



KPS TREBULLOM

Kernow Positive Support (KPS)
is a Registered Charity No. 1104947

If you would like to support the work of KPS either
by a single donation or by a regular monthly
standing order please contact our head office
on **01872 262221** for further information.

With thanks to our funders



eastcornwall
local action group



**KPS Trebullom
Trebullom Farm
Altarnun
Cornwall
PL15 7RF**

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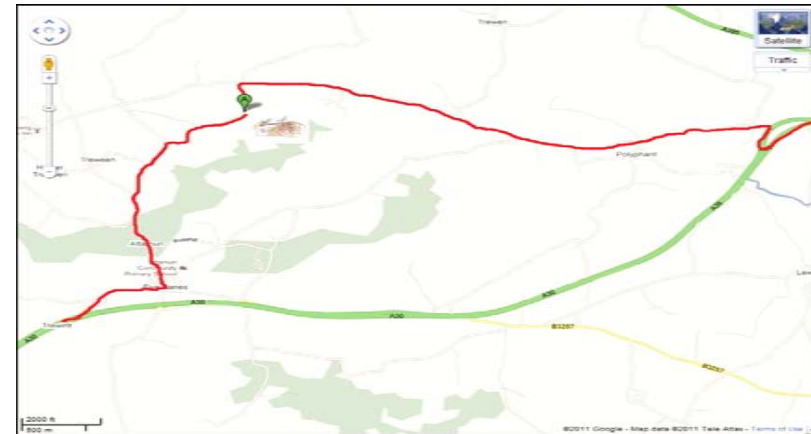
Information & Programme 2011
KPS TREBULLOM

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How to get here



DIRECTIONS BY CAR

From Launceston: On the A30 turn right onto Eastbound carriage way for Launceston and Polyphant. Take the first exit to Polyphant, it's a very small exit and comes up quickly. Follow the road until the crossroads with the red telephone box on the left. Turn left at the crossroad and approx 500 yards Trebullom Farm will be on your left after a sharp right-hand bend.

From Bodmin: Take the exit just after the abandoned garage for Five Lanes and Altarnun. Take the left fork to Five Lanes and then the first sharp left again. Turn right just before the sign Treween (*single track road*) and Trebullom Farm will be on your right after a couple of miles.

OTHER ROUTES

The nearest airport is Newquay, with Bristol and Exeter airports also close. The nearest train station is Bodmin Parkway. You can check the National Rail website for details on journeys and prices at www.nationalrail.co.uk First Great Western is the main operator in Cornwall. The nearest bus/coach stops are Launceston or Bodmin town centres.

Hiring our venue



KPS Trebullom can be hired as a cost-effective solution and venue for Conferences, Training and Team Building Events (*half day, full day, residential*) that can be tailored to suit at competitive rates as a complete package.

We have 8 double/twin bedrooms with en-suite facilities and can accommodate up to 19 people sharing. Additional training equipment is available for hire as follows; Large projection screen, Video projector, Laptop along with relevant software including; PowerPoint, Overhead projector, Flip chart and Wipe board, Sound system with microphone along with a 50" HD Flat screen TV that is a permanent feature within the Presentation Room (*Drawing Room*).

KPS Trebullom is also available for hire to private and non-HIV related organizations and businesses locally and nationally with an inclusive short introduction to HIV awareness which is part of our hiring package. Our ethos, goal and commitment is to further public awareness of the important issues surrounding HIV, and furthermore to waylay ignorance and misconceptions. Contact us for further details on the KPS Trebullom conference and training venue hire opportunities.

Contact KPS Trebullom for special introductory prices on our residential and non-residential venue hire packages.

About KPS



Kernow Positive Support (KPS) is a registered charity, no. 1104947, which aims to support people living with HIV and AIDS in Cornwall and raise awareness of the issues that surround this disease.

KPS offers a number of services, including: housing related floating support, therapeutic services, counselling, a hardship fund, advocacy and representation, a telephone helpline service, training and drop-in and peer support opportunities.

KPS is run by a board of Trustees, of which some are HIV-Positive. KPS has a combined experience of over 75 years living and coping with the virus, and frontline involvement in the foundation of a variety of HIV support services.

KPS is run on a self-help ethos, as we believe those living with HIV should be actively encouraged to participate in the provision of services that KPS aims to provide. KPS officially adopted our Declaration of Trust 'Governing Document' on 21st January 2004 and attained registered charitable status on 16th July 2004.

KPS Trebullom is a unique facility and the first of its kind in the UK. Through our work with people with HIV we recognize a need for people to have the opportunity to attend a respite and retreat. There is also a need to assist in building futures for our guests and improve HIV awareness through training opportunities to the public and professionals alike.

The Trebullom Farmhouse



KPS Trebullom provides an opportunity for respite and retreat where you will be staying in 5 star style luxury. The recently refurbished Grade 2 Listed 18th Century farmhouse is set in 11 acres of countryside and farmland in a rustic and beautiful part of North Cornwall.

Whether you are wanting restful and quiet seclusion, or to take part in the variety of opportunities on offer in this tranquil setting, your stay will be catered for.

KPS Trebullom is fully wheelchair accessible in the public areas on the ground floor, and has a chairlift to the first floor with a manual wheelchair available to guests. The first floor is also fully wheelchair accessible to the facilities within the bedroom suites. All bathroom en-suites have a level access showers, with disabled adaptations available upon request.

KPS Trebullom offers day trips to many of the attractions Cornwall has to offer (*subject to available volunteers*). Also we offer onsite counselling and a range of recognized complementary therapies carried out by skilled, qualified and registered professionals.



About Cornwall



So just what is it that makes Cornwall special? The mighty cliffs and crashing waves? The glorious sandy beaches? The wild moorlands and peaceful woodlands? The friendly smiles and warm welcomes? The fantastic food and art culture?

The answer is all of the above. Cornwall is the UK's most south-western county and boasts to be the most beautiful. The rural landscape provides a perfect getaway spot for respite and retreat breaks.



The Trebullom Farmhouse is situated in the North of the County, close to the stunning beach and harbour of Bude and near to the market town of Launceston, the 'Gateway to Cornwall' bordering close to Bodmin moor and Dartmoor.

Launceston is an ancient and quintessentially Cornish town boasting a 1,000 year old castle, an intricately carved church, quaint narrow streets and a bustling market square.

Cornwall really is the perfect place to come, relax and lose yourself in the countryside and coastal gems.

Trebullom Food



KPS operates seasonal menus, all meals are included in our fixed prices for 2011 (*Respite and Retreat*).

Breakfast: A choice of Full English Breakfast, Continental Breakfast, Cereals and Fresh Fruit are available.

Lunch: Light Lunch with Packed Lunches available when participating in the outings.

Dinner: Main and Dessert.

The menu choice will depend on availability for the season and what vegetables we have in our food garden. Our produce will all be fresh and organic wherever possible.

KPS caters for all your dietary needs and promotes healthy eating and we are happy to provide advice and support on you keeping and maintaining a healthy lifestyle and diet.

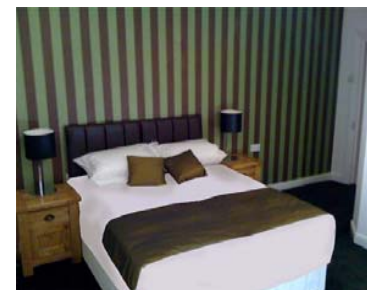


If you have any allergies or food preferences e.g. you are vegetarian, please let us know.

Inclusive Services



- Fully appointed bedroom (*twin/double*) with a level access shower en-suite facility. Includes: a 22" wall mounted combination TV/DVD, tea and coffee making facilities, a small security safe and a small fridge for medications is available.



- Breakfast, lunch and evening meal including refreshments throughout the day. *Lunch and evening meal is an optional extras for Bed & breakfast guest(s) only.*



- Onsite qualified, professional counselling services and complementary therapies. *Respite and Retreat only.*

- Access to the KPS Resources Library with Wi-Fi.

- Organised outings to many of the attractions Cornwall has to offer - subject to available volunteers. *Respite and Retreat guest(s) only.*

- Onsite advice, advocacy and support from our welfare rights and benefits advisor(s). *Respite, Retreat and Bed & Breakfast guest(s) only.*

- Cots and additional beds can be provided whereby a child and/or children are sharing a bedroom with parent(s)/guardian(s).

Pricing Structure 2011/12



Respite Weekly Rates *(Special Introductory Rates)*

7 Nights - Under 5s free

£325 per adult **£175 per child**

Daily overnight rate **£60 per adult** - **£25 per child**

Retreat Weekend Rates *(Special Introductory Rates)*

3 Nights - Under 5s free

£175 per adult **£100 per child**

Daily overnight rate **£60 per adult** - **£25 per child**

Bed & Breakfast Accommodation

Double Occupancy **from £70** per night (*£35 per person*). Special reduced rate for single occupancy.

Please Note: *Lunch, Evening Meal, Counselling and therapies are charged extra. All other services and facilities are available free-of-charge during your stay.*



*Prices may be subject to changes during 2012.

Booking & Referral



Respite & Retreat

To book a stay with us at KPS Trebullom, we will need some information from you. Referral forms can be found on our website, or you can request one from us by post.

When you have received or downloaded your referral pack, we advise that you approach your social worker, clinical nurse specialist or other professional party (*i.e. Terrence Higgins Trust, Local HIV Support charity or similar organisation*) to discuss the availability of help with respite funding in your area.

As our referral process is quick and simple your advisor can help support you through the very flexible process. Should funding help be unavailable in your area, they may be able to access charitable trust funding on your behalf. You can of course self-refer but in doing so may incur the liability of respite charges yourself. Once funding has been agreed we can then take provisional bookings directly over the telephone. It is vital however that a completed copy of our referral form be returned to us ideally 14 days prior to the booking. Once received, a letter of confirmation and welcome pack will be posted out by return.

Bed & Breakfast

Simply call, email or write to us to ensure we have a vacancy. Due to the nature of our specialised facility we will need either a confirmation of your diagnosis, or if you are a family member, carer or worker in the field of HIV, further confirmation from a recognised charity or healthcare professional to ensure the confidentiality of everybody staying with us.

Calendar of Events 2011



Adult Respite Weeks for 2011

Aug 1st - Aug 8th	Aug 8th - Aug 15th
Aug 22nd - Aug 29th	Sept 19th - Sept 26th
Sept 26th - Oct 3rd	Oct 3rd - Oct 10th
Oct 17th - Oct 24th	Oct 24th - Oct 31st
Oct 31st - Nov 7th	Nov 7th - Nov 14th
Nov 14th - Nov 21st	Nov 28th - Dec 5th
Dec 5th - Dec 12th	Dec 12th - Dec 19th

Special Introduction Rates:

7 Nights accommodation

£325 per adult

Family & Children's Weeks

Aug 29th - Sept 5th

(Monday Summer Bank Holiday)

7 Nights accommodation

Special Introduction Rates:

£325 per adult - £175 per child *(under 5s free).*

Family Weekend Summer Camps

Aug 19th - Aug 22nd

Sept 16th - Sept 19th

3 Nights accommodation

Special Introduction Rates:

£175 per adult - £150 per child *(under 5s free).*

Christmas & New Year

Christmas week

December 19th - December 26th

New Years Week

December 26th - January 2nd 2012

Special Introduction Rates:

7 Nights accommodation

£325 per adult - £175 per child *(under 5s free).*

Tailoring Events



KPS can tailor our respite and retreats to your needs. Organisations can arrange group bookings that can be made to support a variety of needs. In 2012 KPS will also be arranging specific events, for further details contact KPS Trebullom. Alternatively, watch out for details on our website.

- **Long-term & Recently Diagnosed**
- **Women's & Men's Groups**
- **Children's Summer Camps**
- **Family & Children Events**
- **Special Group Events**

KPS Trebullom has 8 bedrooms with en-suite facilities that can accommodate up to 19 persons sharing. For enquiries and our competitive rates contact us on 01566 86378.

KPS Trebullom Housing Solutions

Crisis Accommodation Service (CAS)

KPS Trebullom can offer temporary and short-term housing solutions to those living with HIV finding they are homeless and living within Cornwall and Devon. People living in Cornwall or Devon can be referred and access this temporary accommodation resource and housing related support provision through their local statutory agencies. For further details on this service we provide please contact our Housing Officer on 01872 262221 or alternatively, email KPS at: **housing@kpsdirect.com**

Support Services & Add-ons



Benevolent Services

- Welfare Rights Advice
- Housing Related Advice
- Advocacy & Referral
- Local Outings
- Peer Support
- Drop-in Service for Local Cornwall Clients
- Emergency Housing Solutions

Therapeutic Services

- Complementary Therapies
- Counselling
- Skills Workshops

Other Services

- Emergency Health Referral
- Back-to-Work Advice
- Internet Access
- Networking Opportunities
- Information Resources Library
- HIV Awareness Training

Stair-lift to first floor. Disabled adaptations for our en-suite facilities. Cots and child seating available upon request.

Some activities are not inclusive in our retreat packages. These include:

- Day trip (entrance fees)
- Pottery
- Weaving
- Bakery
- Crafting



HIV Awareness Training



beingpositive

HIV Awareness training courses for 2011 are planned for the below dates. These may vary from half, one day and residential courses.

AUGUST
16th, 17th, 18th

SEPTEMBER
6th, 7th, 8th
13th, 14th, 15th

OCTOBER
11th, 12th, 13th



Watch out for our HIV Awareness Training Courses in 2012. The KPS HIV Awareness training events may vary according to the audience and can also be delivered at the workplace.

Our training programme can be adapted to required time lengths and includes:

- What is HIV?
- Infection and Prevention
- HIV Treatment
- The History of HIV
- Living with HIV
- Stigma and Discrimination



For further information on our HIV Awareness Training Courses contact KPS on 01566 86378.