Cornwall and Isles of Scilly
Integrated Care System

In Touch

Providing help and support across Cornwall when you need it.



Welcome

We have created this informative booklet to help you!

We hope you find it useful to read about what services and organisations are available to help you and the person you look after who has a diagnosis of dementia.

We also hope you enjoy reading the inspirational quotes.

All websites have a QR code available and ready to scan using your phone.

The services are there to help and support you. Always feel free to contact them, even if it's just for a friendly chat!

There is support for everyone affected by dementia, including carers and families

This booklet was produced by the Integrated Admiral Nurse Service which was originally founded by the Memory Café Network.


A helping hand can be a ray of sunshine in a cloudy world

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Lean on
me and
let's walk
this path
together

Cornwall Link

THE CORNWALL LINK

Connecting you to your community. A place where people from across Cornwall and the Isles of Scilly can find what you need, ask the community for help, or offer support to others.

Helpline: 0800 587 8191
Open Monday to Friday, 9am to 5pm

Website: cornwall-link.co.uk



Adult social care

Department of Health & Social Care

Care and support for older people, people with physical disabilities or learning disabilities, and mental health service users and carers.

Call 0300 123 4131. Open Monday, Tuesdays, Thursdays and Fridays,9am to 6pm

Website: cornwall.gov.uk/health-and-social-care/adult-social-care

Community Gateway

If you have an issue and do not know where to start, start with us. Our team will have a conversation about what matters to you.

We will talk with you about any urgent issues you want help with, and then invite you to look at other parts of your life which could be changed to improve your wellbeing.

Together we can draw up a plan that connects you to the right support. It will be clear in the plan what we are going to do, and what you feel you can do yourself. If you just have a question and do not want a plan, that's fine too.

You bring the expertise in your life. We can tell you about organisations and services that might be right for you, such as:

- organisations that support long term conditions
- carers support
- local community hubs
- support for benefits checks and form filling
- council and NHS teams who have the expertise to help you

If you do not have access to the internet, we can search for support in your area and give you the phone contact.

Call 01872 266 383
Open every day, 8am to 8pm, including bank holidays.

Email: gateway@ageukcornwall.org.uk

Transport Services

Transport Services (TAP) provides a service to get to non-emergency healthcare appointments for people who have difficulty accessing other forms of public transport. Appointments such as hospital, optician, dental, foot care or audiology.

They also offer transport for library trips, visiting friends, shopping and out of county health care appointments. Costs 45p per mile, with a £3 per booking fee.

Helpline: 01872 223 388

Website: ageuk.org.uk/cornwall/our-services/transport-services

Legal support

Your solicitor will be able to offer you advice and support on legal matters. Including offering you an hour's free time when it's linked to a dementia diagnosis. Find your nearest solicitor online or contact other services such as the Cornwall Carers Service or Age UK for support.

Carers free helplines

- **Carer's Direct: 0300 123 1053**
- **Carer's UK: 0800 808 7777**

Dementia and Older People's Mental Health Service

NHS
Cornwall Partnership
NHS Foundation Trust

Offers support to people with dementia or complex mental health needs while they are in the community and can be accessed through the Community Mental Health Team.

The service supports the family and carers of people referred to the service and signposts services that might offer help within the community.

They work closely with the wider health community, social care providers and voluntary sector in helping to maintain people's independence and their mental health.

Each team has a duty desk with someone available Monday to Friday, 9am to 5pm.

- **Bodmin: 01208 834 300**
- **Falmouth: 01872 221 000**
- **Helston: 01209 881 888**
- **Liskeard: 01579 373 737**
- **Newquay: 01726 873 377**
- **Penzance: 01736 571 000**
- **Redruth: 01209 318 960**
- **St Austell: 01726 873 377**

Website: cornwallft.nhs.uk/dementia-and-older-peoples-mental-health-liaison-service

Spread love everywhere you go

Memory Assessment Service

NHS
Cornwall Partnership
NHS Foundation Trust

Early assessment and diagnosis are crucial when identifying the right treatment for you and ensuring the support you need to maintain a good quality of life are in place.

The service is run by specially trained memory assessment practitioners which includes nurses, doctors, occupational therapists, and psychologists. They use a variety of assessment tools to measure different aspects of a patient's cognitive function.

If you are diagnosed with a form of dementia, you will receive a personalised care plan and follow up from a primary care dementia practitioner. The service will also provide post-diagnosis counselling and support to patients and their family.

If you're worried about your memory, visit your GP. Your GP will decide if you would benefit from a specialist memory assessment in a clinic close to home. You can also refer yourself to the service.

Email: cpn-tr.enquires@nhs.net

Website: cornwallft.nhs.uk/dementia-and-older-peoples-mental-health

It always seems impossible until it's done

Primary care dementia practitioners

NHS
Cornwall Partnership
NHS Foundation Trust

Primary care dementia practitioners work across most of Cornwall. The main purpose of their role is to support people who have dementia and their families.

- Offer a skilled assessment to identify the needs of people with dementia and their family carers.
- Information and advice for carers on the different aspects of caring for a relative or friend with dementia.
- Work with people and their families from their diagnosis throughout their dementia journey, providing emotional, psychological support and guidance on how to access services.
- Help family carers to develop and improve their skills so they can assist with caregiving.
- Promote positive approaches to living with dementia.
- Work alongside other professional and organisations to ensure care is coordinated.
- Work with family carers to enable them to express their wishes and views about the services they receive.

To find out who your primary care dementia practitioner is, call your local area office number below.

- **Bodmin: 01208 834 300**
- **Falmouth: 01872 221 000**
- **Helston: 01209 881 888**
- **Liskeard: 01579 373 737**
- **Newquay: 01726 873 377**
- **Penzance: 01736 571 000**
- **Redruth: 01209 318 960**
- **St Austell: 01726 873 377**

Devon and Cornwall Police Herbert Protocol

The Herbert Protocol is a national scheme run by police forces that encourages carers, family, and friends to provide information, which can be used when a vulnerable person goes missing.



The Herbert Protocol initiative is named after George Herbert, a War veteran of the Normandy landings who had dementia, and sadly died while he was missing on his way to his childhood home.

The scheme is designed to help those caring for someone with dementia, and to make sure, in the event of a person going missing, the police can gain access to essential information promptly. The form can be easily sent or handed to the police in the event of a loved one going missing, reducing the time to gather this information.

Carers or relatives and friends can complete a form in advance, including important information, such as the contact numbers, medications needed, locations the person was last seen, and a photograph can be provided.



If you believe that a missing person is at a high risk of harm, call 999. Tell the police operator that you have the Herbert Protocol person profile.

24/7 general enquires: 0800 358 1999

Email: hfsc@fire.cornwall.gov.uk

Website:
devon-cornwall.police.uk/advice/advice-and-information/missing-person/missing-persons

Cornwall Fire and Rescue Service

Living Safe and Well is a free home safety visit that's tailored to an individual's needs, relating to their health and lifestyle choices.

The team can install new and check existing smoke alarms. They can also issue fire retardant bedding, furniture, throws and nightwear where needed. As well as referrals to other services for professional assessment. A custom-made Living Safe and Well information booklet is also available.



In a emergency, call 999 and ask for 'fire'.

24/7 general enquires: 0800 358 1999

Email: hfsc@fire.cornwall.gov.uk

Website:
cornwall.gov.uk/fire-and-rescue-service/keeping-safe/community-safety/living-safe-and-well

Cornwall Mobility

The largest, most dynamic mobility centre in the UK. They aim to provide solutions, services, support, and reassurance to people of all ages who face independence and mobility challenges.

- Getting on the road: Driving assessments and vehicle adaption.
- Getting out and about: Wheelchairs, scooters, and walkers.
- At home: Kitchen, bathroom and living room assistance.
- Further information, advice, and training.

Call 0333 305 3398
Open Monday to Friday, 9am to 5pm

Email: info@cornwallmobility.co.uk

Website: cornwallmobility.co.uk



Healthwatch Cornwall

Your local health and social care champion. From Saltash to Penzance and everywhere in between, Healthwatch are independent and make sure NHS leaders and other decision makers hear your voice and use your feedback to improve care.

If you use GPs and hospitals, dentists, pharmacies, care homes, or other support services in Cornwall, they want to hear about your experiences. If you have a query about a health and social care service, or need help with where you can go for further support, get in touch.

Call 01872 273 501
Open Monday to Friday, 10am to 1pm

Website: healthwatchcornwall.co.uk

Hear our Voice report

The 'Hear our Voice: Improving dementia and memory loss services and support in Cornwall through carer experience' report is the culmination of a collaborative project in which more than 160 carers shared their views and experiences.

Website: healthwatchcornwall.co.uk/news/2023-03-20/new-research-shows-people-cornwall-living-dementia-and-their-carers-often-struggle

Lasting power of attorney

A lasting power of attorney is a legal document that lets you (the donor) appoint one or more people (known as attorneys) to help you make decisions or to make decisions on your behalf.

This gives you more control over what happens to you if you have an accident or an illness and cannot make your own decisions (you lack mental capacity). There are 2 types of lasting power of attorney:

Health and welfare lasting power of attorney

Gives attorneys the power to make decisions about things like:

- your daily routine, for example washing, dressing, eating
- medical care
- moving into a care home
- life-sustaining treatment

Property and financial affairs lasting power of attorney

Gives attorneys the power to make decisions about money and property for you, for example:

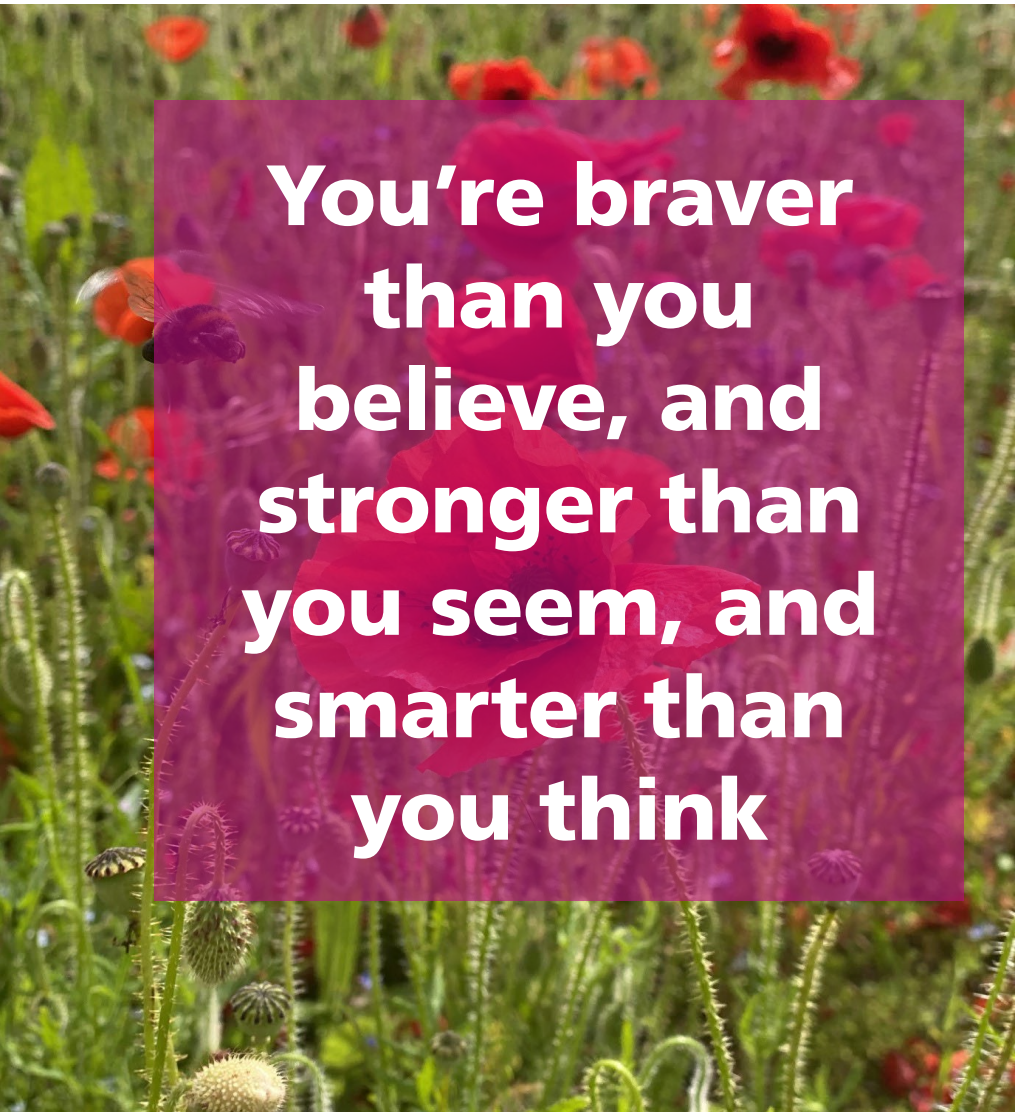
- managing a bank or building society account
- paying bills
- collecting benefits or a pension
- selling your home

Website: gov.uk/power-of-attorney

End of life

Cornwall Hospice Care's useful links directory has links and contact information for a range of organisations and charities.

Website: cornwallhospicecare.co.uk/our-care/usefulinksdirectory



Advance care planning

Encourages you to discuss and write down how you would like to be cared for and what you would like to happen if you are unable to communicate your wishes.

Having these discussions, or completing an advance care plan, is entirely voluntary. The only legally binding decision some people wish to make is an 'advanced decision to refuse treatment'. This can be part of, or separate to, your advance care plan.

Your health, and your preferences, can change over time, and any decisions that you make can be changed at any time in the future.

If you'd like a template for an advance care plan, or to discuss how to write one, speak to the team looking after you, or have a look at the webpage where you can find information, videos, and templates for advance care planning.

Website:
royalcornwallhospitals.nhs.uk/services/advance-care-planning

In the presence of dementia, laughter can still be the best medicine

Cornwall Council Library Services

Libraries are welcoming and safe places to visit with friendly staff on hand to help. They provide services and signposting to people living with dementia.

Free to join online or in person with no fees. Membership gives free access to books, audio books and eBook and eAudio books including books about dementia (living with, caring for, and personal stories).

There is also a mobile library service for rural areas, where there is no static library or micro library. Customers can board the mobile library and browse the library stock. They can also continue to order books online to browsing the online library catalogue.

Groups include:

- knit and natter
- board games
- poetry for pleasure

Website: cornwall.gov.uk/libraries-museums-and-archives

It is not the strongest of the species that survives. It's the one that is most adaptable to change.

Disability information and advice line

Information and advice for people living with a long-term health condition or disability, families, carers, and professionals.

This dedicated service provides support across a full range of disability related enquires:

- money and welfare entitlements
- housing and home environment
- training, volunteering and employment
- social and leisure opportunities
- independent living and equipment
- health and wellbeing

This service is provided by DisAbility Cornwall.

Call 01736 759 500
Open Monday to Thursday, 9am to 4.30pm,
Fridays, 9am to 4.30pm

Email: advice@dialcornwall.org.uk

Website: disabilitycornwall.org.uk



Payroll and Managed Accounts Service

Payroll & Managed Accounts Service
Cornwall and IoS

Affordable services to take the strain and leave you free to live your life, your way. The service delivers a complete, professional, and friendly service for people who employ their own PAs.

All you need to do is advise the hours your PAs work each month and they produce their pay slips and an employer summary for your records.

They act as your agent with HMRC and will process all aspects of payroll,including monthly RTI submissions, end of year returns, starters and leavers, P60s, statutory payments and holiday calculations. They also provide a fully comprehensive pension support service at no extra cost.

The service can receive your care and support budget direct from a local authority or the NHS and make all the necessary payments on your behalf, as well as fulfilling any auditing requirements. The service is also available if you are self-funding your own care.

This service is provided by DisAbility Cornwall.

Call 01736 751 929

Email: hello@pamas.org.uk

Website: disabilitycornwall.org.uk

Dementia Carers Count

Can support you to develop your skills and build confidence to navigate the highs and lows. Learning how to make life manageable, maintain your own health and well-being is vital when caring for someone with dementia.



You may not think of yourself as a carer, particularly if the person with dementia is a partner, parent, or close friend. But both you and the person with dementia will need support to cope with the symptoms and changes in behaviour. Remember that your needs as a carer are as important as the person you're caring for.

It's a good idea to:

- make sure you're registered as a carer with your GP
- apply for a carer's assessment to see what might help we could put in place to make your caring role easier
- check if you're eligible for benefits as a carer
- attend training courses that can help you care for someone with dementia

Website: dementiacarers.org.uk

Careblazer Survival Guide

Stop being a caregiver and become a careblazer. This guide gives practical help for those carers looking after a loved one living with dementia.

Careblazer: Noun, a person who loves and cares for someone with dementia. Also known as a dementia care hero.

Email: cmcn@disabilitycornwall.org.uk

Website: cornwallmemorycafes.co.uk/resources

The best thing I heard of is a YouTube channel called 'Dementia Careblazers'. Very practical help and short manageable videos with individual topics. This is what dementia services should offer.

Worried about your memory?



Becoming forgetful does not always mean you have dementia. There can be many causes of memory loss, but it's better to know. If you're worried about yourself or someone close to you, complete a symptoms checklist and show it to a GP or health professional.

Website:
alzheimers.org.uk/form/checklist-for-dementia-symptoms

Music For Dementia

Music can make a difference to people living with dementia and their families. Science shows it can help manage mood and anxiety, it can bring back memories and feelings, it can reconnect people to those they love. That's why we want music to be made an essential part of dementia care.

Website:
musicfordementia.org.uk/how-to-use-music

Purple Angels

A free MP3 music player bespoke to the individual. Purple Angels ask family and close friends to tell them 15 favourite songs for the person with dementia.

To order, email norrms@gmail.com

Rare dementia support

Rare Dementia Support
Advice Community Learning

Rare Dementia Support offers specialist social, emotional, and practical support services for people living with, or affected by, a rare dementia diagnosis.

The Direct Support Team can provide guidance on a one-to-one basis, usually by email, phone, or video call. The team offers empathetic, tailored support designed to engage, educate, enable, and empower their members.

Types of assistance the team regularly offer include:

- practical and emotion support
- navigation, signposting and guidance
- educational support
- advice and guidance

Frontotemporal dementia

Refers to a group of dementias which mainly affect personality and behaviour or language and speech, depending on which areas of the brain are affected.

Posterior cortical atrophy

A rare form of dementia which can initially cause difficulties with seeing what and where things are. For example when the person is driving or reading.

Primary progressive aphasia

A term that refers to a group of dementias that affect a person's speech and language. The team supports people living with all forms, with a focus on progressive non-fluent aphasia, semantic dementia and logopenic aphasia.

Familial frontotemporal dementia
Is an inherited form of frontotemporal dementia.

Familial Alzheimer's disease
Is an inherited form of Alzheimer's disease. It is caused by a genetic fault that runs in families.

Call 0203 325 0828

Email: contact@raredementiasupport.org

Website: raredementiasupport.org

Being diagnosed with dementia does not stop you from loving or being loved

Lewy body dementia

Lewy body dementia is an umbrella term that includes dementia with Lewy bodies and Parkinson's disease dementia. It can affect thinking and memory and cause visual hallucinations (seeing things that are not there), and movement changes.

Although it is the second most common form of degenerative dementia, it can present in different ways which means that it can be difficult to diagnose. The symptoms can also be challenging to manage, as some medications for movement symptoms can worsen thinking and memory symptoms.

There are no services in Cornwall yet but there is support available through the Admiral Nurse Service (see page 38). You can also contact the Dementia UK helpline (see page 39).

The Lewy Body Dementia Association website have a wide range of resources including a diagnostic symptom checklist and online support groups.

Website: raredementiasupport.org

Visit the Parkinson's UK website for information and advice on Parkinon's. There are links to their therapy resources and information on deep brain stimulation.

Call 0808 800 0303

Website: parkinsons.org.uk

Young onset dementia

Dementia is described as 'young onset' when symptoms develop before the age of 65. The personal and social consequences of young-onset dementia can be very different than those experienced by people diagnosed with dementia later in life.

Early symptoms for younger people may include changes in:

- personality and behaviour
- speech and language
- vision and balance
- social functioning
- relationships with others
- involvement in daily activities
- motivation and mood, such as depression or anxiety
- concentration levels
- decision-making and problem-solving



There are no services in Cornwall yet but there is support available through the Admiral Nurse Service (see page 38). You can also contact the Dementia UK helpline (see page 39).

The Young Dementia Network website have a wide range of resources for young on-set dementia including employment rights, financial benefits, driving, and planning for the future.

Website: youngdementianetwork.org

Citizens Advice

We can all face problems that seem complicated or intimidating. At Citizens Advice, they believe no one should have to face these problems without good quality, independent advice.

Call 0800 144 8848
Open Monday to Friday, 10am to 4pm

Website: citizensadvice.org.uk

Safeguarding

We work as part of a multi-agency team to safeguard people who are at risk and meet our legal obligations as set in legislation such as the Care Act 2014. Abuse is a violation of an individual human and civil rights by an act, or a failure to act, on the part of another person or person.

Categories of abuse

- Discrimination.
- Domestic abuse
- Financial abuse.
- Modern slavery.
- Neglect.
- Organisation abuse.
- Physical abuse
- Psychological abuse.
- Self-neglect
- Sexual abuse.

Call 0300 1234 131
Out of hours, call 01208 251 300

Cornwall Carers Service

Cornwall Carers Service is a partnership of like-minded organisation's supporting unpaid informal carers caring for a loved one on 3 different levels of support.

Services include emotional support, information, advice and guidance, statutory assessment, access to grants, community support, carer specific training and dedicated support for all carers (including young carers and young adults).

Hospital support

Their fundamental aim is the early identification and support of carers. The caring role can be sustainable via a fast-track offer to informal carers to support hospital discharge and prevention of admission and readmission.



Levels of support

1. Help to self-manage.
2. Enhanced support when needed.
3. One-to-one support.

Website: cornwallcarers.org.uk

Call 01736 756 655
Open Monday, Wednesday and Friday, 9 to 5pm, and Tuesday and Thursday, 9am to 7pm

Carer's passport

Royal Cornwall Hospitals NHS Trust

A carer passport can be given to an unpaid carer of an inpatient if the carer is contributing to care on the ward in whatever way. This could be emotional support or sharing knowledge as an expert partner in care.

The passports are held by a nursing team and will be given to unpaid carers and filled in by the ward team with the carer. The passport is valid for each single inpatient admission and are re-issued for future admissions.

Carers can request a carer passport from a ward team. Carers do not have to show any proof that they are carers. Identified carers will be given a meal and drink and parking vouchers.

Website: royalcornwallhospitals.nhs.uk/your-care/caring-for-carers

Driving

DVLA Driver & Vehicle Licensing Agency

When someone is diagnosed with dementia, they are legally required to tell the Driver and Vehicle Licensing Agency (DVLA). It does not automatically mean they will have to give up driving straight away, although this is a possibility.

The DVLA will send the person a questionnaire and may ask their GP or specialist for further information. They may ask the person to have a health check and/or take a driving assessment.

Memory Sparkles

Memory Sparkles are here to help your loved one with dementia stay engaged and stimulated. Their subscription service provides monthly posted reminiscence resources, including a magazine and weekly newspaper, specially designed to bring joy and spark memories in those living with dementia.

Their team of experts carefully curates each issue to ensure that it is both entertaining and engaging, providing a range of articles and activities that will help your loved one remember and reconnect with their past.

With Memory Sparkles, you can rest assured that your loved one is getting the support they need to stay connected and engaged.

Call 0800 228 9698

Email: info@dailysparkle.co.uk

Website: dailysparkle.co.uk



Sensory Trust

Sensory Trust uses nature and the outdoors to improve the health and wellbeing of people living with disability and health issues, as well as families and carers.



Their Creative Spaces project supports people living with dementia and their carers. They run free outdoor activity groups engaging people in leisurely strolls around the beautiful Cornish landscape or inspire creativity through nature-based activities.

Get in touch to hear about dementia-friendly walks and garden-based groups, and to receive their nature-themed newsletter.

Call 01726 222 900. Leave a voicemail message and they will get back to you.

Website: sensorytrust.org.uk

Promas CIC

Every unpaid carer should have access to free practical and emotional support. That's why Promas CIC offer free award-winning training courses training that offers carers opportunities. The courses can help you to develop personal and practical skills in a safe learning environment.

They offer:

- training courses and sessions
- social events
- telephone and Zoom training
- Rambling Men Group
- mentoring and guidance

Call 01736 339 226
Monday to Friday 10am to 4pm

Email: info@promas.co.uk

Website: promas.co.uk



Cornwall Memory Café Network

Memory cafés are places where people with memory loss, whether diagnosed for not, along with their carer and family can find support, friendship, and information.



They aim to enhance the wellbeing of all who attend, by offering engaging and cognitively stimulating activities that are enjoyable and fun for all. Especially they offer the all-important social time together. They are not day care centres. They provide sessions of social activity and peer support for many carers they are a lifeline.

The café's offer opportunities through activities, such as music, dance, entertainment, exercise, paper therapies and the all important social time together.

Call 01736 697 459

Email: cmcn@disabilitycornwall.org.uk

Website: cornwallmemorycafes.co.uk

Memory Matters

Memory Matters is a local social enterprise co-founded by 2 ex-nurses who were driven to ensure all people living with dementia have access to cognitive stimulation therapy.



Cognitive stimulation therapy is recommended for people with mild to moderate dementia and has been clinically proven to slow decline in memory and other thinking skills. It is recommended in guidelines issued to the government by NICE.

They provide fun weekly sessions in small face-to-face groups. The sessions involve a wide range of activities that stimulate thinking and memory. Groups are relaxed and fun, and provide a space to make friends, share common difficulties and find solutions.

Call 01752 243 333

Email: hello@memorymatters.org.uk

Website: memorymatters.org.uk

Admiral Nurse Service

NHS
Royal Cornwall Hospitals
NHS Trust

Our admiral nurses are registered nurses who provide one-to-one telephone liaison support up to 6 weeks to families and carers giving person centred guidance and emotional support.



They also suggest practical solutions on how to live more positively with dementia. Our nursing assistant practitioner provides ongoing care (up to 3 follow-up calls) and support to the families and carers. They ensure a safe discharge from the service and the knowledge to get back in touch if needed.

Inclusive referral criteria:

- person they care for has a confirmed diagnosis of dementia
- family member or carer has consented to the referral

Clinical lead: 07823 535 934
Monday to Friday, 8am to 4pm

Email: rcht.admiralnurse@nhs.net

Website: royalcornwallhospitals.nhs.uk/your-care/safeguarding

Dementia UK

If you need information, advice, and support with any aspect of dementia or Alzheimer's, get in touch. Dementia UK are there to support you.

They can support the whole family and work towards a day no one has to face dementia alone.

Their website has a wide range of information from living with dementia, understanding the changes in dementia, family or care support and legal and financial information.



Call 0800 888 6678
Monday to Friday, 9am to 9pm
Saturday and Sunday, 9am to 5pm

Website: dementiauk.org

Alzheimer's Society

The Dementia Support Service is delivered by dementia advisers. It is designed to help people affected by dementia to understand the condition, cope with day-to-day challenges, and prepare for the future. Face-to-Face, over the phone or in writing, the service will help you to remain independent and stay active for as long as possible. It helps you to access the information and advice you need to make informed decisions about your wellbeing and find other services which can help improve your life.

Information provision telephone line

Information and support to anyone with concerns about dementia or memory loss. This includes people with dementia, carers, relatives, friends, and professionals. This service can offer free publications, fact sheets and make referrals to local services.

Singing for the Brain Service

An invaluable service for people affected by dementia. Sessions takes place at Threemilestone Methodist Church (postcode TR3 6DP). For more information, contact Cornwall's Alzheimer's Society branch using the details below.

Call 01872 277 963
Open Monday to Friday, 9am to 5pm

Email: cornwall@alzheimers.org.uk

Website: alzheimers.org.uk

Inclusion Matters

Inclusion Matters brings together several charitable and public sector organisations which share a vision for Cornwall. Residents over the age of 18 with health and wellbeing needs can access information that can help them increase their wellbeing and connection to their community.

They offer one-to-one support by telephone or online covering a wide range of topics. If you or someone you know needs support to use online services, the team can be contacted by email.

Support after a hospital stay

We know that a hospital stay can be daunting and the importance of support when you get back home. Their hospital discharge worker will support you to have an action plan so that your recovery and recuperation goes smoothly. Call **07590 362 024**.

Call 01872 266 383
Open Monday to Friday, 9am to 5pm

Email: digitalinclusion@cornwall.gov.uk

Website: inclusioncornwall.co.uk



Age UK Cornwall and the Isles Of Scilly

Active Living Support enhances and enriches the lives of older people. It does this by offering a high-quality service that is tailored to a person's needs.



The service is available from the comfort of your own home and/or within your local community. Services include aspects of home support, shopping, gardening, social activities, companionship, cognitive stimulation therapy and administration.

Staff can deliver a safe and caring service, with an emphasis on promoting independence, health, and wellbeing. We also offer community hubs, information and advice, carer support, veterans support, support with benefits, Macmillan support, step into wellness and support from hospital.

Call 01872 266 383
Monday to Friday, 9am to 5pm

Email: email@ageukcornwall.org.uk

Website: ageuk.org.uk/cornwall

Feeling lonely?

The Silver Line
helpline for older people

The Silver Line Helpline run by Age UK is a free, confidential telephone service for older people. They provide friendship, conversation, and support 24 hours a day, 7 days a week.

Call 0800 470 8090

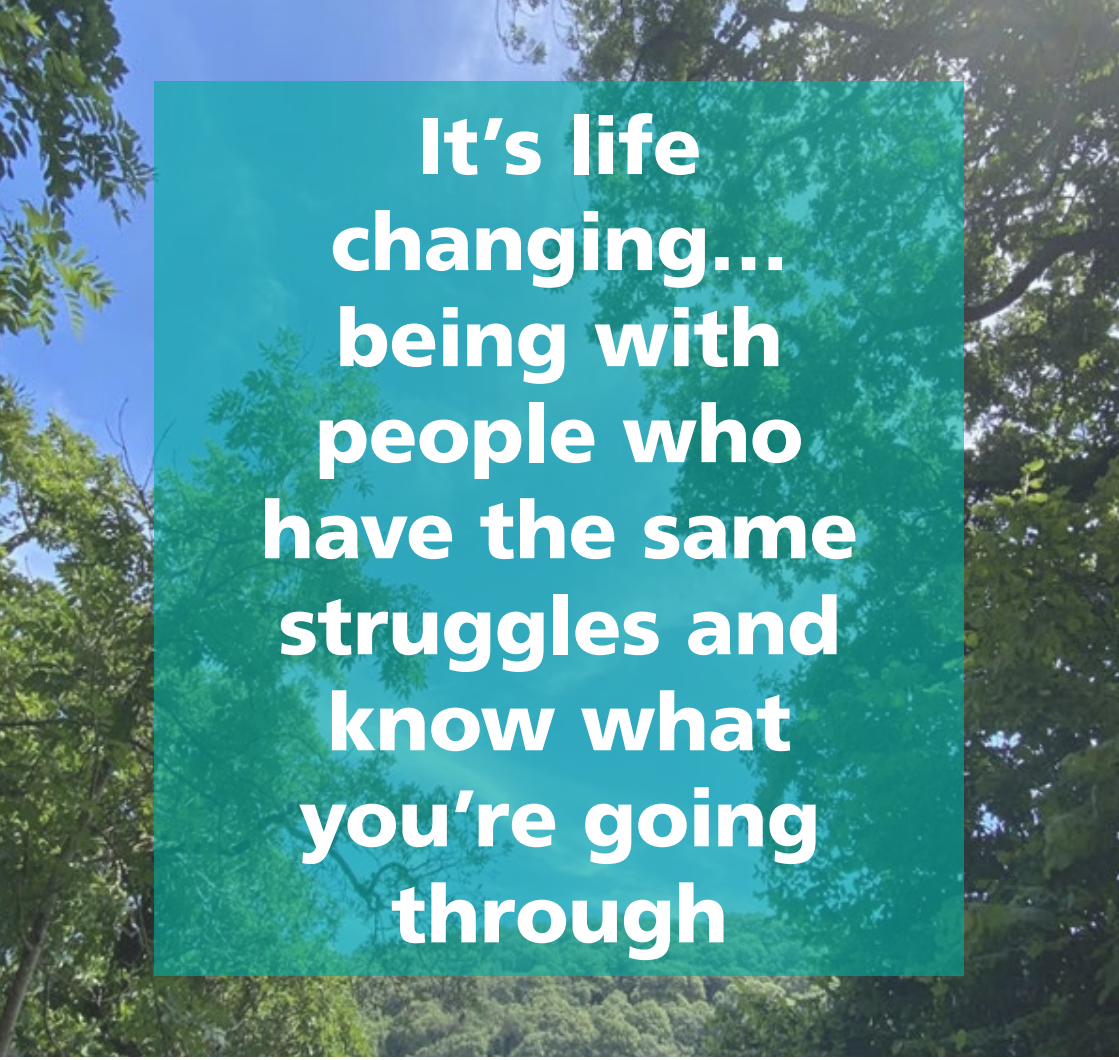


Feeling unwell?

If you notice that your loved one is not feeling well, call your GP service or 111 to ask for advice and support.

In an emergency, call 999





It's life changing… being with people who have the same struggles and know what you're going through



Get this information in another format email:
cpn-tr.communications@nhs.net

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