



**COAST&COUNTRY**  
PRIMARY CARE NETWORK

# Social Prescribing

## OUR SOCIAL PRESCRIBERS

Jean-Paul Winter and Candi Hulley are our PCN Social Prescribers, along with Wellbeing Team Leader Stuart Lord.

They are employed by our Primary Care Network, Coast & Country across 5 local practices: Stratton, Holsworthy and Hatherleigh, Bradworthy and Neetside.

**Social Prescribing** is a way of linking people to the vast array of services, groups and activities provided locally to **help people develop happier, healthier lifestyles**. Patients can be referred to our social prescribers by their GP, by contacting them directly at any of the named surgeries above, or by simply booking in to the clinics.

To book in with Candi, JP or Stuart please contact your usual surgery or use email:  
**[socialprescribing.pcnhbsv@nhs.net](mailto:socialprescribing.pcnhbsv@nhs.net)**



## **FREQUENTLY NEEDED INFORMATION**

Please read our Quick Guide to some regularly-used services across Devon and Cornwall that may be of help to you, whilst you wait to speak to one of the Social Prescribers.

**ADULT SOCIAL CARE CORNWALL** - to request help for an adult living in Cornwall.

**Tel: 0300 1234 131**

**ADULT SOCIAL CARE DEVON (Care Direct)**- to request help for an adult living in Devon.

**Tel: 0345 155 1007**

## **GENERAL ADVICE SUPPORT**

Please find below a list of good advice sites that may be of help to you before talking to one of the Social Prescribers.

### **CITIZENS ADVICE CORNWALL**

### **CITIZENS ADVICE DEVON**

## **Financial Support**

**MONEY HELPER** - free and impartial money and pensions guidance for people all across the UK, from the Money And Pensions Service. Includes: benefits, budgeting, family finance, savings, work, pensions and retirement. Webchat also available.

**MONEY HELPER** Help with the cost of living guide to managing bills and payments along with your mental health. 2023 updated downloadable guide.

**PENSION CREDIT** - around a third of eligible pensioners aren't claiming Pension Credit. Check if you could get help with living costs by going to the government website [HERE](#) or call 0800 99 1234.

**HELP FOR HOUSEHOLDS** - for a link to the Universal Credit support pages, outlining support packages available regarding Cost of Living payments and links to financial support available to people in eligible groups

<https://www.understandinguniversalcredit.gov.uk/communicating-help-for-households-and-cost-of-living-payments/>

**COST OF LIVING SUPPORT PAYMENTS (Cornwall)** - support being given to families with children, includes free school meal, and support payments.

**Other support for those living in Cornwall visit**

**<https://www.cornwall.gov.uk/costofliving>**

**COST OF LIVING SUPPORT PAYMENTS (Devon)** - general listing of financial help available to people on low incomes, struggling to pay water, energy and food bills.

### **HELP WITH BENEFITS AT HOME**

You may be able to get a home visit from a Department for Work and Pensions (DWP) officer to help you with your benefit claim. You cannot book a visit yourself. Tell DWP you need help to claim benefits by calling the number of the benefit you're applying for. If you're eligible, they'll arrange a support visit.

### **HELP WITH NHS HEALTH COSTS**

You could be eligible for help with the cost of NHS prescriptions, NHS dental treatment, eyecare, travel to receive NHS treatment and NHS wigs and fabric supports.

Find out if you're eligible using the free eligibility checker at **[www.nhsbsa.nhs.uk/check](http://www.nhsbsa.nhs.uk/check)**

### **HEALTHCARE TRAVEL COSTS SCHEME**

If you're referred to hospital or other NHS premises for specialist NHS treatment or diagnostic tests by a doctor, dentist or another primary care health professional, you may be able to claim a refund of reasonable travel costs under the Healthcare Travel Costs Scheme (HTCS).

**Tel: 0300 330 1343**

**Website: <https://www.nhs.uk/nhs-services/help-with-health-costs/healthcare-travel-costs-scheme-htcs/>**



## **NHS LOW INCOME SCHEME**

If you have a low income, you may be able to get help with NHS costs through the NHS Low Income Scheme (LIS).

The scheme covers: prescription costs, dental costs, optician costs, etc.

**Tel: 0300 330 1343**

**Website: <https://www.nhs.uk/nhs-services/help-with-health-costs/nhs-low-income-scheme-lis/>**

## **CORNWALL SUPPORT**

For general Cost of Living Support in Cornwall, across all areas visit <https://inclusioncornwall.co.uk/library/>

This information was correct May 2023.

## **HOUSING SUPPORT**

For people living in Cornwall:

**Call: 0300 1234 161**

**Website: <https://www.cornwallhousing.org.uk/>**

## **Carer Support**

### **CARER SUPPORT**

Support for unpaid carers looking after loved ones, family or friends.

**Cornwall Carers: <https://www.cornwallcarers.org.uk/>**

**Tel: 01736 756655**

**PROMAS courses for carers in Cornwall:**

**<https://www.cornwallcarers.org.uk/>**

**Tel: 01736 339226**

**Carers Allowance visit <https://www.gov.uk/carers-allowance>**



## **BUDE CARERS GROUP**

Bude Carers Support Group welcomes those caring for a family member, friend or neighbour on an unpaid basis. The group offers a supportive and friendly place for people to take time out from their caring role and meet with others who understand the highs and lows of caring. Overseen by Cornwall Carers Service.

**Meets 1st Wednesday of every month, 11am to 1pm.**

**St Martins, Killerton Road, Bude, EX23 8EL**

**Tel: 07773 054804 (Emma or Carole)**

**Website: <https://www.cornwallcarers.org.uk/>**

## **CARERS BREAKS & RESPITE CARE**

For information about eligibility and how to apply for funding for a break from caring visit **<https://www.nhs.uk/social-care-and-support/support-and-benefits-for-carers/carer-breaks-and-respite-care/>**

Alternatively, please speak to one of the Social Prescribing team.



## **CARERS TRUST**

Carers support agency who work to transform the lives of unpaid carers of every age through innovative programmes, influencing policy, undertaking research and providing specialist resources, supporting those in a caring role.

For information about getting a break visit

**<https://carers.org/getting-a-break/getting-a-break-respite-for-carers>**

**Tel: 0300 772 9600**

**Website: <https://carers.org/>**

# Our listing of support agencies working nationally and locally to support carers (Correct Feb 2025)

## CARER SUPPORT: USEFUL CONTACTS CORNWALL



	Telephone	Website	Socials
Cornwall Carers Service	01736 756655	<a href="https://www.cornwallcarers.org.uk/">https://www.cornwallcarers.org.uk/</a>	Facebook Instagram X
Bude Carers Group	07773 054804	Email: <a href="mailto:budecarersgroup.welcome@gmail.com">budecarersgroup.welcome@gmail.com</a> Meets 11-1pm on first Wednesday of month	
Men Who Care	01736 756655	<a href="https://www.cornwallcarers.org.uk/men-who-care">https://www.cornwallcarers.org.uk/men-who-care</a> Contact via Cornwall Carers Service	Facebook Instagram X
Man Down	Meets in Bude, Launceston, Okehampton.	<a href="https://www.mandown-cornwall.co.uk/">https://www.mandown-cornwall.co.uk/</a>	Facebook Instagram X
Carers UK	020 7378 4999	<a href="https://www.carersuk.org/">https://www.carersuk.org/</a>	Facebook Instagram X
PROMAS	01736 339226	<a href="https://promas.co.uk/">https://promas.co.uk/</a> Courses for carers.	Facebook X
Kernow Young Carers	01736 756655	<a href="https://www.cornwallcarers.org.uk/kernow-young-carers">https://www.cornwallcarers.org.uk/kernow-young-carers</a>	Facebook Instagram X
Young Adult Carers	01736 756655	<a href="https://www.cornwallcarers.org.uk/young-adult-carers">https://www.cornwallcarers.org.uk/young-adult-carers</a>	Facebook Instagram X
Bude Cancer Support	07961 146573	<a href="https://www.budecancersupport.org/">https://www.budecancersupport.org/</a>	Instagram Facebook
PickMe Up Transport	01409 259001	<a href="https://pickme-up.co.uk/">https://pickme-up.co.uk/</a> (for Bude, Holsworthy & surrounding area)	Facebook
Carers Trust	0300 772 9600	<a href="https://carers.org/">https://carers.org/</a>	Facebook Instagram X
Carers Allowance	0800 731 0297	<a href="https://www.gov.uk/carers-allowance">https://www.gov.uk/carers-allowance</a>	
Age UK Cornwall	01872 266383	<a href="https://www.ageuk.org.uk/cornwall">https://www.ageuk.org.uk/cornwall</a>	Facebook X
Citizen's Advice Cornwall	0800 144 8848	<a href="https://www.citizensadvice.org.uk/">https://www.citizensadvice.org.uk/</a>	Instagram
Adult Social Care	Cornwall Council 0300 1234 131	<a href="https://www.cornwall.gov.uk/health-and-social-care/adult-social-care/">https://www.cornwall.gov.uk/health-and-social-care/adult-social-care/</a>	Facebook X
Disability Cornwall	01736 759500	<a href="https://www.disabilitycornwall.org.uk/">https://www.disabilitycornwall.org.uk/</a>	Facebook Instagram
NHS Carers' Information	Includes: carers assessments, carers breaks, benefits, young carers	<a href="https://www.nhs.uk/conditions/social-care-and-support-guide/support-and-benefits-for-carers/">https://www.nhs.uk/conditions/social-care-and-support-guide/support-and-benefits-for-carers/</a>	Or contact your own practice
NHS Talking Therapies	01872 221047	<a href="https://www.cornwallft.nhs.uk/carers-corner">https://www.cornwallft.nhs.uk/carers-corner</a>	Facebook Instagram X
Carers Week	9 <sup>th</sup> to 15 <sup>th</sup> June 2025	<a href="https://www.carersweek.org/">https://www.carersweek.org/</a>	Facebook Instagram

## **THE CARENTS ROOM**

A helpful place for people supporting and caring for elderly parents - advice, information, products and services to help everyone stay safe and well.

**Also lots of information on Facebook and Instagram.**

**Website:** <https://carents.co.uk/>

## **CORNWALL EMOTIONAL SUPPORT SERVICE: STROKE**

Stroke Association group, supporting people's mental health after a stroke.

**Website:** <https://www.stroke.org.uk/finding-support/cornwall-emotional-support-service>

**Stroke Support Helpline: 0303 3033 100**

**Tel: 01872 301689**

## **BUDE STROKE SUPPORT GROUP**

Meets at Berries Community Cafe, Bude, EX23 8QE on the 1st and 3rd Thursday each month, 2.30pm - 4.30pm

Provides information and peer support in a friendly setting for anyone affected by stroke, plus their family and friends.

**Tel: 01288 353403**

**Email:** [enquiries@neetside.co.uk](mailto:enquiries@neetside.co.uk)

## **BRAIN & SPINE FOUNDATION**

Charity supporting anyone with a neuro condition. Peer support groups, information hub, support accessing financial and legal help etc.

**Website:** <https://www.brainandspine.org.uk/support-for-you/>

**Helpline: 0808 808 1000**

## **FUEL SUPPORT - CORNWALL**

For a listing of support agencies and resources compiled by Inclusion Cornwall and helping people experiencing Fuel Poverty

<https://inclusioncornwall.co.uk/library/>

## ENERGY SUPPORT CORNWALL

CORNWALL COUNCIL offers grants, loans and subsidies for energy use - <https://www.cornwall.gov.uk/health-and-social-care/public-health/public-health-campaigns/winter-wellbeing/grants-loans-and-subsidies-for-energy-use/>

Support from British Gas visit

<https://www.britishgas.co.uk/energy/help-with-bills.html>

## BUDE FOODBANK

The Venue, Stucley Road, Bude, Cornwall, EX23 8AR

To arrange a phone call or meeting:

Email: [foodbank@oceanscommunitychurch.co.uk](mailto:foodbank@oceanscommunitychurch.co.uk)

Tel: 01288 356635 (please leave a message if no-one is there to answer)

Website: <https://budefoodbank.org.uk/contact-us/>

## Bude Community Larder

Available to call at Bude Library(Wednesdays 2-3pm), Berries

Community Cafe, Berries Avenue, Bude (Saturdays 1-2pm).

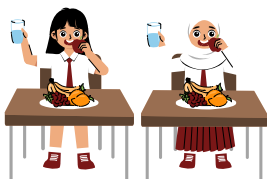
Aimed at reducing food waste. All items are free and everyone

welcome. <https://www.facebook.com/groups/649665169976407/>

## COOKING FOR LESS

£1 meals from BBC Food

[https://www.bbc.co.uk/food/collections/1\\_dinners](https://www.bbc.co.uk/food/collections/1_dinners)



## FREE SCHOOL MEALS

For information about qualifying for free school meals in Cornwall

<https://www.cornwall.gov.uk/schools-and-education/schools-and-colleges/school-meals/>



## **SOUTHWEST WATER SUPPORT**

For information about help with water poverty, tariffs, support schemes being offered by South West Water

**https://www.southwestwater.co.uk/household/help-support/financial-support**

TEL: 0344 346 2020

## **FARMING COMMUNITY NETWORK**

Support hub for farmers and their families, personal or business-related. FCN run a confidential, national helpline and e-helpline which is open every day of the year from 7am to 11pm, providing free, confidential support to anyone who seeks help.

**Website: https://fcn.org.uk/**

**Helpline: 03000 111 999**

**FARM HELP** Offering sound, practical, realistic and confidential advice, whatever your needs -

Call 01736 367589 or 07775667825

Website: <https://www.farmcornwall.co.uk/>

## **WINTER SUPPORT - CORNWALL**

For Cornwall Council's Winter Wellbeing 2024/25 support information and links - **https://www.cornwall.gov.uk/health-and-social-care/public-health/public-health-campaigns/winter-wellbeing/**



## **HOUSING SUPPORT - CORNWALL**

For Cornwall Housing Helpdesk

**Call: 0300 1234 161**

**Website: https://www.cornwallhousing.org.uk/**

## NHS VOLUNTEER RESPONDERS

Offering Check-in & Chat services for people feeling lonely and/or isolated, plus help with transport to vaccination appointments etc.

**Tel: 0808 196 3646**

**Website: <https://nhsvolunteerresponders.org.uk/>**

## MID-CORNWALL LIFESTYLES CHARITY

Mid-Cornwall Lifestyles are a small, caring Cornish based charity serving Clients across Cornwall based in Bude.

Offering flexible and practical support to any person with a long term health condition or disability, so that they can live the life of their choice. From advocacy and guidance to that little bit of extra help with day-to-day practical help or creating social guidance.

**For further information and enquiries, please contact the CEO Ed Whitefield on 07967 822340 or by email at [lifestyles@lifestyles-cornwall.org.uk](mailto:lifestyles@lifestyles-cornwall.org.uk) or visit our website <https://www.lifestyles-cornwall.org.uk/>**

### Woodland Wellness at Tamar Lakes



#### Would you benefit from spending more time outside in nature?

Based at Upper Tamar Lake, we run weekly wellness sessions which offer a small group experience and safe space. There is the opportunity to chat and cook together around the fire, learn woodland crafts, and take care of the land and ourselves. Lunch and beverages are provided. Assistance with transport can be arranged.

If you are interested contact Rick Lockwood (Connecting Communities Project Lead) by phone 07739 428180 or email [ricklockwood@swlakestrust.org.uk](mailto:ricklockwood@swlakestrust.org.uk).

You can also ask your doctor or social prescriber about referral and social prescribing for nature. Experience for yourself the physical, mental, and social benefits of spending time in nature.



Green Recovery Challenge Fund



[www.swlakestrust.org.uk](http://www.swlakestrust.org.uk) [info@swlakestrust.org.uk](mailto:info@swlakestrust.org.uk)

Registered charity No. 1079966 Phone number: 01566 771930

## WOODLAND WELLNESS

Based at Upper Tamar Lake, SW Lakes Trust are running wellness sessions which offer a small group experience and safe space. There is the opportunity to chat and cook together around the fire, learn woodland crafts, and take care of the land and ourselves. Lunch and beverages are provided. Assistance with transport can be arranged.

**Tel: 07739 428180 (Rick Lockwood)**

## **THE ADVOCACY PEOPLE**

The Advocacy People are an independent charity that provide free, independent and confidential advocacy services.

They provide these services to help resolve issues or concerns people may have about health and wellbeing or health and social care services.

**Tel: 0330 440 9000**

**Text: PEOPLE to 80800**

**Website: <https://www.theadvocypeople.org.uk/>**

## **THE COMMUNITY GATEWAY - CORNWALL**

In response to increasing living costs and pressures across the health and care system in Cornwall the Community Gateway has been established, bringing together 50 organisations via a dedicated telephone line giving access to a wide range of professional voluntary sector support and services.

Open from 8 am to 8 pm, seven days a week, 365 days a year.

**Tel: 01872 266383**

**Email address: [welcome@kernowgateway.org.uk](mailto:welcome@kernowgateway.org.uk)**

**Website: <https://www.ageuk.org.uk/cornwall/our-services/community-gateway>**

**Website: <https://cornwallvsf.org/connecting/services/community-gateway/>**

## **READ EASY CORNWALL**

Cornwall branch of the national organisation helping adults to gain confidence in reading. Access Jay Blade's documentary showing the help Read Easy gave to him.

**Tel: 07342 744 388**

**Read Easy website: <https://readeasy.org.uk/about-us/>**

**Read Easy Cornwall website:**

**<https://readeasy.org.uk/groups/cornwall/>**

## **WORKWELL - CORNWALL**

Connects people with health conditions or disabilities to local services for tailored help.

To be eligible for WorkWell people must be aged over 16; with the right to work in the UK; an address in Cornwall for either their home, their GP, or their local job centre; and a health-related barrier to work which means that they are either:

- (i) In-work, and either off sick or struggling in the workplace due to a health condition
- (ii) Recently out-of-work, and requiring health-related support to move into sustainable employment.

**Tel: 01872 266383 (8am to 8pm, 365 days of the year)**

**Email: [WorkWell@Kernowgateway.org.uk](mailto:WorkWell@Kernowgateway.org.uk)**

**Web: <https://cornwallvsf.org/connecting/services/welcome-to-workwell/>**

## **CREATIVE MINDS: Bude**

Run by Cornwall Mind, Creative Minds is a relaxed space where you can focus on your wellbeing and express your creative ideas through poetry, art, music and writing. Using words and poems as themes, you'll share, explore, and create your own art to support your wellbeing. You'll have an opportunity to make new social connections, build self-confidence and learn new skills in a friendly and relaxed atmosphere. All free.

**Meets fortnightly on Wednesdays, 12noon to 2pm at Berries Community Cafe, Corner of Berries Ave and Bede Haven Close Bude Cornwall , EX23 8QE.**

**Tel: 01208 892855**

**Website: <https://cornwallmind.org/what-we-do/wellbeing-service/peer-support-groups/creative-minds-in-bude-and-wadebridge/>**

## **PAIN CAFES**

Pain Cafes are active across Cornwall, offering people the opportunity to investigate techniques to self-manage pain in an easy, friendly way. They are available at local venues or online or at local venues.

Nearest local venues are at BUDE and LAUNCESTON

**Website:** <https://pain.cafe/>

## **NHS VOLUNTEER RESPONDERS**

National scheme overseen by RVS to enable those who are restricted in mobility or access to services through medical limitations or other factors.

**Pick Up and Deliver**

Volunteers deliver medication or small items of medical equipment directly to people's homes from NHS sites.

**Check In and Chat**

Volunteers provide friendly phone calls.

**Check In and Chat Plus**

Volunteer support for more vulnerable people. This is a series of calls from the same volunteer for six weeks.

**Community Response** (available in some areas)

Volunteers assist with various activities, such as collecting and delivering essential items like food shopping and prescriptions.

**Tel: 0808 196 3646**

**Website:** <https://nhscarevolunteerresponders.org/services>



The advertisement features a woman with short grey hair, wearing a yellow cable-knit sweater, smiling while talking on a black mobile phone. She is holding a white mug. The background is a blurred indoor setting. In the top left corner, there are two logos: 'NHS VOLUNTEER RESPONDERS' in a blue box and 'a part of ROYAL VOLUNTARY SERVICE' in a red box. In the top right corner is the 'NHS' logo in a blue box. A blue text box on the left side contains the text 'If you need help at this time call on the NHS Volunteer Responders'. At the bottom left, a white box contains the text 'Call 0808 196 3646'.

**NHS VOLUNTEER RESPONDERS**  
a part of **ROYAL VOLUNTARY SERVICE**

**NHS**

If you need help at this time  
call on the NHS  
Volunteer Responders

Call 0808 196 3646

## **GAMCARE**

Support for those with problems related to gambling, including young people's service. Offers multiple chat platforms - details via the website.

**Website:** <https://www.gamcare.org.uk/>    **Tel:** 0808 8020 133

## **ARA**

Help with recovery from gambling. Bristol service now available in Cornwall. Offers:

Gambling Harm Awareness sessions for young people in schools (gambling in gaming)

Free counselling - for people suffering from gambling harm, and also their family/ friends

Self exclusion support

Relapse prevention groups

**Website:** <https://www.recovery4all.co.uk/>

**Tel:** 0330 1340 286

## **UKAT: UK ADDICTION TREATMENT**

UKAT provides excellent care and treatment to enable all those suffering from addictive disorders to achieve a goal of life-long recovery. They treat addiction as an illness, not a life choice, and ensure that all practitioners are highly trained and motivated to enable individuals to embark on a life changing process.

**Website:** <https://www.ukat.co.uk/>    **Tel:** 0808 239 0853

Physical activity affects not only our physical health and fitness, but it boosts mental health and wellbeing. We want to encourage all our patients to stay as physically active as they are able. list of general and local exercise options available to you. If you have any health restrictions, then please discuss the most appropriate exercise options for you with either your GP, Health & Wellbeing Coach or Social Prescriber.

**<https://coastandcountrypcn.gpweb.org.uk/self-care-physical-activity>**

