



Supporting you

A Guide to Our Services



Our Services 'Improving health and wellbeing'

Our services are person-centred and flexible to the needs of every individual we support. Last year, we provided information, services, transport and assistance to over 55,000 people.

All of our services cost money: some we fund ourselves, some are funded through statutory bodies, some are funded by your kind contributions and some we charge for.

The cost details are provided on a separate sheet included in this booklet. If you can't find what you need, would like to find out more or you are not sure about something, please contact our team.

At Home Services 'Let us be your helping hands'



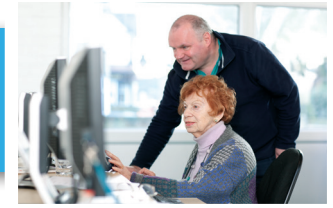
Our 'At Home' service can make your life easier. Whether it is supporting you to maintain your garden, domestic cleaning, shopping or companionship, we can offer a tailored package to meet your needs.

Our 'At Home' team are fully trained, experienced and regularly quality checked. This service is for anyone over 50.

If you are not sure about something, want a quote for your personalised service or want to discuss the price, please contact our team.

Telephone 01872 266383

Cornwall Link 'Connecting you to your community'



We have a community website with information on a wide range of services, community groups and organisations in Cornwall and the Isles of Scilly.

We provide you with access to services and community-based activities that will reduce social isolation and improve health & wellbeing.

www.cornwall-link.co.uk

Community Helpline 'One number for all your needs'



Our Community Helpline supports you in accessing the help you need! We are open 0900 - 1600, Monday to Friday.

Telephone 01872 266383

Information & Advice 'Providing you with practical support'



Our Information and Advice volunteers work alongside our Helpline to ensure that you are aware of the benefits you can claim. We do not charge for this service but when we are successful in helping you receive your benefits, a donation is most welcome.

Telephone 01872 266383



Electric Vehicles 'Sustainable Transport in Cornwall'



Our Electric Vehicle membership supports individuals, groups and organisations to connect people to services and activities. It is easy to become a member, simply contact us using the details below and our team can guide you through the process.

Our Electric Vehicles are based in the following locations:

- **St Clare Medical Practice, Penzance**
- **Veor Surgery, Camborne**
- **Falmouth Day Centre**
- **Newquay Sports & Community Centre**
- **Lanivet Community Centre, Bodmin**
- **Millennium House, Pensilva**

Telephone 01872 266383

Transport Access People 'Promoting independence'



Access to transport is an essential requirement for most people. **Transport Access People (TAP)**, our transport service, performs an invaluable role by connecting individuals, organisations and groups.

TAP offers a voluntary car service that can pick you up from your door, take you to any social or medical appointment and home again.

We also offer dial-a-ride services in Cornwall and operate a fleet of minibuses, hireable by organisations and individuals for larger group bookings using our membership scheme.

These services are charged for. Our team can provide you with the options available to you, and a quote, so you know how much you need to pay. They can also advise on subsidised transport and benefits.

Telephone 01872 223388

Charabanc - Day Trips 'Exploring Cornwall together'



You can book one of our enjoyable day trips in Cornwall, from stunning gardens to delicious lunches. We provide a welcoming and fun environment, focused on creating a sense of belonging, building long-lasting friendships and providing an enjoyable day out.

Telephone 01872 266383

Macmillan Cancer Support 'Building better networks of support'

**MACMILLAN
CANCER SUPPORT**

Macmillan Cancer Support & Age UK Cornwall work together to support people affected by cancer. We focus on developing community hubs, signposting services and support to connect people to the things they need.

Telephone 01872 266383





Day Services 'Tailored to your needs'



Our Day Services are a great way to meet people, get support and have fun. We offer whole day and respite Day Services in St Austell, Falmouth and Newquay. Each Day Service offers a warm welcome, and you can choose from....

- Group and 1 on 1 activities and exercise classes.
- Dementia support.
- Social activities.
- Rehab and enablement.
- Hot & cold refreshments and a warm meal.
- Entertainment and trips out.
- Escorted transport.
- Personal care.

Newquay Day Centre 01637 876150
Falmouth Day Centre 01326 316880
St Austell Day Centre 01726 76806

Volunteering 'Make a difference with us'



Our amazing team of volunteers help us support individuals across Cornwall. Could your skills, experience and interests benefit someone? Contact us to join our team and start making a difference in your community.

Telephone 01872 266383

Age UK Cornwall & The Isles of Scilly
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www.ageukcornwall.org.uk

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