

Services List

Slips, Trips, and Falls

- Cornwall Council Handyperson Scheme- 01872 224707 – Provides help with household maintenance and repairs for people over 60 or who have a disability. There is a charge for this service.

Carers Support

- Kernow Carers Service - Support in Cornwall - 0800 587 8191/01872 323535
- Ask4All - support for those with disabilities and their families - 01752 851612
- No one alone - veterans with sight loss - 0800 3897979
- Disability Cornwall - DIAL - 01736 759500
- Promas - 01736 339226 - courses to support people who care for others
- Merlin Centre - support with MS 01726 885530
- Twelves Company - support with domestic abuse/violence 0300 7774777
- Cornwall Care - 01872 261787

Practical Support

- British Red Cross- 01209 614929 – Support at home e.g. prescriptions collection/shopping/transport. For rural areas.
- Assisted waste collection service- 0300 1234 141 – Will collect waste for people unable to carry it to drop off point. Won't enter people's homes.
- Cinnamon Trust - 01736 757 900- Charity which provides help with looking after pets e.g. Dog Walking
- Volunteer Cornwall Transport - 01872 265300- Provide door to door journeys for people without transport. 24 hours contact number. Charges apply.
- TAP - 01872 223388
- RVS Car Service (St Austell) - 01726 63770
- NHS Dentist : NHS Choices – NHS 111
<http://www.nhs.uk/NHSEngland/AboutNHSservices/dentists/Pages/find-an-NHS-dentist.aspx>
- Pharmacy/Community Pharmacy: Check opening times and accessibility
- Cornwall Mobility - 01872 254920
- CHIN (Newlyn) Car Service & Befriending Scheme - 01736 350909

Safety and Security

- Home Fire Safety Check- 0300 1234 232 or complete online assessment survey – Free checks for those in greatest need. Will arrange to visit home, go room to room, identify risks, plan escape route and fit smoke alarms if needed.
- Cornwall Council Handyperson Scheme- 01872 224707 – Can carry out 'odd jobs' such as fitting key safes).
- Poppy Calls (Royal British Legion Handyman Service) – 0808 802 8080
- Local Neighbourhood Watch – Draw client's attention to any existing systems in their community. Some Housing Associations have information on this.

Social Networking

- Age UK Befriending- 01872 266388 – Volunteers will either visit or call on a regular basis to provide companionship and to help combat loneliness. This scheme operates in mid and East Cornwall (Redruth upwards)
- West Cornwall Befrienders - 01736 334676 – As the Age UK scheme but operating in West Cornwall (from Redruth downwards).
- Carrick Mind Befriending – 01326 617220
- Falmouth Befriending - Falmouth Age Concern - 01326 313620
- Local Coffee Mornings- Vary depending on location. Check local notice boards or newspaper.
- Silverline Telephone Befriending Service - 0800 470 8090
- Contact the Elderly - 0800 716 543

Eating Well

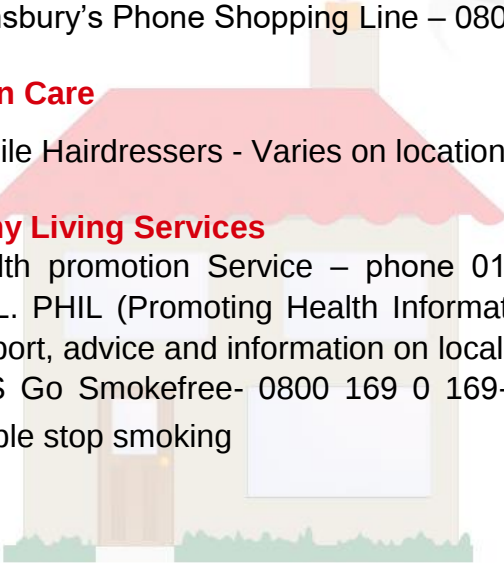
- Adult social care- 0300 1234 131- Can say who provides Meals on Wheels service in the area
- Wiltshire Farm Foods- 0800 077 3100/01326 378444 - Frozen meals home delivery service
- Oakhouse Foods - 0333 370 6700
- Foodbanks - see separate page or for information go to <https://www.foodandcornwall.org.uk/whats-out-there/foodbanks-in-cornwall/>
- Sainsbury's Phone Shopping Line – 0800 917 8557

Person Care

- Mobile Hairdressers - Varies on location. Check yell.co.uk.

Healthy Living Services

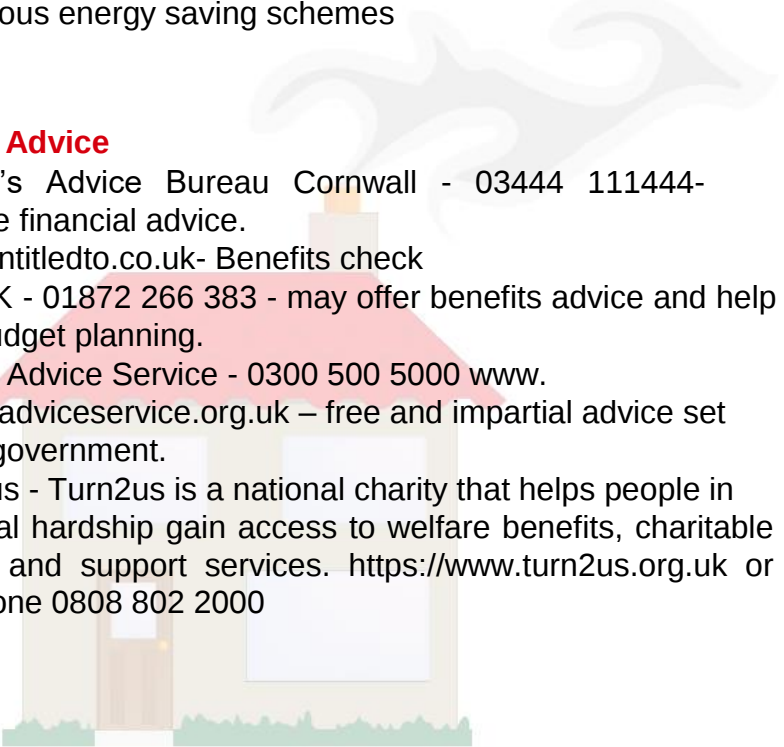
- Health promotion Service – phone 01209 215666 to 'ask PHIL. PHIL (Promoting Health Information Line) is here for support, advice and information on local services
- NHS Go Smokefree- 0800 169 0 169- Advice line to help people stop smoking



Warm Home

- Community Energy Plus Winter Wellbeing Campaign - 0800 954 1956 - advice about staying warm and combating damp and mould, as well as assisting vulnerable householders with applications for insulation and heating schemes. They also can offer reduced price boiler servicing and an oil buying club.
- Energy Saving Advice- 0300 123 1234- Provides advice on various energy saving schemes

Benefits Advice

- Citizen's Advice Bureau Cornwall - 03444 111444- Provide financial advice.
 - www.entitledto.co.uk- Benefits check
 - Age UK - 01872 266 383 - may offer benefits advice and help with budget planning.
 - Money Advice Service - 0300 500 5000 www.moneyadviceservice.org.uk – free and impartial advice set up by government.
 - Turn2us - Turn2us is a national charity that helps people in financial hardship gain access to welfare benefits, charitable grants and support services. <https://www.turn2us.org.uk> or telephone 0808 802 2000
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OTHER USEFUL CONTACTS

- Expert Patient Programme - 01579 373500 - Help manage long term illnesses
- GB locksmiths Cornwall Locksmiths - 01288 355093 - 24 Hour Locksmith. Approved by the Master Locksmith Association. Will cover all of Cornwall but based in Callington and Bude so call out may be expensive.
- Outlook South West (Counselling Services) - 01208 871905- Offer a range of therapies free of charge.
- Addaction- 03332 000355- Charity which supports recovery from drug or alcohol problems
- Ask SARA - Online help tool produced by the independent living foundation - <http://www.cornwall.gov.uk/asksara>
- The SSAFA Helpline 01872 863078 (open 10am to 12pm)

