



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:

**Cornwall Council  
County Hall  
Treyew Road  
Truro TR1 3AY**

Telephone: **0300 1234 100**

Email: **enquiries@cornwall.gov.uk**

**www.cornwall.gov.uk**



November 2013

# Lowena

## Short Breaks

### Community and Support Services



## Who we are

Lowena is a single storey, purpose built establishment which provides short breaks for adults with a learning disability.

Lowena's focus is to provide each guest with the opportunity to achieve their full potential during their stay using appropriate resources and support. Lowena aims to promote an environment that is positive, supportive and encourages people to develop independent living skills and social skills.



## Activities

We arrange activities to suit the guests we have staying at any given time. These can include

- Swimming
- Yoga
- Camping
- trips to local gardens or other attractions
- bowling
- cinema
- shopping
- sailing
- theatre
- arts and crafts
- bingo
- cooking
- gardening
- meals and drinks at local restaurants and pubs
- themed evenings, and more!

## Where we are

You can find Lowena at  
Tremorvah Wood Lane

Truro

TR1 1JX

Tel: 01872 270013

Fax: 01872 241992

For more information about Lowena, visit [www.cornwall.gov.uk/lowena](http://www.cornwall.gov.uk/lowena)

We are open to service users from 4pm to 10am Monday to Friday and 24 hrs a day during the weekend. We close for two training days in April and November each year and we close every other Christmas.