



For information about Adult Care, Health and Wellbeing, visit the website on [www.cornwall.gov.uk/healthandsocialcare](http://www.cornwall.gov.uk/healthandsocialcare)

If you would like this information in another format please contact:

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[www.cornwall.gov.uk](http://www.cornwall.gov.uk)



# Launceston

Community and Support  
Services

November 2013

## Who we are

We are a small day service where people can meet up with friends, and a base from which they go out and enjoy a variety of activities.

## Activities

We take part in a wide variety of activities: swimming and Aquafit, ballroom and tap dancing, ten-pin bowling, football, horse riding with RDA, and theatre skills with Access Theatre.

Five people go out to work and others choose to go shopping, walking, visit the local indoor market and meet friends there for shopping, coffee and a chat.

When people are staying in, there are lots of art and craft materials to use, cooking and lunch groups, a large flower and vegetable garden-plus rabbit.

## Special Events

People here have hugely enjoyed a weekend trip to London with a flight on the London Eye and visits to Buckingham Palace, Tower Bridge and Horse Guards' Parade.

Three people qualified for the National RDA finals and were delighted to take part and bring some rosettes home.

The Access Theatre group enjoyed a nightclub evening extravaganza at The Funky Llama, organised with The National Theatre at The Theatre Royal Plymouth.

We have regular open days and coffee mornings/Cream tea afternoons and we are very well supported by our Friends of Launceston Day Service group.



## Where we are

You can find Launceston Day Service at  
Unit 15 Newport Ind. Estate

Launceston

PL15 8EX

Tel. 01566 776422

Fax. 01566 773108

For more information about Launceston Day Service, visit [www.cornwall.gov.uk/launcestondc](http://www.cornwall.gov.uk/launcestondc).

We provide support for personal care, medication, meals and mobility.

We are open 9am -4.45pm Monday to Friday, and closed Christmas week and Bank Holidays.