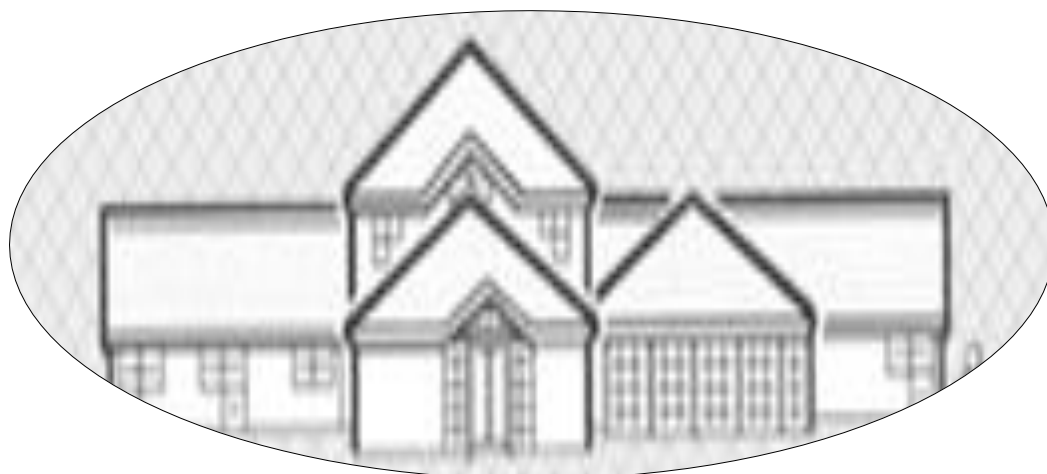


Launceston Medical Centre



**2019-2020 Directory compiled by
Launceston Medical Centre PPG**

Table of Contents

Introduction	3
Addiction.....	4
Advice	4
Children / Young Adults.....	5
Dementia	7
Elderly Care	9
General Health	9
Maternity	13
Mental Health	13
Sexual Health	15
Social.....	15
Transport.....	20
Victim Support	21
Launceston PPG	22
Further Information	23

Introduction

Social prescribing, sometimes referred to as community referral, is a means of enabling GPs, nurses and other primary care professionals to refer people to a range of local, non-clinical services.

Recognising that people's health is determined primarily by a range of social, economic and environmental factors, social prescribing seeks to address people's needs in a holistic way. It also aims to support individuals to take greater control of their own health.

Social prescribing schemes can involve a variety of activities which are typically provided by voluntary and community sector organisations. Examples include volunteering, arts activities, group learning, gardening, befriending, cookery, healthy eating advice and a range of sports.

In this Directory, we hope to include a comprehensive list of organisations that can help our patients to lead a happier, healthier and fulfilled life and to assist the Medical Staff in providing care and support in our community.

Launceston Medical Centre Patient Participation Group

March 2019

Addiction

Alcoholics Anonymous

Tel: 01904 644026

Email: help@aamail.org

Web: <https://www.alcoholics-anonymous.org.uk>

We Are with You (formerly Addaction) (Drugs/Alcohol)

6 Church Street, Liskeard, PL14 3AG

Tel: 01579 340616

Web: www.wearewithyou.org.uk

Advice

Cornwall Family Information Service

39 Penwinnick Road, St Austell, PL25 5DR

Tel: 01872 323535

Email: fis@cornwall.gov.uk

Cornwall Rural Community Charity

CRCC, 2 Princes Street, Truro, TR1 2ES

Tel: 01872 273952

Email: info@cornwallrcc.org.uk

Web: <https://www.cornwallrcc.org.uk>

Launceston Citizen's Advice Bureau

The Orchard Centre, Market Street, Launceston, PL15 8AU

Tel: 03444 111444

Web: <https://www.citizensadvicecornwall.org.uk/2019/05/20/citizens-advice-launches-new-services-for-launceston/>

Launceston Money Advice Centre

The Gateway Centre, Madford Lane, Launceston, PL15 9EG

Tel: 03444 111444

Email: office@launcestonmoney.co.uk

Web: <http://www.launcestonmoney.co.uk>

Housing Support (Shelter)

Palace Building, Quay Street, Truro, TR1 2HE

Tel: 0344 5152300

Email: cornwall@shelter.org.uk

Web: https://england.shelter.org.uk/housing_advice/housing_support

Children / Young Adults

Children's Social Care

Westbourne House, West Street, Liskeard, PL14 6BY

Tel: 0300 1234 101

Web: <https://www.cornwall.gov.uk/health-and-social-care/childrens-services/childrens-social-care-offices>

Hi-5 TalkTime Cafe

Bangors Former Methodist Church, Poundstock, Bude, EX23 0DP

Tel: 07770725807 / 07968913621

Email: hi-5talktimecafe@hotmail.com

Kernow Young Carers

Helford House, May Court, Truro Business Park, Threemilestone, TR4 9LD

Tel: 01872 321486

Web: <https://www.kernowyoungcarers.org>

Launceston Children's Centre

Launceston Children's Centre, Coronation Park, Launceston, PL15 9DQ

Tel: 01566 770823

Orchard Centre (Launceston Youth Partnership)

Orchard Centre, Market Street, Launceston, PL15 8AU

Tel: 01566 777355

Email: manager@orchardcentre.org

Dementia

Bude Memory Café

Parkhouse Centre, Bude, EX23 8LD

Tel: 01288 356060

Email: kimanddannie.tresidder@hotmail.com

Web: <https://www.cornwallmemorycafes.co.uk/the-cafes/west-cornwall-cafes/bude-memory-cafe/>

Callington Memory Café

Callington Town Hall, Callington, PL17 7BD

Tel: 01579 393066

Email: john.ware3791@btinternet.com

Web: <https://www.cornwallmemorycafes.co.uk/the-cafes/west-cornwall-cafes/callington-memory-cafe/>

Gorfenna Community

Gorfenna, St Ive, PL14 3LX

Tel: 01579 384810

Email: community@gorfenna.co.uk

Web: <http://www.gorfenna.co.uk>

Camelford Memory Café

Camelford Hall, Clease Road Car Park, Camelford, PL32 9TH

Tel: 01840 212780

Email: jigs.moore@hotmail.co.uk

Web: <https://www.cornwallmemorycafes.co.uk/the-cafes/west-cornwall-cafes/camelford-memory-cafe/>

Launceston Memory Café

Central Methodist Church, Castle Street, Launceston, PL15 8BA

Tel: 01566 774425

Email: cymdowning@btinternet.com

Web: <http://www.memorycafelaunceston.org.uk>

Pensilva Memory Café

St John's Church, Higher Road, Pensilva, PL14 5NF

Tel: 01579 362698

Email: carolynandgeoff@gmail.com

Web: <https://www.cornwallmemorycafes.co.uk/the-cafes/west-cornwall-cafes/pensilvia-memory-cafe/>

Purple Angels Dementia Awareness

Tel: 01840 212780

Email: jigs.moore@hotmail.co.uk

Web: <http://www.purpleangelmusic.co.uk/>

Elderly Care

Age UK Cornwall Helpline

Boscawen House, Chapel Hill, Truro TR1 3BN

Tel: 01872 266383

Email: email@ageukcornwall.org.uk

Web: <https://www.ageuk.org.uk/cornwall>

Network U3A (University of the Third Age)

Central Methodist Church, Castle Street, Launceston, PL15 8BA

Tel: 01566 772640

Email: vernon1996@outlook.com

Web: <https://www.u3a.org.uk/>

General Health

Cornwall Partnership NHS Foundation Trust

Head Office, Carew House, Beacon Technology Park, Dunmere Road, Bodmin, PL31 2QN

Tel: 01872 266383

Web: <https://www.cornwallft.nhs.uk/community-nursing-teams/>

CRUSE Bereavement Counselling

Tel: 01726 761000

Web: <https://www.cruse.org.uk>

Disability Cornwall

Units 1G/H Guildford Road Industrial Estate, Guildford Road, Hayle, TR27 4QZ

Tel: 01736 759500

Email: info@disabilitycornwall.org.uk

Web: <http://www.disabilitycornwall.org.uk>

FLEET (helping equip the AMBULANCE service)

Pengale, 11 Westheath Avenue, Bodmin, PL31 1QH

Tel: 07977 445312

Email: normantrebilcock@btinternet.com

Web: <http://www.fleet.org.uk>

Hearing Loss Cornwall

3 Walsingham Place, Truro, Cornwall, TR1 2RP

Tel: 01872 225 868

Web: <http://www.hearinglosscornwall.org>

Get Active Cornwall

Tel: 01872 323346

Email: smageean@cornwall.gov.uk

Web: <http://www.getactivecornwall.co.uk>

Isight Cornwall

Truro Sight Centre, Newham Road, Truro, TR1 2DP

Tel: 01872 261110

Email: info@isightcornwall.org.uk

Web: <http://www.isightcornwall.org.uk>

Launceston Fibromyalgia, M.E., CFS Wellness Peer Support Group

Tel: 01208 815676

Email: anne.vasey@rethink.org

Web: <https://www.meassociation.org.uk/2009/09/cornwall>

Launceston Healthwise Club

Launceston Town Hall, Westgate St, Launceston, PL15 7AR

Tel: 07967 790458

Web: <https://www.heartstogether.org.uk/keeping-the-community-active-phase-4-rehabilitation-launceston>

Launceston Hospital

Link Road, Launceston, PL15 9JD

Tel: 01566 761000

Web: <https://www.cornwallft.nhs.uk/launceston-community/>

Launceston Walking Group

Web: <https://en-gb.facebook.com/groups/Launcestonwalking>

Launceston Visually Impaired Club

Tel: 01566 782607

Mob: 07855 221209

Email: k.biddick@btinternet.com

League of Friends

Launceston Hospital, Link Road, Launceston, PL15 9JD

Tel: 01566 765650

Email: info@launcestonhospital-lof.org.uk

Web: <https://www.facebook.com/loflaunceston/>

Masta Travel Clinic

Lisson Grove Medical Centre, 3-5 Lisson Grove, Plymouth, PL4 7D

Tel: 0330 1004288

Web: <https://www.masta-travel-health.com>

Step into Learning

Number One Business Centre, Western Road, Launceston, PL15 7FJ

Tel: 01566 770729

Email: info@vlearningnet.org.uk

Stop Smoking Service (Healthy Cornwall)

Tel: 01209 615600

Email: hps.admin@cornwall.gov.uk

Web: <https://www.healthycornwall.org.uk/make-a-change/smokefree-cornwall/>

Vital Dental Service

11 Castle Street, Launceston, PL15 8BA

Tel: 01566 777337

Email: complaints@vitaldentalservice.co.uk

Web: <http://www.vitaldentalservice.co.uk>

Maternity

Stillbirth Charity (SANDS)

Tel: 07582 831478

Email: cornwallsands@gmail.com

Web: <http://www.cornwallsands.weebly.com>

Mental Health

Battling On

Merryhue Farmhouse, Callington, PL17 7HW

Tel: 01579 384798

Mob: 07743 929286

Email: rick@battling-on.com

Web: <http://www.battling-on.com>

Man Down (Men's Mental Health Support)

Email: support@mandowncornwall.co.uk

Web: <http://www.mandowncornwall.co.uk>

Pentreath (Mental Health Support)

St Ender, Newquay, Cornwall, TR8 5DF

Tel: 01726 862727

Email: pentreath@pentreath.co.uk

Web: <https://pentreath.co.uk>

Samaritans

19 Treyew Rd, Truro, TR1 2BY

Tel: 116 123

Email: jo@samaritans.org

Web: <https://www.samaritans.org/branches/samaritans-cornwall-truro>

Suicide Liaison Service (Outlook South West)

2D Restormel Estate, Lostwithiel, PL22 0HG

Tel: 01208 871905

Email: help@outlooksw.co.uk

Web: <http://www.outlooksw.co.uk/suicide-liaison-service>

Valued Lives

57A Fore Street, Redruth, Cornwall, TR15 2AF

Tel: 01209 901438

Email: info@valuedlives.co.uk

Web: <https://www.valuedlives.co.uk>

Sexual Health

Brook Launceston (Sexual Advice)

Launceston Minor Injury Unit, Longlands Unit, Launceston, PL15 9JD

Tel: 01209 710088

Web: <https://www.brook.org.uk>

Yourship Sexual Health (Derriford)

Derriford Hospital, Derriford Road, Crownhill, Plymouth, PL6 8DH

Tel: 01752 431124

Web: <https://www.plymouthhospitals.nhs.uk/your-ship>

Social

Access Theatre

Launceston Town Hall, Westgate Street, Launceston, PL15 7AR

Tel: 07807 984753

Email: sarah@accesstheatre.org

Web: <http://www.accesstheatre.org>

Bridge Church

Southgate Tech Park, Pennygillam Ind. Est, Launceston, PL15 7ED

Tel: 07582 831478

Web: <http://www.bridgechurchuk.org/>

Café Scientifique Launceston

Eagle House, 3 Castle St, Launceston PL15 8BA

Tel: 01566 774856

Email: tregada16@gmail.com

Web: <http://www.cafescilaunceston.org>

Cinema Club - Bridge Community Centre

Southgate Tech Park, Pennygillam Ind. Est, Launceston, PL15 7ED

Tel: 07847 370763

Email: admin@bridgechurchuk.org

Web: <http://www.bridgechurch.org>

Cowslip Studios

Newhouse Farm, St Stephens, Launceston, PL15 8JX

Tel: 01566 772654

Email: info@cowslipworkshops.co.uk

Web: <https://www.cowslipworkshops.co.uk>

FLIC (Community Film Club)

Launceston Town Hall, PL15 7AR

Tel: 07790 058652

Email: info@flic-launceston.co.uk

Kensey Vale Bowling Club

1 Riverside, Newport, Launceston, PL15 8DH

Tel: 01566 774390

Email: alan.addis@talktalk.net

Web: <http://www.kenseyvalebowlng.co.uk>

Launceston Cricket Club

The Cricket Ground, Lawhitton, Launceston, PL15 9LG

Email: vickyandbill@btinternet.com

Web: <https://launceston.play-cricket.com>

Launceston Football Club

1 Pennygillam Way, Launceston, PL15 7ED

Tel: 07717 707561

Web: <https://launcestonfc.wixsite.com/claretsonline>

Launceston All Gauges Model Railway Group

Dingley Hall, Central Methodist Church, Launceston, PL15 8BA

Tel: 07972 333202

Email: es.whaley@talktalk.net

Launceston Railway Circle

Dingley Hall, Central Methodist Church, Launceston, PL15 8BA

Tel: 01566 779896

Launceston Rugby Club

Polson Bridge, Launceston, PL15 9QT

Tel: 01566 773406

Email: info@cornishallblacks.com

Web: <https://launceston.rfu.club/>

Launceston Steam Railway

St Thomas Road, Launceston, PL15 8DA

Tel: 01566 775665

Web: <http://launcestonsr.co.uk>

Lawrence House Museum

9 Castle Street, Launceston, PL15 8BA

Tel: 01566 773277

Email: lawrencehousemuseum@yahoo.co.uk

Web: <https://lawrencehousemuseum.org.uk/>

N Gauge Launceston Model Railway Group

The Royal British Legion Club, 32 Westgate Street, Launceston, PL15 7AE

Tel: 01566 774622

Email: les.whaley@talktalk.net

Web: <http://www.modelrailwayclubs.co.uk/clubs/cornwall/n-gauge-launceston-group#email-modal>

SSAFA (Armed Forces)

Tel: 01822 832204

Email: cornwall@ssafa.org.uk

Web: <https://www.ssafa.org.uk/>

Stamp Club

Eagle House Hotel, Launceston, PL15 8BA

Tel: 01566 772846

Web:

[http://www.abps.org.uk/Societies and Federations/Local Societies/Societies/launceston.xalter](http://www.abps.org.uk/Societies_and_Federations/Local_Societies/Societies/launceston.xalter)

The Community Garden & Greenhouse Project CIC

Mill Lane Acres, Lower Metherill, Callington, PL15 8BJ

Tel: 07927 202835

Web: <http://www.brockleyfarm.com>

UK Men's Sheds Association

Henleaze House, 13 Harbury Road, Henleaze, BS9 4PN

Tel: 0330 7729626

Email: admin@ukmsa.org.uk

Web: <https://www.menssheds.org.uk>

Wednesday Fellowship Meeting

Central Methodist Church, Castle Street, Launceston, PL15 8BA

Email: david@lamc.org.uk

Web: <http://www.central-methodist.org.uk/>

Werrington Cricket Club

Werrington Cricket Club, Ladycross, Werrington Park, Launceston, PL15 8TR

Tel: 01566 773629

Email: lincob@gmail.com

Web: <http://werringtoncc.play-cricket.com>

Transport

Little Red Bus

LCTP, Orchard House, Market Street, Launceston, Cornwall. PL15 8AU

Tel: 01566 777960

Web: <http://www.littleredbus.org.uk>

TAP Transport (Age UK) Hospital Car Transport using local cars

Tel: 01872 223388

Web: <https://www.ageuk.org.uk/cornwall/our-services/transport-services>

Tavistock Area Support Services (TASS) - Voluntary Car Service

The Anchorage Centre, Chapel Street, Tavistock, PL19 8AG

Tel: 01822 617525

Email: transport@tasstavistock.org.uk

Web: <http://tasstavistock.org.uk>

Victim Support

Bosvean - Support for Homeless Women

Dunheved Road, Launceston, PL15 9JG

Tel: 0300 3047980

Email: Michelle.Nicholls@homegroup.org.uk

Web: <https://www.homegroup.org.uk/>

The Women's Centre Cornwall

The Women's Centre, PO Box 39, Bodmin, PL31 1XF

Tel: 01208 76466

Web: <https://www.womenscentrecornwall.org.uk>

Victim Support (Plymouth)

Gatehouse Offices, Plymouth, PL5 4AB

Tel: 0845 4566099

Web: <http://www.victimsupport.org.uk/help-and-support/get-help/support-near-you/south-west/devon-and-cornwall>

Launceston PPG

Launceston Patient Participation Group is made up of individuals and representatives of community groups – all volunteers and registered patients of the Medical Centre.

Our aim

The group's main aim is to provide two-way communication between Launceston Medical Centre and those who use the Centre – in order to help staff provide the best care and patients to make best use of the services.

We support the Medical Centre in its efforts to provide the best possible service by:

- Informing Patients – through the media and at community events –about Medical Centre plans.
- Encouraging feedback from Patients about the Medical Centre plans.
- Discussing Patient suggestions with Medical Centre staff and telling the Patients what actions are taken.
- Bringing Patient queries (not those related to personal medical treatment) to the Medical Centre staff.
- Acting as volunteers on occasions when the Medical Centre might need additional helpers (e.g. flu clinics).
- Compiling this Directory of local organisations to help with the Social Prescribing initiative.

Further Information

The Cornwall Link

Tel: 01872 266383

Web: <https://cornwall-link.co.uk/>

