



Connect

**Carnon Downs, Devoran, Feock
and Point & Penpol**

Food and how to get it

The following businesses have kindly offered help to those self-isolating.

Carnon Downs Spar

The shop will be open from 7am till 8pm daily. We may need to close sometimes during these hours to allow us to restock the shelves. Social distancing practices are in place within the shop to ensure that our staff and customers are kept safe and we politely ask you to respect this and our staff who are working hard to ensure that you can get your essential items.

Phone orders for shopping can be placed between 9am and 12 noon on **07379 241780**

The Parish Council will arrange a volunteer to deliver the shopping to you.

Maximum of 20 items per order – limited to 20 orders a day to help them maintain stock.

The post office is also open for withdrawing pensions, cash and bill payments.

A big thank you from the Parish Council to the Spar for the staff's hard work putting together the extra orders for delivery by our volunteers. This service is for those who are self isolating and/or are in the vulnerable category and have no other way to get their shopping, ie. no friends or family able to do this for them – we really want to make sure those who are really in need can access this service, please only use it if you really need to – thank you.

Linden Hey Garden Tea Room, Penelewey

Home cooked hot meals every Monday, Wednesday and Friday to be delivered direct to you. 48 hours notice required. Payment can be made over the phone. Call Nina Davey 01872 865106

The Old Quay Inn

Take Away Menu

Available daily 12 noon to 2pm and 5.30pm to 8pm - except Sunday evenings

Soup of the Day (Vg) - £6.50

Whitebait - £7.50

Beer Battered Fish & Chips - £6 small £10 large

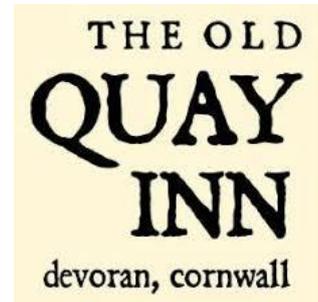
Scampi & Chips - £6 small £10 large

Beef, Chicken Breast or Vegetarian Burger - £10

Pasta of the Day - £8

Curry of the Day- £10

Roasted Squash, Spinach, Red Onion and Cumin Risotto
(Vg) £10



Roasts upon request on Sundays, please pre-order by Friday. Desserts also upon request

This is a new way of doing things for us and we would really appreciate your feedback on how we can best support you during these unprecedented times. If you need any supplies, we will do our best to source it for you and deliver it to you at cost.

We are here to help and support.

As we are working with only a few staff we would prefer if you could phone your order and collect at a time that suits you, we can accept cash or card payments.

If you are unwell and need a food delivery, there are volunteers helping with deliveries, please let us know and we can try to arrange that for you.

Please phone rather than email as emails are checked intermittently [01872 863142](tel:01872863142)

Carnon Downs Garden Centre

The Valley View Restaurant is offering takeaways, place orders by 3pm the day before to avoid disappointment, you can place orders by phone or email including customer name, contact name, meal collection time and meal choices.

Tel: 01872 863058



Great Cornish Food Store (or the Cornish Room at Waitrose)

To help reduce the spread of infection and to provide a lifeline to those who are self-isolating or social distancing, the Great Cornish Food Store in Truro has introduced a home delivery service.

The minimum order is £30 (excluding delivery charge) and orders placed by 4pm will be delivered the following day (Monday to Saturday, no deliveries on Sunday).

The logo for Great Cornish Food, featuring the words "GREAT CORNISH FOOD" in a stylized, outlined font, centered between two horizontal blue bars.

At the moment the service is open to any households within a 10 mile drive of the store. It's likely that will soon change to a wider radius, but on designated days of the week to different areas. Orders can be taken over the telephone by calling the dedicated order line [01872 306063](tel:01872306063) or order forms can be downloaded and emailed to store@greatcornishfood.co.uk. Delivery charges are £5 on orders between £30 and £100; free on orders of more than £100.

For those who are still getting out and about, the store itself remains open and the café is running a takeaway service.

Don't want to go to the shops? Lots of local businesses are taking the initiative to make sure we have access to great local food

Baker Tom's Mobile Bread Van will be parked up on Wednesdays and Saturdays in Devoran Village Hall car park from 2pm to 3.30pm and in the Church Hall car park in Feock at 12 noon, again on Wednesdays and Saturdays.

Baker Tom's Bread Box

Home delivery service. From today customers with a TR POSTCODE can order a Baker Tom Bread Box delivered to their door.

£7 Small Box

£12 Large Box

Delivery Charge £4.

Please see our website for details and how to order.

www.bakertom.co.uk/bread-box/



Place your order by 2pm. Your bread is baked through the night and delivered the next day.

Orders taken Monday – Friday. Friday orders are delivered on a Monday.
Card payment taken when ordering.

Please call the bakery on 01209 218989 to place your order.

Example contents this week.

Small Box – £7

2x Saffron Buns

2x Cheese Scones

2x Teacakes

1x Small Light Wholemeal Loaf

1x Small Organic White Loaf

Large Box – £12

6x Rolls

4x Teacakes

1x Organic White Loaf

1x Light Wholemeal Loaf

1x Rosemary and Sea Salt Focaccia



Hanson's Fine Foods will be in Feock Church Hall car park on Fridays at 12 noon He specialises in cheese but also has duck eggs, honey, butter and rape seed oil.



Incredible Bulk with dry foods and cleaning products. Incredible Bulk will now deliver orders to those self-isolating as they are not currently making their usual village stops.

For further details: **07748 707217**

Email incrediblebulk@mobilezerowasteshop.co.uk

Devoran visits

During the COVID-19 crisis the following producers will be visiting Devoran. You can find them in Devoran Village Hall car park.

In these unprecedented times, we ask that customers respect the government's current guidelines and maintain the recommended 2m minimum distance from others for everyone's safety.

Please can we remind car owners parking in the village hall car park not to do so on those days to maximise the space available for the produce vans and the customers queueing 2m apart

EVERY WEDNESDAY

Penny's pies. 9.30pm to 12.30pm

Baker Tom 2pm to 3.30pm Please check Baker Tom's website or Facebook page for any time change

EVERY FRIDAY

Hanson Fine Foods 9.30am to 11.30pm

EVERY SATURDAY

Penny's pies. 9.30am to 12.30pm

Village Market Fish Man with Fish, Vegetables, Preserves & Flowers. 1.00pm

Baker Tom 2pm to 3.30pm Please check Baker Tom's website or Facebook page for any time change

Incredible Bulk will deliver orders to you. Check their Facebook page or phone 07748707217 for further details.

South Coast Fisheries

Due to a huge demand for our products we are having to change the way we process orders. We are now offering a FREE NEXT DAY Delivery across the county on all orders over £20!

We are taking orders for next day delivery up until 1pm MONDAY - FRIDAY. Anything ordered on Friday will be delivered on Saturday. If you are unable to get hold of us please bear with us, leave us a message with your full name and phone number and we will get back to you ASAP.

Give us a call: 01209 214212



Meadowside Nursery, Quenchwell, Carnon Downs

www.meadowsidenursery.com

Fresh veg available at the weekends 9am to 4.30pm

Cauliflower. £1

Purple sprouting £2 a bag (400g)

Cabbage red/green large £1 small 50p

Cauliflower. £1

Purple sprouting £2 a bag (400g)

Cabbage red/green large £1 small 50p

Beetroot large 50p each

Radish £1

Rhubarb £2 a bundle (450g)

Swede large £1 small 50p

Potatoes £1 a bag. (1kg)



Now also now offering click and collect – if you can't collect due to self isolating, the Parish Council can arrange to pick up and delivery for you.

Send them a message via Facebook to place your order www.facebook.com/Meadowsidenursery1/

Meat delivery service - available from Monday 30th March via the Parish Council

1. The Parish Council will take your order and pass this to local butcher RJ Trevarthens
2. The butcher will take payment from you over the phone
3. We will arrange a volunteer to drop your order on your doorstep
4. Orders received by 12 noon will be delivered the next day (Tuesday to Saturday)
5. There is a large range available, full details available on our website www.feockpc.com/coronavirus
6. If you'd like to check if something specific is available you can phone Trevarthens direct on 01326 377081 before ordering.

To place an order please phone the Parish Council on

07904 547822

The butchers in **Carnon Downs Spar** is still open and you can still order meat with your Spar shopping delivery.

