

# Where to get help in Cornwall

Cornwall Rural Community Council

01872 273952

Registered as Cornwall Community Development Limited Charity Number 1087550  
Company number 4144745 VAT number 557448996

<b>ADVICE AND SUPPORT</b>			
AddAction	01872 263001	Fishermen's Mission	01736 363499
Alcoholics Anonymous	0845 7697555	Freshfield Service Drug Counselling	0500 241952
Anti-Bullying in Cornwall Helpline	0800 5875991	Job Seeker Direct	08456060234
AddAction	01872 263001	LGBT (Lesbian, Gay, Bisexual, Transgender)	0800 6123010
Arthritis Care	0207 380 6509	Macmillan (9am-8pm)	0808 8080000
BBC Radio Cornwall	01872 275421	Mencap	01208 77760
Breadline	01736 366767	Narcotics Anonymous	0300 999 1212
Brook Cornwall	01209 710088	NSPCC	0808 800 5000
Childline	0800 1111	Penwith Community Development Trust	01736 332772
Citizens Advice Bureau	0844 4994188	Penhaligon's Friends	01209 215889
Cornwall Blind Association	01872 261110	Pre-school Learning Alliance	01208 269512
Cornwall Community Foundation	01566 779440	Relate	01726 74007
Cornwall Deaf Association (minicom text phone)	01872 263664	Royal British Legion	01872 260577
Cornwall Deaf Association (telephone and fax)	01872 225868	Salvation Army	01872 225734
Cornwall Deaf Children's Society	01209 842798	Samaritans Cornwall	01872 277277
Cornwall Disabled Association	01872 273518	SHARE Bodmin	01208 79252
Cornwall Dyslexia Association Helpline	01872 274827	SHARE Camborne	01209 711500
Cornwall Energy Saving Trust	0800 512012	SHARE Penzance	01736 361059
Cornwall Friends Mobility Centre	01872 254920	SHARE St Austell	01726 69144
Cornwall Neighbourhoods for Change	01209 310610	Shelter	0808 8004444
Cornwall Probation Headquarters	01872 326262	Spectrum (Specialist Autism Services)	01326 371000
Cornwall Rape and Sexual Abuse Centre	01872 262100	SSAFA Forces Help	01872 863078
Cornwall Voluntary Sector Forum	01872 241584	St Petroc's Society	01872 264153
Cornwall Women's Refuge Trust Helpline	01872 225629	Truro Young Womens Centre (Support & Accommodation)	01872 260847
Cornwall Racial Equality Council	07515 580002	Victim Support and Witness Service	0845 0567999
CRUSE Bereavement Care	01726 76100	Volunteer Cornwall-Head Office	01872 265305
DIAL (Disability Information and Advice Line)	01736 759500	West Cornwall Women's Aid	01736 367539
Disability Cornwall	01736 756655	Women's Rape and Sexual Abuse Centre	01208 77099
East Cornwall Council for Voluntary Service	01208 832763	YMCA	01736 365016
ENABLE In Cornwall	01208 77711	Young People's Care Centre (Mon, Wed, Fri evenings)	01326 436630

## CARERS

Carers Rights (learning disabilities)	01872 264057	Mental Health Carer Support Worker Service	01209 613456
Cornwall Carers Service	01872 266383	Young Carers (CRCC)	01872 243554

## CORNWALL COUNCIL

Cornwall Council	0300 1234 100	Children Schools and Families	0300 1234 101
Cornwall Council (out of hours)	01208 251300	Devon and Cornwall Police (non-emergencies)	0845 2777 444
Adult Care and Support	0300 1234 131	Fire and Community Safety	0300 1234 232
Libraries	0300 1234 111	Roads, Transport and Parking	0300 1234 222

Refuse and Recycling	0300 1234 141	Handy Person Scheme	0800 678 1676
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### EDUCATION AND YOUTH

Bodmin College (11-18 years)	01208 72114	Playlines	0845 6003930
Careers South West Ltd	01566 777672	Truro College	01872 267000
Cornwall College (also for Duchy College and Falmouth Marine)	0845 2232567	University College Falmouth	01326 211077
Family Information Service	0800 5878191	Young Carers (CRCC)	01872 243554
K3 Youth (Young People's Centre)	01752 842586	Young People Cornwall	01872 222447
Penwith College	01736 335000	Youth Cornwall	0300 1234 100

### HEALTH

Action for Blind People South West	01392 458060	LINK in Cornwall (CRCC)	01872 243533
Alzheimer's Society	01872 277963	Motor Neurone Disease Connect	0845 7626262
Association for Spina Bifida and Hydrocephalus	01726 861062	Multiple Sclerosis Society	0808 800 8000
Cornwall and Isles of Scilly Primary Care Trust	01726 627800	NHS Direct	0845 46 47
Cornwall Hospice Care	01726 65711	Parkinson's Disease Society	01872 520306
Cornwall Partnership NHS Foundation Trust	01726 291000	Scope Response	0808 8003333
Dementia Helpline	01872 266388	Sexual Health Information Line	0800 567123
Dental Helpline	01872 354375	St John Ambulance	01726 815967
GU Clinic, Treliske	01872 358750	Stroke Association	01392 447364
Health Promotion Service	01209 313419	Truro Well Being Centre	01872 241401

**HOSPITALS** for hospitals not listed tel: 01872 250000

Camborne and Redruth Community Hospital	01209 881688	St Michael's Hospital	01736 753234
Falmouth Hospital	01326 434700	Treliske Hospital	01872 250000
Newquay Hospital	01637 893600	West Cornwall Hospital	01736 874000
St Austell Community Hospital	01726 291100		

### MENTAL HEALTH

Mental Health Project (CRCC)	01872 243532	Nightlink	0808 8000306
MIIND	01872 222469	Pentreath	01726 862727

### RURAL INFORMATION

AONB	01872 322350	Cornwall Wildlife Trust	01872 273939
Cornwall Federation of Women's Institutes	01872 272843	Cornwall Young Farmers	01208 893080
Cornwall Rural Housing Association	01208 264530	Council for Protection of Rural England (Cornwall)	01326 281435
Cornwall Waste Action	01209 210883	Inshore Fisheries and Conservation Authority	01736 369817

### VOLUNTEERS

Age Concern in Cornwall & Isles of Scilly	01872 266388	Volunteer Bureau - Penzance	01736 330988
Age Concern Voluntary Car Scheme	01872 223388	Volunteer Cornwall	01872 265305
British Red Cross	01872 267950	Volunteer Cornwall - Transport	01872 265300
Cornwall Community Volunteer Service	01209 718844	Women's Royal Volunteer Service	01579 342013
Volunteer Bureau - Camborne	01209 715464		