



CORNWALL MENTAL
HEALTH PROJECT

Winter 2009





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Cover photo: Mousehole Christmas lights



Cornwall Mental Health Project

Update

The CMHP Annual Unmissable...

Christmas is almost upon us and our service users and carers **Christmas Party** is taking place on **Thursday 17 December 3-5 pm at the Town Hall in Truro** (above the Tourist Information Office on Boscawen Street). Details have not been confirmed at the time of going to press but the usual raffle, quiz and buffet will definitely be available. Places will be limited so ring us as soon as possible to book yours!

Our **service user representative group** has been undergoing a review recently and all feel that the group needs to recruit new members to be as representative as possible. We are looking for people who have used mental health services (primary or secondary care) who would like to help strengthen the service user voice in Cornwall to work towards improving those services. If you are interested in being a service user rep, give us a ring.

In other Project news, Nicki Sweeney is now the Project Deputy Manager, however, she will also continue her role as Co-ordinator for West Cornwall for the time being.

In this issue...

- Feedback on issues raised by service users
- New self help groups are established
- Care plans—changes to the CPA and how to get help again after discharge
- Link's 'Out of Hours' Executive Summary
- Sea Sanctuary—update!
- Cornwall Aspergers Association—progress to date

We hope you all have a lovely Christmas and Happy New Year!

Jenny, Nicki, Lesley & Jane



Individual Empowerment Grant 2009

Aims

To empower individuals to undertake activities which help to promote a sense of well-being and positive mental health in order to reduce the stigma and impact of mental distress.

To enable individuals to develop effective coping skills as a way of reducing and preventing mental distress.



Who can apply?

Residents of Cornwall and the Isles of Scilly

Individuals over the age of 16 who are experiencing mental health problems and receiving support.

A grants committee meets every six to eight weeks to consider applications. The committee is made up of mental health service users.

The Individual Empowerment Grant committee are pleased to say that they have funded the following from April to October this year...

Gym/keep fit /sport	61
Arts/crafts	54
Gardening	20
Swimming /surfing	14
Photography	16
Computer-related items	11
Music-related items	12
Fishing	12
Training Courses	24
Bikes	4
Horse riding	1
SAD lamps	2

(Seasonal Affective Disorder)

For an application form please call Cornwall Mental Health Project on 01872 243532 or write to us at: Individual Empowerment Grants, 2 Princes Street, Truro TR1 2ES. Alternatively you can download a form at: www.cornwallrcc.co.uk/individual_empowerment_grants



Independent Visiting Scheme

Feedback

Independent Visitors, alongside Mental Health Project staff, now attend the Acute Care Forum on a monthly basis. This is a meeting with senior hospital staff and it allows us to feed back directly to them what service users are saying about mental health inpatient services in Cornwall.

Longreach—Bay Unit

- Female patients have reported that there are no sanitary disposal bins in their rooms and they are having to use their waste paper baskets, which are visible to anyone else coming into their rooms. An Independent Visitor has been working with ward staff to find suitable containers that maintain the privacy, dignity and hygiene of female patients.
- Patients are once again saying that they are not always aware of who their Named Nurse is. Signs have been moved, at patients' requests, from the outside of their room doors to the inside. However, this seems to make it more difficult for staff to update these regularly. An Independent Visitor is working with ward staff to establish how things can be improved.
- People have made positive comments about the ward and have said how much they appreciate Haven Unit.
- Independent Visitors gave 4 short training sessions to ward staff recently about the Patient's Journey. As part of staff's Core Capabilities training, Independent Visitors who had experience of an in-patient stay within the last 18 months on Bay Unit were asked to talk to staff about what their time in hospital was like, the good and the bad, so that staff could appreciate how things felt for patients.
- Service users reported that they are unable to save or print off any of their work when using the computers. One service user reported

that she had found it frustrating that she was unable to either save or print a letter that she had typed out to her solicitor.

The reason for this, apparently, is that the government is concerned about problems across the nation with NHS staff 'losing' sensitive information that has been stored on disks or pen drives. As a result, there is a national policy that all NHS computers cannot have external data storage capabilities. However, it is possible for local IT services to enable specific computers to have a storage facility and an Independent Visitor has approached Longreach management to request that this be done for the computers that patients use.

- Service users said that they are unable to access social networking sites, such as Facebook, which provide them with much-needed contact with friends and family whilst in hospital.

Again, the reason for this is a national government policy put in place to prevent NHS staff from misusing their working hours. As with the data storage facility, there is the option of IT services enabling access to such sites for computers used by patients. At a recent management meeting, however, it was raised by staff that some patients are adversely affected by their use of social networking sites, increasing their paranoia, for instance. It was agreed that Fletcher Ward at Bodmin Hospital, where access is available, would be consulted as to how these issues are dealt with before permission will be given at Longreach. It is the view of Longreach Independent Visitors that those at risk of problems through their use of Facebook should be care planned to monitor or restrict their use, as appropriate, whilst other patients should be allowed to enjoy the benefits of keeping in touch with the outside world as a key part of their recovery.

- Service users have asked if everyday items, such as pens, paper, toiletries, etc, be made available to them to buy each day from a trolley. The Independent Visitor asked the ward about this and it seems the Housekeeper makes two trips a day to local shops to buy anything that service users need. Those who had made use of this said that it worked very well and were very grateful to the Housekeeper for doing so.

Bodmin Hospital—Harvest

- Named Nurse boards have now been fixed to the outside of the bedroom doors.
- Harvest are holding short, 'in-house' core-capabilities, training programmes on every Wednesday. These are open to our IVS volunteers.

Bowman.

- Cornwall College have set up 12 week art and cookery sessions, open to in-patient clients, with the idea being that they are started whilst in hospital and continue after discharge. These sessions are being held on the Bodmin Hospital site in the former IT offices. Although these sessions will be open to other hospital wards, this scheme will be particularly useful to Bowman clients.

Fletcher

- There was a reported lack of activities for men on Fletcher. In order to address this staff are actively asking clients what they would like to do and trying to accommodate the requests.
- Daily newspapers have been re-introduced on the ward and a film evening has been set up with opportunities to watch DVDs. TV access, for both men and woman, in their respective lounges, is being undertaken although there have been delays in a new aerial socket being fitted.
- Access to the garden has been restricted sometimes. It is planned to fit anti-climb rollers to the fence. When this work has been carried out, the garden should be more easily accessible.
- Although the ward has been reported as being very busy with staff shortages, there have been several complimentary reports, from clients, about the care received whilst on the ward.

Garner Ward

- Colour designers have visited the ward recently and have suggested colour schemes which will enhance the ward environment.
- IVS visitors are involved in the steering group of the 'Enhancing the Healing Environment' project, part-funded by The King's Fund. Interior designers have provided ideas which have been discussed

by the group and fund-raising, to add to the award, is underway. A Craft Fayre, to raise funds, is being held at The Shire House Suite, in Bodmin, on Sat 5th December from 10am onwards.

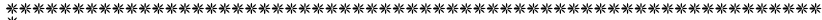
- A plasma TV for Garner has been ordered. This will be used to displaying calming scenery.
- Garner has also applied for AIMS accreditation and IVS visitors attended on the inspection day. A report has been compiled to send to the Royal College. A considerable amount of work has gone into the accreditation process and the Ward is awaiting the outcome.

Fettle House

- There has been a significant increase in the amount of activities on offer on the ward. These include a music appreciation group, Women's Group and Complementary Therapies.
- Garden area in the centre of ward building has been re-designed providing a much-improved and attractive area.
- An Occupational Therapist, from Longreach, has recently joined the team for a few months and will be initiating more group and individual activities.

Other Items

- **Cash machine (ATM)** - Permission has been given, by the landlords to have a cash machine sited in the hospital, although the original idea of the social club being the location was felt unsuitable due to security reasons. A response from Barclay Bank had asked for more information about the size of premises etc and this has now been completed. This is still ongoing at present but watch this space!
- The **bedroom showers**, which have been particularly unsatisfactory, are due to be replaced soon.
- **Dementia advocates**, from SEAP, are now visiting Bodmin hospital wards.
- **Digital receiver boxes** have been provided to all hospital TVs.



Join Time to Change - we're recruiting for Lived Experience

This is your chance to join England's most ambitious campaign to end mental health discrimination.

We're recruiting for four new members of our Lived Experience Advisory Panel, which is crucial to ensuring that the voices of people with direct experience of mental health problems remain central to Time to Change.

We're interested in hearing from you if you have direct experience as a survivor, service user or carer and are involved with national, regional or local networks. We're looking for people who have skills in public speaking, media work, research, involving others or community engagement.

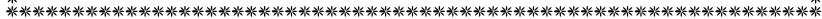
For more information, including application forms, visit our website, <http://www.time-to-change.org.uk/files/newsletter/leaprecruitment.html>

Email us: leap@time-to-change.org.uk

Or phone us on 020 8215 2356.

Important dates

- The closing date for us to receive your completed application form is **5pm on Thursday 17 December 2009**.
- We will be holding interviews on **Friday 15 and Monday 18 January 2010** in London.
- For those successful, there will be an induction day on **Tuesday 26 January 2010**, again in London.



Cornwall Partnership Trust—PALS & Complaints Department merger

The Patient Advice and Liaison Service (PALS) has now merged with CPT's complaints department to form a rebranded *Customer Support* service in order to provide a more seamless experience for those unhappy with the care they receive from the Trust or those wanting to praise the support they've been given.

The aim is to try and resolve initial concerns as quickly as possible, ideally within 24 hours. For more formal complaints the Customer Support Team hope the newly streamlined service will help to provide a satisfactory outcome more promptly.

If you would like to contact the Customer Support Team, telephone 01726 291109 or you can write to them at:

Cornwall Partnership NHS Trust
Porthpean Road
St Austell
PL26 6AD

HOPELineUK

Prevention of young suicide

If you have a son, girlfriend, partner, daughter, boyfriend, patient, pupil, client thinking of ending it all, get professional advice.

Call in confidence

08000 68 41 41

Calls are free from BT landlines, other networks and mobile rates may vary.



Community Independent Visiting

Feedback

Our Community Independent Visitors took part in a Good Mental Health & Wellbeing event we hosted in Mevagissey on 1st October. Visitors had a discreet coffee corner where people could chat in confidence about any issues they had around mental health services. *See p.47 for more info on this event*

Feedback forms are now available to download from our website:

http://www.cornwallrcc.co.uk/mental_health_service_user_involvement.html.

Entitled 'CIVS Client Feedback Form', these are for anyone who has anything they'd like to say about mental health services in Cornwall, to be completed and sent to us.

West Cornwall—Visitors are now making contact with the mental health day resource centres in the west to arrange regular visits. Mental Health Project Co-ordinators have, in the past, visited centres monthly but now that we are expanding the CIVS, time constraints prevent us from doing this. Utilising our Community Visitors in this way means that centre members have regular access to a listening ear for feeding back about services and for help in accessing useful information.

Visiting to date: Richmond House, Penzance — Jane Haslam

Anchor Project, Falmouth—Sue Stittle

Coming soon: Boundervean, Camborne, and Stepping Stones, Truro.

East Cornwall—Visitors now attend Alexandra House CMHT, St Austell and Trevillis House CMHT, Liskeard.

We are hoping to make links with the Primary Care Trust user involvement leads to enable us to have a feedback channel in primary care. In other words, if people have concerns or suggestions about care they receive in relation to their mental health from a GP practice, for instance, we hope to have a group to feed these comments into, as we do with Cornwall Partnership Trust. Watch this space!

If you would like to speak to a Community Visitor, either at a place they already attend or somewhere else, please call us:

North C'will, Restormel, Caradon — Lesley Ayers 01872 243557

Carrick, Kerrier, Penwith —Nicki Sweeney 01872 243542



Volunteers needed!

We are looking for people who have experienced mental health services, or have looked after someone with mental health problems, to help gather feedback on those services as part of our Independent Visiting Schemes.

Either within our community or in-patient based schemes, we need assertive, reliable and committed people who are passionate about improving mental health services and who want to make a difference.

You will be fully supported in your role, training will be given and travel expenses paid. Volunteers will need to be willing to undergo a CRB check.

Interested?

Please contact us on 01872 243532 for an information and application pack.



Community Care Services Forum (CCSF)

Feedback

The CCSF is attended by Cornwall Partnership Trust (CPT) community services team leaders and managers, including those who manage the Home Treatment Team. Also in attendance are, of course, Service User representatives and Community Independent Visitors. This forum is chaired by a Service User Consultant. Our Community Visitors and Project Co-ordinators have picked up the following issues and taken them to the Community Care Services Forum.

- Some CMHT clients report that they are not given enough information about why they have been referred. Many find it difficult to retain information when they are acutely unwell and would value written information which they can digest at their leisure.

It was agreed that this issue needs to be raised with GPs and that perhaps people who have been referred should be sent a copy of the referral letter. The issue will be raised with the North Cornwall integrated care pilot team.

Some CMHTs report that they still receive referrals for people who do not know that they have been referred. Such referrals are routinely discussed with the GP before further action is taken.

Concern was also raised about the length of waiting list for people referred to Outlook Southwest. The Service User Consultant Chair explained that Outlook are working on this issue and will be introducing a telephone triage system which should help to reduce waiting times and ensure that people are offered the appropriate intervention.

- Communication with service users and carers—this has been raised in the past and is about people saying they don't always have access to the right information. For instance, carers not always knowing they can have a carers assessment.

It was agreed that there should be an information audit in CMHT bases and day resource centres. The SU Consultant Chair will liaise with CPT Communications and the Community Visitors to look at the information which is available for service users and carers. The information available should be in accessible formats and general information should be standardised across the county.

Local services should also be promoted, including the website:
www.cornwallmentalhealth.com

- Access to services— a service user representative highlighted two cases where people could not access services and were left in acute distress. One individual was discharged despite still feeling suicidal and another was refused attention whilst the Home Treatment Team was in Handover. Formal complaints are being made.

The LINK report on Out of Hours services can be found on p.36

- Someone recently tried to self-refer to Alexandra House CMHT, in St Austell but was told to see their GP to be referred.

The CCSF agreed that this was not agreed protocol. People can be referred to the CMHT by their GP but they can also self-refer. The Team Leader at Alex House has been advised.

- A lady in Falmouth recently phoned us to say that she had received fantastic care and support from the mental health team in Falmouth when she suffered with Post-Natal Depression.

These comments were passed onto the CCSF.

- At a Mental Health Forum in Kerrier people were saying that they find it very difficult to get through to anyone at Trengweath. Lines are always busy and, when they do get through, CPNS don't always phone back.

The CCSF all acknowledged that this is an issue with most CMHTs. A cost-effective solution has not been found following a review last year. The Primary Care Trust have asked for evidence that people are experiencing real problems getting through to staff at the CMHTS.

If you have had trouble getting through, please contact Cornwall Mental Health Project with a brief overview of what happened. Call Nicki on 01872 243542 or email: nicki.sweeney@cornwallrcc.co.uk

- Some service users are saying that their care plan is being written without them and that they rarely get given a copy. Some are saying that their reviews are not happening regularly enough.

It was discussed that Care Co-ordinators (CCs) are now meant to be doing these electronically, where before they were done on paper. Whether this means that it is harder for care plans to be done out in the community with service users, or whether this means that CCs are forgetting to send a paper copy to service users is not clear as it may be that there are different reasons applicable in each situation. However, Community Visitors and Service User Reps agreed that reports from service users indicating that care plan procedures were not being consistently or comprehensively adhered to were commonplace. It was raised that, in 2009, it was worrying to hear regular complaints of this nature. The Community Visitors were invited to report this issue to key staff in CPT who may be able to investigate this.

We will be keeping track of this issue as an ongoing matter.

- Service users in Kerrier and Penwith have reported that they have been discharged from their CMHT without any discussion with them. One lady said that she hadn't even been aware that she had been discharged until she received a discharge care plan!

This matter ties in with the previous comments about care planning and we will be looking to monitor this as well.

NB: In previous issues we've reported on services users claims that they have been discharged from their CMHT too soon and have found it extremely difficult to access the service again. CPT have produced a leaflet entitled "Mental Health Can Go Up and Down: What to do if you start to become unwell again". This is a guide to what it termed as "episodic care" and it is hoped that it will make it easier for service users to access secondary care again when they need it. See page.....for excerpts from this leaflet. Also, we hope to be able to make this leaflet available on our web pages very shortly.

Counselling

at the Penwith Centre, Penzance, and Camborne Library



- Unemployed?
- Feeling a bit down?
- Struggling to cope?
- Anxious or lacking in confidence?
- Not sure where things are going?
- Like to talk to someone in confidence?

A one-to-one counselling service is now available

What can you expect from counselling?

You don't have to have a problem or be ill. People come to counselling for all sorts of reasons: stress and anxiety, panic attacks, relationship difficulties, abuse, low self-esteem, living with illness or disability, loss, addictions, or just feeling unhappy.

We aim to help and support you to find more effective ways of coping. The service is completely free and confidential and provided in a private room.

If you feel this service is for you, please call
01736 332772 if you live in Penwith
or 01736 334686 if you live in Kerrier



Cornwall
Healthy Living
Centre



Support & Life of St. by MCHC

Sea

Sanctuary

Sets

Sail



The "Leopard of Avon" - combining quality, space, a kindly sail and aesthetic appeal

Sea Sanctuary to launch in New Year

Sea Sanctuary is an innovative marine-based service and is the first of its kind in European waters. We provide comprehensive mental health care on board a 43ft classic yacht, catering for young people and adults alike. Sea Sanctuary provides therapy, education/training and respite care and is available to individuals principally within Cornwall, but also the wider UK. Sea Sanctuary seeks to address the very real issue of mental health well-being for those who most need it.

Aim

Sea Sanctuary's aim is to provide a safe and naturalistic environment as an alternative venue for mental health care working in partnership with statutory and non statutory mental health service providers as an adjunct within the community to their existing and overstretched services.

Philosophy

The ethos behind Sea Sanctuary is based on modern research reflecting the findings of studies based on Wilderness settings and the therapeutic benefits of combining activity and therapy for mental health clients, delivered in a non clinical setting. The unique setting of Sea Sanctuary as a working sea faring

vessel makes the probability of therapeutic change more likely due to the stimulating nature of the boat itself but also the locations to which clients can be transported around their spectacular coastline.

Our assumptions about people using our service

Sea Sanctuary holds the assumption that all service users have the potential to actualise their abilities given the right therapeutic environment and opportunity to progress themselves regardless of their mental health problems. Sea Sanctuary believes that working as individuals or groups, the boat itself will provide an underpinning framework that represents a common interest for all involved. This will create equal partnerships amongst clients and staff whose shared relationship includes literally, taking care of the Mother Ship. In addition Sea Sanctuary has a fully working Galley which is used in promoting team work and life skills for (e.g. catching and preparing fish). Furthermore the project assumes that the client is the expert with regards to their own therapeutic needs and where possible clients will be encouraged to choose their own interventions from the services on offer.

Sea Sanctuary provides:

Counseling & Therapy

Respite & Retreat

Education & Personal Development

Spiritual & Pastoral Support

RYA Qualifications

Cntd.

Referrals

Sea Sanctuary is available to anyone (subject to an assessment) wishing to use our unique service. We actively address the issue of rural isolation by offering transport to those individuals unable to use access our service otherwise. Sea Sanctuary will collect service users from local train stations or may consider a more extensive pick-up service (where appropriate).

We actively encourage self-referrals through either phoning, emailing or writing to us. This will give us the opportunity to discuss your needs and the best way forward.

Sea Sanctuary will also be available through:

- General Practitioners (GP)
- Community Mental Health Teams (CMHT)
- Community Psychiatric Nurses (CPN)
- Discharge Liaison Service (Hospitals)
- NHS (Psychiatrists, Psychologists)
- Schools and Educational organizations
- Specialist residential settings (e.g. Foyers)
- Occupational Therapists (OT's)
- Third Sector organizations
- Statutory organizations (e.g. Connexions)
- Other Health Professionals (Health Visitors, etc)

Contact Sea Sanctuary

Sea Sanctuary
Waterside House
Penryn
Cornwall
TR10 8BE

Telephone: (01326) 378919 Mobile: 07966 086856

Email: joesabien@sea-sanctuary.co.uk

Website: www.sea-sanctuary.co.uk

PLEASED AT THE DYING OF THE LIGHT

WHEN THE APPLE FALLS IN THE SUNRICH DAY

OR THE SILVER NIGHT

OR THE MOONS WANDERING HEART FELT

CHOICES

IN THE MORNING CHOICE AND EVENING

CHOICE

THE RICH TIMBRE OF THE VOICE OF A

THOUSAND SOULS IN THE LOAM

OR THE EARTH'S GREEN PROMISES

AND DARK BLOOD FLOWS WITHOUT QUESTION

THROUGH THE CAVERNS OF THE RESTING

MINDS CONSCIOUSNESS

Anon

CHANGES HAVE BEEN MADE to the CPA (Care Programme Approach)

The Department of Health has issued new guidance about the Care Programme Approach.

Here's what you need to know

What is the Care Programme Approach CPA?

The Care Programme Approach is the process by which your care and treatment is delivered to you and should consist of the following elements:

- A Comprehensive Assessment of your Health and Social Care needs
- A Care Plan developed with you detailing your Care and Treatment
- A copy of your Care Plan given to you
- A named Care Co-ordinator designated to oversee your Care and Treatment and whom you can contact
- A regular review of your Care Plan

Also anybody who cares for you must have an assessment of their caring needs and a Care Plan to address these needs.

How will the New CPA work in practice?

Everyone must receive an initial assessment when they come into contact with the Secondary Mental Health Service* which will ascertain their need for treatment, care and support.

From that initial assessment it will be decided whether they need (New) CPA or not.

Those who do qualify for New CPA

Those who qualify for New CPA will be those who are or would be placed on the current 'Enhanced' level of CPA this means that their case is categorised as:

High need

High risk

Complex issues involved such as Housing, Finances, Employment, Family, Vulnerability issues.

A clear criteria for New CPA has been published as part of the Department of Health Guidance.

Those who do not qualify for New CPA

Those who do not qualify for New CPA will be those who have contact with only one agency, have straightforward needs and who's risk is low.

- Those on non-CPA or standard care will **still** have:
- A Lead Professional identified
- Self directed care with support
- A full assessment involving assessment of risk
- A statement of care agreed with them
- Regular reviews of their care
- Carers will be identified
- Central records still maintained
-

There are strict standards set by the Department of Health about what should happen both those on New CPA and those not on CPA.

Those already receiving Mental Health Services under Standard CPA will not have this tier removed without a clear process of handover and alternative support being put in place for both Service Users and their Carers.

No Service User will have any changes made to the way their Care and treatment is delivered through CPA without a review in which they will be included.

What happens now?

The Local *Secondary Mental Health Service run by Cornwall Partnership Trust are currently working from an action plan that gives details of what needs to happen so that these changes can be made by October 08.

There is a lot of information, some of it in more detail about the changes to CPA.

You can read a more detailed version of this document by calling Sarah Gabert Care Programme Approach Lead for Cornwall Partnership NHS Trust on 01208 256268 or look at the Department of Health Website <http://www.dh.gov.uk> - "Refocusing the Care Programme Approach"

* Secondary Mental Health Services are those delivered by Cornwall Partnership Trust - not those currently offered at your GP Surgery.

NB: This information is available to download at: http://www.cornwallrcc.co.uk/mental_health_information_documents.html



Local Self-Help Support Groups

Breakaway

Support for people who want to reduce or come off Benzodiazepines
Thursdays, twice a month, 2-4 pm
2 Princes Street, Truro

Camel Club

Social group
Tuesdays & Fridays 10.00-1.30 pm
Delabole Church, Delabole

Cornwall Survivors Group

Mutual support for male survivors of rape or sexual abuse, Tuesdays, 7.00 pm, St Austell

Creative Words

Creative writing group
Monday mornings, 10.30am—12.30 pm,
Falmouth Health Centre,
Trevaylor Road
Please call Victoria on 01326 319030 to reserve a place

Where telephone numbers are not given, call Cornwall Mental Health Project for details on 01872 243532

Hearing Voices Network

West Cornwall

Tuesdays, 1.30-3.30 pm
Healing Star, Causewayhead, Penzance

Mid Cornwall

Thursdays, 4-5 pm
Newquay Mind, 40c East St, Newquay

East Cornwall

Wednesdays, 2-3.30 pm
Bodmin (please call 07807 813996 for details)

Manic Depression/Bipolar Groups

West Cornwall

Every 3rd Weds of the month, 2-4 pm
Healing Star, Causewayhead, Penzance

Mid Cornwall

Once a month, Mondays (please phone for dates)
Newquay Centre, 17a St Michael's Rd, Newquay

East Cornwall

Every 4th Tues of the month, 10-12 pm
Liskerrett Centre, Varley Lane, Liskeard

Perranporth Coffee Corner

Social group
 Wednesdays 10.30– 1.00 pm
 Upstairs in the Conservative Club, St Piran's Road, Perranporth
 Call Brenda 01872 572453 or Betty on 572546

Pink Umbrella LGBT Group

Gay, lesbian, bi-sexual & trans support
 Every 3rd Friday of the month, 1-3 pm, 2 Princes Street, Truro

Redruth Friendship Club

Social Club
 Wednesdays
 12.00-3.00 pm
 Redruth YMCA,
 Station Rd, Redruth



NEW!!!

Freedom OCD Group

Meets every last Thursday of the month

10.30am-
 12.30pm

Truro



Rural Community Link Project (RCLP)

Welcome groups—all run 10am—12.30 pm

Monday—St Blazey
 Tuesday—Indian Queens
 Wednesday—St Dennis
 Friday—Penwithick & Lostwithiel

Men's group

One Sunday a month for Restormel residents
For info on any of the RCLP groups, please call

SOBS

Suicide bereavement support group
 Meets monthly in Carrick
 Call 07948 586264 for further info

St Agnes Self Help Group

Social Support Group
 Mondays 10.00-1.00 pm
 Coffee lounge, At Agnes Methodist Church, British Rd, St Agnes

If you would like your self help group listed here, call Nicki on 01872 243542



Mind Social Groups

Penwith/ Kerrier

Camborne

Mondays, 1.30-3.30 pm,
Camborne Parish Church
Hall, Church Street
(opposite Aldis)

Helston

Tuesdays, 10 am -12pm,
St Mary's Roman Catholic
Church Hall, Clodgey Lane
(near Tesco's roundabout)

Penzance

Wednesdays, 10am—12pm
St Mary's Church, Chapel
Street

***People can attend a group
once for a taster session.
After this, a referral is
required from a GP, mental
health worker, housing
support or other support
organisations.***

***For info on any of the Mind
groups, please call 01209
714 550***

Carrick

Truro Coffee Corner

Tuesdays, 10 am –12 pm
Baptist Church, Chapel
Hill, Truro

Carrick cntd

Falmouth Coffee Corner

Thursdays, 10.30am-12.30 pm
W.I. Rooms, Webber Street,
Falmouth

Supper Clubs

Meet once a month in
Wetherspoons in Truro &
Falmouth.

**Please call Carrick Mind for
details on 01872 222469**

Restormel

Patchwork Group

Mondays 9.30am-12.00pm
The Pavilion Workshop, Mount
Wise Car Park, Newquay
Newquay S.H.E. Group
(women's social group)
Mondays 10am-1pm

The Newquay Centre, St
Michael's Road
Newquay Coffee Corner
Wednesdays 10am-12.30pm
The Newquay Centre

Out 'n' About Group (activity group)

Thursdays 10am-12pm
Various community venues

Restormel cntd

St Stephen Coffee Corner
 Fridays 10am-12.30pm
 St Stephen Community Centre,
 Fore St

St Austell Coffee Corner
 Fridays 10am-1pm
 St John's Methodist Church,
 Bodmin Road

St Columb Major Coffee Corner
 Fridays 10am-12.30pm
 The Columba Centre, Church
 Hall

**For more information please
 contact Lynn Newman on
 01637 851155**

Kekewich Dual Diagnosis Service

Kekewich Dual Diagnosis Service has been successful in securing continued funding until January 31st 2011.

Dual Diagnosis Service is a short term funded service providing accommodation for clients with a history of Mental Health and who are in recovery from Substance Misuse. The funding is to provide medium levels of support for clients with Dual Diagnosis.

Stonham is committed to reducing the impact of homelessness and social disadvantage through its provision of housing related support to meet a wide range of needs.

Stonham is committed to providing its services through individually tailored support plans for every client and within a framework of equal opportunities, anti-discrimination and respect.

Please contact staff to request a referral application pack or if you have any queries.

Many thanks,

Steffan Jones.

Project Worker

Stonham.

Kekewich Dual Diagnosis Service.

Station Road,

Liskeard.

Tel/Fax:01579343690

www.homegroup.org.uk

Freedom OCD Group

A new self help group for people with Obsessive Compulsive Disorder has been established in Truro. For anyone in the county with OCD, the group meets monthly to share their experiences, support one another and to meet socially in a safe, non-judgemental space.

Every last Thursday of the month

10.30am to 12.30pm

Truro

For more details, contact Nicki on 01872 243542

Creative Words for Health and Well-being

Do you enjoy reading poems and stories?

Maybe even writing them?

If so, you might like to join a safe and supportive Creative Words Group at Falmouth Health Centre.

Many people find expressing themselves in writing can be both enjoyable and helpful.

No experience of any kind is necessary and you can join in as much or as little as you like. The emphasis is on the enjoyment of creative words and using them to help us make sense of difficulties.

The group is led by Victoria Field who has many years' experience of running writing groups in different settings.

The group meets at Falmouth Health Centre

Friday afternoons 3pm – 5pm

commencing 30th October 2009 until summer 2010

free of charge, refreshments included

If you are interested, please call

01326 319030 and leave your name and number for more information.

Asperger's Support Groups

Decisions have been made about the Support Groups for people with Asperger's, and the dates for the two new groups are as follows:

Camborne 11th November and 9th December

Trevu Children's Centre,
Trevu Road, Camborne TR14 7AD
6:30 to 8:30pm

Truro 30th November

Council Chamber, Town Hall,
Truro
6:30 to 8:30pm
28th December

Assembly Room, Hall for
Cornwall, Truro
6:30 to 8:30pm

Both Support Groups will be facilitated by Adam Holmes from Brandon Trust and Kath Smith from the Sensory Project (or one of her team). If you are over 18 years and you would like to know more about the groups, come along to one of the first meetings. You will have the opportunity to say what you would like to do and how you would like the groups to develop. Carers or supportive friends are very welcome.

Cornwall Aspergers' Association

(Hosted by CRCC)

Timeline

December 2009

CMHP arrange a meeting with two people who have Aspergers' Syndrome, to find out how we can support people like themselves. It is decided to gather more people together in the New Year to discuss this further.

January 2009

Publicity is put in the CMHP Newsletter and online with Network Cornwall, encouraging people and families dealing with Aspergers' Syndrome to get in touch with us.

February 2009

The initial meeting is held, with 12+ people attending who are interested in setting up a support network for Aspergers'. A decision is taken to have a very low key 'launch' in the Hall for Cornwall during April. We will publicise the event widely and invite relevant organisations to bring along information.

March 2009

The event in April to launch the Cornwall Aspergers' Association is publicised widely, through word of mouth and through the Marketing Team at CRCC.

April 2009

The Awareness Event takes place, with over 80 people attending during the morning. Contacts are made with individuals and families, and partnerships are made with organisations. People are asked whether they would like to be more involved in planning either/or ...1. Support/Self Directed Groups or 2. a Raising Awareness/Education Group. We have a great response from everyone.

May 2009

We have another Event in Wadebridge to attract people from a different part of Cornwall. The timing is Saturday morning, at the Royal Cornwall Showground. Unfortunately only a few people attend, possibly discouraged by the location and timing. However those who came appreciated the opportunity to hear Joe McEvoy, Deputy Director of Partnership Commissioning, NHS Cornwall & the Isles of Scilly, speak, and to have workshops exploring a variety of issues affecting young people and adults with Aspergers'.

June 2009

The first Education/Awareness Raising Group takes place. Discussions include how we can provide training for outside organisations, create a new website, and a DVD about living with Aspergers'.

July 2009

The first and second Self Directed Support Group meetings take place. There is discussion about what people need and what they would like to happen in their localities. Further meetings are arranged to gather more views.

August 2009

Work continues on the CAA website.

The second Education/Raising Awareness meeting and the third Self Directed Support Group meeting takes place.

September 2009

Facilitators are sought for the Self Directed Groups.

October 2009

CMHP have a Good Mental Health and Wellbeing event at Mevagissey and the Cornwall Asperger Association are present. Many people show an interest and a few individuals are added to the membership.

There is final planning for the Self Directed Support Groups. It is decided to have two locations initially, Camborne and Truro, with the groups meeting monthly. Adam Holmes from Brandon Trust and Kath Smith from the Sensory Project will facilitate. Information about these groups are sent to everyone on the AS database.

November 2009

The first CAA Forum takes place, 19 people attend (again, it's a Saturday morning and Christmas shopping has started!). The website is launched www.cornwallaspergersassociation.org.uk

and we hear some excellent speakers. People come forward who would like to be involved in creating a DVD about Aspergers' and who have contacts who may help. Also, discussions take place about helping people with Aspergers' into employment alongside setting up a Social Enterprise.

Future Plans for 2010

Publicise and develop the Website.

Encourage the Groups in Camborne and Truro, and set up further Groups if possible.

Create a DVD to be used in training for staff in Schools, Surgeries, CMHTeams, etc, and in the workplace.

Arrange and deliver training to a variety of organisations.

Look into the possibility of setting up a Social Enterprise for people with Aspergers' in Cornwall, alongside helping individuals into the workplace.

We'd like to thank everyone for all the help and support you have given us during the last year!

SHIATSU WITH STEVE DAVIES,

Dipshi, Diphyp.

Shiatsu is both very relaxing and empowering, and this therapy enables the receiver to contact their own self healing abilities.

I can work with many problems within the body, including stress and tension, headaches, shoulder and neck problems, OCD, depression, fatigue as well as Aspergers, Autism and many other non specific ailments.

Over the last few years I have worked with children, adolescents and adults living with Aspergers and Autism. I have developed a comprehensive understanding and respect of the conditions, which assists me in my treatment of clients.



If you would like a chat or more information, please feel free to email me on :

shiatsusteve@talktalk.net, or ring me on :
07970687932.

Self Help Group for people with Anxiety in the St Austell area ?

If you suffer with anxiety and live in the St Austell area, you may be interested in joining a self help support group for people like yourself.

Self help groups are run by service users for service users and offer the opportunity meet with others who have similar experiences in a safe non-judgemental space.

Someone with Anxiety in St Austell is interested in setting up a group so if you think you might be interested call **Nicki on 01872 243542**



Informal support group for carers/family/partners of people with Bipolar Disorder in Penwith

If you care for or live with someone who has Bipolar Disorder and live in the Penwith area, you might like to meet with others like yourself to chat about your experiences and to offer mutual support over a cup of coffee.

A carer/partner in the Penzance area is looking to arrange informal get-togethers for other carers of people with Bipolar

If you think you might be interested call **Nicki on 01872 243542**

New Cornish Mental Health web site launched on 2nd October

Cornish mental health charity Pentreath held a launch event for the new website -

www.cornwallmentalhealth.com - at Kingsley Village on 2 October, from 9.30am until 1.30pm.

Project manager Paul Reeve said "Although Pentreath was commissioned by the Primary Care Trust to carry out this work, it is very important for people to understand that this is not an NHS site – nor is it Pentreath's site. It is a site for anyone who has an interest in mental health services, be they a service user or a mental health clinician."

The site is designed to be a one stop shop which will provide information, advice and links to other sites. These will include statutory services, voluntary sector services, complementary therapies and healthy living sites.

Nicki Sweeney (& friend) at the website launch. Photo taken by and reproduced with the kind permission of Revd KathySmith, CPT Chaplain





Extract of the Executive Summary
of
MENTAL HEALTH OUT OF HOURS:
HAVE YOUR SAY

The Report
Research conducted by the Local Involvement
Network in Cornwall (LINK in Cornwall) Mental Health
Out of Hours Task Group

Summary

- LINK in Cornwall heard concerns about the current provision of mental health out of hours and crisis support. Listening to this, and after assessing the situation both locally and nationally, LINK wanted to gather people's views and experiences of out of hours support services.
- In general people would like (i) a service that gave help and appropriate advice to resolve issues, (ii) the current service to have increased staffing (iii) the existing services to continue and one standard phone line. Service User participants would like a service offering help and appropriate advice to resolve issues and would like to see increased staffing of current services. Non Service Users participants would like to see better publicising of current services and would like one standard phone line.
- To conclude, LINK found that providers must ensure that a consistent and resourced service is provided by trained staff who help individuals deal with the crises they are experiencing and ensure the public know which services to contact and under what circumstances. The findings of this report will be fed into the Primary Care Trust Mental Health Commissioning Strategy and New Horizons consultation.

Examples of recommendations include:**Immediate**

- Increase publicising of information on mental health out of hours support and clear descriptions of the role of each service. (i) Mental Health Crisis Services leaflet distributed widely. (ii) Mental health out of hours number added to GP answerphones. (iii) CornwallMentalHealth.com website publicised and to include 'chat to a professional' facility.
- Home Treatment Team office to be staffed by two people at any one time.

Near Future

- Alternative ways to contact out of hours services (email or text) to be provided.
- Expert by Experience Panel to look at feasibility of peer to peer support network.
- Introduce virtual face to face meetings via webcam (either in people's homes or in booths at One Stop Shops).
-

For more information or to get a copy of
the full report please get in touch.

Contact Us

Freepost RRYY-XZAH-TCRK

LINK in Cornwall

c/o CRCC

2 Princes Street

Truro, TR1 2ES

Tel: 01872 243533

Email: linkincornwall@cornwallrcc.co.uk

Alternatively visit our web page

www.linkincornwall.org.uk



Restormel Befriending Scheme

Restormel Befriending Scheme is a well established project set up to provide and manage flexible services for adults who are living in the community of Restormel.

You might be feeling:

- Depressed
- Anxious
- Lonely and isolated
- Experiencing Stress
- In need of support
- Feeling Vulnerable

We aim to offer opportunities for people to join groups which provide this support and friendship in a relaxed, safe and friendly environment.

All groups are run with the help of a sessional worker, volunteers and group members.

If you would like more information about any of our groups, please contact Lynne Newman on 01637 851155 or just call in to one of our groups and have a chat.

We need volunteers...

Whether you are interested in sharing your art and craft skills, perhaps you are a whiz at quizzes and team games, maybe you enjoy sitting and chatting or do your talents lie in the kitchen and making a good cup of tea.

Whatever your particular interest, if you have some spare time, we would like to hear from you.

Roswyth, 4 Cheltenham Place, Newquay, TR7 1BA

Tel: 01637 851155

E-mail: befriending.246@ic24.net

www.restormelmind.org.uk



Community Energy Plus



Community Energy Plus and Cornwall Council are working in partnership with eaga to offer grant funding up to £3,500 towards heating and insulation improvements. Some homes requiring oil central heating may receive up to £6,000.

200,000 households in Cornwall

45,000 people living in fuel poverty

6275 homes made warmer so far...*



eaga is the UK's leading provider of energy efficiency grants on behalf of the Government.

Grants are available to people who own or lease their home or rent from a private landlord and are receiving certain benefits.

Could you be 1?

For more information and to find out if you qualify:

Call free on 0800 512 012

Lines are open Monday to Friday 9am to 5pm (Please quote MK996)

*through eaga grant for heating and insulation improvements since 2000



Penwith Inter-Agency Meetings

The remit for the meeting is a bi-monthly forum for organisations providing services for people with mental health problems. The aim is to promote an exchange of information between agencies, share information on what services are provided in the area, and promote networking to enhance services and avoid duplication.

Information from the meetings held on 8 July & 9 Sept 09

CMAAP, Shelter – Nadia Mills Tel: 03445152314

- This vocational project aims to provide extra support to people with housing related issues, mental health problems, drug and alcohol problems or learning disabilities who face barriers to employment. Nadia's post is specifically to work with people with more chaotic lifestyles.
- They work alongside other agencies such as PCDT, Pentreath, CPR Works and Cornwall Works, and are funded by the European Social Fund (ESF).
- Referrals are from other employment agencies. To be eligible individuals would need to be ready for the labour market in 6-12 months.
- Nadia covers Penwith and Kerrier and North Cornwall, and there is another worker for the rest of the county.

Mental Health Promotion –Karen Oldham Tel: 01209 313419

- Karen advised the Mental Health Promotion Strategy is now almost completed and the Action Plan will be implemented by a Steering Group including housing and voluntary sectors.
- Karen advised that a new booklet has been produced on support for men perpetrating or suffering domestic violence, copies available on request from Health Promotion.
- Cornwall Drug and Alcohol Team (CDAT) have produced a new Directory of Drug and Alcohol services.

- Karen recommended a website which aims to promote awareness of what helps people with mental health problems return to work – www.shift.org.uk
- Health Promotion are circulating prison packs including information from a range of agencies on emotional awareness, social support and housing services, for people being released.
- Health Promotion offer Safety Boxes for people who are victims of domestic violence. They include door wedges which trigger an alarm if anyone tries to push through the door, emergency locks, useful phone numbers and a spray. The packs are available for loan from police stations.

NHS Health Champions – Zelga Hatton Tel: 01209 313419

- The Health Champion scheme offers the opportunity for volunteers to work with NHS projects that support the health of Cornwall and Isles of Scilly Communities.
- All Health Promotion Service projects are based in Pool. Most volunteers are recruited through Volunteer Cornwall.
- There is scope to do as much or as little as you like. There is no promise of a job at the end but, 6 ex-Health Champions now work in a paid capacity for Health Promotion.
- Jane suggested that Zelga talk at Richmond House about volunteering opportunities.
- Zelga advised that the Health Promotion project Eatsome provide Food Hygiene courses. A booklet of all courses offered by Health Promotion is available on request from 01209 313419.

Service users and carers are actively encouraged to attend these meetings. They usually take place at Manna's Diner (formerly Choughs Café), Wharfside Centre Conference Room, Penzance on a Wednesday morning at 9.30am. Contact Adrian Sellers for details on 01209 888260

From Mental Health Today

October & November 2009 Issues

GET WELL SOON

The Royal College of Psychiatrists has produced the first get well soon cards specifically designed to send to people who have mental health problems. Research has shown that people who are admitted to mental health inpatient units receive far fewer cards and messages of support than people admitted to hospital with a physical health problems. The cards are a simple way to send a message of support to friends or relatives and could even help boost their recovery from mental illness. Cards can be ordered from:

leaflets@rcpsych.ac.uk

NHS DIRECT'S ONLINE MENTAL HEALTH CHECKER

NHS Direct has launched a new online mental health checker to provide help and advice for people concerned about their mental health. The checker can help people with low impact long-term issues or those suffering from first time symptoms of stress, anxiety or depression. It works by asking a series of questions and provides users with a number of suggestions. These include a visit to a GP (either routinely or urgently), directing the user to an appropriate mental health organisation or offering self-care. It also provides a rapid assessment tool for people who may be feeling suicidal. The mental health checker is available at www.nhsdirect.nhs.uk and can be accessed by clicking on the 'health and symptom checker' link.

Mht news in brief

Mental health trusts should recruit former service users to help deliver care, according to a paper from the Sainsbury Centre for Mental Health. NHS mental health trusts should establish 'recovery education units' to train and support former service users and train 'peer professionals' to provide direct care within local services. The paper goes on to suggest that, in time, up to 50% of mental health care could be delivered by peer professionals working alongside existing professional staff. Implementing recovery can be downloaded at www.scmh.org.uk

Cornwall Mental Health Project
says:

If you try the NHS Direct Mental Health Checker, please let us know how useful you find it - we'll print your feedback in the next newsletter (anonymously, of course!)

Mental Health Today is published by OLM-Pavilion. Subscriptions are £28 per year for service users or £35 for non-service users (personal use). Email: info@pavpub.com or call: 0844 880 5061

Mental health can go up and down

What to do if you start to become unwell again

Extracts from the leaflet

Self Management

We believe that most people are able to develop ways of keeping themselves well, and know what to do if they become unwell in order to improve things for themselves.

We would prefer you to contact us early on if you are becoming unwell (relapsing) as it is usually easier to help someone at an earlier stage.

Recovery

Recovery happens differently for everyone. However, it is helpful for the mental health services to assist people to find help at the right time for them, but prevent people from using the services unnecessarily or from staying in them for too long. We will help you gain control and empower you to move on with your life.

Working in Partnership

We will work with you to overcome your present difficulties, we will listen to you and find out what works for you as an individual.

In order to do this we need you to keep us up to date with how you are and to be an active participant in your own care and treatment.

Discharge from mental health services

Your discharge will be planned and discussed with you early on during your care and treatment...On discharge you will be given a discharge care review plan that has been developed with you. This will include details about: where to call in an emergency, what happens when you become unwell and what helps.

Question: When I phone will I be able to get back into the mental health services?

Don't be afraid to ask for more help. You can do this by contacting your local Community Mental Health Team (CMHT). If after talking with a member of the team or mental health worker it is felt that this is what you need, you will be put back onto the team caseload.

Question: What if I'm not happy with the outcome of my contact at this point?

You can ask to speak to the manager at your local CMHT or you can contact the Customer Support Team for assistance on 01726 291109. Alternatively, you can email the team at: customersupport@cpt.cornwall.nhs.uk

**Cornwall Mental Health Project says...**

If you feel you need support in accessing services again after discharge or need help making an appeal, you can request an **independent** Community Mental Health Advocate. This service is free and can be contacted on 01726 823137 (Restormel) or 0845 2799019 (rest of the county).

Don't forget to let us know if you have any comments about mental health services: 01872 243532 or email: mentalhealth@cornwallrcc.co.uk.

You can also download a client feedback form at: www.cornwallrcc.co.uk/mental_health_service_user_involvement.html

**Restormel Association for Mental Health****TRUSTEES NEEDED**

RAMH supports projects and services for people living in Restormel who are vulnerable, isolated and who are experiencing mental health problems.

We need Trustees to join our board who have the interest, skills and commitment to work with the organization. We particularly would like to hear from anyone who feels they could take on the role of Treasurer.

Contact Dr Maureen Newman CEO on 07779 789426 for details or email maureen.ramh@googlemail.com

Cornwall Mental Health Project***'Good Mental Health and Well being Day'******Mevagissey Activity Centre***

On Thursday October 1st 2009, CMHP held a Good Mental Health and Well being Day in partnership with Mevagissey Surgery. The focus was on maintaining good mental health and also raising the profile of organisations who provide support in the community for individuals if Mental Health problems occur.

The event was well publicised in the community and through the contacts the Project and Surgery have in the area. A huge variety of people from the voluntary and statutory sectors supported the event, including Health Promotion, LINK in Cornwall, Carers Service, Age Concern, Arts for Health, and many others. DrHotton and nursing staff from the Surgery offered health checks and advice.

In addition, we had many different practitioners who offered taster sessions for a variety of complementary therapies, including Shiatsu, Reiki, Reflexology, and the Bowen Technique.

The Cornwall Aspergers' Association were present for the first time at an awareness raising event and gathered more members.

The CMHP Community Independent Visitors were very involved in the planning and running of this event, and they were on hand to chat to people if they had a particular problem or query.

While the stands were available downstairs, workshops and one-2-one sessions were continuing upstairs, exploring Meditation, Massage and Healing.

We had over 60 people involved in the day, either as participants or providers, and everyone attending the event agreed that it was a success which should be repeated in other parts of Cornwall.

Dr Tom Hotton said, "it was a pleasure to be involved in the "GOOD MENTAL HEALTH AND WELL BEING EVENT" at the Mevagissey Activity Centre. It was helpful to network with other people working in the Mental Health field and to see the variety of help on offer."

Dr Tom Hotton was
on hand for advice



Cornwall Aspergers'
Association stand

A Shiatsu massage being
enjoyed by a member of
the public



Useful Telephone Numbers

Mental Health Project main office Tel: 01872 243532

Nicki Sweeney, Mental Health Project Deputy Manager & Co-ordinator (West)

Tel: 01872 243542

Lesley Ayers, Mental Health Project Co-ordinator (North & East) Tel: 01872 243557

E: mentalhealth@cornwallrcc.co.uk

Web: www.cornwallrcc.co.uk/mental_health.html

*

Nightlink: 0808 8000 306 (daily 5-midnight)

Samaritans: 01872 277277

Welfare Rights/Benefits advice: 0800 882200

NHS Direct: 0845 4647

Carers and Service Users Leaflet Line (CASULL) 01726 823515

Shelter: 01209 314844

Legal Helpline: 0845 650 3122

Cornwall Rape & Sexual Abuse Centre: 01872 262100

SEAP Mental Health Advocacy (not Restormel) 0845 2799019

Rural Community Advocacy (Restormel only) 01726 823137

Disability Information and Advice Line 01736 759500

Community Mental Health Teams (CMHTs)

East Cornwall: 01579 335226

North Cornwall: 01208 251408

Restormel: 01726 291212

Carrick: 01872 356000

Kerrier: 01209 881888

Penwith: 01736 575524

Out Of Hours (Bodmin Hospital switchboard) :01208 251300



Cornwall Rural Community Council (registered as Cornwall Community Development Ltd.) Charity no: 1087550,

Company no: 4144745, VAT no: 557448996. Main office: 2 Princes Street, Truro, Cornwall, TR1 2ES.

Telephone: 01872 273952 Fax: 01872 241511