

CORNWALL
LINK

IMPROVE
WELLBEING

GET
ACTIVE

STAY
HEALTHY

SPECIALIST
SUPPORT

INCLUSION
MATTERS

INCLUSION MATTERS

is a new service that aims to make it easier for residents of Cornwall to find out the information and advice they need to increase their well-being, stay healthy, get active and increase their connection to their community.

HELPLINE: The first port of call for people to find out about groups, activities and other opportunities. Our trained advisers will assist you to find out what's going on in your area and signpost you for further support.

CORNWALL LINK: Cornwall Link is the website to find out what's going on in Cornwall - from social groups to peer groups, walking groups to helping a group - there are lots of opportunities to explore. Community Groups and Organisations can also use the platform to share their activities and opportunities.

SPECIALIST SUPPORT: Inclusion Matters knows that sometimes we need a little more support to take part in activities and groups or that we can have a range of issues that need tackling. Through our specialist support we can help you with things like fuel poverty, employing a personal assistant, or getting back to work.

SUPPORT FOR COMMUNITY GROUPS:

We think community groups are at the heart of the places we live and work and that these groups need support too! Through our Community Asset Team we can offer support and training to community groups to access funding, build skills and capacity and share events/resources.

SUPPORT AFTER A HOSPITAL STAY:

We know that a hospital stay can be daunting and the importance of support when you get back home. Our Hospital Discharge Worker will support you to have an action plan so that your recovery and recuperation goes smoothly.

GET ONLINE: We understand that using the internet can feel like a daunting task if you don't feel you have the confidence or skills you need, or you just simply don't know where to begin - we will be able to support your first steps and show you just how to gain all the benefits of being online.

GET INVOLVED: There are a number of ways you can get involved with Inclusion Matters such as volunteering assisting our Community Coaches. Please contact us to find out more.

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www.cornwall-link.co.uk