



Hello, my name is Clare, I am 74 years old and I am worried that my long term health condition will define me. This is my Journey with Age UK Cornwall

I was first introduced to Age UK Cornwall via their Home and Hospital Service - which helped me discharge following one of my Cancer treatments. It became clear to the team that I was very low and wasn't enjoying things like I used to. I was also feeling dis-empowered and worried that life had lost a spark (or three).

[Read a collection of Home and Hospital stories here - this service started in November 21](#)



[Did you know? Last year we supported people to receive over £862,924 in unclaimed benefits. Read Gerald's Story - who was supported by an Age UK Cornwall Social Prescriber](#)

[Our Transport Services \(TAP\) completed 67, 658 journeys last year. Click here to see our 2021 Infographic](#)

In the first few weeks, I joined more activities, clubs and groups at the Community Hub than I can remember. It was lovely to mix and match, finding the right fit for me, from Walking Groups to 'Singing for the Brain' - I have tried a bit of everything. My Daughter and good friend have even joined the Carers Support Group, where they can talk with other Carers and share thoughts in a safe environment. My Daughter has even applied for additional funding.

[TAP have been supporting people for 20 years. Please read Edith's story here, who has been booking regular Oncology appointments via their Helpline](#)



Last month, I started using TAP for my Oncology appointments. They pick a driver near me and take the pressure off the people I care about. Ray (my driver) even told me about outings and community trips I could join. It certainly isn't an easy road ahead, but thanks to all the wonderful staff and volunteers, I feel better equipped to face it. "From the moment I am picked up by the Volunteer Driver to the moment I leave, I feel valued and special. Most importantly, Age UK Cornwall made me feel me again."
Clare

[In 2021, our Community Hubs in St Austell, Newquay and Falmouth helped over 200 people. Carol's Story highlights the importance of connections and choice](#)



After my treatments, I often need help from my Daughter and good friend. This could be help with transport, cleaning, domestic duties, gardening and even preparing meals. I know they don't mind helping me, but I felt that it would be good to give them a break now and again. This is when I spoke to Rebecca from the [Active Living Support Service](#), she was kind, listened and happy to help me anyway she could.

We chatted for a while and I asked if the Active Living Service would help me 1 day per week (with general housework), if I could join a taster day at one of Age UK Cornwall's community hubs, and look at Gardening support in early Spring 2022. Rebecca also recommended the Age UK Macmillan Cancer Support Service and the Creating Cancer Caring Communities campaign, **which is packed full of community support, helpful news and websites.**

It was so nice to make my own choices - I could begin looking forward - I could even try out what worked best for me and the people I love!
[\(Click here to view our 4C's webpage on Cornwall Link\)](#)

Please flip over to view our impact in 2021

