

Craft Exchange

An informal group that shares skills/crafts and a cup of tea in a friendly space.

Wadebridge - Wednesdays, 10.30 - 12.30pm

Hearing Voices Group

Self help group for people who hear voices, have visions or similar experiences, offering a safe and supportive space with a facilitator.

Bodmin - weekly, 2.00 - 4.00pm
Please contact Jain Ritchie 07807 813996

Bude Womens Wellness Group

The group has a friendly, sociable approach and welcomes people who would like to manage their mental health with positivity and hope.

Bude—every Friday 12.15—2.30pm

OCD Group

The group can encourage and support members to discuss their management and techniques for coping with their OCD.

Liskeard—alternate Mondays 1.30—3pm

Anxiety, Confidence and Self Support Group

A group that supports people with social anxiety and confidence disorders, a chance to talk about what works for you and what doesn't, and to share ideas.

Wadebridge - Thursdays, 1.00– 2.30pm, fortnightly

Fibromyalgia Support Group

A group led by people suffering from fibromyalgia, ME or CFS, offering mutual support and information exchange.

Wadebridge - Mondays, 1.00– 2.30pm, fortnightly
Bodmin - Thursdays, 2.00—3.30 pm, fortnightly

Wellness Group

A social group with a positive vibe looking at healthy ways to cope—both physically and mentally.

Liskeard—alternate Fridays 1.30—3.00pm



Café Chat

Socialising, making new friends and talking about issues that are important to you. This group can enable you to build confidence within your local community.

St Austell - Wednesdays, 2.00 - 3.00pm

Bude Womens Group

A group for women to share a support network and to socialize. Often will invite speakers or take a trip.

Bude - Thursdays, 10-12.00

Cornwall College

Personal and social development that is created through different art forms. This is a certificated course that people can access through Cornwall College or Rethink.

Wadebridge - Wednesday afternoons—term time...from 1.30—4.00pm

GAIA Trust Nature Group

The nature group aims to build knowledge and skills around engaging with green spaces to manage well being. The group covers a range of elements both for the more physically active and for those who find just getting there tough enough.

Wadebridge—Thursdays 10am -2pm

Participation Group

Rethink Mental Illness strives to involve Service Users, volunteers and partner organisations in the direction and strategy of its projects, and to influence its regional business plan.

The Participation Group is an opportunity for these people to input their ideas directly into the service that they receive from Cornwall Community Services, and to ensure that our service continues to be accessible to all.

The work of the Participation Group is crucial to our Service, and with their support our Service has successfully passed audits by Experts by Experience, Interlink Capability Model (Mental Health) and various quality marks.

Roving – quarterly. Open to people with an interest in mental health.

Service User Involvement

Rethink Mental Illness is driven by the needs of people who suffer from mental illness, and we strive to involve the people who use our service to shape us.

We encourage feedback and ideas through group representatives, and offer opportunities for people to get involved with campaigns and training.

Rethink Mental Illness

Working together to help everyone affected by mental illness to recover a better quality of life.

Campaigning for better services for people with mental illness at national and local level.

Believing that people suffering from mental illness have a right to equal opportunities. Rethink Mental Illness is committed to actively opposing all forms of discrimination.

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Rethink is the operating name of National Schizophrenia Fellowship, a company limited by guarantee

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Working together to help everyone affected by mental illness to recover a better quality of life



Cornwall Community Services Programme 2019

For further information about all of our groups please contact:

Cornwall Community Services
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