







Support with Healthy Lifestyles and Condition Management




Please note that information can change at any time. Please contact the organisation for further details or search the following websites for more options

cornwall-link.co.uk/



www.supportincornwall.org.uk/

Organisation	Description	Contact Details	Covid 19 Restrictions
 Part of Cornwall Partnership NHS Foundation Trust	<p>NHS-funded service is for patients in Cornwall who have a diagnosis (or suspected symptoms) of any of the following conditions:</p> <ul style="list-style-type: none">• Diabetes (Types 1 and 2)• Cardiovascular Related Problems• Irritable Bowel Syndrome (IBS)• Chronic Obstructive Pulmonary Disease (COPD) <p>It is for people who find it difficult managing these long-term physical health conditions, and are also experiencing symptoms of stress, depression or anxiety as a result.</p> <p>Referral online by healthcare professional only, or through Social Prescribing team.</p>	<p>cft.healthyoutlook@nhs.net</p>	

 <p>disAbility CORNWALL & ISLES OF SCILLY and DIAL</p>	<p>We provide an independent, confidential and free information and advice service to people living with a long term health condition or disability, their families, carers and professionals.</p> <ul style="list-style-type: none"> • Money & Welfare Entitlements • Housing & Home Environment • Training, Volunteering & Employment • Social & Leisure Opportunities • Independent Living & Equipment <ul style="list-style-type: none"> • Health & Well-being <p>Also online factsheets and information guides</p>	<p>https://www.disabilitycornwall.org.uk/services/information-and-advice</p>  <p>disAbility CORNWALL & ISLES OF SCILLY INFORMATION & ADVICE LINE 01736 759500 07522 970336</p>	
 <p>Cornwall Hospice Care</p>	<p>Our Community Services venues are temporarily closed, but we are still here for you. You can also call our team to arrange a telephone or video support call on 01726 829874, visit our self help page or join our Community Friendship Cafe on Facebook.</p> <p><i>(Your call will be triaged and you'll be contacted by one of our team where appropriate.)</i></p>	<p>01726 829874</p> <p>https://www.cornwallhospicecare.co.uk/our-care/therapy-team/self-help-resources/</p>	<p>Our Community Services venues are temporarily closed, call for details of support by video call.</p>

	<p>We know that a cancer diagnosis affects all areas of your life, so we're here to help you find information and support when you need it. From information about specific types of cancer, treatments and how best to live with it, to support with finances and benefits, diet, exercise, the way you look and even if you just need someone to talk things through with. We can help give you back some feeling of control and help you feel more confident about the future.</p>	<p>phone 01872 256363 or Email thecove@nhs.net One of the team will be available from 9 to 5pm Monday to Friday. For Citizens Advice phone 01872 672090. We will be prioritising the continued running of the Macmillan Support line: 0808 808 00 00 – now open Monday – Friday, 9am to 5pm</p>	<p>We are very sorry but The Cove is closed for the foreseeable future. However we are running a virtual Cove service.</p>
	<p>We aim to support everyone in Cornwall with sight loss, of all ages, to lead active and independent lives.</p>	<p>https://www.isightcornwall.org.uk/ 01872 261110</p>	<p>The iSight centre is currently closed but staff are working to provide services.</p>
 <p>Healthy Cornwall</p>	<p>Health Promotion service supporting people to make lifestyle changes around healthy eating, smoking cessation, and getting more active. Usually working in groups but this is currently suspended, now open for referrals for online or support by telephone. Lots of resources / you tube videos can be accessed to support healthy lifestyles on their website.</p>	<p>https://www.healthycornwall.org.uk/ 01209 615600 healthy.cornwall@cornwall.gov.uk</p>	<p>*During the Coronavirus outbreak we will not be delivering in person face to face support. We will be accepting new referrals to our service which we will provide over the phone.</p>

<p>NHS Live Well Website</p>	<p>Advice, tips and tools to help you make the best choices about your health and wellbeing. Including: 5 Steps to Mental Wellbeing Healthy Weight Sleep and Tiredness Eat Well Alcohol Support Exercise (including gentle exercise and chair based) Healthy Body Sexual Health Quit Smoking</p>	<p>https://www.nhs.uk/live-well/</p>	
<p>iCare i Move</p>	<p>Teaching physical activity inc; falls prevention, menopause, mindfulness, strength & balance, chair based exercise & training around chronic health conditions & ageing well.</p>	<p>https://www.icareimove.com/free-workouts/</p>	<p>Offer classes at a cost but have some free online exercises available currently</p>
<p>LLTTF™ living life to the full www.lltff.com</p>	<p>Lots of people struggle at times in life. Living Life to the Full teaches a range of life skills that are based on the tried and trusted CBT approach, to aim to improve wellbeing and resilience as you go through the journey of life. Topics for support include: -Living Life to the Full – for low mood and stress in adults. -Living Life to the Full for those with Chronic Pain. -Living Life to the Full for those with diabetes. - Living Life to the Full for Farming Communities. - Reclaim Your Life for those living with long term illness.</p>	<p>https://lltff.com/home/long-term-conditions/</p> <p>Each course offers free modules including worksheets to print off and use and linked books to read.</p>	

	<ul style="list-style-type: none"> - Enjoy Your Bump – for expectant mothers aiming to help build emotional resilience and coping during pregnancy. - Enjoy Your Baby: addressing attachment and enjoying your baby in the first year of life. Especially relevant to young parents with low mood/anxiety. -Enjoy Your Infant- Building attachment and understanding in the toddler years. - Support for parents of children who have dental anxiety 		
	Support group for CFS, Fibromyalgia, ME.	<p>Cornwall Community Services The Betty Fisher Centre Southern Way, Wadebridge Cornwall, PL27 7BX</p> <p>Right next to Wadebridge Bus Station Telephone 01208 815676 Email: Verity.Nicholls@rethink.org</p>	Groups currently suspended. Staff working from home Please email referrals
	Change4Life aims to ensure parents have the essential support and tools they need to make healthier choices for their families.	https://www.nhs.uk/change4life	

