



## **Health, Wellbeing and Disabilities Resource Sheet**

### **General Health and wellbeing**

#### **Healthy Cornwall**

Making healthy choices, stopping smoking, eating, exercise, and during pregnancy

- <https://www.healthycornwall.org.uk/>

#### **Get Active Cornwall**

Activities and advice to be more active, and healthier

- <http://www.getactivecornwall.co.uk/>

#### **Active Cornwall** (formerly Cornwall Sports Partnership)

Encouraging people to get involved in sports and physical activity, at any age.

- <http://www.activecornwall.org/>

#### **The Advocacy People**

Free independent and confidential advocacy services, including for children & young people, those who lack capacity, around mental health, and around healthcare.

- <https://www.theadvocacypeople.org.uk/seap>

#### **Reading Well; Books on Prescription**

Books that will help you understand and manage your medical condition, and wellbeing books you can order from your library

- <http://reading-well.org.uk/>
- Email: [readingwell@readingagency.org.uk](mailto:readingwell@readingagency.org.uk).

### **Financial support**

#### **NHS Low Income Scheme**

Help with NHS costs, including prescriptions, dental, eye care costs, healthcare travel costs, wigs and fabric supports, for people on a low income.

- <http://www.nhs.uk/NHSEngland/Healthcosts/Pages/nhs-low-income-scheme.aspx>

#### **Access to Work**

An Access to Work grant can help you get or stay in work if you have a disability, health or mental health condition, including paying for adaptations to allow you to work.

- <https://www.gov.uk/access-to-work/overview>
- Tel: 0800 1217479



### **Patient transport support**

Some patients are eligible to have NHS funded transport to and from hospital, for non-emergency treatment and healthcare appointments, and there are various voluntary schemes available for those who cannot get to hospital independently.

- <https://cios.icb.nhs.uk/health/patient-transport/>

### **Emergency dental care – Smile Together Dental**

For those who need urgent dental care but are not registered with a dentist.

- <https://smiletogether.co.uk/>

### **Macmillan grant**

Financial support to cover the extra costs that living with cancer can bring

- <https://www.macmillan.org.uk/cancer-information-and-support/get-help/financial-help/macmillan-grants>

### **Disability Grants**

A website providing a list of grants aimed at disabled people or all ages, sortable by condition, requirements, age of recipient, situation, and more.

- <https://www.disability-grants.org/>

### **PIP payments – video guides**

Released from 2018, the Government's short video guides to Personal Independence Payments. Available with subtitles and BSL translation.

- DWP YouTube: <https://www.youtube.com/dwp/search?query=PIP>
- BSL versions: [https://www.youtube.com/playlist?list=PLC0aQWFFHARy\\_IYZbrnJfuXzhKWotacfM](https://www.youtube.com/playlist?list=PLC0aQWFFHARy_IYZbrnJfuXzhKWotacfM)

## **Mental Health**

### **Community Mental Health Services**

Including Integrated Community Mental Health Teams, Child and Adolescent Mental Health Teams, ADHD Service, Eating disorders, and more.

- <https://www.cornwallft.nhs.uk/community-mental-health-services>

### **Mental Health and Wellbeing**

Basic NHS information about mental health. Symptoms, urgent help routes, self-help

- <https://www.nhs.uk/mental-health>

### **Outlook Southwest**

Outlook South West provides psychological treatment for NHS patients with psychological difficulties, either through self-referral or by referral from GPs and other health professionals.

- <https://www.cornwallft.nhs.uk/outlook-south-west/>
- Tel: 01208 871905



## NHS

Every Mind Matters – a range of useful resources that help spot the signs of common mental health concerns, provides practical self-care tips and guidance and, importantly, explains when to seek further support.

- <https://www.nhs.uk/every-mind-matters/>

NHS Kernow's web pages around Mental health, including routes into formal treatment.

- <https://www.kernowccg.nhs.uk/your-health/mental-health/>

## Cornwall Council

Extensive mental health information pages. including 'Five Ways to Wellbeing', Mental health Safety Plans,

- <https://www.cornwall.gov.uk/mentalhealth>

## Valued Lives

A crisis service, community based care and support, therapeutic activities, enablement programmes, and general advocacy services.

- <https://www.valuedlives.co.uk/>
- Tel: 0800 260 6759
- Email: [info@valuedlives.co.uk](mailto:info@valuedlives.co.uk)

## LGBT Hero

LGBTQ+ mental health support.

- <https://www.lgbthero.org.uk/>

## Pentreath

Pentreath promotes good mental health through personal development, education and employment. They can also provide support to gain and retain employment to those living with or recovering from mental ill health.

Also the **MHEND project**, Mental Health, Employment, Need and Debt. Working with Citizens Advice Cornwall, to help people with complex needs.

- [www.pentreath.co.uk](http://www.pentreath.co.uk)
- <https://www.pentreath.co.uk/projects/adults/mental-health-employment-need-and-debit-mhend/>
- Tel: 01726 862727
- Email: [pentreath@pentreath.co.uk](mailto:pentreath@pentreath.co.uk)

## Drug and Alcohol support

We Are With You Cornwall with support and advice for those who need support with drugs, alcohol or mental health, for themselves or a friend/family member.

- <https://www.wearewithyou.org.uk/>
- <https://www.wearewithyou.org.uk/services/cornwall-truro/>
- 0333 2000 325 (24 hours)



### **BEAT Eating Disorders**

Support and information for people with eating disorders, and those around them.

- <https://www.beateatingdisorders.org.uk/>
- Main helpline 0808 801 0677

### **Mencap**

Resources to support those with learning disabilities with their mental health.

- <https://www.mencap.org.uk/learning-disability-explained/research-and-statistics/health/mental-health>

### **National Autism Society**

Resources around mental health and people with autism.

- <https://www.autism.org.uk/advice-and-guidance/topics/mental-health>

### **Doctors of the World**

Information in many other languages, including around mental health.

- [https://www.doctorsoftheworld.org.uk/translated-health-information/?\\_gr=wellbeing-guidance](https://www.doctorsoftheworld.org.uk/translated-health-information/?_gr=wellbeing-guidance)

### **Youth Wellbeing Directory – Anna Freud National Centre for Children & Families**

A children's mental health charity which operates a nation-wide directory of free mental health services and support for children and young people (up to age 25).

- <https://www.annafreud.org/on-my-mind/youth-wellbeing/>

## **Crisis support**

If you are in crisis and need support then contact your GP or NHS Direct on 111. Other support available includes:

- Cornwall 24/7 NHS mental health support helpline: 0800 038 5300
- Valued Lives – 01209 901438 <https://www.valuedlives.co.uk/>
- Samaritans – 116 123 <https://www.samaritans.org/>
- SANE – 0845 767800 <http://www.sane.org.uk/>
- Papyrus, up to age 35 0800 068 4141 <https://www.papyrus-uk.org/>
- CALM (Campaign Against Living Miserably) – for men – 0800 585858 <https://www.thecalmzone.net>
- Childline – for under 19s – 0800 1111 <https://www.childline.org.uk/>
- Community Mental Health Team – 0845 2077711
- Young Minds text crisis support – Text YM to 85258 24/7 <https://www.youngminds.org.uk/young-person/youngminds-textline>



## Counselling and support groups

### Philippi Trust

A team of professionally trained counsellors offering confidential, individual and relationship counselling across Cornwall. The Philippi Trust is a Christian organisation, which welcomes people of any religious beliefs or none. Fees are based on the individual's capacity to pay.

- <https://www.philippitrust.com/centre-locations/cornwall-counselling-centre/>
- Tel: 0333 358 0343
- Email: [cornwall@philippitrust.com](mailto:cornwall@philippitrust.com)

### Man Down

Supporting men's mental health in Cornwall with informal, relaxed groups, where men of all ages can meet to talk about their mental health issues. Groups in Truro, Penryn and Falmouth and Redruth.

- <https://www.mandown-cornwall.co.uk/>

### She Said

Women's community mental health support groups, offering women a place to come together and discuss mental health worries and problems.

- <https://www.facebook.com/shesaidcornwall>
- [shesaidcornwall@gmail.com](mailto:shesaidcornwall@gmail.com)

### PTSD Resolution

Mental health help and support for UK armed forces veterans, reservists and families

- <https://ptsdresolution.org/>
- 0300 302 0551

### Veterans Gateway

Mental health help, and signposting to other resources, for veterans and their families

- <https://www.veteransgateway.org.uk/mental-wellbeing-advice-for-veterans/>

## Bereavement support

### Cornwall Council

Support around a death, including practical and emotional aspects.

- <https://www.cornwall.gov.uk/births-marriages-deaths/deaths-funerals-and-cremation/>



### **Cornwall Bereavement Network**

Support and signposting for those recently bereaved, including end-of-life care, funeral planning, legal services, counselling and support groups

- <https://www.cornwallbereavementnetwork.org/>

### **Penhaligon's Friends**

For young people who have been bereaved, with advice, support and guidance.

- <https://penhaligonsfriends.org.uk/>

### **Suicide Liaison Service**

This is a specialist service run by Outlook South West, which is developed to support people who have been bereaved by suicide.

- <https://www.cornwallft.nhs.uk/suicide-liaison-service>

### **Survivors of Bereavement by Suicide**

For adults who have been bereaved by suicide.

- <https://uksobs.org/>

## **Community Support / Befriending**

### **Inclusion Matters and Empowering Independence**

Promoting social inclusion

- <https://www.cornwall.gov.uk/health-and-social-care/adult-care-services/adult-commissioning-and-transformation/prevention-services/>

### **The Cornwall Link**

Find services in your community

- [www.cornwall-link.co.uk](http://www.cornwall-link.co.uk)
- Tel: 01872 266383

### **Red Cross Connecting Communities**

Supporting those who are lonely or socially isolated. Camborne/Pool/Redruth area. Plus general information on the Red Cross website about tackling loneliness.

- <https://www.supportincornwall.org.uk/kb5/cornwall/directory/service.page?id=rn82lq9lFCo>
- <https://www.redcross.org.uk/get-help/get-help-with-loneliness>

### **Homestart Kernow**

Support, friendship and practical help to parents with a child under 5 in Cornwall.

- <http://homestartkernow.org.uk/>
- Tel: 01209 214490
- Email: [info@homestartkernow.org.uk](mailto:info@homestartkernow.org.uk)



### **Royal Voluntary Service**

Support services and friendship groups. Search the website for services near you.

- <https://www.royalvoluntaryservice.org.uk/>

### **Social Prescribing**

Linking people with non-clinical support. Talk to your GP surgery to ask for a referral.

- <http://www.socialprescribingcornwall.org.uk/>

### **Independent Age**

Working with isolated older people to reduce feelings of loneliness

- <https://www.independentage.org>

## **Disabilities and specific health conditions**

For national organisations, where a local contact is not listed, try [www.supportincornwall.org.uk](http://www.supportincornwall.org.uk) with the organisation name.

### **General information around disabilities**

#### **Cornwall Council – Services People with disabilities**

Advice, support and practical aids where appropriate, for all kinds of disabilities – physical disabilities including sight & hearing loss, mental health, autism, learning disabilities, for adults and children. Also services for carers.

- <https://www.cornwall.gov.uk/health-and-social-care/>
- 0300 1234 131 (adults) or 101 (children)

#### **Disability Cornwall**

A user led, disabled people's organisation, providing a range of services to empower, assist and facilitate independent living and when necessary, act as a representative voice for disabled people, their families and carers.

- <http://www.disabilitycornwall.org.uk/>
- Disability Advice and Information Line: 01736 759 500, 07522 970 336

#### **The Expert Patient Programme**

A self-management programme for people who are living with a chronic (long-term) condition.

- <https://www.cornwallft.nhs.uk/expert-patient-programme/>
- Tel: 01579 373500 or 07824 598626

#### **Children's Hospice South West**

Hospice care for children with life-limiting conditions, and their whole family. 3 hospices, including Little Harbour, in St Austell.

- <https://www.chsw.org.uk/>



### **Cornwall Hospice Care**

End of life care, for people who are having difficulty with the progression of their illness but are not end-of-life, outpatient clinics, and community hubs. Has community hospices in St Austell (Mount Edgcumbe) and Hayle (St Julia's), and hubs across Cornwall.

- <https://www.cornwallhospicecare.co.uk/>
- <https://www.cornwallhospicecare.co.uk/our-care/neighbourhood-hub/neighbourhood-hubs-referrals/>

### **Record Me Now**

Free app for people to make lasting video legacies for family members. Designed for people who are dying or losing mental or physical capacity to leave messages for their loved ones.

- <http://www.recordmenow.org/>

### **Willow**

A charity which organises Special Days for people who are receiving treatment for conditions such as motor neurone disease, cancer, etc.

- <https://www.willowfoundation.org.uk/>

### **Changing Places toilets**

A step up from regular disabled toilets, providing an adult-sized changing table, hoist, room for 2 carers and an electric wheelchair. Now at many locations in Cornwall.

- <https://changingplaces.uktoiletmap.org/>

## **Specific conditions, disabilities or illnesses**

### **Alzheimer's Society**

Information and support if you are worried about or affected by dementia.

- <https://www.alzheimers.org.uk/>

### **Cancer**

The Cove – Treatment centre and information hub at Royal Cornwall Hospital

- <https://www.royalcornwall.nhs.uk/services/cancer-services/the-cove/>

### **iSight Cornwall**

Services to support visually impaired people living in Cornwall and Isles of Scilly.

- <https://www.isightcornwall.org.uk/>

### **Hearing Loss Cornwall**

Services to support the deaf/Deaf community and those with hearing loss and tinnitus living in Cornwall and Isles of Scilly.

- <https://www.hearinglosscornwall.org/>





## **RNID – (Royal National Institute for Deaf People)**

Help and support for people with hearing loss

- <https://rnid.org.uk/>

## **Long Covid**

- covid:aid is the UK's national charity dedicated to supporting those significantly affected by Covid-19. <https://covidaidcharity.org/>
- Long Covid Kids is a charity that aims to raise awareness of Long COVID, provide advocacy and support and look at prevention to enable all children to learn, thrive and look forward to a healthy future. <https://www.longcovidkids.org/>
- Royal Cornwall Hospitals Trust's website provides information about what to do if you have ongoing symptoms of COVID-19 via their Post Covid Syndrome Assessment Service. <https://www.royalcornwall.nhs.uk/services/post-covid-syndrome-assessment-service/>

## **Sepsis Trust**

Information about symptoms, case studies, and help for professionals.

- <https://sepsistrust.org/>

## **Cornwall People First**

User-led service for people with learning disabilities, offering easy-read guides, advocacy and more.

- <https://www.cornwallpeoplefirst.com/>

## **Merlin MS Centre**

An independent Cornish charity near St Austell, in a purpose-built facility, designed to provide a comprehensive range of subsidised and affordable therapies for those whose lives are affected by Multiple Sclerosis (MS). The services the charity provides are also available to those with other neurological conditions such as Parkinson's, Stroke, ME Chronic Fatigue Syndrome (CFS). Includes a recently refurbished hydrotherapy pool.

- <https://www.merlinmscentre.org.uk/>



## Carers Support

### Cornwall Council carers support

If you are an unpaid carer, looking after a friend, family member or neighbour, you are entitled to help. You can have a carer's assessment, which looks at the support you need, and will point you towards financial and practical support.

Targeted support is available for children and young people who are caring for a family member.

- <https://www.cornwall.gov.uk/health-and-social-care/information-for-carers/>

### Cornwall Carers Service

If you are a carer, Cornwall Carers' Service is here for you. All services are free, with help, advice and support to make caring a little easier. Specific help for young carers, and young adult carers (16-25) through Kernow Young Carers. Also, links to training for carers (e.g. manual handling, wellbeing, Alzheimer's awareness).

- <https://www.cornwallcarers.org.uk/>
- 01736 756655

### Kernow Young Carers

Kernow Young Carers, part of Cornwall Carers Service offered through Barnardo's, aims to make reduce the negative impact on young carers due to their caring role, through support services and awareness raising in schools.

- <https://www.barnardos.org.uk/what-we-do/services/kernow-young-carers>

### Carers UK

Advice, information, support and connection with other carers.

- <https://www.carersuk.org/>
- Tel: 0808 808 7777
- Email: [advice@carersuk.org](mailto:advice@carersuk.org)

### NHS Guide – Breaks and Respite

Funded respite care for carers, from a few hours to a few days.

- <http://www.nhs.uk/Conditions/social-care-and-support-guide/Pages/breaks-for-carers-respite-care.aspx>

**We have not sought to capture everything but if you feel we have missed something vital please email [bev.wilson@cornwall.gov.uk](mailto:bev.wilson@cornwall.gov.uk) with the details.**