

## Directory

### Penryn Memory Café

- First and third Thursdays of each month at Penryn Methodist Church, 2-4pm
- 6th & 20th July, 3rd & 17th August, 7th & 21st September, 5th & 19th October, 2nd & 16th November and 7th December.

### Mylor and Flushing Community Car Service

- Have a pool of volunteer drivers available to help people get to the dentist, doctor, hairdresser, shop or social events (for example our clubs and classes)
- Need minimum of 48 hours notice.
- Contact administrator between 9am and 5pm on 07376 280580 for more details or to make a booking.

### Arts for Dementia

- Made (formerly Music and Dance Education Ltd) now running a FREE made 'in the moment' creative workshops for people with memory issues.
- Held at Falmouth Emmanuel Baptist Church, 1st and 3rd Wednesdays of each month, 2pm to 4pm, working with people living with memory challenges.
- Includes singing, dancing, reminiscing and art sessions.
- See website [www.made-arts.com](http://www.made-arts.com) or contact Chris on 0771 075 1890 / email [info@made-arts.com](mailto:info@made-arts.com)

### Breathe Falmouth Club

- Exercise club for people with breathing difficulties.
- Every Thursday 10am to 12 noon at Penryn Rugby Club, Kernick Road, TR10 8NT.
- See website [www.breathefalmouthclub.btck.co.uk](http://www.breathefalmouthclub.btck.co.uk) or call 01326 315165

### Gas Safe

- For Homeowners with a disability over the age of 18 and Home owners over the age of 60 in receipt of a means tested benefits such as the Guaranteed Pension Credit or Council Tax Support
- 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.
- 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 twice a month in St Mary's Catholic hall (just off Killigrew St).
- Further information contact either Brenda Wilkes on 01326 312392 or Caroline Drake on 01872 573235.

### The ABLe Club

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

### The Red Cross' 'Active Living'

- Provides mobility aids and short-term support at home after hospitalisation or illness.
- Contact: 01872 272878.

### Dementia help:

- A telephone befriending service for people with dementia and their carers in Cornwall and Isles of Scilly.
- Contact 01872 277963.

### Online Today

- Big Lottery funded project led by RNIB, and delivered in partnership, to help people with sensory loss across the UK get online.
- More details or see the RNIB website.

### **'Poppy Calls'**

- Help for ex-Service personnel with jobs around the house, minor repairs, fitting smoke detectors and care alarms.
- Free to those who have served in the Armed Forces or their dependents, either aged 75 or receiving a means-tested benefit.
- Contact 0808 802 8080 between 9am to 5pm or email: [homesupportadmin@britishlegion.org.uk](mailto:homesupportadmin@britishlegion.org.uk)

### **The Abbeyfield Society sharing lunches scheme**

- Home-cooked meal during the week to those aged 55+, £5 per person. Places need to be booked in advance.
- Telephone the housekeeper on 01326 314832

### **50 Plus Leisure & Social Club**

- Held at the Dracaena Centre every Monday afternoon (except Bank Holidays) between 1 and 3pm, aimed at lonely and isolated older people in the community. Free tea and coffee from 12:30 onwards
- Indoor activities (including Short Mat Bowls, New Age Kurling, Indoor Golf, Beetle Drives, Boccia and Bingo)
- No need to book, just drop in. Contact them on 01326 319414

### **The Phoenix Cinema Silver Spoon Performances**

- Most Thursdays at 1:30. Details added to the website every Tuesday.
- For details and booking contact the Phoenix Cinema on 01326 313072

### **Hairdressing & Reflexology**

- At the Age UK Day Centre Wednesday, Thursdays and Fridays at reduced rates.
- Contact Olwyn on 07748 827216 for Hairdressing and Gill on 07854 807415 for Reflexology and Indian Head Massage.

### **Falmouth Memory Café**

- Held on the 2nd and 4th Tuesdays of each month at the Emmanuel Baptist Church, 2 until 4pm.
- **Thanks for the memory**, at the same venue on the 1<sup>st</sup>, 3<sup>rd</sup> and 5<sup>th</sup> Tuesdays of the month, again from 2 to 4pm.
- Both 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 [ritabuck@yahoo.co.uk](mailto:ritabuck@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 2<sup>nd</sup> Friday of month from 10 am to midday.

### **Countryside Mobility**

- All-terrain mobility scooter hire 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 Trebah Gardens nr. Mawnan Smith.
- Wheelyboat for hire at Stithians Lake Country Park.
- More information go to [www.countrysidemobility.org/locations/cornwall](http://www.countrysidemobility.org/locations/cornwall)

### **TAP**

- Voluntary transport providers TAP available for hospital, doctor appointments and social events. Small charge is payable.
- More details call 01872 223388

### **Lifeline information**

- **Alfi** (Assisted Living for Independence) or Lifeline is a Cornwall Council paid-for service.
- Alarm calls answered by a trained Operating Team from a local based 24/7 TSA (Telecare Services Association) accredited monitoring centre. Cost varies but can be from as little 51 pence per day.
- Call 01872 224521 to request an information pack.