Liskeard and Looe food bank distributed 400kg of food parcels to our area in the second of 2020, helping 32 individuals, 8 of which were children.

‘Other’ responses included one household trying to live on £70 per week, another one using all their savings to survive and two self-employed individuals being ineligible for government grants to help them through the lockdown period.

Looking at the way people were feeling about their situation, 395 households responded; it is reassuring to note that overall 62% reported feeling fine and 23% reported that they would be okay in a while. There is again a marked difference between the parishes with Millbrook showing a higher proportions of households feeling a major impact or who are desperate (Graph 4). Free text entries also noted people feeling confused, bored, uncertain and missing family.

Graph 4: Feelings by parish



93 households (23%) reported a concern with their physical or mental health across the two parishes, these were categorised as mental, physical or both. Of those responding, mental health was of much greater concern than physical health with 75% of households reporting a concern. Maker with Rame showed higher levels of concern regarding physical health, most likely due to the older resident population (Table 2).

Table 2: Physical or mental health concerns by parish

Category	Maker with Rame	Millbrook	All
Mental health concern	70%	77%	75%
Physical health concern	26%	16%	19%
Mental and physical health concerns	4%	7%	6%

Suicide, drug addiction, mental health conditions and stress due to uncertainty were all mentioned in the free text. Other concerns reported were were working from home, homeschooling, loneliness and concerns about the safety of returning to normal.

When asked about any other concerns relating to the pandemic, 118 households responded with a wide range of issues which are summarised below.

- Impact on education and children's social development
- Concern around the impact of tourism and the increased risk of Covid-19
- Lack of social distancing/people 'not taking it seriously' now restrictions have been eased
- Lack of childcare for people working at home
- Domestic tensions
- Loss of employment opportunities and financial worries
- Risk groups being unable to afford to stay away from work
- Delayed hospital treatments
- Fear for elderly parents
- Loss of social contact

Some examples of the qualitative feedback are provided below.

"The premature easing of lockdown policies by the government, allowing infected people into an area, that has many vulnerable people. The locals have been so careful to self isolate, and help others, but the premature easing has made a mockery of the whole covid-19 situation."

"I fear for the community, there will surely be much need, food, housing etc. But also towards keeping mentally well enough. This community has been wonderful so far, I wonder how much this will stretch that if it continues for a long time."

"Reintegration to school, as my child will not ever go back to the same school due to being a year 6. And I need now to find work or a source of income as I'm now on universal credit which does not cover my outgoings but can't until schools go back due to childcare issues. I have no family in this area to help either."

"Unable to do any of the things I normally do in what is probably the last decade of my life which is very depressing."

"Just general worry about how we're going to get out of this situation without even more deaths, and how the virus will potentially change things long term. All of my children and my one grandchild have health issues - asthma, Crohn's Disease, severe mental health problems - and I feel helpless to do anything constructive to protect them."

"I worry I'm never going to see my daughter and son again."

"Missing the face to face contact. Phone, Zoom, Skype is not the same. Also worried about the amount of visitors that appear to disregard social distancing"

"Not my issue but I'm worried about my mum. She's become so consumed by everything that's going on. She has barely left the house. Her partner is now back to work 2 days a week but he is high risk with diabetes. He is self employed and cannot afford to not work for a long period of time."

"Something that I feel has been overlooked generally is what it will feel like to return to a workplace after such a long break (perhaps even longer, I'm not expecting to return until at least September). What anxieties has/will that bring."

"Postponed college courses linked with apprenticeship. Potentially missing an age sensitive opportunity"

"Isolated before lockdown, so now it is intolerable, and endless. please make effective suicide pills available"

"Single parent. 4 year old. Grandparents have decided to take on childcare rather than nursery. Fearful for them"

"Luckily ok at the moment but worried about future income as it is based on the holiday trade"

"My worries are more around thing returning to normal, when they do. What will actually going into work be like with social distancing, how safe will the commute to Plymouth be. Feel safe in my community."

"Sending youngest back to school but not the eldest two was a concern. Great support from school and community groups. Council house repair support has stopped or massively if not essential. i.e. Boiler thermostat not essential as can wash hands with hot water in the shower"

"I'm worried that people aren't taking this seriously anymore, I'm scared to go into the shops because no body social distances and the staff don't enforce it or practice it either. I'm worried that no one here is wearing masks."

"Wanted to take my life..."

4. Conclusions & Recommendations

The detailed analysis from our survey confirms that the characteristics and concerns of our community are very much in line with wider-scale research findings. On the one hand we have a vulnerable, older community in Maker with Rame and on the other we have a younger, working population in Millbrook, many of whom are economically dependant on the tourist industry; these demographic and socio-economic factors make the Rame Peninsula a high-risk area both economically and in terms of health risk.

The Peninsula Trust's reason for existence is to identify need and support local people. The impact of the virus has been massive, representing the biggest threat to our community in many decades: mental health and economic need are observable in both parishes, although the more extreme cases of food poverty and severe mental health risk seem to be focused in Millbrook.

The key recommendations coming out of our analysis are the following:

- **Local Support.** We need to strengthen and expand our offer on welfare / debt. There is a severe economic impact coming to our area, which will leave many families on benefits for the first time. The people in need will not want to seek or accept help, so they will hesitate until they find themselves unable to cope – and will then need urgent support.
- **Job creation.** The Trust should look hard at the Government programme for job creation and assess whether we can participate, both as a provider of new jobs ourselves, and as a contact/information point for local businesses who could create the new jobs, but who lack the skills or time to do the paperwork.
- **Mental health.** This is going to be a major consequence of the pandemic, across all age groups but concentrated especially in younger people. The Trust should consider creating specific actions that can help reduce isolation and risk: discussion forums, self-help groups, new activities. We have made first steps on creating a Rame Counselling service; this needs consolidation and expansion as the confidence of would-be users grows.
- **Information and signposting.** We must continue to build on our links to other support providers. New offers and facilities are being created all the time; as well as our own direct help, we need to be plugged in to the other work going on, and make sure that our users are given the chance to access the good services.
- **New resources to help our work.** Our efforts to support this community have been extensive and well received, but the success has come at the cost of temporarily abandoning many of our “usual” tasks. In particular, the urgent need to fundraise and pay for the new services has replaced our normal programme to develop the Trust's overall activity; this was the right thing to do in the face of the crisis, but cannot continue in the longer term without a major negative effect on the wider work. We need to find Director/staff time and energy to address this.

The Trust has a key role in our area. We have proved our worth and made a great difference for very many people; our task now is to build on this base, and continue to do all we can for our friends, families and neighbours.

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Appendices

Appendix A – Phone Contact Log

Number of contacts by request type during the lockdown period – following the initial call residents were matched with a local volunteer to assist with ongoing needs.

Request	Number	%
Shopping	18	30.5%
Prescription	4	6.8%
Shopping & Prescription	4	6.8%
Welfare	15	25.4%
Book Delivery	8	13.6%
Other Delivery	4	6.8%
Hospital Transport	2	3.4%
Housing	2	3.4%
Phone Chat	1	1.7%
CV	1	1.7%
Total Contacts	59	100.0%

Appendix B – Example of information distributed to residents



CORONAVIRUS CRISIS ON THE RAME PENINSULA

STAY KIND

The lockdown continues. With the growing realisation that this won't end soon, we all have to work out ways to cope. Most people are managing, some are not, and everyone needs support in one way or another. Our theme this time is therefore Stay Kind!

This newsletter is the only way to get local news to those without computers, and hopefully provides everyone with useful information, ideas and help as needed.



Sam and Ben, with their mum Emma, have been painting pebbles and putting them on their neighbours' windowsills around Cawsand

Support local businesses

There is some confusion about whether business can operate. The facts are that the Govt has obliged a fixed list of firms to close – we have the full list – but is asking **all other firms to keep working** where it is safe to do so. Very many local businesses, especially in tourism, are closed – but please applaud and support those remaining open. A first list of delivery firms is on the back.

The Virus Volunteers

This community really, genuinely works. The best thing of all – our true strength – is that local people are helping their neighbours directly, with no need for guidance or control by anybody. Hooray for us all! If you are not part of it yet, don't hesitate – talk to Next Door, make sure everyone is OK.

Secondary to that, we are seeing a massive wave of people offering help to the Trust. We now have 118 volunteers on our list: an incredible number, willing to do whatever is needed. We have reopened the Rame Centre as a contact point and are getting a steady stream of requests, which we pass on to the right volunteers or support agencies.

Our door-to-door leaflet is now financed by the two parish councils and the Cornwall Community Foundation, grateful thanks to them for making the work possible.



If you need help, or if you will help others:

Ring: 01752 823909, 10.00 am – 1.00pm, Mon-Fri. **Email:** rame.centre@thepeninsulatrust.org.uk

Visit: the Rame Centre in West St, Millbrook: Tuesday – Friday, 10.00am to 1pm

The Post Office remains open, Tues and Fri, 9.00 – 12.00, so the centre is busier then!

Stay Strong – Stay United – Stay Kind. This will pass!



Can you help others?

The Rame Community Fund welcomes donations for those in need locally. If you can help, please do:

- Bank transfer to Rame Community Fund, sort code 08-92-99, account no 65623697
- Cash/cheques to the tin in the Rame Centre

The NHS Gift Box collection for frontline workers is going really well. Please donate Lovely Things for delivery to them: food, sweets, luxuries.

The Food Bank is needed more than ever. Please take food to the Rame Centre or donate cash to Liskeard & Looe Food Bank, sort code 30-90-89, account no. 54028760 or www.liskeardlooe.foodbank.org.uk

Factcheck: Gardening and maintenance

The Government has set down rules for everyone's protection, and it is important not to over-react and criticise actions that are actually fine. On gardening and maintenance, the rules are:

"Work carried out in people's homes, for example by tradespeople carrying out repairs and maintenance, can continue, provided that the tradesperson is well and has no symptoms."

Source: Govt Covid 19 rules for business, section 2, updated 9th April

Do you need help?

The Rame Community Fund can help with essential household items, food or electricity key top-ups. Email info@ramecommunityfund.org.uk or get an application from the Rame Centre, Kingsand Village Store, Phone Box in St John or the Community Shop in Crafthole.

The Food Bank can provide essential food and other necessities. You have to get a voucher – please ring 07512 011452 for the details.

Shopping and deliveries. Volunteers can shop for you and deliver to your door as needed – please contact us.

Medication. The Pharmacy has a new member of staff, thank you all volunteers who saved the day till now!

Book deliveries. If you've read every book you have, let us know. We'll bring you a box of books, could be specific types or all mixed up. There'll be some you like!

Domestic Abuse

If you or someone near you is at immediate risk of harm, call 999 – don't hesitate, take action now.

For support and guidance, call Safer Futures on 0300 777 4 777 (9am-5pm Mon-Fri) or Cornwall Refuge Trust's 24hr helpline: 01872 225659. www.saferfutures.org.uk

Please support local businesses in our area

Delivery destinations and timetables vary; please check with each business

The Devonport Inn offers food for reheating at home and drink deliveries. Ring 823828 for details, at least 24 hours beforehand

Special opening at Millbrook Co-op vulnerable shoppers/carers at 8 -9 am weekdays, 10-11 am Sun and **Premier** Tues & Fri, 9.30 - 10.30am

Widdicombes in Millbrook delivers groceries and packs for collection, email widdicombeshop@gmail.com (preferred) or ring 822335

The Farriers are delivering treat boxes, Picnic Boxes and cream teas. Ring 07891 959210 for details

The Old Bakery has takeaway pizza, sourdough bread, cakes, ice cream, flour and yeast. Tel 656215

Kingsand Shop is delivering in Kingsand & Cawsand, order by 4pm for their afternoon delivery service: Tel 822222

The Canteen at Maker is delivering Sunday Roasts (limited numbers), ring 659059 for details

Millbrook Football Club deliver Sunday Roasts 12 – 2pm and meals on Weds/Fri. Ring 07583 045896

The Cornish Pod is delivering pasties, pies and some ready meals, Mon-Fri. Ring 8222598 for details

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The Peninsula Trust is a registered society under the Co-operative and Community Benefit Societies Act 2014, no. 32339R
Registered Office: 3 West St, Millbrook, Cornwall, PL10 1AA

Appendix C – The Trust's Coronavirus Survey

RAME PENINSULA CORONAVIRUS SURVEY, MAY/JUNE 2020	
How many in your household?	Adults: Children:
Whereabouts do you live?	Millbrook and parish <input type="checkbox"/> Cawsand and parish <input type="checkbox"/> <input type="checkbox"/> Other, please say:
What's your main source of income?	Work for an employer <input type="checkbox"/> Run a business, employ others <input type="checkbox"/> Self-employed <input type="checkbox"/> Retired <input type="checkbox"/> Benefits <input type="checkbox"/> <input type="checkbox"/> Other, please say:
If your income has fallen, please say how	Lost my job <input type="checkbox"/> Furloughed <input type="checkbox"/> Lost my business <input type="checkbox"/> Benefits reduction <input type="checkbox"/> Other, please say:
Do you have money worries? Tick as many as apply to you	Rent <input type="checkbox"/> Mortgage <input type="checkbox"/> Paying bills <input type="checkbox"/> Food/basic needs <input type="checkbox"/> Credit card or other debt <input type="checkbox"/> Risk of repossession/bailiffs <input type="checkbox"/> Other, please say:
How are you feeling about your situation?	I'm fine <input type="checkbox"/> I'm going to be OK in a while <input type="checkbox"/> This is going to have a major impact on my/our lives <input type="checkbox"/> I'm desperate and don't know what to do <input type="checkbox"/> Other, please say:
Your physical or mental health	<input type="checkbox"/> I'm worried about my physical / mental health, or that of someone in my household. Please give details:
Please tell us about any other issues concerning you and your household	