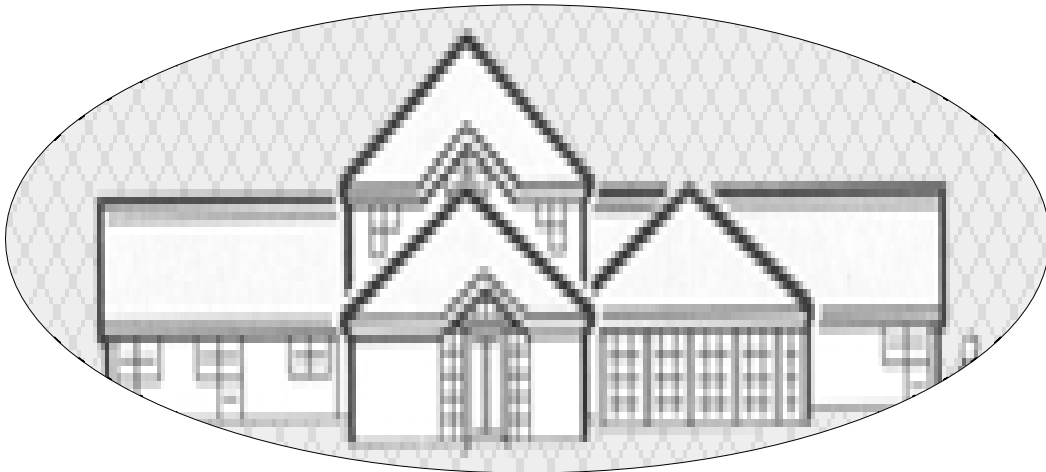


# **Launceston Medical Centre**



**2018-2023 Directory compiled by  
Launceston Medical Centre PPG**

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## 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**

**Email:** [help@aamail.org](mailto:help@aamail.org)

**Web:** <https://www.alcoholics-anonymous.org.uk/AA-Meetings/Find-a-Meeting/launceston>

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

6 Church Street, Liskeard, PL14 3AG

**Tel:** 01579 340616

**Web:** [www.wearewithyou.org.uk](http://www.wearewithyou.org.uk)

## Advice

### **Citizens Advice Cornwall**

Launceston Gateway Community Centre – Madford Ln, Launceston PL15 9EG

**Tel:** 0800 144 8848

**Web:** <https://citizensadvicecornwall.org.uk/>

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### **Cornwall Family Information Service**

39 Penwinnick Road, St Austell, PL25 5DR

**Tel:** 01872 323535

**Email:** [fis@cornwall.gov.uk](mailto:fis@cornwall.gov.uk)

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## **Cornwall Rural Community Charity**

CRCC, 2 Princes Street, Truro, TR1 2ES

**Tel:** 01872 273952

**Email:** [info@cornwallrcc.org.uk](mailto:info@cornwallrcc.org.uk)

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

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## **Launceston Money Advice Centre**

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

**Tel:** 03444 111444

**Email:** [office@launcestonmoney.co.uk](mailto:office@launcestonmoney.co.uk)

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

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## **Housing Support (Shelter)**

Palace Building, Quay Street, Truro, TR1 2HE

**Tel:** 0344 5152300

**Email:** [cornwall@shelter.org.uk](mailto:cornwall@shelter.org.uk)

**Web:** [https://england.shelter.org.uk/housing\\_advice/housing\\_support](https://england.shelter.org.uk/housing_advice/housing_support)

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# **Bereavement**

## **CRUSE Bereavement Counselling**

**Tel:** 0808 808 1677

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

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## 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>

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### Hi-5 TalkTime Cafe

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

Tel: 07770725807 / 07968913621

Email: [hi-5talktimecafe@hotmail.com](mailto:hi-5talktimecafe@hotmail.com)

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### Kernow Young Carers

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

Tel: 01872 321486

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

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### Launceston Children's Centre

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

Tel: 01566 770823

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### Orchard Centre (Launceston Youth Partnership)

Orchard Centre, Market Street, Launceston, PL15 8AU

Tel: 01566 777355

Email: [manager@orchardcentre.org](mailto:manager@orchardcentre.org)

# Dementia

## **Bude Memory Café**

Parkhouse Centre, Bude, EX23 8LD

**Tel:** 01288 356060

**Email:** [kimanddannie.tresidder@hotmail.com](mailto: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](mailto:john.ware3791@btinternet.com)

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

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## **Gorfenna Community**

Gorfenna, St Ive, PL14 3LX

**Tel:** 01579 384810

**Email:** [community@gorfenna.co.uk](mailto:community@gorfenna.co.uk)

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

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## **Camelford Memory Café**

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

**Tel:** 01840 212780

**Email:** [jigs.moore@hotmail.co.uk](mailto:jigs.moore@hotmail.co.uk)

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

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## **Launceston Memory Café**

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

**Tel:** 01566 774425

**Email:** [cymdowning@btinternet.com](mailto:cymdowning@btinternet.com)

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

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## **Pensilva Memory Café**

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

**Tel:** 01579 362698

**Email:** [carolynandgeoff@gmail.com](mailto:carolynandgeoff@gmail.com)

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

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## **Purple Angels Dementia Awareness**

**Tel:** 01840 212780

**Email:** [jigs.moore@hotmail.co.uk](mailto: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](mailto:email@ageukcornwall.org.uk)

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

## General Health

### Cornwall Partnership NHS Foundation Trust

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

Tel: [01208 834600](tel:01208834600)

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

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### Disability Cornwall

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

Tel: 01736 759500

Email: [info@disabilitycornwall.org.uk](mailto:info@disabilitycornwall.org.uk)

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

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## **FLEET (helping equip the AMBULANCE service)**

Pengale, 11 Westheath Avenue, Bodmin, PL31 1QH

**Tel:** [01872 303770](tel:01872303770)

**Email:** [normantrebilcock@btinternet.com](mailto:normantrebilcock@btinternet.com)

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

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## **Hearing Loss Cornwall**

3 Walsingham Place, Truro, Cornwall, TR1 2RP

**Tel:** 01872 225 868

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

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## **Get Active Cornwall**

**Tel:** 01872 323346

**Email:** [smageean@cornwall.gov.uk](mailto:smageean@cornwall.gov.uk)

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

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## **Isight Cornwall**

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

**Tel:** 01872 261110

**Email:** [info@isightcornwall.org.uk](mailto:info@isightcornwall.org.uk)

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

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## Launceston Hospital

Link Road, Launceston, PL15 9JD

Tel: 01566 765600

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

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## Launceston Walking Group

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

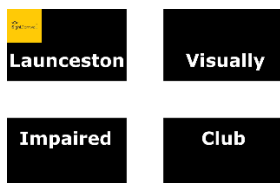
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## Launceston Visually Impaired Club

Tel: 01566 782607

Mob: 07855 221209

Email: [k.biddick@btinternet.com](mailto:k.biddick@btinternet.com)



## League of Friends

Launceston Hospital, Link Road, Launceston, PL15 9JD

Tel: 01566 775272

Email: [info@launcestonhospital-lof.org.uk](mailto:info@launcestonhospital-lof.org.uk)

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

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## **Step into Learning**

The Orchard Centre Blind Hole, Market St, Launceston PL15 8AU

**Tel:** 01566 770729

**Email:** [info@vlearningnet.org.uk](mailto:info@vlearningnet.org.uk)

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## **Stop Smoking Service (Healthy Cornwall)**

**Tel:** 01209 615600

**Email:** [hps.admin@cornwall.gov.uk](mailto:hps.admin@cornwall.gov.uk)

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

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## **Vital Dental Service**

11 Castle Street, Launceston, PL15 8BA

**Tel:** 01566 777337

**Email:** [complaints@vitaldentalservice.co.uk](mailto:complaints@vitaldentalservice.co.uk)

**Web:** <https://www.launcestondentist.co.uk/>

# **Maternity**

## **Stillbirth Charity (SANDS)**

**Tel:** 07582 831478

**Email:** [cornwallsands@gmail.com](mailto:cornwallsands@gmail.com)

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

# Mental Health

## **Battling On**

Merryhue Farmhouse, Callington, PL17 7HW

Tel: 01579 384798

Email: [ossie@battling-on.com](mailto:ossie@battling-on.com)

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

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## **Man Down (Men's Mental Health Support)**

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

Email: [support@mandown-cornwall.co.uk](mailto:support@mandown-cornwall.co.uk)

Web: <https://www.mandown-cornwall.co.uk/>

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## **Pentreath (Mental Health Support)**

St Ender Barns, Glebe Farm, Newquay, Cornwall, TR8 5EE

Tel: 01726 862727

Email: [pentreath@pentreath.co.uk](mailto:pentreath@pentreath.co.uk)

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

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## **Samaritans**

19 Treyew Rd, Truro, TR1 2BY

Tel: 116 123

Email: [jo@samaritans.org](mailto:jo@samaritans.org)

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

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## **Suicide Liaison Service (Outlook South West)**

2D Restormel Estate, Liddicoat Road, Lostwithiel, PL22 0HG

**Tel:** 01208 871905

**Email:** [help@outlooksw.co.uk](mailto:help@outlooksw.co.uk)

**Web:** <https://www.nhs.uk/services/clinic/outlook-south-west/AM501>

## **Sexual Health**

### **Brook Launceston (Sexual Advice)**

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

**Tel:** 01209 710088

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

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### **SHiP 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](mailto:sarah@accesstheatre.org)

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

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## **Bridge Church**

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

**Tel:** 07582 831478

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

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## **Café Scientifique Launceston**

Eagle House, 3 Castle St, Launceston PL15 8BA

**Tel:** 01566 774856

**Email:** [tregada16@gmail.com](mailto:tregada16@gmail.com)

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

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## **Cowslip Studios**

Newhouse Farm, St Stephens, Launceston, PL15 8JX

**Tel:** 01566 772654

**Email:** [info@cowslipworkshops.co.uk](mailto:info@cowslipworkshops.co.uk)

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

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## **FLIC (Community Film Club)**

Launceston Town Hall, PL15 7AR

**Tel:** 07790 058652

**Email:** [info@flic-launceston.co.uk](mailto:info@flic-launceston.co.uk)

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## **Dunheved Bowls Club**

Launceston, PL15 9JD

**Email:** [dunhevedbowlingclub@gmail.com](mailto:dunhevedbowlingclub@gmail.com)

**Web:** <https://www.dunhevedbowlsclub.co.uk/>

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### **Kensey Vale Bowling Club**

1 Riverside, Newport, Launceston, PL15 8DH

**Tel:** 07523154000

**Email:** [kenseyvalsec@gmail.com](mailto:kenseyvalsec@gmail.com)

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

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### **Launceston Cricket Club**

The Cricket Ground, Lawhitton, Launceston, PL15 9LG

**Email:** [vickyandbill@btinternet.com](mailto:vickyandbill@btinternet.com)

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

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### **Launceston Football Club**

1 Pennygillam Way, Launceston, PL15 7ED

**Tel:** 07717 707561

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

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### **Launceston All Gauges Model Railway Group**

**Tel:** 01566 774622

**Email:** [les.whaley@talktalk.net](mailto:les.whaley@talktalk.net)

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### **Launceston Railway Circle**

**Tel:** 01566 774622

**Email:** [les.whaley@talktalk.net](mailto:les.whaley@talktalk.net)

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## **Launceston Rugby Club**

Polson Bridge, Launceston, PL15 9QT

**Tel:** 01566 773406

**Email:** [info@cornishallblacks.com](mailto:info@cornishallblacks.com)

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

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## **Launceston Steam Railway**

St Thomas Road, Launceston, PL15 8DA

**Tel:** 01566 775665

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

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## **Lawrence House Museum**

9 Castle Street, Launceston, PL15 8BA

**Tel:** 01566 773277

**Email:** [lawrencehousemuseum@yahoo.co.uk](mailto:lawrencehousemuseum@yahoo.co.uk)

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

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## **N Gauge Launceston Model Railway Group**

**Tel:** 01566 774622

**Email:** [les.whaley@talktalk.net](mailto:les.whaley@talktalk.net)

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## **SSAFA (Armed Forces)**

**Tel:** 0204 566 9131

**Email:** [cornwall@ssafa.org.uk](mailto:cornwall@ssafa.org.uk)

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

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## **Stamp Club**

Eagle House Hotel, Launceston, PL15 8BA

Tel: 01566 772846

Web: <https://www.abps.org.uk/society/launceston-stamp-club/>

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## **Network u3a (University of the Third Age)**

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

Tel: 01566 779790

Email: [angelawharris@yahoo.co.uk](mailto:angelawharris@yahoo.co.uk)

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

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## **UK Men's Sheds Association**

Tel: 0330 7729626

Email: [admin@ukmsa.org.uk](mailto:admin@ukmsa.org.uk)

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

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## **Wednesday Fellowship Meeting**

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

Email: [david@lamc.org.uk](mailto:david@lamc.org.uk)

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

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## **Werrington Cricket Club**

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

Tel: 01566 773629

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>

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

Tel: 01872 223388

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

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### **Tavistock Area Support Services (TASS) - Voluntary Car Service**

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

Tel: 01822 616958

Email: [transport@tasstavistock.org.uk](mailto:transport@tasstavistock.org.uk)

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

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## Victim Support

### **Bosvean - Support for Homeless Women**

Dunheved Road, Launceston, PL15 9JG

Tel: 0300 3047980

Email: [gareth.williams@homegroup.org.uk](mailto:gareth.williams@homegroup.org.uk)

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

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## **The Women's Centre Cornwall**

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

**Tel:** 01208 76466

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

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## **Victim Support (Plymouth)**

**Tel:** 0300 303 0554

**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

### **Healthwatch Cornwall**

**Tel:** 01872 273501

**Web:** <https://www.healthwatchcornwall.co.uk/>

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### **The Cornwall Link**

**Tel:** 01872 266383

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