

EMERGENCY PROCEDURES: PHONE NUMBERS

Financial Support:

Foodbank: 07950 159841

Citizens Advice Bureau: 03444 111444

Step Change: 0800 138 1111

Shelter: 0808 800 4444

Christians Against Poverty: 0800 328 0006

Safeguarding support:

Early Help: 01872 322277

MARU: 0345 1231 116

NSPCC: 0808 800 5000

Childline: 0800 1111

Domestic Abuse:

First Light: 0300 777 4777

Addaction: 0333 2000 325

Wider Support:

Gulval Church: 01736 360992

Family Information Service: 0800 587 8191

Healthy Cornwall: 01209 615600

Bereavement Support:

CRUSE: 01726 76100

Penhaligons Friends: 01209 210624



Health support:

NHS Helpline: 111

Sunnyside Surgery: 01736 363340

Alverton Surgery: 01736 363741

Rosmellyn Surgery: 01736 330909

Morrab Surgery: 01736 363866

Chemists:

Day Lewis: 01736 362110

Boots: 01736 362135

Lloyds: 01736 367456

ADVENTURE

