

# Directory of Services for Cornwall

A Comprehensive Guide to Local Services and Community Support

INSPIRING  
WOMEN  
NETWORK



# DIRECTORY OF SERVICES FOR CORNWALL

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## INTRODUCTION

You may have picked up this directory because you are new to Cornwall, looking to connect with the local community, or explore what support and services are available to you. Perhaps Cornwall has been home for a while, but you're seeking new connections, discovering resources that better meet your needs, or looking to expand your support network. Whatever your reason, this directory is designed to help you navigate life in Cornwall, providing essential resources for individuals from the Black, Asian, and ethnically diverse communities, as well as others seeking services that cater to their unique needs.

At **Inspiring Women Network (IWN)**, we understand that starting a new chapter in life can be both exciting and challenging. We also know that navigating a new environment, especially when it doesn't fully reflect your background or experiences, can sometimes leave you feeling isolated. That's why we created this directory – to connect, support, and empower women and families like yours who are building their lives in Cornwall.

### **About Inspiring Women Network (IWN)**

At IWN, we are more than an organisation; we are a community-driven force committed to empowering women and fostering inclusivity across all aspects of life. Our journey began with the collective vision of women who have faced challenges, and we stand united in our mission to support individuals, like you, seeking to connect with a wider community.

### **Empowerment through Connection**

Whether you're seeking health services, community groups, cultural organisations, or just looking for local resources that understand your unique needs, this directory offers you a comprehensive guide to navigate your life in Cornwall. As a community-led organisation, we celebrate diversity, bridge cultural gaps, and offer support to ensure that you feel seen, heard, and empowered. As part of our commitment to supporting you, we have put together this directory, a resource designed to connect individuals and organisations with valuable services.

### **What You'll Find in This Directory**

In this directory, you will find a wide range of resources tailored to a variety of needs – from community groups that share your cultural roots to healthcare services that cater to your well-being. Whether you need spiritual support, educational opportunities, or are simply looking for local events that celebrate diversity, we've got you covered.

The directory is more than just a collection of listings – it's a roadmap to help you navigate your new life, discover the richness of your surroundings, and find the support you need. Our aim is to facilitate access to essential services while fostering a sense of community and support for those who are new to Cornwall or seeking services that cater to their unique needs.

IWN is here to support you as you build the life you want in Cornwall. We encourage you to explore the directory and find what suits your needs. If you don't see something you're looking for, or if there's a service that has worked for you but isn't listed, please let us know. This directory is ever evolving, and your input is vital in making it a comprehensive and inclusive resource for everyone in our community. We are here to help you **connect, thrive, and belong** in Cornwall.

With warm regards,

**The IWN Team**

## BLACK, ASIAN AND ETHNICALLY DIVERSE COMMUNITY SUPPORT

### **Inspiring Women Network (IWN)**

IWN is a grassroots not-for-profit, women-led, Community Interest Company (CIC) based in Truro with a vision for a world that is just, equitable, and inclusive for all women and their families. Our work connects, inspires, and empowers women to thrive and fulfil their unique potential by cultivating a vibrant, affirming, and inclusive community, regardless of ethnicity or socio-economic background.

We promote equity, cultural diversity, community cohesion, and social inclusion through our creative, self-development, and well-being workshops, training programmes, peer support, community events and activities, befriending and advocacy.

IWN was founded by women who all have a lived experience of either displacement, gender-based violence, discrimination, racism, and overcoming societal barriers to improve their own circumstances, as do most of the women on our leadership team. We are proud to be led by a group of women who have created opportunities for themselves and others to feel safer, more supported, and more confident as well as becoming community role models as quoted in local media part of the most inspiring people list of Cornwall as well as winning BBC Radio Cornwall's Make a Difference Award for Community Organisation of the year 2022.





Essentially IWN work in two key ways:

1. **Women's Support and Empowerment** - women find a safe and welcoming space to come as they are and be authentically themselves. Women come to IWN for various reasons and no reason at all. We are a person-centred service, so we listen compassionately, are meaningfully curious, and must never be judgemental. We can present them with what IWN has an offer without pressure or expectation. Women may choose to attend informal drop-in activities, and once we build rapport with our members, we may together start to recognise gaps where we can offer more formal help and support, such as more structured activities and more in-depth support.
2. **Community Building** - after several years of working with women only, we decided to start delivering events and activities open to everyone, as addressing the issues that the women were experiencing required us to widen our reach so as to affect a greater impact in the wider community.

We extend a warm invitation for you to become part of the Inspiring Women Network community. Join us at one of our workshops or events, either in-person or online, tailored for women and families.

At IWN, there's something for everyone – a space to forge new friendships, discover a sense of belonging, and connect with a supportive community. You can also get involved and contribute by volunteering with us to make a positive impact on our community.

Reach out to us through a call, an email, by attending an event, or by exploring our website and social media channels. We can't wait to welcome you into the IWN family!

Website: [www.inspiringwomennetwork.co.uk](http://www.inspiringwomennetwork.co.uk)

Email: [contact@inspiringwomennetwork.co.uk](mailto:contact@inspiringwomennetwork.co.uk)





### **AsOne Community**

AsOne is a community space and cafe in Perranporth **supporting mental health** and providing a safe and inclusive environment for all. Our education and teaching spaces exist alongside a diverse cafe with pop up kitchens and a variety of fusion foods. We provide a range of activities and programs for adults and young people, guided to support those at risk from food poverty, mental health issues and social isolation.

Address: Unit 7, Cligga Industrial Estate St Georges Hill, Perranporth, TR6 0EB  
Website: <https://www.asonecsc.co.uk/>  
Email: [asone.csc@gmail.com](mailto:asone.csc@gmail.com)  
Contact: 01872 858165

### **Black Voices Cornwall**

Our mission is to provide practical and lasting support for the Duchy to be anti-racist, unlocking Cornwall's full potential as leaders in social change and innovation and fulfilling the promise of Onen Hag Oll.

Website: <https://www.blackvoicescornwall.org/>  
Email: [info@blackvoicescornwall.org](mailto:info@blackvoicescornwall.org)  
contact: 07891 001969

### **Cornwall Refugee Resource Network**

The Cornwall Refugee Resource Network (CRRN) was established as a Charitable Incorporated Organisation in 2019, formerly known as the Cornwall Refugee Resettlement Network. It brings together like-minded individuals across Cornwall to mobilise in **support of refugees and asylum seekers**, both within the county and beyond.

It has 5 primary objectives:

- 1) Promoting social inclusion for refugees and asylums by coordinating services and facilities to assist integration into a new community
- 2) Relief of financial hardship among refugees and asylum seekers
- 3) Relief and assistance of refugees and asylum seekers beyond the United Kingdom through the provision of emergency aid and volunteer time
- 4) Raising awareness locally of the issues faced by refugees and asylum seekers through education and the promotion of human rights
- 5) Promoting equality and diversity through the coordination of activities and events to foster understanding and good relations throughout communities across Cornwall

Website: <https://www.crrn.org.uk/>  
Contact: contact form on the website

### **Devon and Cornwall Refugee Support**

Devon and Cornwall Refugee Support (DCRS) has a dedicated team of coordinators, caseworkers, over 33 volunteers, and a Board of Trustees, who ensure that asylum seekers can seek sanctuary in Plymouth whilst the UK government decides on their claim.

Our aim is to promote independence, prevent destitution and encourage integration. Our caseworkers are regulated by the Office of the Immigration Services Commissioner (OISC) and are qualified to provide Level 1 immigration advice.



Website: <https://dcrs-plymouth.org/>  
Email: [hub@dcrs-plymouth.org](mailto:hub@dcrs-plymouth.org)  
Contact: 0800 456 1210  
(Additional contact form on the website)

### **Inclusion Cornwall Hub**

Inclusion Cornwall is a partnership of organisations and services committed to social justice. We challenge inequality, join-up services and celebrate difference, striving for a Cornwall where people, communities and services work together for better outcomes.

Address: New County Hall 4S, Treyew Road, Truro TR13AY  
Website: <https://inclusioncornwall.co.uk/>  
Email: [hello@inclusioncornwall.co.uk](mailto:hello@inclusioncornwall.co.uk)  
Contact: 01872326440

### **Kowetha**

A voluntary, parent-led, community group supporting **families visible by colour** in Cornwall. Founded in west Cornwall in 2010, Kowetha embraces the county and culture of Cornwall, our home, while supporting and enjoying the diversity of our families with particular focus on our children and their needs.

Our aims are to:

- To build a friendly and supportive network for families in Cornwall who are raising children from visible by colour backgrounds.
- To support the social inclusion of these families.
- To provide fun social settings which affirm the identity and self-esteem of children visible by colour in Cornwall.
- To provide informal and formal advocacy and support to help parents and children face the unique set of challenges that being visible by colour in Cornwall can bring.
- To support other individuals, organisations and activities that encourage diversity and promote community cohesion in Cornwall.

Website: [www.kowetha.org](http://www.kowetha.org)  
Email: [kowetha@live.com](mailto:kowetha@live.com)  
(Additional contact form on the website)

### **Penlee Family Project**

Penlee Family Project CIC brings people together across generations. We're here to support the community through evidence-based parenting groups, baby massage, story sessions, fathers and male carer support, plus a community baby cafe called Baby Haven.

Website: <https://penleefamilyproject.org/>

### **Rice & Peas Community**

Rice & Peas Community (RPC) are a diverse community group based in Cornwall that promotes and supports **inclusion, culture, and equality** for children, adults and organisations. Through youth engagement, educational partnerships, and cultural fusion events, we aim to help build a culturally inclusive Cornwall where everyone can feel safe and welcome. RPC experiences include:



- Creating a welcoming, safe and kind community that nurtures a shared sense of belonging for one and all through fun events that support wellbeing.  
Conversation
- Using conscious, informed and integrated conversations so that everyone feels valued and heard.
- Challenging difficult issues and drawing out what we have in common as springboards for positive and inclusive change that enhances mutual respect.  
Education
- Educating on inequalities by supporting people to find their courage and be brave to tell their experiences.
- Publicise the facts and challenge inequity of outcomes.
- Create positive action to hold the system responsible, not judging individuals.

Website: <https://riceandpeascommunity.org/>

Email: [admin@riceandpeascommunity.org](mailto:admin@riceandpeascommunity.org)

Contact: 07836 312000

### **Southeast and East Asian Centre (Outside Cornwall)**

Southeast and East Asian Centre (SEEAC) is a community organisation for and by migrants, refugees and people seeking asylum from Southeast and East Asia and people of these heritages living in the UK. We provide essential community support services on issues around welfare, immigration, employment, healthcare access, racism and discrimination, mental health, as well as gender-based violence and exploitation. Based on our experiences as a user-led grassroots organisation, we also deliver advocacy and campaigning work to address intersectional challenges faced by marginalised and under-represented groups of the communities, such as precarious migrant workers, asylum seekers, survivors of trafficking and labour exploitation, women and people of marginalised genders.

Website: <https://www.seeac.org.uk/>

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

Contact: Form on Website

### **The Chinese Lantern Project / Chinese Community Wellbeing Society (Outside Cornwall)**

The Chinese lantern Project offers a free telephone hotline service to the Chinese Community in the South West region. Their telephone staff speak Mandarin, Cantonese, and English. Community members can seek assistance with a series of issues from welfare, employment to housing etc.

Their aim is to identify isolated and hidden members of the Chinese community and empower them to better integrate into the wider society.

Address: Spur 8, The Vassall Centre, Gill Avenue, Fishponds, Bristol BS16 2QQ

Website: [www.bacwg.org.uk](http://www.bacwg.org.uk)

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

Helpline Email: [helpline@chinesecws.org.uk](mailto:helpline@chinesecws.org.uk)

General Contact: 0117 935 1462

Helpline Contact: 0808 802 0012



**TravellerSpace**

TravellerSpace is a registered charity supporting Gypsies, Irish Travellers and New Travellers in Cornwall and the South West.

Address: Rm 401, Fourth Floor PZ360, St Marys Terrace, Penzance, TR18 4EB

Website: <https://travellerspace-cornwall.org/>

Email: [tspace@travellerspace-cornwall.org](mailto:tspace@travellerspace-cornwall.org)

Contact: 07939 210 014 / 07534 983 046



## COMMUNITY SPONSORSHIP GROUPS

Community Sponsorship Groups are community-led initiatives that play a crucial role in supporting refugees in their settlement process. These groups actively engage with local communities to provide assistance and support to refugees, often helping them navigate the challenges of resettlement and integration. From offering practical aid to fostering a sense of belonging, Community Sponsorship Groups contribute significantly to creating a welcoming environment for refugees in their new community.

There are 6 refugee community sponsorship groups in Cornwall who all offer various support and services.

### **Bude Welcomes Refugees**

Bude Refugee Support Group (BRSG) was formed in the summer of 2015 in response to news about the plight of refugees in Europe and beyond, and has harnessed the energy of local people who want to act in support of refugees. The aim to support:

- Those seeking refuge from conflict and persecution
- Those granted refugee status, and their dependents, living in Cornwall and Bude in particular

Website: <http://www.buderefugeesupportgroup.org.uk/>

Email: [brsg16@gmail.com](mailto:brsg16@gmail.com)

Contact: Form on website

### **Falmouth and Penryn Welcome Refugee Families**

Falmouth & Penryn Welcome Refugee Families formed in April 2018, inspired by a collective wish to help some of the people whose lives have been devastated by the ongoing civil war and conflict in Syria.

Website: <https://falmouthandpenrynwelcome.org/>

Contact: contact form on the website

### **Newquay Refugee Support Group**

Newquay Refugee Support Group (NRSNG) is a volunteer support group for refugee families. We aim to promote social inclusion of people.

Facebook: [https://web.facebook.com/NewquayRefugeeSupportGroup/?\\_rdc=1&\\_rdr](https://web.facebook.com/NewquayRefugeeSupportGroup/?_rdc=1&_rdr)

Email: [newquayrefugee@gmail.com](mailto:newquayrefugee@gmail.com)

### **Launceston Refugee Support Group**

LRSG is a group of local people getting together to take action in support of refugees displaced by conflict and those on the roads or in camps across Europe. We also endeavour to support those resettling here in our area.

Website: <https://lrsg.org.uk/>

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



Contact: Form on website

**Penwith Welcomes Refugees**

A Community Sponsorship Group providing welcome and integration support to refugee families.

Facebook: [https://web.facebook.com/penwithwelcomesrefugees/?\\_rdc=1&\\_rdr](https://web.facebook.com/penwithwelcomesrefugees/?_rdc=1&_rdr)

Email: [penwithcommunity@outlook.com](mailto:penwithcommunity@outlook.com)

**Truro Community Refugee Support**

Truro Community Refugee Support has been set up to support a family displaced by conflict to resettle in our community.

Website: <http://trurocrs.co.uk/>

Contact: contact form on the website



## WOMEN'S ORGANISATIONS AND SERVICES

Are you in immediate danger?

If you are in immediate danger, CALL 999.

If you are unable to speak when you dial 999, use 'The Silent Solution': Wait for the operator to speak and type 55 on your keyboard. This will alert the operator that you need help.

### **Inspiring Women Network**

IWN is a grassroots not-for-profit, women-led, Community Interest Company (CIC) based in Truro with a vision for a world that is just, equitable, and inclusive for all women and their families. Our work connects, inspires, and empowers women to thrive and fulfil their unique potential by cultivating a vibrant, affirming, and inclusive community, regardless of ethnicity or socio-economic background.

Website: [www.inspiringwomennetwork.co.uk](http://www.inspiringwomennetwork.co.uk)

Email: [contact@inspiringwomennetwork.co.uk](mailto:contact@inspiringwomennetwork.co.uk)

### **Cornwall Federation of Women's Institutes**

We are a warm, friendly, inclusive organisation, open to all women. Our membership is made up of women of all ages, backgrounds and interests. We believe diversity is the key to our success.

Address: Chy Noweth an Conteth, Truro Business Park, Threemilestone, TR4 9NH

Website: <https://cornwallwi.org.uk/>

Email: [enquiries@cornwallwi.org.uk](mailto:enquiries@cornwallwi.org.uk)

Contact: 01872 272843

### **Cornwall Refuge Trust**

Cornwall Refuge Trust provides refuge accommodation for women, men and children who have escaped **domestic abuse**, offering them a safe and supportive environment in which to recover from their experiences. We offer support and advice, empowering victims and survivors of domestic abuse to create or maintain a safer and happier future.

Postal Address: PO Box 80, Truro, TR1 1YZ

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

Contact: 01872 277814

24 hour Helpline: 01872 225629

### **East Cornwall Women's Refuge**

Temporary crisis accommodation for women with or without children who are escaping any form of **domestic abuse**, and who need a safe supportive place from which to start rebuilding their lives and independence.

Telephone: 01726 871244



### **First Light**

First Light is a charity supporting people who have been affected by **domestic abuse and sexual violence**. We help everyone regardless of your gender, sexuality, abilities or cultural background. We're independent of statutory agencies, including the police, and every year we help thousands of adults and children to lead safer lives, free from violence and abuse.

Use this number and email if you live in Cornwall and have experienced or are currently experiencing domestic abuse: **Call: 0300 777 4777**, Email: [saferfutures@firstlight.org.uk](mailto:saferfutures@firstlight.org.uk)

Website: <https://www.firstlight.org.uk>

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

Contact: 03458 12 12 12

### **Kernow Soroptimists**

Digitally based, Kernow Soroptimists offers in-person and on-line opportunities to fully engage in soroptimist causes. Our club aims to allow women, wherever they live in Cornwall to come together regularly, in a safe space with like-minded friends to talk, have fun and engage in activities which benefit women and girls.

Website: <https://sigbi.org/kernow/>

### **Nature & Me - Inner & Outer Cycles**

Creating social and cultural change around **menstrual cycle education** by bringing awareness and understanding to a central and ever evolving part of our lives. Nature & me is a direct response against taboo and stigma that most women and girls are bound by and exposed to. We reconnect children and women to the Inner and Outer cycles of life, normalising life cyclicity through creative workshops and outdoor sessions.

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

Email: [victoria@natureandme.co.uk](mailto:victoria@natureandme.co.uk)

Contact: 07841012740 or Form on Website

### **Safer Futures**

Safer Futures, provides individuals with advice and support to become safe and to recover from the effects of **domestic abuse and sexual violence**.

There are currently eight programmes of support within this service. Access to domestic abuse support services is through our domestic abuse helpline (**0300 777 4777**) and through our online referral form.

Access to sexual violence support services is through the Sexual Assault Referral Centre which is a service provided by the NHS (0300 3034626) or their online referral.

Website: <https://saferfutures.org.uk/>

Contact: 0300 777 4777

### **Soroptimists**

Soroptimist International is a global volunteer women's organisation working together to transform the lives of women and girls with nearly 66,000 Members in 121 countries.

Soroptimist International Great Britain and Ireland (SIGBI) has nearly 6000 Members in over 250



Clubs in 18 countries including Great Britain, Ireland and countries in Asia, the Caribbean and Malta, who work at a local, national and international level to educate, empower and enable opportunities for women and girls.

Website: <https://sigbi.org/st-austell-and-district/>

Email: [hq@sigbi.org](mailto:hq@sigbi.org)

Contact: 0161 480 7686

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

We offer empowering support to women and girls living with the impact of **sexual and domestic abuse**. Our vision is a world in which women and girls are safe, respected and empowered to fulfil their potential free from violence, inequality and oppression.

We are a member of Rape Crisis England & Wales and meet The Rape Crisis National Service Standards: 'independent, community-based and work from a trauma-informed perspective to provide confidential, specialist services to victims and survivors of all forms of sexual violence and abuse'.

Postal address: PO Box 39, Bodmin, PL31 1XF

Website: <https://www.womenscentrecornwall.org.uk/>

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

Main office: 01208 76466

**Helpline: 01208 77099**

### **Truro Young Women's Centre**

We offer support in a **safe living space** to help you manage your accommodation and ultimately move on to more independent accommodation. Our aim is to provide the skills, knowledge and opportunities to live independently. We will support you to stay in education, employment or training. We want to help our young women to live successfully in their community.

If you live here, you will be:

- A single, homeless young woman
- Aged 16-24 years old
- Needing support to develop independent living skills

Address: Union PI, Truro, TR1 1EP

Website: <https://www.westwardhousing.org.uk/tywc/>

Contact: 01872 260847 or Form on Website

### **Your Voice**

Your Voice holds occasional peer support groups for women aged 18+ surrounding women experiencing poor mental health. No booking needed just turn up. Warm welcome guaranteed.

Address: 8 Coinagehall Street, Helston, TR13 8EB

Website: [yourvoicecornwall.co.uk](http://yourvoicecornwall.co.uk)

Contact: 07917 061000



### **West Cornwall Women's Aid**

Helping women who have experienced **domestic abuse and sexual violence**. West Cornwall Women's Aid is a vibrant and restorative organisation, supporting women and children in Cornwall. The services we offer aim to give women and children a safe space, where they can relax and rebuild through the practices most appropriate to them. We recognise that there are multiple, complex responses to processing trauma, and as such there needs to be a variety of ways to support women and children who are experiencing/have experienced it – be it through counselling, therapeutic groups, outreach work or community groups.

Address: PO Box 94, Penzance, TR18 2XP

Website: <https://wcwaid.co.uk/>

Email: Form on website

**Helpline: 01736 367539**

### **Women's Aid**

Women's Aid is the national charity working to end **domestic abuse** against women and children. As a federation we provide life-saving services across England while building a future where domestic abuse is not tolerated.

Address: PO BOX 3245, Bristol, BS2 2EH

Website: <https://www.womensaid.org.uk/>

General Enquiries Email: [info@womensaid.org.uk](mailto:info@womensaid.org.uk)

Email: **[helpline@womensaid.org.uk](mailto:helpline@womensaid.org.uk)**



## OTHER COMMUNITY ORGANISATIONS

### **Cornwall Neighbourhoods for Change**

Bringing communities together to do the things that matter most, providing people with opportunities to live their best life, become better off and to make better sense of the system. Providing crisis support, job search, learning and skills training; social groups, cooking courses, wellbeing activities and allotment schemes.

Address: The Elms, 61 Green Lane, Redruth, TR15 1LS

Website: <https://www.cn4c.org.uk/>

Email: [info@cn4c.org.uk](mailto:info@cn4c.org.uk)

Contact: 01209 310610

### **Cornwall Pride**

Cornwall Pride promotes diversity, inclusion, and acceptance of the **LGBTQ+** community in Cornwall by bringing together people from all walks of life. Our awareness campaigns help to break down barriers and build bridges between different communities.

Website: <https://cornwallpride.org/>

Email: [info@cornwallpride.org](mailto:info@cornwallpride.org)

### **Dracaena Centre**

A **community hub** based in Falmouth, we offer a range of Support Services, Sport Activities and more.

- **Dracaena's Legal Project**

Our innovative project allows us to work with solicitors from the Legal Advice Centre and can provide FREE legal advice via Skype, for family law. If you need assistance in these matters and wish to speak to a solicitor, please contact us to make an appointment on 01326 319414.

Dracaena's Legal Project is now offering face-to-face assisted digital support for Court services for the following:

- Employment law
- Family Law
- Disability Advocacy (appeals related to any disability benefits)
- Help with Court fees

Address: Dracaena Ave, Falmouth TR11 2ES

Website: <https://dracaenacentre.org>

### **Inclusion Matters**

Inclusion Matters is a new free 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. Can get support after a hospital stay, community support. Use their social inclusion service to create links in the community and for any general information

Email: [hello@inclusioncornwall.co.uk](mailto:hello@inclusioncornwall.co.uk)

Contact: 01872 266 383





### **Intercom**

Intercom Trust is a community-led charity that aims to build a South West region where people are treated with respect, celebrated, and where vibrant **LGBT+** communities live with real equality.

Address: 6A Higher Newham Lane, Truro, TR1 2ST

Website: <https://www.intercomtrust.org.uk/>

Email: [office@intercomtrust.org.uk](mailto:office@intercomtrust.org.uk)

Contact: 01872 270044

### **Quiet Connections**

We connect quiet people to create a community of understanding, togetherness and belonging. We believe that unity not only builds confidence, but it helps each of us to truly accept and appreciate ourselves and live a more fulfilling life.

Website: <https://quietconnections.co.uk/>

Contact: Form on website

### **The Chaos Group**

The CHAOS Group comprises of six partners, working hard to support everyone in the community. We span a range of industries, from hospitality, health and beauty, agriculture and social care! We strive to offer a range of community services too including creative media services, co-production and engagement tools.

Address: 3 St Clements Vean, Truro, TR1 1RN

Website: <https://chaosgroupcornwall.co.uk>

Email: [hello@chaosgroupcornwall.co.uk](mailto:hello@chaosgroupcornwall.co.uk)

Contact: 01872 277600

### **The Ladder**

A **creative space** to work for Redruth and Cornwall including studios and co-working spaces but also for community events and activities including dance classes, children and young people activities, fitness and music. Every two years all our residents will come together as part of a festival.

Address: 2-4 Clinton Rd, Redruth, TR15 2QE

Contact: 0779443040

### **Truro Foodbank**

Offers free food vouchers to people who find it difficult to buy essentials. Call or email them to ask for a food voucher which you can redeem at your local supermarket.

Email: [trurofoodbank@gmail.com](mailto:trurofoodbank@gmail.com)

Contact: 07721 711669

### **Truro Nourish Hub**

Truro Nourish Hub is a new initiative set up to support our local community with a range of services and advice. We aim to offer a **food provision** which not only shares hot healthy meals but provides a safe place for people to meet and engage with their community.

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



Email: [info@truronourishhub.co.uk](mailto:info@truronourishhub.co.uk)  
Contact: Form on website

### **We Are With You**

If you are worried about your own **drug or alcohol use** or someone else's, get in touch with our free, confidential service and talk to one of our trained staff. We're here to listen – you can tell us as little or as much as you want.

We'll work with you on your own goals, whether that's cutting down your drug or alcohol use, stopping completely or just getting a bit of advice. We can also support you if you're worried about someone else's drinking or drug use.

Website: <https://www.wearewithyou.org.uk/services/cornwall-truro/>  
Contact: 01872 263001

### **Whole Again Communities**

Whole Again Communities (WAC) is a social enterprise which encourages and supports people to learn to cook good quality, affordable food from scratch so that they can embrace **healthy eating at home**.

Website: <https://www.wholeagaincommunities.co.uk/>  
Email: [info@wholeagaincommunities.co.uk](mailto:info@wholeagaincommunities.co.uk)  
Contact: 01736 369772

For children specific services please visit Family Information Services Website:  
[www.cornwallfisdirectory.org.uk](http://www.cornwallfisdirectory.org.uk)



## MENTAL HEALTH SERVICES

### **Mental Health Crisis Cornwall - NHS**

In a crisis, or know someone in crisis? Need someone to talk to? We are here 24/7 to listen and determine how best to help. Call us free on 0800 038 5300.

Call 999 or go to the emergency department now if:

- someone's life is at risk, for example they have seriously injured themselves or taken an overdose
- you do not feel you can keep yourself or someone else safe

A mental health emergency will be taken as seriously as a physical one. You will not be wasting anyone's time. Call 999.

Get advice from 111 or ask for an urgent GP appointment if you need help urgently for your mental health, but it's not an emergency or you're not sure what to do. You may be able to speak to a nurse, or mental health nurse, over the phone. NHS 111 will tell you the right place to get help if you need to see someone. Use the [NHS 111 online service](#), or call 111.

A GP can advise you about helpful treatments and help you [access mental health services](#). You may be able to refer yourself to some services.

### **Cornwall-Based Mental Health Organisation**

#### **Clear**

We are a Cornwall based charity with a vision for a community safe and free from abuse, with opportunity to flourish after trauma.

We are dedicated to the highest levels of care and support for people of all ages and all genders impacted by abuse and other emotional trauma. Our mission is to help children, young people and adults to heal from harm caused by abuse and emotional trauma and to prevent abuse from occurring.

Address: Godolphin House, 7-8 Cathedral Lane, Truro, TR1 2QS

Website: <https://clearsupport.net/>

Email: [admin@clearsupport.net](mailto:admin@clearsupport.net)

Contact: 01872 261147

#### **Cornwall Mind**

Our aim is to help people in our local communities to improve their mental health and wellbeing. We want everyone to live their best life possible. We do this by providing a range of services that focus on recovery and empower people to take control of their own wellbeing.

What we do:



- Wellbeing Service: Our wellbeing service offers a range of face to face and online, recovery focused groups and activities for people that want to improve their mental health.
- One to One Outreach Support: Working with our community networks, we offer a range of one-to-one outreach support projects to help people experiencing mental health difficulties move forward in their recovery.
- Influence and Participation: Ensuring that people with lived experience of mental health are involved and influence the ongoing development of Cornwall Mind is very important to us.

Website: <https://cornwallmind.org/>

Email: [info@cornwallmind.org](mailto:info@cornwallmind.org)

Contact: 01208 892855

### **Georgia's Voice**

Working together to ensure every young woman in Cornwall feels safe, understood, supported, and empowered. We offer a caring, non-judgemental group to chat, or just listen for young **women aged 18-25**.

Website: <https://georgiasvoice.co.uk/>

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

Contact: Form on website

### **Kooth & Qwell Counselling – Cornwall**

Kooth is commissioned for 11-18 year olds

Qwell is commissioned for 19-25 year olds and ALL parents and carers.

Through Kooth and Qwell, young people and ALL parents and carers in Cornwall have access to a free counselling service. The service offers free online counselling and support provided via Kooth's website staffed by a team of qualified counsellors. The support is free, safe and anonymous and does not require a referral.

Kooth can help with many types of concerns including:

- relationship problems
- family issues
- school worries
- feeling low or depressed
- drink and drug problems
- sexuality
- eating disorders
- self-harm
- bullying
- low confidence

We offer:

- Counselling
- Support
- Advice
- Online counselling
- Confidential support and help



- Someone to talk to
- Health magazine

Website: [www.kooth.com](http://www.kooth.com)

**Qwell** is a Free digital mental wellbeing support for adults across the UK. No waiting list or referral needed- it only takes a couple of minutes to sign up online. We offer a variety of anonymous support options to meet your needs:

- Professional support- Our accredited team is here to support you through all things big and small. No referral needed, just join the chat queue when you are ready to chat.
- Community support- Our peer-to-peer forums are moderated to maximise safety and allow people to discuss issues together in a facilitated environment.
- Personal development tools- Our suite of self-help tools offer the ability to create journals, track your mood and set goals.

Website: <https://www.qwell.io>

Contact: 01872 885150 option 4

Email: [pcoote@kooth.com](mailto:pcoote@kooth.com)

### **Man Down**

We provide informal peer-support talking groups all over Cornwall for men with mental health concerns.

Website: [www.mandown-cornwall.co.uk](http://www.mandown-cornwall.co.uk)

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

Contact: Form on website

### **NHS Cornwall & The Isles of Scilly Talking Therapies**

NHS Cornwall & The Isles of Scilly Talking Therapies for Anxiety & Depression service provides free, confidential talking therapies for people who are registered with a GP in Cornwall and the Isles of Scilly, aged 16 years and over, experiencing common difficulties including:

- low mood
- stress
- anxiety
- worry

We can also help people experiencing long-term physical health conditions, which affect their low mood, stress and anxiety.

This includes:

- diabetes (type 1 and 2, and pre-diabetes)
- cardiovascular related problems
- irritable bowel syndrome (IBS)
- chronic obstructive pulmonary disease (COPD)

Referrals: You must be registered with a GP surgery in Cornwall or the Isles of Scilly to use the Talking Therapies Service.



Self-refer: If you would like to refer yourself into the service, you can self-refer online or call 01208 871 905. Appointments are by phone, video or face-to-face.

Website: <https://www.cornwallft.nhs.uk/talking-therapies/>

Contact: 01208 871 905

### **Papyrus Hopeline UK**

PAPYRUS Prevention of Young Suicide is the UK charity dedicated to the **prevention of suicide** and the promotion of positive mental health and emotional wellbeing in young people.

Our suicide prevention helpline is staffed by trained suicide prevention advisers, who work with young people – and anybody concerned for a young person – to help keep them safe from suicide. HOPELINE247 is a free and confidential call, text and email service, which is available 24 hours a day, every day of the year (weekends and bank holidays included).

Website: [www.papyrus-uk.org](http://www.papyrus-uk.org)

Email Cornwall Office: [englandsouth@papyrus-uk.org](mailto:englandsouth@papyrus-uk.org)

Contact: 0800 0684141

Text: 07860 039967

### **Pentreath**

We support recovery from **mental ill health** and develop opportunities for people to meet their potential for happy and productive lives. We offer outreach, one to one coaching and support to help you achieve your goals, whatever they may be. We have excellent connections to communities and other organisations across the county.

Address: St Enoder Barns, Glebe Farm, Summercourt, Newquay, TR8 5EE

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

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

Contact: 01726862727

### **Outlook South West**

Outlook South West is now part of Cornwall Partnership NHS Foundation Trust, and continues to deliver the Suicide Liaison Service, a trauma informed support service for adults (18 years+) living in Cornwall who have been bereaved by suicide.

We have trained professionals with expert knowledge, skills and experience in helping those who have been bereaved in this way.

The type of support they provide includes:

- face-to-face contact with those who are left behind (family, loved ones or friends)
- information, practical support and guidance about the sorting out of personal affairs
- liaison with the Coroner's Office, the police, media or faith groups where necessary

If you or someone you know would like to access this free service, call 01208 871 905. You can also get a referral from your GP or a health professional.

Website: <https://nspa.org.uk/member/outlook-south-west/>



### **Samaritans**

Since 1970, Cornwall Samaritans have been listening to those in need of an empathetic ear when things are getting to them. As well as a freephone telephone service and, in non-Covid times, welcome callers for face to face conversations in the branch. When possible, we will also return to our Outreach activities in the community.

Address: 19 Treyew Road, Truro, TR1 2BY

Website: <https://www.samaritans.org/branches/truro/>

Contact: 116 123 (24 hours a day)

## **National Mental Health organisations**

### **Boloh Helpline**

Are you an adult asylum seeker? If so, we are here to provide you with high quality advice, information and emotional and therapeutic support. Staff speak different languages and have **access to interpreters**.

Website: <https://helpline.barnardos.org.uk/boloh-helpline>

Helpline: 0800 151 2605 or online chat.

### **CALM Campaign Against Living Miserably**

Anyone can feel suicidal. So we need to be there for everyone. From advice on our website about issues you might be facing; through to free, confidential chats with our helpline staff, online or on the phone, we're here for anyone who's struggling, every single day of the year. No matter what. Service for anyone aged 15 and over.

Our helpline and webchat are open 365 days a year, offering practical suggestions for all of life's problems - whether that's anxiety, relationship concerns, health worries, money worries or suicidal thoughts. Our staff answer a call every 59 seconds - they listen, talk and help people struggling with life to make a plan so they can begin to look to the future.

Website: [www.thecalmzone.net](http://www.thecalmzone.net)

Contact: 0800 58 58 58

### **Childline**

Childline is the UK's free, **24-hour service for children and young people**. Run by the NSPCC, Childline gives children and young people up to the age of 19 confidential support with whatever is worrying them.

Website: [www.childline.org.uk](http://www.childline.org.uk)

Contact: 0800 1111

### **Shout 85258**

Shout is the UK's first and only free, confidential, **24/7 text messaging support service** for anyone who is struggling to cope. We launched publicly in May 2019 and we've had more than 1.7 million conversations with people who are anxious, stressed, depressed, suicidal or overwhelmed and who need in-the-moment support.

Website: <https://giveusashout.org/>

Text: 85258



### **The Chinese Community Health and Wellbeing Services**

The Chinese Community Health and Wellbeing Services (CCHWS) provides free and confidential mental health counselling and psychotherapy in **Mandarin, Cantonese**, and English to British Chinese, East, and Southeast Asian community members who have been the victims of hate crime.

Contact: 0746489002

### **Ukrainian Support Helpline**

Barnardo's Ukrainian Support Helpline provides a holistic support service available to anyone fleeing the war in Ukraine.

Get in touch if you need support with:

- Therapy with a qualified psychotherapist – delivered via the phone or online, with access to interpreters
- Advice on a range of issues e.g., housing, accessing key health services, education, employment and more via our trained helpline support workers
- Practical support – access to digital devices to ensure families stay connected to loved ones during this worrying time, as well as stimulating toys for children, vital baby items and more (subject to demand)

All services include access to interpreters in Ukrainian and Russian.

Website: <https://helpline.barnardos.org.uk/ukrainian-support-helpline>

Helpline: 0800 148 8586





## INFORMATION AND ADVICE

### **Advisory, Conciliation and Arbitration Service (ACAS)**

ACAS gives employees and employers free, impartial advice on **workplace rights, rules and best practice**. We also offer training and help to resolve disputes.

Language Interpreters: to speak to us in another language, ask for an interpreter. We can provide one straight away.

Website: <https://www.acas.org.uk/>

Helpline: 0300 123 1100

### **Citizen Advice Bureau (CAB)**

The organisation exists to offer **free, independent and confidential advice** to everyone to help solve their problems and improve their lives – from consumer issues to problems at work and from benefit applications to debt relief and homelessness – we're here to help everyone regardless of race, class, religion, politics or sexual identity.

You can get advice from us online, over the phone or face-to-face sessions at most of our offices. CAB has 10 branches across the county.

Website: <https://citizensadvicecornwall.org.uk/>

Adviceline: 0800 144 8848

### **Conroys Solicitors**

Practice areas of interest: deprivation of liberty, community care, employment law, mental capacity, and mental health.

Our team have considerable experience and expertise in advising and representing individuals and their families in relation to clients who are or consider themselves to be deprived of their liberty in care homes or hospitals in accordance with the Mental Capacity Act 2005.

Address: 7-9 Old bridge Street, Truro, TR1 2AQ

Website: <https://www.conroys-solicitors.uk/practice-areas/deprivation-liberty>

Email: [info@conroys-solicitors.uk](mailto:info@conroys-solicitors.uk)

Contact: 01872272457 or Form on website

### **Cornwall Health Library**

We provide online and in person signposting, computer/printing access and reading materials for NHS healthcare workers and students throughout Cornwall. We provide access to a wealth of physical and digital healthcare information, signposting to staff and student wellbeing and health resources, give training on how to find information and have safe and comfortable spaces in our two physical branches on the hospital sites in Truro and Bodmin that are open 24/7 all year round\*.

\*You need to be working within a healthcare or hospice setting in Cornwall as a student, volunteer or staff member

Website: <https://cornwallhealthlibrary.nhs.uk>



Email: [rcht.cornwallhealthlibrary@nhs.net](mailto:rcht.cornwallhealthlibrary@nhs.net)  
Contact: 01872 256444

### **Cornwall Legal Centre- Rema Ince**

Practice areas of interest: disability and discrimination, benefits, workplace, debt recovery, general civil litigation, and dispute resolution.

I can also verify and certify documents such as passports and witness signatures, statutory declarations, and oaths. Funding is sometimes available to cover my fees.

Website: <https://cornwall-legal.org/>  
Contact: [info@cornwall-legal.org](mailto:info@cornwall-legal.org)

### **Immigration Advice Service**

At the Immigration Advice Service, our lawyers specialise in a wide range of UK visas, nationality and asylum applications and have represented clients in various successful complex and high-profile cases. We can provide expert advice, practical assistance and professional representation to guide you through the application and decision-making process, from start to finish.

Website: <https://iasservices.org.uk/immigration-lawyers-cornwall-and-isles-of-scilly/>  
Contact: 0330 433 1213 or Form on website to request a call back.

### **Islamic Human Rights Commission (IHRC)**

The Islamic Human Rights Commission (IHRC) is an independent campaign, research and advocacy NGO that struggles for justice for all peoples regardless of their racial, confessional or political background. Need Immigration or employment law advice? We provide professional, reliable legal advice and representation. Full discretion and client confidentiality.

Address: 202 Preston Road, Wembley, London, HA9 8PA  
Website: <https://www.ihrc.org.uk/>  
Contact: 0208 904 4222 or Form on Website  
Email: [info@ihrc.org](mailto:info@ihrc.org)

### **Jobcentre Plus**

Jobcentre Plus is a government-funded employment agency and social security office that can be found in most cities, whose aim it is to help people of working age find employment in the UK. It is a part of the Department for Work and Pensions (DWP).

Jobcentre Plus provides resources to enable job-searchers to find work, through Jobpoints (touch-screen computer terminals), Jobseeker Direct (telephone service) and the Jobcentre Plus website. They offer information about training opportunities for the chronically unemployed. They administer claims for benefits such as Income Support, Incapacity Benefit, and Jobseeker's Allowance (currently being phased out in favour of Universal Credit).

There are over 10 centres in various towns across Cornwall. A quick Google search can help you find your nearest centre.

Email: [correspondence@dwp.gov.uk](mailto:correspondence@dwp.gov.uk) (enter your National Insurance Number as subject)



### **Landau Law**

Based in London, Landau Law is one of the best known and leading specialist employment law firm in the UK. We are practically the only firm in the UK that specialise solely in this area.

Our website is also the most comprehensive in the UK for any law firm in relation to your employment rights.

Website: <https://landaulaw.co.uk/about/>

### **The Salvation Army- Modern Slavery**

The Salvation Army provides specialist support to protect and care for all adult survivors of modern slavery in England and Wales.

Website: <https://www.salvationarmy.org.uk/modern-slavery/supporting-survivors>  
Confidential Referral Helpline 0800 808 3733, available 24/7

### **University of Exeter Community Law Clinic**

#### **1. Access to Justice Clinic**

Law students will guide and support you through the stages of your legal problem including employment, housing issues, benefits and general civil litigation – completely free of charge and by appointment only.

Students will conduct the interviews to learn about your problem and provide written legal advice by letter while supervised by qualified legal professionals.

Everyone deserves to have a voice in matters affecting their environment. In collaboration with the Environmental Law Foundation (ELF), the Access to Justice Clinic also assists individuals or community groups in matters involving environmental law issues.

**Email: [a2jclinic@exeter.ac.uk](mailto:a2jclinic@exeter.ac.uk)**

*The Clinic is open year-round. Students work on the Clinic during term-time via the Access to Justice Clinic module and during the summer as a volunteering opportunity.*

#### **2. Exeter Immigration Clinic**

The availability of immigration advice and assistance in the southwest is very limited. In response to this the university has set up a service for individuals in need of immigration advice, information or assistance. We also connect with local organisations to support those working with individuals who require immigration advice.

The clinic is completely free of charge and by appointment only. Law students work under the supervision of practising solicitors. The service will provide limited advice and information, signposting, and assistance with completing forms. Types of case may include:

- Initial Leave to Remain applications | Family, Private Life, 7 years residence for children, Human Rights Outside the Rules (e.g. Article 3 or 8 ECHR)
- Entry Clearance Applications
- Further Leave to Remain Applications
- Settlement applications
- Refugee Family Reunion



- Nationality – Naturalisation of an adult and/or registration of children as British citizens
- EU Settlement Scheme
- Travel Document Applications

Priority will be given to individuals who show a particular vulnerability or urgent need, such as destitution and risk of homelessness.

**Contact: [immigrationclinic@exeter.ac.uk](mailto:immigrationclinic@exeter.ac.uk)**

*The Clinic is open all year round. Law students can volunteer for this clinic, by application at the relevant time.*

Website: <https://law.exeter.ac.uk/communitylawclinic/>

### **University of Plymouth Law Clinic**

The Law Clinic offers real advice and assistance to clients in the Plymouth community, across a range of legal areas. Coordinated by law students and supervised by staff – the clinic provides hands on experience for our students and provides a vital service to the local community.

Website: <https://www.plymouth.ac.uk/services/law-clinic>

You can call the Law Clinic to make an enquiry: 01752 585598

Or email:

- Family Law Clinic: [familylawclinic@plymouth.ac.uk](mailto:familylawclinic@plymouth.ac.uk)
- Immigration Law Clinic: [immigrationlawclinic@plymouth.ac.uk](mailto:immigrationlawclinic@plymouth.ac.uk)
- Employment Law Clinic: [elc-enquiries@plymouth.ac.uk](mailto:elc-enquiries@plymouth.ac.uk)
- Welfare Law Clinic: [welfarelawclinic@plymouth.ac.uk](mailto:welfarelawclinic@plymouth.ac.uk)
- All other enquiries: [lawclinic@plymouth.ac.uk](mailto:lawclinic@plymouth.ac.uk)

## **Scams and Phishing**

### **What is phishing?**

Phishing is a type of **online fraud** that involves tricking people into providing sensitive information, such as passwords or credit card numbers, by masquerading as a trustworthy source. Phishing can be done through email, social media or malicious websites.

How does phishing work?

Phishing works by sending messages that look like they are from a legitimate company or website. Phishing messages will usually contain a link that takes the user to a fake website that looks like the real thing. The user is then asked to enter personal information, such as their credit card number. This information is then used to steal the person's identity or to make fraudulent charges on their credit card.

What can you do?

1. Do not give out private information (such as bank details or passwords), do not reply to text messages, do not download attachments or click on any links in emails if you're not sure they're genuine.
2. Report it:
  - Forward suspicious emails to [report@phishing.gov.uk](mailto:report@phishing.gov.uk).
  - Forward suspicious text messages to 7726 - it's free.



- Adverts: Report scam or misleading adverts to the Advertising Standards Authority. You can report adverts found online, including in search engines, websites or on social media.  
Website: <https://www.asa.org.uk/make-a-complaint.html>

**If you think you've been a victim of an online scam or fraud**

Contact **Action Fraud** if you think you've lost money or been hacked because of an online scam or fraud and you're in England or Wales. You can:

1. Report it online: <https://reporting.actionfraud.police.uk/login> - either sign up for an account or continue as a 'guest'
2. Call 0300 123 2040

**Any Other Information**

For any other information on statutory services such as the benefits system, housing, and healthcare, please feel free to contact us with your query at [contact@inspiringwomennetwork.co.uk](mailto:contact@inspiringwomennetwork.co.uk) and we will make every effort to assist you and/or connect you with the relevant service provider.



## RELIGIOUS SERVICES & SPIRITUAL GROUPS

### **Baha'i:**

Website: <https://cornishbahais.weebly.com/>

Contact: [geoff.smith@gmx.it](mailto:geoff.smith@gmx.it) or Form on website

- Bahá'í of St Austell: Philomena Clifford / 01726 69496
- Bahá'í of St Agnes: Paul and Diane Profaska / 01872 553184
- Bahá'í of Connor Downs, Hayle: Geoff and Michaela Smith / 01736 752188

### **Buddhist**

- **Ganden Ling Kadampa Meditation Centre** brings the teachings of Buddha to the people of Cornwall through Venerable Geshe Kelsang Gyatso Rinpoche's profound and transformative presentation of Modern Buddhism. Whether a complete beginner or advanced practitioner, our classes can help you along the path to real happiness.

Yonchen is the resident teacher and is available throughout the week, or if you prefer you may contact her on this email address for more information or to arrange a visit.

[rt@meditateincornwall.org](mailto:rt@meditateincornwall.org)

[www.meditateincornwall.org](http://www.meditateincornwall.org)

Address: 9 St Mary's Street, Truro, TR1 2AF  
[info@meditateincornwall.org](mailto:info@meditateincornwall.org)

- **The Whitecross Meditation Centre** has been used for regular weekly meditation practice since 1978 when it was set up by Michael and Karrin Hughes. The centre is non-denominational. Those attending have experience in Theravada, Mahayana and Zen practice. While most people who use the centre have some prior knowledge of meditation, beginners are always welcome.

Please contact: Lee Stevenson or Andy on 07818211566

Address: Gilly Ln, Whitecross, Penzance TR20 8BZ.

- **The Crystal Group:** Penryn branch Stephanie Jackson phone 01326 373626.  
Karma Kagyu group Sophie Muir; phone 01326 221651
- For a List of various Buddhist contacts across Cornwall, visit:  
Website: <http://www.cornwallbuddhists.org/>

### **Cornwall Humanists**

Services: non-religious funerals, weddings, baby naming ceremonies

Website: <https://cornwallhumanists.org.uk/>

Email: [cornwallhumanistsec@gmail.com](mailto:cornwallhumanistsec@gmail.com)

Facebook: <https://www.facebook.com/groups/237849416301331/>

### **Dor Kemmyn – An Interfaith Centre for Cornwall**

Cornwall Faith Forum (CFF) welcomes all people from all faiths and none.

Address: Church House, Woodlands Court, Truro Business Park, Threemilestone, TR4 9NH

Website: <https://dorkemmyn.org.uk/>

Contact: Form on website



### **Jewish**

Kehillat Kernow- Jewish Community of Cornwall

Website: <https://kehillatkernow.com/>

Contact: Form on website

### **Muslim**

**Cornwall Islamic Community Centre:** the only masjid in Cornwall. We are determined to promote a friendly atmosphere of a peaceful society through dialogue and discussions amongst the community and religious groups.

**Services:** Friday prayers, Eid prayers, Matrimonial, funeral and conversion services

Address: Quenchwell Rd, Carnon Downs, Truro TR3 6LN

Website: <https://www.cornwallislamiccentre.org/>

Contact: [admin@cornwallislamiccentre.org](mailto:admin@cornwallislamiccentre.org)

### **Pagan**

Facebook: [https://web.facebook.com/groups/264517616897118/?\\_rdc=1&\\_rdr](https://web.facebook.com/groups/264517616897118/?_rdc=1&_rdr)

[https://web.facebook.com/groups/461134547284445/?\\_rdc=1&\\_rdr](https://web.facebook.com/groups/461134547284445/?_rdc=1&_rdr)



## HEALTH & BEAUTY

### Women's Health & Fitness

#### **Be Fit Cornwall**

I'm Jen. I am a fitness instructor and personal trainer based in Cornwall. I specialise in working with mums and mums to be, helping them to make health and fitness a priority.

Website: <https://www.befitcornwall.com/>

Email: [befitcornwall@gmail.com](mailto:befitcornwall@gmail.com)

#### **Cornwall Herbal Clinic**

Carol Thorogood, a Medical Herbalist who has a different take on how to be well and stay well than most doctors. She offers private health consultations, face to face at the Falmouth Natural Health Practice and video consultations throughout Europe. Trained in the Western herbal tradition, blending traditional knowledge of medicinal plants

Offering 15% discount for IWN Members

Website: <https://cornwallherbalclinic.com/>

Email: [cornwallherbalclinic@hotmail.com](mailto:cornwallherbalclinic@hotmail.com)

Contact: 07947908376

#### **Dee Active**

Mumma Club- Postnatal exercise classes for mums with babies/toddler. You are welcome to take your children along, toys are provided. Online personal Training.

Facebook: [https://web.facebook.com/deeactivefitness?\\_rdc=1&\\_rdr](https://web.facebook.com/deeactivefitness?_rdc=1&_rdr)

Email: [deeactivefitness@gmail.com](mailto:deeactivefitness@gmail.com)

#### **HMS Shipshape**

HMS Shipshape, a local dance fitness business delivering dance classes in Praze an Beeble near Camborne, and in Truro. Designed to promote social connections and improving physical health and emotional wellbeing in a fun and friendly community.

The classes are suitable for all ages, abilities, and fitness levels with a very inclusive and engaging approach. Totally energising & an escapism from the real life, making connections, to a variety of music and different dance styles. Most classes are women-only but please check with the company to confirm.

Website: [www.hmsshipshape.co.uk](http://www.hmsshipshape.co.uk)

Heidi Haden, 07876118855

Email: [heids1979@hotmail.co.uk](mailto:heids1979@hotmail.co.uk)

#### **Perinatal Mental Health Team**

The team specialises in the assessment, diagnosis and short-term treatment of women affected by a moderate to severe mental health illness in the preconception, antenatal and postnatal period. They promote wellbeing during pregnancy, prevention of relapse and assists with birth planning.





Address: Truro Health Park (room F028), Infirmary Hill, Truro, TR1 2JA  
Contact: 01872 246 820

### **St Erme Medical**

Private General Practice with expertise in Women's Health. St Erme Medical is a private General Practice founded by Dr Sarah Gray. She is both a GP and a specialist in women's health and is regarded as a national expert. She has provided both NHS and private specialist services for 25 years.

Website: <https://stermemedical.uk/>  
Contact: 01872 630080

### **Wild Women Fitness**

Specialising in training women, I'm qualified to help women at any stage in life. I place a lot of importance on how our hormones affect our ability to perform & how we feel. I believe in working with our hormones, not against them. Newquay, Cornwall.

Website: <https://www.wild-w.co.uk/>  
Email: [Wildwomenfitness@outlook.com](mailto:Wildwomenfitness@outlook.com)  
Contact: 07530221159

## **Black-Hair Specialists and Hairdressers**

### **Braid Box Truro- Eva Maev**

From box braid to weaves to cornrows to extensions and more. Style to suit your personality. At Braid Box Truro, but also doing mobile home visits.

Address: 8 duke street 1st floor, Truro, TR1 2QE  
Instagram: <https://www.instagram.com/evamaevbraids/>  
Facebook: [www.facebook.com/evamaevbraids](http://www.facebook.com/evamaevbraids)

### **Ethio Queen Braids**

Affordable, high quality hair braiding in Cornwall.

Address: 17 Basset St, Falmouth, TR11 2LW  
Website: <https://ethioqueenbraids.com/>  
Email: [sitinacheru@gmail.com](mailto:sitinacheru@gmail.com)  
Contact: 07493 726999

### **Kelly Angel Hair**

I am a hair stylist that specialises in cutting Afro textured and curly hair.

Address: 9 White Hart Arcade, Launceston  
Website: [HUBcornwall.com](http://HUBcornwall.com)  
Contact: CALL: 01566 775888

### **Lemon Street Barbers**

L&S Barbers offer a wide range of professional grooming from trim to L&S Special: facial steam.



Address: 61 A Lemon Street, Truro, TR 2PE

Contact: 1872 857080

Email: landsbarbers@gmail.com

### **Mobile Hairdressers**

There are several mobile hairdressers across Cornwall who provide services at your home and your convenience. A quick Google search can help you find a mobile hairdresser near you. This may be especially beneficial for individuals, including Muslim women who wear the hijab, seeking a more personalised and private hair care experience.

## ETHNICALLY DIVERSE ARTISTS & ARTISANS

### **Angeline Morrison Music**

Angeline Morrison is a singer, multi-instrumentalist and songwriter who explores traditional song with a deep love, respect and curiosity. Angeline mostly makes music in the genres of wyrd folk and psych folk, her work infused with elements of soul music, literature, '60s beat pop sounds, folklore, myth and the supernatural.

Website: <https://www.angelinemorrisonmusic.com/>

### **Catatumbo Band**

Authentic Venezuelan Sounds with a Cornish twist.

Email: [catatumboUk@outlook.com](mailto:catatumboUk@outlook.com)

Contact: 07477 371810

### **Conejo Company**

We are a family of traders originally from Otavalo, a small town in the province of Imbabura in Ecuador. We make handmade quality products.

Instagram: <https://www.instagram.com/conejocompany/>

### **Falmouth Community Gospel Choir**

The simple aim of the Falmouth Community Gospel Choir is to connect Cornwall to the glorious sound of Gospel music and to inspire all those that hear the choir. We seek to encourage and uplift people throughout the Cornish community. Being a part of this friendly group is a fabulous boost for the mind, body and soul.

Website: <https://www.falmouthcommunitygospelchoir.com/>

Email: [falmouthcommunitygospelchoir@gmail.com](mailto:falmouthcommunitygospelchoir@gmail.com)

### **Kizamba**

Kizamba is a Latin & Afro-Caribbean band based in beautiful Penzance in West Cornwall, UK. They specialise in playing music that gets people smiling and gets people dancing!

Website: [Kizamba.uk](http://Kizamba.uk)

Email: [info@kizamba.uk](mailto:info@kizamba.uk)

Contact: 7790 348004

### **Konquerin Soundz**

Reggae selectors & soundsystem based in Cornwall playing Roots/ rubadub & dancehall music.

Facebook: [https://web.facebook.com/konquerinsoundzuk/?\\_rdc=1&\\_rdr](https://web.facebook.com/konquerinsoundzuk/?_rdc=1&_rdr)

Email: [selecterbenjahman@hotmail.co.uk](mailto:selecterbenjahman@hotmail.co.uk)

### **LaSummerskill Art**

Andrea Summerskill is an artist and illustrator from Colombia. She offers her own unique illustrations drawn on digital art and different home-decor and fashion items.

Facebook: <https://web.facebook.com/lasummerskill/>



Email: [lasummerskill@gmail.com](mailto:lasummerskill@gmail.com)

### **Lucktaylor Ceramics**

Catherine Lucktaylor creates contemporary hand formed Raku ceramics bringing the joy and beauty of Cornwall into your home, combining her African ancestry with a love of the natural wildness of Cornwall. The ancient coiling method is used to slowly build up each piece which is then glazed and fired by the Japanese Raku firing technique to create distinctive and vibrant one of a kind ceramics. All pieces are made by hand in small collections.

Address: The Old Cart Shed, Bejowans Farm, St Buryan, TR19 6EF

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

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

### **Ria Poole**

Ria Poole is a contemporary painter and ceramicist living and working in West Cornwall.

Website: [www.riapoole.com](http://www.riapoole.com)

Contact: Form on Website

### **Salsa Bonita**

A friendly salsa group, where everyone is welcome.

Address: C4 Studios, 58 Stennack Road, Saint Austell, PL25 3JU

Facebook: <https://web.facebook.com/SalsaBonitaStAustell>

Email: [salsabonita@mail.com](mailto:salsabonita@mail.com)

Contact: 7885 793082

### **Soul Sister- Ley Adewole**

Award Winning, Gospel Singer, Songwriter and Vocal Coach. Ley Adewole, has worked with top recording artists such as Stevie Wonder, Diana Ross, George Michael, Take That, Tom Jones, Blur and The Beautiful South, to name a few. Her roots like all great, black female soul divas are firmly established in the church.

Website: <https://www.soulsisterley.com/>

Email: [LEYADEWOLE@AOL.COM](mailto:LEYADEWOLE@AOL.COM)

Contact: 07957347873

## **Community Venues**

These two community venues frequently organise fantastic events for the community, showcasing a variety of diverse artists and bands:

### **Mount Pleasant Eco Park**

The Eco Park is grassroots, independent music venue with genre spanning acts from all over the globe.

Address: Chapel Hill, Porthtowan, TR4 8HL

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

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

Contact: 01209 891500



### **The Cornish Bank**

We are a vibrant, not for profit, community arts space in the centre of Falmouth, Cornwall. Hosting gigs, events, and food nearly every night of the week it's a pretty exciting place to be a part of. Please check out our listings and come and support local music, food and arts.

Address: 34 Church Street, Falmouth,  
Website: <https://thecornishbank.co.uk/>  
Email: [info@thecornishbank.co.uk](mailto:info@thecornishbank.co.uk)

## HATE CRIME

Is it an EMERGENCY?

Does it feel like the situation could get heated or violent very soon?

Is someone in immediate danger?

Do you need support right away?

If so, CALL 999 now.

### What is a hate crime?

A hate crime is any criminal offence which is perceived by the victim or anyone person, to be motivated by hostility, prejudice, or hatred based on a person's:

- Race: a person's skin colour or the country that they come from
- Religion: the religion or belief of a person and includes a lack of religion or belief
- Sexual orientation: who a person loves – bisexual, gay, heterosexual, and lesbian people
- Disability: a physical or mental condition that has a negative effect on a person's ability to do undertake daily activities
- Transgender identity: when a personal identity and gender do not correspond with a person's sex at birth.

### How to report hate crime and hate incidents?

In-Person:

- At a police station
- At a third-party reporting site – these are community-based centres where members of staff are available to support victims/witnesses to complete reporting forms. (see below for list of third-party reporting centres)

Over the phone:

- To the police at 999 in an emergency or somebody is in danger
- To the police at 101 if it is not an emergency and there is no immediate danger.
- To an alternative, such as Stop Hate UK (0800 138 1625) which offers independent and confidential hate crime reporting services 24- hours a day

Online:

- To the police online via the True Vision website: [www.report-it.org.uk](http://www.report-it.org.uk) – This method allows you to report anonymously



## Hate Crime - Third Party Reporting Centres

Hate Crime Reporting Centres, also known as third-party reporting centres, are places you can go for advice from trained people if you don't want to go to the police. Here are some based in Cornwall:

### **Cornwall Pride**

Hall for Cornwall, Black Quay, Truro, TR1 2LL

### **DisAbility Cornwall**

Units 1G/H, Guildford Road Industrial Estate, Guildford Road, Hayle, TR27 4QZ  
Tel: 01736 756655 or 01736 759500

### **Intercom Trust**

6 Higher Newham Ln, Truro, TR1 2ST  
Tel: 0800 6123010

### **Pentreath Ltd**

St Enoder Barns, Narrow Lane, Summercourt, Newquay, TR8 5EE  
Tel: 01726 862727

### **TravellerSpace**

Rm 402, Fourth Floor PZ360, St Marys Terrace, Penzance, TR18 4EB  
Tel: 07939 210014 / 07534 983046

## You can also find support and advice through these national organisations:

### **Community Security Trust (CST)**

A charity protecting British Jews from antisemitism and related threats.

CST defines as an antisemitic incident any malicious act aimed at Jewish people, organisations or property, where there is evidence that the act has antisemitic motivation or content, or that the victim was targeted because they were (or were believed to be) Jewish.

Website: <https://cst.org.uk/>

Email: [incidents@cst.org.uk](mailto:incidents@cst.org.uk)

Contact: 0800 032 3263

### **Galop**

A national charity providing advice and support to members of the LGBT community.

Our helplines are open to anyone LGBT+ in the UK, as well as friends, family members, and professionals who may be concerned about an LGBT+ person who is facing abuse.

Website: <https://galop.org.uk/>

Email: [help@galop.org.uk](mailto:help@galop.org.uk)

Contact: 0800 999 5428

### **Tell Mama**



A national project supporting victims of anti-Muslim hate and monitoring anti-Muslim incidents.

Measuring Anti-Muslim Attacks (MAMA) is a secure and reliable service that allows people from across England to report any form of Anti-Muslim abuse. We have created a unique portal where you may address your concerns and record any incident that you experience as a result of your Muslim faith or someone perceiving you to be Muslim. By using our 'Submit a Report' section, you can describe the details of the abuse you suffered, whether verbal or physical, and then add in the location of the attack so that we can effectively map incidents across England.

We can also refer you for support through partner agencies if you have been a victim of an Anti-Muslim incident.

Website: <https://tellmamauk.org/>

Contact: Form on Website

## Human Rights and Protected Characteristics Information

If you're interested in understanding more about your Human Rights or exploring information on Protected Characteristics, these websites offer valuable resources and support:

### **Advisory, Conciliation and Arbitration Service (ACAS)**

ACAS offers free, impartial advice on employment rights and workplace-related human rights. Language Interpreters: to speak to us in another language, ask for an interpreter. We can provide one straight away.

Website: <https://www.acas.org.uk/>

### **Equality Human Right Commission (EHRC)**

We are Britain's independent equality and human rights regulator.

Our role is to make the country a fairer place by enforcing and upholding the laws that safeguard everyone's right to fairness, dignity and respect.

We enforce the Equality Act 2010, which makes it unlawful to discriminate against or harass individuals based on the nine protected characteristics.

Website: <https://www.equalityhumanrights.com/>

### **Liberty**

Liberty is an independent membership organisation. We challenge injustice, defend freedom and campaign to make sure everyone in the UK is treated fairly.

We are campaigners, lawyers and policy experts who work together to protect rights and hold the powerful to account.

Together we've been making the UK a fairer, more equal place since 1934.





Website: [https://www.libertyhumanrights.org.uk/advice\\_information/what-can-i-do-if-the-police-discriminate-against-me/](https://www.libertyhumanrights.org.uk/advice_information/what-can-i-do-if-the-police-discriminate-against-me/)

### **How to Talk to Your Children About Racism**

The NSPCC has excellent resources and advice to help you understand how to talk to children about race and racism, and what you can do to support a child who's experiencing racial bullying.

Website: <https://www.nspcc.org.uk/keeping-children-safe/support-for-parents/children-race-racism-racial-bullying/>

## INTERNATIONAL AND HALAL FOOD

### International Shops in Cornwall

All of the following shops and restaurants were open at the time of publishing this directory. Please note that this list is not exhaustive, and we recommend verifying the information before planning your visit to ensure accurate details.

#### **Booker**

Booker is a wholesale provider in the UK with three branches in Cornwall. It sells a wide range of **international** foods as well as **Halal** meats.

Address 1: Pool Industrial Estate, Wilson Way, Pool, Redruth TR15 3RH

Address 2: Treloggan Rd, Newquay TR7 2JQ

Address 3: Manfield Way, Holmbush, St Austell, Saint Austell PL25 3JH

#### **Delicatessen Polonus**

Eastern European products- food, sweets, vegetables, alcohol.

Address: 4 East Hill, St Austell, PL25 4TW

#### **International Mini Market**

Polish, Romanian, Lithuanian, Bulgarian store

Address: 44 Trelowarren Street, Camborne, TR14 8AF

#### **Polski Sklep Newquay**

Eastern European products

Address: 6 Tor Road, Newquay, TR7 1RL

#### **Traditional Baltic Food**

Address: Ground floor, Unit B Brunton Road, Nicholl House, Pool, TR15 3SN

#### **Taste of Home Shop**

Eastern European bakery, meats, fruits, vegetables.

Address: Unit 1, Unicorn house, Wilson way, Pool

#### **Truro International Fresh Food Store**

Middle Eastern, African and International Foods, Fruits, Vegetables and Halal butcher

Address: 2-4 Calenick St, Truro, TR1 2SF

Phone: 07462 052417

### Online International Shops

#### **Aytac Foods Online**

Quality Mediterranean and Turkish Halal grocery products to the UK market. Free shipping for £50 orders.

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

#### **Bakkali**

An online cultural grocery delivery service, delivering fresh, high-quality cultural groceries to homes and businesses, including fresh fruit and vegetables and Halal meat. Spend over £30 to get free delivery.

**Website:** <https://bakkali.app/>

**MyJam Marketplace**

Fresh halal meat delivery and international food products. All major international brands available with free delivery over a standard order. Discounts for senior citizens and students.

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

**International Restaurants**

We have compiled a selection of restaurants offering international cuisines from various towns across Cornwall. Keep in mind that this list is not exhaustive, and for specific dietary requirements, we recommend checking with the individual restaurants directly.

**African & Caribbean Cuisine**

**Amanzi**

38 Arwenack St, Falmouth, TR11 3JF

**Cocobean**

63 Trelowarren Street, Camborne, TR14 8AL

**Cribbs- Falmouth**

33 Arwenack St, Falmouth, TR11 3JE

**Daddy D’s Kitchen – Caribbean Food**

Truro’s Lemon Quay Market every Wednesday and Saturday 9am-3:30pm

**Chinese**

**Beijing Cuisine**

3 Coinagehall St, Helston, TR13 8ER

**Chinese Wok St Austell**

51 Clifden Rd, Saint Austell, PL25 4NZ

**Dynasty Restaurant**

Perran Crossroads, A394, Penzance, TR20 9LZ

**Eastern Dragon**

16 Frances St, Truro, TR1 3DN

**Eastern Empire**

17-19 Commercial Rd, Hayle, TR27 4DE

**Fu Yuwan**

7 College St, Camborne, TR14 7JU

**Mandarin Garden Chinese Restaurant**

114 Kenwyn St, Truro, TR1 3DJ

**May’s Chinese**

33-34 Market Pl, Penzance, TR18 2JF

**Ming's garden**

40-41 Church St, Falmouth, TR11 3EF

**Ocean Dragon**

4 Barbican Rd, Looe, PL13 1EZ

**The Dancing Taipan**

The Platt, Cornwall, Wadebridge, PL27 7AD

**The Yue Restaurant**

8 Edward St, Truro, TR1 3AJ

**Wah Hing**

62 East St, Newquay, TR7 1BE

**Indian Cuisine**

**Amity Tandoori Cuisine- Halal**

5 Higher Fore Street, Redruth, TR15 2AJ

**Asha Indian Restaurant- Halal**

The Moor, Falmouth, TR11 3QA

**Bude Tandoori**

12A Burn View, Bude, EX23 8BZ

**Central Grill Truro- Halal**

9 Calenick St, Truro, TR1 2SF

**Chicken Point- Halal**

7 Killigrew Street, Falmouth, Cornwall, TR11 3PG

**Curry Garden- Halal**

7 Tregenna Hill, St Ives, TR26 1SF

**Curry Inn- Halal**

58 Little Castle Street, Truro, TR1 3DL

**Daaku**

2 Bell's Court, Falmouth, TR11 3AZ

**Deano's Kebab House- Halal**

62 Trelowarren St, Camborne, Cornwall, TR14 8AH

**Ganges Restaurant- Halal**

St Clement St, Truro, TR1 1EQ

**Hayle Kebab House- Halal**

7 Fore Street, Hayle TR27 4DX



**Helston Grill- Halal**

35 Coinagehall St, Helston, Cornwall, TR13 8ER

**Kebab Corner – Halal**

1 Commercial Street, Camborne, Cornwall, TR14 8JZ.

**Kebabish Original- Halal**

High Street, St Austell, IG6

**King Kebab – Halal**

18 Chapel Street, St. Ives, Cornwall, TR26 2LR

**Panch Puran- Halal**

Address: 3 New Bridge St, Truro, TR1 2AA

**Pizza King Kebab – Halal**

33 Commercial Street, Camborne, Cornwall, TR14 8JX

**Rami's Kebab- Halal**

39 Market Jew Street, Penzance, TR18 2HX

**The Raj Bar & Restaurant**

1 Commissioners Rd, Eddystone Rd, Wadebridge PL27 7A

**The Shanaz Indian Restaurant- Halal**

Address: 1 Edward St, Truro, TR1 3AJ

**Viceroy Cornwall**

54 Fore Street, East Looe, Cornwall, PL13 1AE

**Yak and Yeti- Halal**

Address: 10 Kenwyn St, Truro, TR1 3DJ

**YFC Truro- Halal**

8 Calenick Street, Truro, Cornwall, TR1 2SF

**YFC Redruth- Halal**

38 Fore Street, Redruth, Cornwall, TR15 2AE

**Zaman's Restaurant- Halal**

142 Henvy Road, Newquay, TR7 3EQ

**Kurdish**

**Baba GurGur Restaurant- Halal**

4 Little Castle Street, Truro, Cornwall, TR1 3DL

**Mexican**

**Habanero's Burrito Bar**

Address 1: 2 Quay St, Falmouth, TR11 3HH

Address 2: 11 Kenwyn St, Truro, TR1 3DJ

**Harry's Bodega**

Address: 25 Penpol Terrace, Hayle, TR27 4BQ

**Pachanga**

Address: 9a Cliff Rd, Newquay, TR7 2NE

**Poco Loco Burrito**

Address: Treloggan Industrial Estate, Prow Park, Newquay, TR7 2SX

**Smokin' Harbour BBQ - (Closed in winter)**

Address: Charlestown, Saint Austell, PL25 3NT

**Taco Bell**

Address: Unit 4, Cornish gateway Services, Saint Austell, PL26 8UF

**The Mex**

Address: 3 Gabriel St, Saint Ives, TR26 2LU

**The Mexico Inn**

Address: 4 Riverside, Longrock, Penzance, TR20 8JD

**Spanish & Portuguese Cafes and Restaurants around Cornwall:****Alvorada**

Address: 2 Polkirt Hill, Mevagissey, Saint Austell, PL26 6UR

**Bodega 18**

Truro: 18, Old Bridge Street, Truro TR12HA,  
Falmouth: 46 Arwenack Street, Falmouth, UK TR11  
<https://www.bodegaeighteen.com/>

**Casa Tapa**

6 New Rd, Newlyn, TR18 5PZ  
Bar Road, Falmouth, TR11 4BN  
<https://casatapa.co.uk/>

**CHIMICHANGAS Tex Mex**

The Regent Cafe, Lizard, Helston TR12 7NZ  
<https://chimichangas.co.uk/>

**Harry's Bodega**

25 Penpol Terrace, Hayle

**La Casita**

Address: Trenchrom Ln, Carbis Bay, Saint Ives, TR26 2TA  
Website: <https://www.lacasitacarbisbay.co.uk/>

**Pachanga**

9A Cliff Rd, Newquay TR7 2NE  
<https://www.thepachanga.co.uk/>

**Pintxo**

38 Esplanade, Fowey, Cornwall. PL23 1HZ



<https://pintxofowey.co.uk/>

**Tapas Bar and**

Address: 34 Basset Rd, Camborne TR14 8SL,

**Taste of Portugal**

Address: Market House Arcade, 16 Fore St, Bodmin, PL31 2JW

Website: <https://portuguesetaste.co.uk/>

**The Mex**

3 Gabriel St, Saint Ives TR26 2LU

**The Portuguese Bar and Restaurant**

Address: 10 Cliff Rd, Newquay, TR7 1SG

Website: <https://www.theportugueserestaurant.com/>

**Turkish / Middle Eastern Cuisines**

**Carn Brea Castle Restaurant**

Address: Carnkie, Redruth, TR16 6SL

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

**La Pineta Italian Deli**

Address: 4 Little Castle St, Truro, TR1 3DL

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

**Marina Turkish Kitchen**

Address: 15 Church St, Falmouth, TR11 3DR

Website: [marinaturkishkitchen.co.uk](http://marinaturkishkitchen.co.uk)

**Mediterraneo**

Address: 18 Victoria Square, Truro, TR1 2RX

Website: [mediterraneotruro.com](http://mediterraneotruro.com)

**Panch Puran**

Special Diets: Halal

Address: 3 New Bridge St, Truro, TR1 2AA, United Kingdom

**Proper Greek**

Address: Bird in Hand, Trelissick Rd, Hayle, TR27 4HY

**Sabzi Deli**

Address 1: 16a Walsingham Place, Truro, TR1 2RP

Address 2: 16 Arwenack Street, Falmouth, TR11 3JA

Address 3: 18 Duke Street. Padstow, PL28 8AB

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

**Turkish Kitchen**

Address: 6 Cliff Rd, Newquay, TR7 1SG

Website: [newquayturkishkitchen.com](http://newquayturkishkitchen.com)

**Truro Godfather**



Special Diets: Halal

Address: 4 New Bridge St, Truro, TR1 2AA

### **Other**

#### **Dak Dak Korean Fried Chicken**

Address: 34 River St, Truro, TR1 2SJ

#### **The Cornish Italian**

Unit 3, Chenoweths Business Park, Ruan High Lanes, Truro TR2 5JT

#### **The Singing Rooster**

Polish and Eastern European restaurant

Address: 39 Causewayhead, Penzance, TR18 2ST

#### **Ukrainian Soul Cafe**

Address: Market Street, Falmouth