



**CORNWALL
COUNCIL**
one and all • onen hag oll

Promoting inclusion and empowering independence

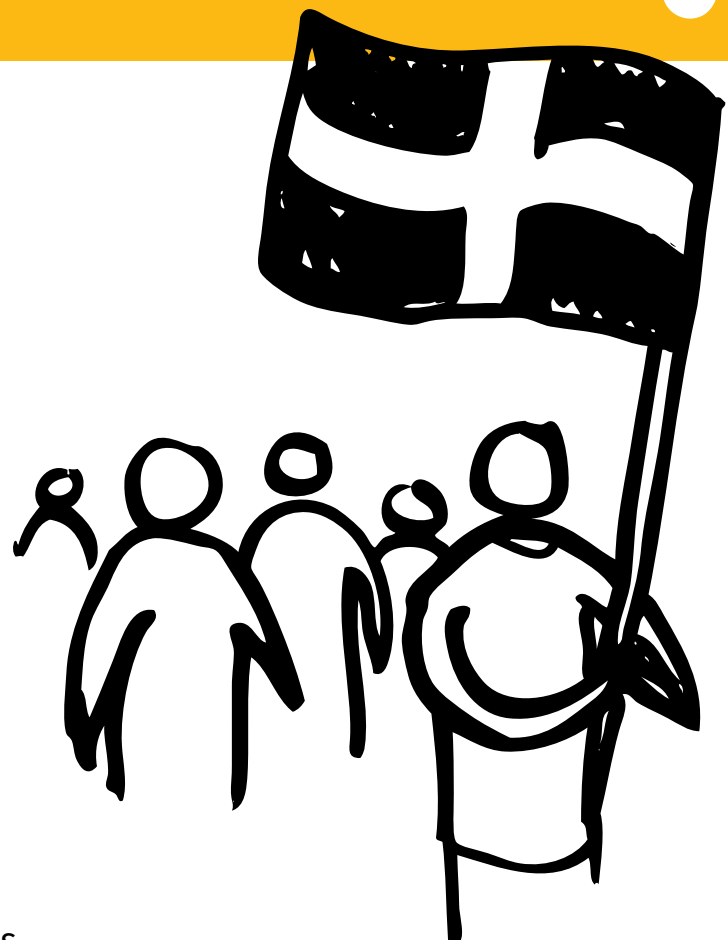
Helping people in Cornwall achieve
a sense of belonging

“ The aim of the Adult Social
Care Prevention Offer is
**to help people to stay happy,
healthy and independent** for as
long as possible. The inclusion and
independence services funded
as part of the offer **are available
to anyone with health and
wellbeing needs** in Cornwall. ”

The services will help people to:

- self-manage their health and wellbeing
- develop skills to help with daily living

This document provides information on
what is available and how to make referrals.



Promoting inclusion

For people who are feeling lonely and isolated and need a little help to feel connected to their local community and to make changes to their lifestyle.

Inclusion Matters aims to make it easier for residents of Cornwall to find the information and advice they need to increase their wellbeing, stay healthy, get active and increase their connection to the community.

Inclusion Matters is a partnership between Cornwall Rural Community Charity, Age UK, Disability Cornwall, Inclusion Cornwall and the Digital Inclusion Team.

Inclusion Matters can help people to:

- Make an inclusion plan
- Link to local groups and activities
- Find a volunteer for wellbeing support
- Identify volunteering opportunities
- Plan the support they need when they leave hospital and put the plan into action



Contact Inclusion Matters at
inclusion@cornwallrcc.org.uk
or call **01872 266383**

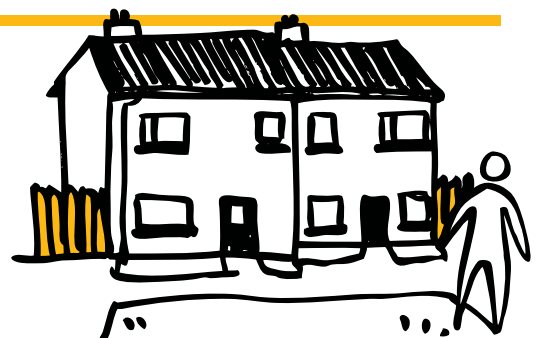


Cornwall Link is the go-to website to find further information on groups, activities and other opportunities in local communities available at **www.cornwall-link.co.uk** or by calling the Helpline on **01872 266383**. Further information on all of the inclusion and independence services can be found on The Cornwall Link website.

Empowering independence

For people that need more practical support to learn how to manage their health and wellbeing better and to develop the skills needed for daily life.

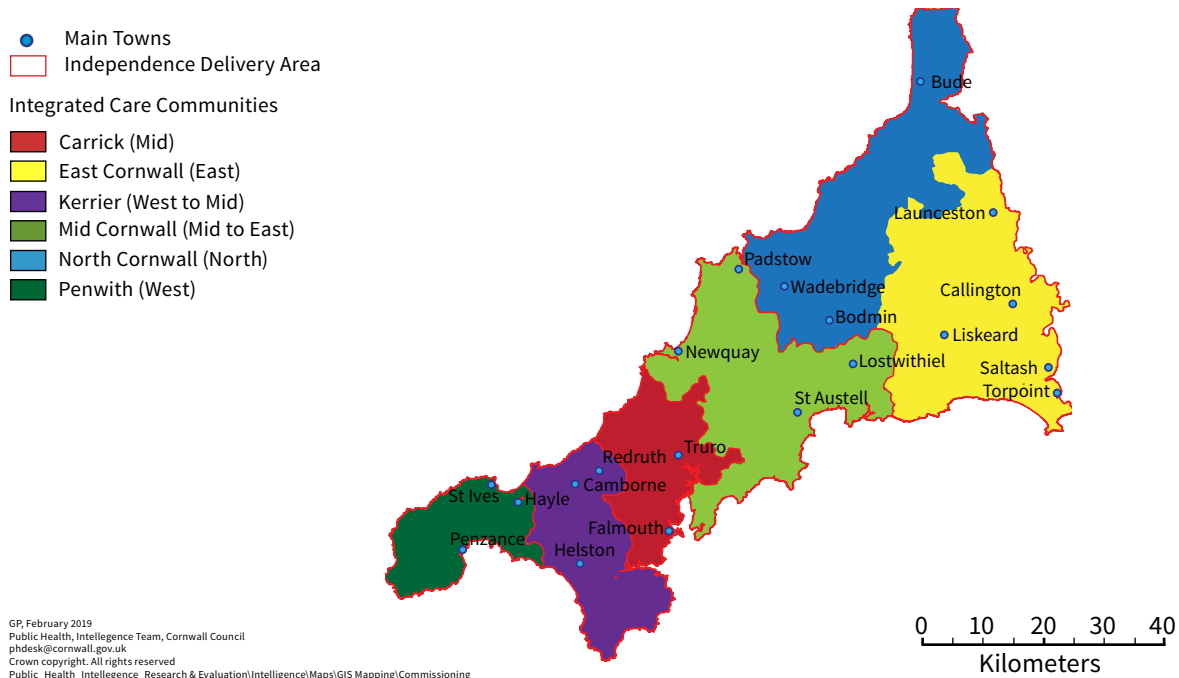
Community outreach offers short term support (typically up to six months) with independent living skills and self-management of health and wellbeing. This will include, but is not limited to, supporting people with maintaining accommodation, managing domestic tasks, managing finances and budgeting, accessing employment, education and training, attending health appointments and learning techniques to self-manage their mental and physical health.



Community outreach for people with physical health needs and/or disabilities

Contact Home Group at
Elcountywideoutreach@homegroup.org.uk
or call **07710709527**

The Independence services for people with mental health and/or complex needs are locality based and include both community outreach and supported accommodation. The areas are based on the Integrated Care Communities, with East and North Cornwall making up one delivery area, resulting in five areas as shown on the map below.



Community outreach for people with mental health and/or complex needs

Referrals can be made by **contacting the service provider for the area**

Area 1 West

Penzance, Hayle, St Ives



Contact Home Group at
complexneeds@homegroup.org.uk
 or call **07710709527**

Area 2 West to Mid

Camborne, Redruth, Helston



Contact Coastline at
Referrals@coastlinehousing.co.uk
 or call **01209 200086**

Area 3 Mid

Falmouth, Truro



Contact LiveWest at
cornwallcommunityoutreach@livewest.co.uk
 or call **01872 267335**

Area 4 Mid to East

Newquay, St Austell, Lostwithiel,
Padstow



Contact Harbour Housing at
<https://harbour.eccosolutions.co.uk/harbour/p/r/refer>
or call **01726 74186**

Area 5 East and North

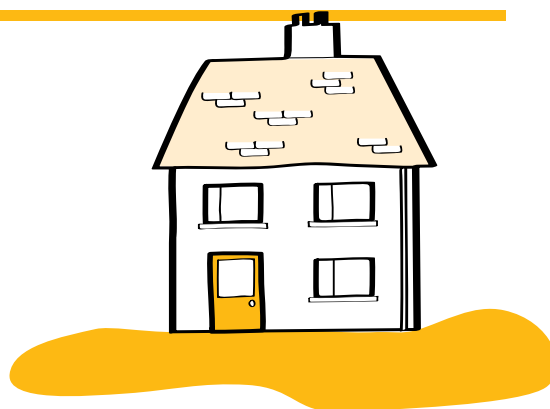
Bodmin, Wadebridge, Bude,
Liskeard, Launceston, Torpoint



Contact Home Group at
complexneeds@homegroup.org.uk
or call **07710709527**

Supported accommodation for people with mental health and/or complex needs offers short term support with accommodation (typically up to two years) for people unable to access housing in the community due to high levels of risk/need. There are supported accommodation services available for people that require high/medium tolerance to drugs/alcohol, as well for people that require limited tolerance to drugs/alcohol.

The Supported Housing Liaison Workers will be able to offer advice on suitability, vacancies and the referral process for supported accommodation.



Supported accommodation for people with mental health and/or complex needs

Contact Cornwall Housing at
SupportedHousingReferrals@cornwallhousing.org.uk or call **01209 614451**

For more information on the
Adult Social Care Prevention Offer please visit
www.cornwall.gov.uk/preventionservices

If you would like this information in another format or language please contact:

Cornwall Council, County Hall,
Treyew Road, Truro, TR1 3AY

e: equality@cornwall.gov.uk
t: 0300 1234 100