

June 2024

Newsletter

Torpoint Library and Community Hub



Social Prescriber

Lisa our new Social Prescriber has been in the Library and Community Hub every Tuesday. Social Prescribing is a service available to the community via your local GP (Call them for a referral). Social Prescribers talk to people about what is important to them and help them set certain goals to improve health and wellbeing.



Thank you

This May we were privileged to welcome just under 5,000 of you through the door. Thank you for your support.

Dementia Awareness and Support

Vanessa our Primary Care Dementia Practitioner visited us and shared information on support available for people with dementia and their families or carers. We also made available a selection of books for people to borrow. Our regular singing group, Musical Memories is helpful for people with any memory concerns and offers people a place to make friends and enjoy themselves.

Community Health Around Torpoint (CHAT) also hold a coffee afternoon on the 2nd and 4th Tuesday at 1pm in St James Hall. CHAT and Torpoint Library and Community Hub feel strongly about ensuring a strong, robust support network for people affected by memory problems.



Dementia UK Coffee Morning

This month we celebrated the wonderful work of Dementia UK with our annual coffee morning. Thank you to all who attended and helped us raise money for such an important cause. We enjoyed a delicious selection of home made cakes, a raffle and a guess the weight of the cake. Our grand total was £146.58.



Debt Support

Christians Against Poverty are a local initiative to help members of our community out of debt. They visited us to talk about the important work they do and highlight their services.