

Directory of Services for Cornwall

A Comprehensive Guide to Local Services and Community Support

INSPIRING WOMEN NETWORK

Inspiring Women Network
November 2023



DIRECTORY OF SERVICES FOR CORNWALL

Table of Contents

<u>INTRODUCTION</u>	<u>3</u>
<u>BLACK, ASIAN & ETHNICALLY DIVERSE COMMUNITY SUPPORT</u>	<u>5</u>
<u>COMMUNITY SPONSORSHIP GROUPS.....</u>	<u>10</u>
<u>WOMEN'S ORGANISATIONS & SERVICES</u>	<u>12</u>
<u>OTHER COMMUNITY ORGANISATIONS.....</u>	<u>15</u>
<u>MENTAL HEALTH SERVICES.....</u>	<u>18</u>
<u>INFORMATION & ADVICE.....</u>	<u>24</u>
<u>RELIGIOUS SERVICES & SPIRITUAL GROUPS.....</u>	<u>29</u>
<u>INTERNATIONAL & HALAL FOOD</u>	<u>30</u>
<u>HEALTH & BEAUTY</u>	<u>36</u>
<u>ETHNICALLY DIVERSE ARTISTS & ARTISANS</u>	<u>39</u>
<u>UNIVERSITY OF EXETER, CORNWALL.....</u>	<u>42</u>
<u>HATE CRIME.....</u>	<u>44</u>



INTRODUCTION

Greetings and a warm welcome to Cornwall! As you embark on your journey in this beautiful county, Inspiring Women Network (IWN) extends its hand to guide and support you through this experience.

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 walks 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, who are new to Cornwall and seeking to connect with a wider community.

Empowerment through Connection

We recognise that starting anew in an unfamiliar place can be both exciting and overwhelming. Our network is designed to provide you with a supportive space to connect, engage, and thrive. As a community-led organisation, we celebrate diversity and seek to bridge cultural gaps, offering a place where every heritage and background is embraced.

As part of our commitment to supporting you as you create a new life in Cornwall, we have put together this directory, a resource designed to connect individuals and organisations with valuable services catering to the Black, Asian, and Ethnically Diverse communities in Cornwall.

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.

What You'll Find in This Directory

In this directory, you'll discover a curated compilation of resources that cater to a spectrum of needs – from community groups that share your cultural roots to health and beauty services. From religious services that nurture your spirit to organisations that understand your unique heritage, our guide is designed to empower you to fully embrace and explore



Cornwall. Whether you're seeking connection, looking to enhance your well-being, or simply wanting to explore your new environment, this directory is your go-to companion.

Navigating Together

As you start a new life here in Cornwall, know that you are not alone. IWN is here to support you, and this directory is here to empower you.

If you can't find a specific service you require, or if there's a service you know exists and has been beneficial to you, let's work together to enhance this directory. Reach out to us with your needs and suggestions. Your feedback is invaluable, helping us create a more comprehensive and inclusive resource for the entire community.

With warm regards,
IWN Team

BLACK, ASIAN & 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
Email: contact@inspiringwomennetwork.co.uk
Contact: 07966695651



AsOne

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
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

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: info@crrn.org.uk

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

Contact: 0800 456 1210

(Additional contact form on the website)

Inclusion Cornwall Hub

The Inclusion Cornwall Hub is here to help answer any questions you have about how and where to access support.

The information we get from our enquiries is used strategically through Inclusion Cornwall to make a real difference both now and in the future. We do this by bringing people, organisations, and funding together to help more people; to trial new services and new ways of delivering them to ensure that Cornwall and the Isles of Scilly make the best use of all the



programmes and services available - so that everyone can achieve their full employment potential.

Address: New County Hall 4S, Treyew Road, Truro TR1 3AY
Website: <https://inclusioncornwall.co.uk/>
Email: 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
Email: kowetha@live.com
(Additional contact form on the website)

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
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

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

General Email: admin@chinesecws.org.uk

Helpline Email: 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

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

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 (NRSG) 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

Email: newquayrefugee@gmail.com

Launceston Refugee Support Group

LRSRG 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



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

Email: 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 & 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

Email: 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

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

Website: <https://www.firstlight.org.uk>
Email: info@firstlight.org.uk
Contact: 03458 12 12 12

Nature & Me- Inner & Outer Cycles

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
Contact: 07841012740 or Form on Website

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
Contact: 0161 480 7686

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

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
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 Pl, Truro, TR1 1EP
Website: <https://www.westwardhousing.org.uk/tywc/>
Contact: 01872 260847 or Form on Website

West Cornwall Women’s Aid

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
Email: **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

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

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>

Intercom Trust

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



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

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 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

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

Contact: 01736 369772

For children specific services please visit Family Information Services

Website: 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

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
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
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



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

Man Down

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

Website: www.mandown-cornwall.co.uk
Email: 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
Email Cornwall Office: 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
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
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
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 & 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

Contact: 01872272457 or Form on website

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.

Facebook: <https://www.facebook.com/cornwalllegalcentre>

Contact: 07792 609049

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

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 (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

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

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
- Immigration Law Clinic: immigrationlawclinic@plymouth.ac.uk
- Employment Law Clinic: elc-enquiries@plymouth.ac.uk
- Welfare Law Clinic: welfarelawclinic@plymouth.ac.uk
- All other enquiries: 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.
 - 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 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 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

Website: <http://www.cornwallbuddhists.org/>

Contact: List of various contacts across Cornwall on website

Cornwall Humanists

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

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

Email: 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

Services: Matrimonial, funeral and conversion services

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

Website: <https://www.cornwallasian-islamiccommunitycentre.co.uk>

Contact: admin@cornwallislamiccentre.org

Paganism

Facebook: https://web.facebook.com/groups/264517616897118/?_rdc=1&_rdr

https://web.facebook.com/groups/461134547284445/?_rdc=1&_rdr

INTERNATIONAL & HALAL FOOD

International Shops

All of the following shops and restaurants were open at the time of publishing this directory. Please note that this list may not be 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.

4 East Hill St Austell PL25 4TW - 1 South Street PL25 5BH

International Mini Market

Polish, Romanian, Lithuanian, Bulgarian store

Address: 44 Trelowarren Street, Camborne, TR14 8AF

Polski Sklep Newquay

Eastern European products

6 Tor Road, Newquay, TR7 1RL

Soul Farm

A food justice-oriented, agroecological organisation. We cultivate vegetables thinking about living soil. At every step, we're thinking about how we organise around making good food accessible to all and around restoring local people's relationships with the land.

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

Email: info@soulfarm.com

Contact: Form on website

Traditional Baltic Food

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, United Kingdom

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

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

Address: 38 Arwenack St, Falmouth, TR11 3JF

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

Chorley's

Address: 5 Old Bridge St, Truro, TR1 2AQ

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

Cribbs- Falmouth

Address: 33 Arwenack St, Falmouth, TR11 3JE

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

Daddy D's Kitchen – Caribbean Food

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

Chinese

Beijing Cuisine

Address: 3 Coinagehall St, Helston, TR13 8ER

Chinese Wok St Austell

Address: 51 Clifden Rd, Saint Austell, PL25 4NZ

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

Dynasty Restaurant

Address: Perran Crossroads, A394, Penzance, TR20 9LZ

Eastern Dragon

Address: 16 Frances St, Truro, TR1 3DN

Eastern Empire

Address: 17-19 Commercial Rd, Hayle, TR27 4DE

Website: easternempirehayle.co.uk

Fu Yuwan

Address: 7 College St, Camborne, TR14 7JU

Mandarin Garden Chinese Restaurant

Address: 114 Kenwyn St, Truro, TR1 3DJ

May's Chinese

Address: 33-34 Market Pl, Penzance, TR18 2JF

Ming's garden

Address: 40-41 Church St, Falmouth, TR11 3EF

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

Ocean Dragon

Address: 4 Barbican Rd, Looe, PL13 1EZ

The Dancing Taipan

Address: The Platt, Cornwall, Wadebridge, PL27 7AD

The Yue Restaurant

Address: 8 Edward St, Truro, TR1 3AJ

Wah Hing

Address: 62 East St, Newquay, TR7 1BE

Indian Cuisine

Amity Tandoori Cuisine

Special Diets: Halal

Address: 5 Higher Fore Street, Redruth, TR15 2AJ

Asha Indian Restaurant

Special Diet: Halal

Address: The Moor, Falmouth, TR11 3QA

Bude Tandoori

Address: 12A Burn View, Bude, EX23 8BZ

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

Central Grill Truro

Special Diet: Halal

Address: 9 Calenick St, Truro, TR1 2SF

Curry Garden

Special Diets: Halal

Address: 7 Tregenna Hill, St Ives, TR26 1SF

Curry Inn

Special Diets: Halal

Address: 58 Little Castle Street, Truro, TR1 3DL

Daaku

Address: 2 Bell's Court, Falmouth, TR11 3AZ

Ganges Restaurant

Special Diets: Halal

Address: St Clement St, Truro, TR1 1EQ

Hayle Kebab House

Special Diets: Halal

Address: 7 Fore Street, Hayle TR27 4DX

Kebabish Original

Special Diets: Halal

Address: High Street, St Austell, IG6



Panch Puran

Special Diets: Halal
Address: 3 New Bridge St, Truro, TR1 2AA

Rami's Kebab

Special Diets: Halal
Address: 39 Market Jew Street, Penzance, TR18 2HX

The Raj Bar & Restaurant

Address: 1 Commissioners Rd, Eddystone Rd, Wadebridge PL27 7A

The Shanaz Indian Restaurant

Special Diets: Halal
Address: 1 Edward St, Truro, TR1 3AJ

Viceroy Cornwall

Address: 54 Fore Street, East Looe, Cornwall, PL13 1AE
<https://www.viceroyofcornwall.co.uk/>

Yak and Yeti

Special Diets: Halal
Address: 10 Kenwyn St, Truro, TR1 3DJ

Zaman's Restaurant

Special Diets: Halal
Address: 142 Henvy Road, Newquay, TR7 3EQ

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

Poco Loco Burrito

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

Senor Dick's Mexican Restaurant

Address: East St, Newquay, TR7 1DB
Website: <https://senor-dicks.co.uk/>

Smokin' Harbour BBQ - HarbourQ

Address: Charlestown, Saint Austell, PL25 3NT
Website: <https://hbqctown.co.uk/>

Taco Bell

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



The Mex

Address: 3 Gabriel St, Saint Ives, TR26 2LU
Website: <http://themex-stives.co.uk/>

The Mexico Inn

Address: 4 Riverside, Longrock, Penzance, TR20 8JD
Website: <https://www.themexicoinn.com/>

Spanish & Portuguese Cafes and Restaurants around Cornwall:

Alvorada

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

La Casita

Address: Tren crom Ln, Carbis Bay, Saint Ives, TR26 2TA
Website: <https://www.lacasitacarbisbay.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 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

Mediterraneo

Address: 18 Victoria Square, Truro, TR1 2RX
Website: 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

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 Singing Rooster

Polish and Eastern European restaurant
Address: 39 Causewayhead, Penzance, TR18 2ST

Ukrainian Soul Cafe

Address: Market Street, Falmouth



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

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

Email: 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

Heidi Haden, 07876118855

Email: heids1979@hotmail.co.uk

R.U.Fit

Rebecca Uterhark is a pilates instructor and personal trainer, on a mission to help ladies, especially mums, find energy, feel strong and confident in mind and body.

Website: linktr.ee/ecofitnessmumma

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

Email: becky@rufitness.co.uk

Contact: 07976 371169

Suzy Diaz

Based in Truro, St Austell and in the Roseland, we run fun and energising fitness classes, social and fundraising events and wellbeing workshops. Anyone and everyone is welcomed into our family. We aim to promote health, wellbeing and a general lust for life.

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

Email: info@susydiazfitness.co.uk

Contact: 07399301211

Think Fit

Our goal is to introduce you to fitness in a way that is friendly, inclusive and rewarding so that it becomes a part of who you are and your lifestyle. We pride ourselves in merging both



the physical and mental benefits of exercise by providing a safe, supportive fitness community.

Website: <https://thinkfitcornwall.com/>
Contact: From on Website

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
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 Turo, 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

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
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
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

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

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

Email: 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

Email: 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



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

Ria Poole

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

Website: 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

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

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

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

UNIVERSITY OF EXETER, CORNWALL



University
of Exeter



The University of Exeter, Cornwall's shared campus communities in Penryn and Truro are renowned for their vibrant and inclusive multicultural environment, which fosters a sense of global community among its students and staff. With a diverse student population hailing from over 140 countries, the university celebrates multiculturalism as a core value. This rich tapestry of cultures, languages, and perspectives creates a stimulating and enriching academic experience.

Alongside campus partners Falmouth University, FX Plus and The Students' Union in Penryn, and Plymouth University and Royal Cornwall Hospitals Trust in Truro, the university actively promotes intercultural exchange through various initiatives, such as cultural festivals, international student societies, and language exchange programs. These opportunities allow students to immerse themselves in different cultures, broaden their horizons, and develop a global mindset.

Furthermore, the University of Exeter takes pride in its commitment to creating a fair, socially just and inclusive society. It provides a supportive environment for students of all backgrounds, fostering a strong sense of belonging. The institution values diversity as a catalyst for innovation and creativity, recognising that a multicultural community promotes a deeper understanding of global issues and prepares students to become global citizens.

Arts and Culture

We are passionate about understanding and promoting the creative process. Collaborating with staff, students, artists, and cultural organisations, we aim to strengthen creative networks and foster interdisciplinary collaborations. Our services include leading creative projects, bridging the university cultural and creative communities, offering guidance, delivering workshops, and caring for the Fine Art Collection. We also provide support for collaborations and promote works through various channels.

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

Cornwall Anti-racism Forum

The Cornwall Anti-racism Forum exists to provide a regular, informal and conversational space to listen, learn and discuss racism and anti-racism. Monthly forum events are open to all staff and postgraduate students from the University of Exeter in Cornwall, as well as Penryn campus partners Falmouth University, FX Plus and The Students' Union. Quarterly forum events are open to all. Discussions follow a set theme each month/quarter and themes to date have included relevant sector reports, hate crime, rural racism and mental health.

The sessions are facilitated by the Culture and Inclusion team but not formally chaired and guest speakers occasionally lead events. Resources to support the sessions are developed in advance by the EDI team, also occasionally in collaboration with guest speakers, in order to facilitate discussion.

For more information, contact edi@exeter.ac.uk



Student societies at The Students' Union:

View the full list of student societies here:

<https://www.thesu.org.uk/activities/groups/directory/>

- **African Caribbean Society (ACS):**
 Website: <https://www.thesu.org.uk/activities/groups/directory/group/acs/>
 Instagram: @exefalacs
 The Exeter and Falmouth ACS aims to create a strong community between students of African and Caribbean heritage, and include other students who want to celebrate our different cultures with us.
- **International Society**
 Website: <https://www.thesu.org.uk/activities/groups/directory/group/14056/>
 Instagram: @international.soc
 The International Student Society exists to foster peer connections from all over the world, play new games, share traditional food and discover Cornwall.
- **Asian Society**
 Website: <https://www.thesu.org.uk/activities/groups/directory/group/asoc/>
 Instagram: @falexeeasiansociety
 Share in the excitement as the Asian Society brings the vibrancy and festivity of Asian culture to Cornwall!
- **The SU Islamic Society**
 Website: <https://www.thesu.org.uk/activities/groups/directory/group/isoc/>
 Instagram: @suislamicsoc_
 Formed to address and serve the spiritual needs of Muslim students and staff on campus, the Islamic Society aims to produce an inclusive society where everyone is welcome, regardless of background.

The Culture and Inclusion team

The Culture and Inclusion team at the University work in partnership with internal and external stakeholders to promote equity and foster a welcoming and inclusive community, both on and off campus.

Website: <https://www.exeter.ac.uk/departments/inclusion/>

Contact: edi@exeter.ac.uk

The Universities of Sanctuary team

As part of the University of Sanctuary network, a UK-wide initiative, University of Exeter Sanctuary team work to foster a culture of welcome and inclusion for asylum seekers and refugees – including offering sanctuary scholarships and partial fee waivers to undergraduate students who are seeking asylum.

Website: <https://www.exeter.ac.uk/departments/inclusion/support/uos/>

ROUTES: Migration, Mobility, Displacement

An inter-disciplinary platform for discussion of migration issues that brings together academic research and the direct voice of people who have moved.

Website: <https://geography.exeter.ac.uk/routes/>

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 - 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
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
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/



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/>