

Directory

Arts for Dementia Made (formerly Music and Dance Education Ltd) is now running a FREE made 'in the moment' creative workshop in Falmouth Emmanuel Baptist Church on the 1st and 3rd Wednesdays of each month working with people living with memory challenges. The "creative, artistic afternoons" include singing, dancing, reminiscing and art sessions. It runs from 2pm until 4pm and refreshments are available. For more details see website www.made-arts.com or contact Chris on 0771 075 1890 / email info@made-arts.com

Breathe Falmouth Club This is an exercise club for people with breathing difficulties. They meet every Thursday 10am to 12 noon at Penryn Rugby Club, Kernick Road, TR10 8NT. For more information please check the website www.breathefalmouthclub.btck.co.uk or call 01326 315165

Gardening help We now have a (female) gardener on our books available to help with light or moderate gardening work. She is something of a plant expert too, so if you or your client/friend would like any help, or know anyone elderly who does, please get in touch with the office.

Gas Safe Cornwall Council has received another Gas Safe Charity Grant to help eligible homeowners to be Gas Safe. Who is eligible?

- Homeowners with a disability over the age of 18
- Home owners over the age of 60 in receipt of a means tested benefits such as the Guaranteed Pension Credit or Council Tax Support

Last year 60 households were helped with gas servicing and essential repairs so they could remain gas safe in their homes. The Home Solutions Team can arrange for a local Gas Safe contractor to carry out work at the homes of successful applicants. The type of work funded by Gas Safe are gas safety checks, gas servicing, gas boiler repairs or work on gas cookers, fires, pipework or water heaters.

Please call Cornwall Council Home Solutions Team on 01872 224707 for details.

Falmouth Stroke Club provides support, entertainment and outings for anyone who has had a stroke in our area. Club meetings are held twice a month in St Mary's Catholic hall (just off Killigrew St). Further information please contact either Brenda Wilkes on 01326 312392 or Caroline Drake on 01872 573235.

The ABLe Club (Active Blind Leisure) supports blind and visually impaired people to get involved in leisure activities such as indoor bowls. They also run occasional events and outings. Please contact Jean Smith on 01326 313413 for more details.

The Red Cross' 'Active Living' service provides mobility aids and short-term support at home after hospitalisation or illness. Contact: 01872 272878.

Dementia help:

There is a telephone befriending service for people with dementia and their carers in Cornwall and Isles of Scilly. The befriending service aims to improve quality of life for people living with dementia, their carers, family and friends. Contact 01872 277963.

Online Today is a new Big Lottery funded project led by RNIB, and delivered in partnership, to help people with sensory loss across the UK get online. For more details or see the RNIB website.

'Poppy Calls' is a service that is designed to help members of the ex-Service community be more independent in their own homes. It offers help with awkward jobs around the house, such as minor repairs, adaptations or fitting essential devices such as smoke detectors and community care alarms. The service is available for free to those

who have served in the Armed Forces or their dependents, are aged 75 and/or are receiving a means-tested benefit. Contact 0808 802 8080 between 9am to 5pm or email: homesupportadmin@britishlegion.org.uk

The Abbeyfield Society sharing lunches scheme offers a home-cooked meal during the week to those aged 55+ at a cost of just £5 per person. Places need to be booked in advance – telephone the housekeeper on 01326 314832 or by calling into the house; 3 Stracey Road, Falmouth TR11 4DW.

50 Plus Leisure & Social Club takes place at the Dracaena Centre every Monday afternoon (except Bank Holidays) between 1 and 3pm (free tea and coffee available from 12:30 onwards). The club is aimed at lonely and isolated older people in the community. The indoor activities (including Short Mat Bowls, New Age Kurling, Indoor Golf, Beetle Drives, Boccia and Bingo) are facilitated by military veterans. No need to book, just drop in. Contact them on 01326 319414

The Phoenix Cinema run Silver Spoon Performances most Thursdays at 1:30. Information is updated on the website every Tuesday. For details and booking contact the Phoenix Cinema directly on 01326 313072

Hairdressing & Reflexology at the Age UK Day Centre on Thursdays and Fridays at reduced rates. Contact Alwyn on 07748 827216 for Hairdressing and Gill on 07854 807415 for Reflexology and Indian Head Massage.

Falmouth Memory Café on the 2nd and 4th Tuesdays of each month at the Emmanuel Baptist Church from 2 until 4pm. Thanks for the memory, at the same venue on the 1st, 3rd and 5th Tuesdays of the month, again from 2 to 4pm. Both are aimed at helping people with memory loss improve their quality of life and slow down the effects of dementia. For more details contact Rita Buck on 07901 688578 or ritajbuck@yahoo.co.uk

Knitting groups:

Knit and Knatter - held at the Create Café [next to the Maritime Museum] every Friday 10.30 - 12pm . No need to book. All levels of experience welcome.

A Piece of Cake - monthly knitting class held at the Art Gallery on 2nd Friday of month from 10 am to midday.

Countryside Mobility All-terrain mobility scooter hire is available locally at the National Trust properties of Lanhydrock, nr. Bodmin; Penrose Estate, nr. Helston and at St Michael's Mount, Marazion as well as Trebar Gardens nr. Mawnan Smith. They also have a Wheelyboat at Stithians Lake Country Park.

For more information go to www.countrysidemobility.org/locations/cornwall

TAP Voluntary transport providers TAP are now able to help with social transport as well as Hospital and Doctor appointments (subject to availability and capacity). A small charge is payable. For more details call 01872 223388

Walking Groups

The Cornwall Health Promotion Service has started a healthy walking group especially for people with mobility problems. They meet at the entrance to Queen Mary Gardens, rain or shine, at 2pm every Wednesday and will one or two circuits of the gardens. There's no need to book and it is free of charge. For more information telephone Lesley on 0775 346 0951

For more details of the Dementia-friendly walking group contact Eleanor Robinson-Carter: erobinsoncarter78@googlemail.com

Lifeline information

Alfi (Assisted Living for Independence) is sometimes called Lifeline or Emergency Alarm. Many of our clients who live alone have one. Alfi is a Cornwall Council paid-for service. Alarm calls are answered by a trained Operating Team from a local based 24/7 TSA (Telecare Services Association) accredited monitoring centre. The cost varies but can be from as little 51 pence per day. Please call 01872 224521 to request an information pack.