

DIGITAL INCLUSION

[Inclusion Cornwall](#)

Inclusion Cornwall ensure that residents in Cornwall can access on-line services quickly and easily, if they wish to do so and can continue to access all appropriate services whether they are on-line or not. They respect people's decision not to be using on-line services, and ensure they can still access those services by other means.

Website <https://inclusioncornwall.co.uk/digital-inclusion/>

Telephone 01872 326440

Email hello@inclusioncornwall.co.uk

There are a lot of opportunities across Cornwall to get on-line:-

Cornwall Council's Digital Inclusion team has some simple support for people, including free on-line resources <https://www.cornwall.gov.uk/people-and-communities/digital-inclusion/>

The digital inclusion team are all about getting people on-line and using on-line services with confidence. They work closely with volunteers and partner organisations to enable residents to access and be confident using online services.

Email: digitalinclusion@cornwall.gov.uk

Digital Champions are also part of Cornwall's strategy, recruiting people within local communities who are confident in their digital skills, and training them to support and inspire others locally.

Cornwall Council Family Information service (directory for all available help for families living in Cornwall)

Website <https://www.supportincornwall.org.uk/kb5/cornwall/directory/home.page>

Telephone 01872 323 535

Email fis@cornwall.gov.uk

Volunteer Cornwall

Volunteer Cornwall develops individuals and communities through Voluntary action.

Website <https://www.volunteercornwall.org.uk/projects>

Telephone 01872 266988

Email requestforhelp@volunteercornwall.org.uk

Community Makers – dedicated staff working in the communities of Cornwall to encourage Voluntary action. Each community worker is there to know and understand the network of voluntary and community groups in their area and how they can support community needs.

Social prescribing - Enabling healthcare professionals to refer patients to a link worker, to co-design a nonclinical social prescription to improve their health and wellbeing. The focus being on addressing social and lifestyle issues at an early stage and preventing ill health rather than managing complex conditions later.

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

Telephone 01872 266991

Email social.prescribing1@nhs.net

CN4C

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. They can provide: Crisis support, Job search, learning and Skills training, Social Groups, cooking course, wellbeing activities and allotment schemes.

They have community Hubs at:

The Elms, 61 Green Bank Lane, Redruth TR15 1LS

Community Bank at St Austell, 5-7 High Cross Street, PL25 4AF

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

Telephone 01209 310610

Email info@CN4C.org.uk

CAB

Citizens Advice offer free, confidential, independent and impartial advice on a wide range of issues. You can contact them online or via the phone

Website <https://citizensadvicecornwall.org.uk/get-advice/>

Telephone 0800 144 8848

Text Text 'ADVICE' to 78866

DIGITAL HELP HUBS

Help Hubs are located across the county to provide greater access to Citizens Advice services. The hubs are computers and internet phones where you can find information about your issue and hold a face-to-face online session with an adviser. They can be found at libraries, community centres and foodbanks and are open for everyone to use.

No experience with computers is necessary because staff at the venues will help you use the computer and book an appointment with an adviser if you want one. The computers and phones are in placed in areas where your conversations can't be overheard and you don't need to tell anyone at the venue about your issue.

To use the Advice Hub, you can just visit the venue and ask a member of staff or to make an appointment yourself, text ADVICE DIGITAL to 78866.

They offer advice and guidance on mental health and wellbeing, benefits and housing, Employment and volunteering, Education and training, Carers support, Citizens Advice, Energy Advice