

➔ How can I stay calm?

Some days will go to plan, others won't. Some days you'll feel anxious and panicked, other days relaxed. This is normal. On the days where you're feeling stressed out it's important to try to remain as calm as you can to protect your wellbeing.

Life isn't normal at the moment. It's actually very unsettling and strange, so it's important to recognise that while there are things you can control, there's things you simply can't.

Really try to focus your mind on all those things that are within your control – this'll help reduce any panic or anxiety. But it's okay not being able to solve every problem you have at the moment. It's unrealistic to think you can and can actually cause you more stress and anxiety. Here is an example: Coronavirus – you can't control the current situation, but you can control how you react and your thoughts and actions around it. Things like keeping to the guidelines can provide a feeling of control and safety.

➔ Understanding what's within your control

If you're feeling overwhelmed, this is a useful exercise to help you focus on the things you can control - and it only takes a few minutes. Write down and share the below with someone you trust:

- Things you feel you have little or no control over
- Things you feel you have some control over
- Things you have lots of control over

This can be anything from work-related activities to money and everything else in between. Once you have your list, chat it through and try to identify what you need to focus on.

- ➔ 1. Stay in touch with family, friends, neighbours. Share your feel with a close friend.
- 2. Continue being physically active at home.
- 3. Keep learning new skills or try something like painting, gardening, singing to your favourite song. [St Ives Library](#) offer click & collect.
- 4. Supporting others can help you make new friends.
- 5. Fresh air, sunshine improves your mood & make you feel energetic because of Vitamin D. A 10-minute walk makes all the difference. More ideas on [Healthy Cornwall](#).
- 6. Continue eating healthy & drink at least 2 Litres of water every day.
- 7. Keep your regular sleep pattern (avoid naps during the day, if possible).

- [NHS Every Mind Matters](#): tips to avoid anxiety, low mood, stress. You deserve a good night's sleep.
- Join an online community: Try [Cornwall Link](#) or [Meet Up](#) for ideas. If you need help with IT, call [CRCC](#)'s friendly IT support 01872 243 557.
- [Stennack Surgery](#) 793 333 and ask to speak to your GP or social prescribing link worker.
- If you just need someone to talk to, the [Samaritans](#) are always open 116 123. Alternative is to contact [Valued Lives](#) 0800 260 6759.
- ➔ For elderly: Keep fit with [I Care I Move](#). You may call 24/7 [Silver line](#) 0800 470 8090 or [Age UK Advice Line](#) 0800 678 1602.
- If you worry about someone's mental health, call [Mental Health Cornwall](#) 0800 038 5300 available 24/7. Call 999 if someone is in danger.

➔ stivesclt.org.uk has a short survey about how you are and if you have been volunteering
Help & Helplines

Disability Cornwall	759 500
Helping hands	0333 122 9207 or 0333 060 5874
Domestic Abuse children	0808 800 5000
Foster Caring	01895 200 300
Domestic Violence women & children	0808 2000 247
Men's Advice	0808 801 0327
LGBT Anti-Violence	0800 999 5428
Support for Families	0800 587 81 91
Men Cap help with learning disability	0808 808 1111
St Ives Town Council	797 840
Hospice Care	01726 829 874
Coping with Grief	0808 808 1677
TAP Transport Access People	01872 223 388
Anxiety Symptoms or Anxiety Self Help Leaflets	
Mental Health Mind	0300 123 3393
Alcoholics Anonymous	0800 9177 650
Drug Addiction self-help on-line	
Drug Addict Anonymous	0300 030 3000
Blue Bird Carers	01872 276 006
Carers Support	0800 587 8191
Exercise for All on-line gym, yoga, Zumba, stretching	
Financial Support Turn2Us on-line	
Disability Living Allowance for kids	0800 121 4600
Boots Stennack	Mon-Fri 9am-7pm 795 047
Leddra Chemist	Mo-Fr 9-5.30, Sat 9-1pm 795 432
Boots High Street	Mo-Sa 9-5.30, Su 10.30-4 795 072
Carbis Bay Pharmacy	Mon-Fri 9am-6pm 799 025

Beware of Vaccine Scams

DO NOT provide personal or financial details (Name, Bank Account) through a link. NHS or health service staff will NEVER ask for payment. **The vaccine is free of charge.** If you are suspicious, forward the email to report@phishing.gov.uk or forward the text message to **77 26** (free of charge). Block the email address or the phone number. Consequences can be devastating from on-line shopping to an empty bank account.

- ➔ If you were invited to have the vaccine, please attend the appointment.
- ➔ [Unpaid Carres](#) who need to be vaccinated, please contact dave.nathan@nhs.net.
- ➔ By 4 March 40% of people in Cornwall have had their 1st vaccinations!

A Helping Hand

We all need a little extra support at some point in our lives. Cornwall Council is offering helping hand services to help make things a bit easier. Many of the services are free or provided at cost. Visit [Council Helping Hand](#) to find out what support is available.

- ➔ Would you be able to lodge a young care leaver? Cornwall Council is looking for accommodations to 15 youngsters. More details [Support Young Career](#).
- ➔ [Youth Help Link](#) offers trendy tips by Young People for Young People to stay positive & active. Join in, they speak your language!

Local Elections on 6th May 2021

Polling stations will be Covid safe. You may vote by post or by proxy. Further information is available on [Electoral Commission](#).

... some more Health & Wellbeing

➔ **Slow the world down**

Life can feel chaotic when we feel overwhelmed. If you feel panic creeping in, find a quiet spot to take some slow, deep breaths in and out. Breathe in for a count of four. Hold for a second and then breathe out to a count of four.

Do this several times until you have a calming rhythm. If there's distractions around you, try closing your eyes for a few seconds. This can make it easier for you to focus on your breathing.

➔ **Focus on the small things that make you happy**

Little wins can make life feel a lot brighter at the moment so try to focus on the things that make you happy.

It might be finishing that series everyone's talking about, drinking a cup of tea in peace or going out for a walk for your daily exercise. Whatever it is, doing what you like to do can really make your day.

➔ **Establish boundaries**

Even if you can only be with friends and family remotely at the moment, when you're with them, focus on them and leave work behind.

To switch off at the end of your day, write a to-do list, make a note of everything that went well and what you're grateful for. This will clear your head and focus your brain on the positives of the day – do it daily so it becomes a healthy habit.

Food Shops

Co-op Stennack Mo-Su 7am-11pm 797 232

Co-op Tregenna Mo-Su 7am-11pm 796 092

➔ Co-op Delivery and/or Collection

Osbornes Mon-Sat 9am-6pm 799 770

Ayr Supply Mon-Sat 8am-5pm 791 800
Sun 8am-12pm

Tesco Mon-Sat 8am-8pm,
Sun 10am-4pm 03456779590

Harvey Butchers Mon-Sat 8am-4pm 795 073

Celtic Fish G Mon-Sat 6am-5pm 797 404
info@celticfishandgame.co.uk

Matthew Stevens Mon-Fri 8am-4pm 795 135
Sat 8-10 tradeinfo@mstevensandson.co.uk

Costcutter Corva Mon-Sat 8-10pm 798 958
Sun 10am-10pm

Costcutter CBay Mon-Sun 7-10pm 795 922

Food Co Mon-Fri 8am-4pm 794 709
Sat 8am-12pm sales@stivesfood.co.uk

Norway Stores Mon-Sun 8am-6pm 794 657

Spar Carnellis Mon-Sun 8am-8pm 796 685

Farmers Market Thu 9.30-am-2pm 795 387

Trink Dairy Buy your milk from our
vending machine open 24/7

Celtic Fish&Game deliv Mo, We, Fr 797 404

St Ives Shellfish & Mackerel Facebook for next
landing and delivery times

**Offer to help? Call 07880 436 478
or help@stivesclt.org.uk**

Miscellaneous

P.Office Wharf Mon-Fri 9-12.30 795 986

P.Office Treg Mon-Fri 9-12.30 795 004

Mobile P.Office Carbis Bay 01326 280 378

Memorial Hall Tue, Th 9.30-12.30, 1.30-5.30

Library Mon-Sat 9.30-4pm 796 297

Barclays Mo,Tu,Fr 9.30-2pm 0345 734 5345

Yorkshire Bld Soc Mon-Fri 9.30-2.30 792 129

A1 Taxi Mon-Sun 8am-8pm 797 700

Ace Taxi Mon-Sun 8am-6pm 797 799

DJ Cars irregular 796 633

Colenso Mo-Sa 8-5.30, Su 10.30-3.30 796 711

Floral Shop Mon-Sat 9am-5pm 797 286

Times & Echo Mon-Fri 9.30-4pm 795 813

Stationery enquiries@stivesnews.co.uk

Cash Machines Barclays Bank, Co-op

Stennack, Wharf PO, Colenso

Household & Similar

Electric and Gas Call to credit meter

British Gas 0333 202 9802

EDF 0333 200 5100

EON 0345 052 000

Scottish Power 0800 027 0072

SSE 0345 026 2658

N Power 0800 073 3000

Live West Tenants' Grants 0300 123 8080

Guide to Green ways to adopt at home

Bin and recycling services as normal.

St Erth Tip Mon-Sun 9-4pm If last digit
car number plate is even, visit on even dates
of month. If odd number, visit on odd dates.

Council Tax 0300 1234 200

Cornwall Housing help tenant 0300 1234 161

Community Shopping Card 01226 747 121
Mo-Fr 9-5.30 apply for free community shopping.

The card will be posted. Friends, family or
volunteers can use it to do your shopping in
stores membership@companyshop.co.uk

*"Your body is the best thing you
could ever invest in. Take care
of it and it will reward you with
a lifetime of health & happiness."*

➔ **Our Environment**

With many more working from home during the
pandemic, saving energy & money has never
been more important – as is saving the
environment.

The average household generated 2,745kg of
carbon dioxide from heating in 2017? That's
enough to fill 18,000 baths! There are lots of
ways to cut down on the energy we use & save
on the cost of our bills as well.

Let's Talk Cornwall

Save energy. Save money.

Faith Groups

St Ives Parish Churches - Sunday Service

9.30am Zoom Eucharist from St Ives Church,
contact nickwiddows@hotmail.com

11.30am Wild Church in tent socially distanced.

During week contact nickwiddows@hotmail.com

Bible Christian Methodist Church dial-a-prayer

0808 281 2514 or listen to news from the

Methodist Church 0808 281 2478

➔ Fore Street Methodist Church zoom

meetings; details William Thomas 799762

Sacred Heart and St Ives Catholic Church

Parish office 362 619

Arts & Wildlife from home

➔ Mayes Creative explore the world through
heritage, science, technology, environment

St Ives Library Mon-Sat 9.30-4pm 798 577

Fossil Mon, Wed, Fri 9am-5pm

Sat 10-1pm 0300 123 411

Book Seller Mon-Sat 11am-4pm 796 676

Real Heroes Read improve literacy, help kids

Art UK artists, themes, artworks, stories

Tate Kids ideas; mud painting, art plant pot,

draw friend, collage, colour walk, kaleidoscope

Community Orchard apple day, hope wood

Watch Wildlife birds, mushrooms, trees

Wildlife Trust farmers update, restoring seas

Cornwall Birds sighting, walks, events

Chester Zoo act for wildlife, look ahead

National Trust exotic gardens, mining history

National Theatre Romeo & Juliet, King Lear

**The latest updates are available at
stivesclt.org.uk**

Business, Employment, Training

Grow & Develop Mon-Fri 9-5 01209 708 660

contact or chat on-line

➔ Access to Growth Fund grant or email to
kirsty@ciosgrowthhub.com

➔ Kick Start Roles Cornwall's Job Centres
or theteam@smartmatching.co.uk

Telephone & Internet Fraud

Always check with your bank if you are not
sure why you have been contacted and always
question why you have received an email from
someone you don't know.

Get Safe Online free advice

National Cyber Security Centre contact or

report fraud on-line for Business

Report Fraud or Scam 0300 123 2040

National Fraud & Cyber Reporting Centre