Health Support and Guidance

Cancer Support



Cancer Care Map is a simple, online resource that helps you find cancer support services in your local area wherever you are in the UK.

Asthma



People living in Cornwall and the Isles of Scilly with COPD or asthma can now access free, NHS-endorsed digital support to help manage their condition.

Live Well



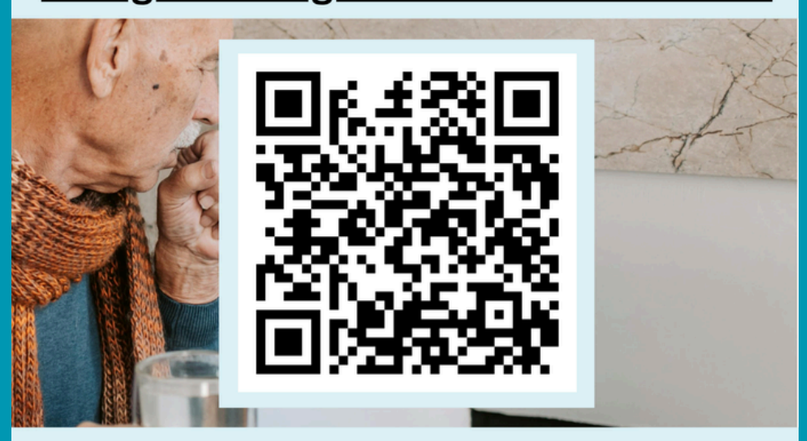
NHS Live Well NHS advice about healthy living, including eating a balanced diet, healthy weight, exercise, quitting smoking and drinking less alcohol.

Dementia



Cornwall Council Dementia If you or a family member has been diagnosed with dementia, we can help you get the support you need.

Living with long-term health conditions



NHS Cornwall and Isles of Scilly The local vision is that care will be designed to fit individual needs, not the other way around.

Diabetes



NHS England Diabetes updates, programmes and videos

High Cholesterol



NHS advice and information on what is cholesterol and ways to lower your cholesterol

Stroke



Stroke Association information and support page, for anyone seeking knowledge on strokes.

Osteoporosis



NHS Learn about the different treatments, medicines and supplements used to treat osteoporosis and prevent fractures.

Living with a Stoma



Colostomy UK to make a positive difference for anyone impacted by any kind of stoma or stoma surgery.

Cardiac Arrest Symptoms



British Heart Foundation cardiac symptoms, causes, treatments, recovery, reducing your risk and get support.

Heart Attack Symptoms



NHS advice on the symptoms of a heart attack and what to do if you or someone else has symptoms

Moles & Skin Cancer



NHS - Check if your mole could be cancerous

Chronic Kidney Disease



NHS - Look out for the signs and symptoms and advice on living with a long-term condition

COPD



NHS Cornwall and Isles of Scilly lung conditions