

## 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 [ritajbuck@yahoo.co.uk](mailto: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 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.

### Welcome Home

Is a service provided by Volunteer Cornwall in partnership with British Red Cross on behalf of Cornwall Council and NHS Kernow. Trained volunteers can offer help to people who have no support at home and who are ready to or have just left hospital. For example they can:

- Arrange an initial shop
- Collect prescriptions
- Organise appointments
- Identify safety concerns about the home
- Signpost to financial advice including benefits and to community services available
- And more

The service is free of charge.

For details contact Volunteer Cornwall on 01872 265300