



Dartmouth Caring

Supporting Our Community



HEALTH & SOCIAL CARE DIRECTORY

An Ode to Dartmouth Caring

IF YOUR BIG ENDS ARE WORN OUT
AND YOUR ARMS AND KNEES TOO
THEN THE HELP OF DARTMOUTH CARING
MAY WELL LIKELY BE FOR YOU

NOW THEY DON'T WANT TO STOP YOU LIVING
OR GET IN THE WAY
JUST TO BE THERE FOR YOU WHEN IT IS
YOU NEED TO GET YOURSELF GOING
SO AS BE INDEPENDENTLY UNDERWAY

YOU SEE IT'S ALL ABOUT KEEPING
YOU FULLY INDEPENDENT
WITHIN THIS OUR COMMUNITY
BUT NOT ABOUT STOPPING YOU BEING
ANYONE OTHER THAN THE PERSON
YOU VERY MUCH CHOOSE TO BE

BUT IF YOU CAN'T GET TO LUNCH
OR TO HOSPITAL OR THE LIBRARY
EVEN THEATRE AND STUFF
THEN CONTACT THOSE WHO MAKE IT
THEIR JOB TO DO WHAT YOU WANT DOING
EVEN IF THE GOINGS BEEN A LITTLE TUFF!

Kevin Pyne
Dartmouth Poet

The logo for NOSS marina, featuring the word "NOSS" in a serif font above a horizontal line, and the word "marina" in a cursive script font below the line. A small diamond shape is positioned at the center of the line.

NOSS
marina

CHARITY PATRON:
NOSS MARINA

Our thanks to Tony Pike for kindly providing the
cover photograph

Dartmouth Caring

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HEALTH & SOCIAL CARE DIRECTORY

INTRODUCTION

Dear All

I hope you find this Directory useful as a resource, when compiling it we had so much information that sifting through it was a lengthy task!

The purpose of the Directory is to provide a community information resource for people who may need to care for loved ones, or need help. It is not meant to be an exhaustive list, nor are any entries Dartmouth Caring recommendations, but a guide to give assistance as to which organisations are available for support and help.

It is also intended to demystify some of the contacts and agencies that you and your family may come into contact with.

The office staff here at Dartmouth Caring are always available for help and advice, please do not hesitate in contacting them for assistance.

I apologise if we have left anybody out. The information, as far as we are concerned, was accurate at the time of printing but this is our first attempt and if you feel that we have left anyone out then please do not hesitate to contact us, and we will amend for the second printing.

Lastly, I would also like to express our many thanks to The Castle Tea Rooms whose kind donation paid for the publication of this Directory.

The Dartmouth Caring Health & Social Care Directory is also available on our website for quick reference.

I do hope you find it beneficial and of use.

Best Wishes

Dee Nutt
Chair
Dartmouth Caring



DARTMOUTH CARING

We are a registered local charity, reliant upon donations from the public to operate. We were first established in 1988 and since then have gone from strength to strength but support is always needed and welcome in person as a volunteer, member or trustee or by financial contribution in some way.

Dartmouth Caring is linked to the Dartmouth Medical Practice, covering the catchment area of Dartmouth, including Dittisham, Blackawton, Capton, Stoke Fleming, Strete and Strete Gate.

We are situated within the Medical Practice and can be contacted there or via our office, located at the red door opposite the Medical Practice. The Dartmouth Caring Office is staffed from 9am - 12pm Monday to Friday. You can also call us on 01803 835384, there is an answer phone too, or email us at enquiries@dartmouthcaring.co.uk.

The Dartmouth Caring staff are as follows:

- Susan Benjamin - Coordinator
- Alison Stocks - Support Worker & Financial Administrator
- Marilyn Bird - Support Worker
- Karen Blake - Administrative Assistant
- Sacha Ely - Administrative Assistant
- New in 2010 - Bridge Support Worker

The charity is supported by a Board of Trustees whose role it is to oversee the administration of the charity and to ensure its financial probity. The Board Trustees are as follows: -

- **President:** Mrs Iris Pritchard
- **Treasurer:** Charles Sutherland
- **Chair:** Mrs Dee Nutt
- **Vice Chair:** Mr Tim Hailstone

Trustees

- Mrs Pat Cowling
- Mrs Jilly Judd
- Mrs Sheila Wardle Shaw
- Mrs Beryl Williams
- Mrs Wendy Pillar
- Mr Adrian Lloyd-Edwards
- Mrs Wendy Curtis
- Mrs Sam Lumley

DARTMOUTH CARING
The Medical Practice
35 Victoria Road
Dartmouth
Devon
TQ6 9RT

Tel: 01803 835 384

Email: enquiries@dartmouthcaring.co.uk

Web: www.dartmouthcaring.co.uk

DARTMOUTH CARING

Dartmouth Caring is an evolving charity and our work is continually changing because of our clients need. The office has friendly and sympathetic staff whose focus is the clients of the charity, at the present time our main roles are:-

- **Home Visits** are a core aspect of our service and a growing service that ensures that people on their own have a contact; we can liaise with health care professionals and their families, to ensure that individuals can remain independent.
- **Information and advice** is one of our less obvious services. We have a considerable amount of information, we also have the scope to research other requests as required, often individuals ask us to help and support on an individual issue such as form filling or general advice.
- **Transport** to and from medical and hospital appointments. Please always let us know as early as possible when you have an appointment.
- **Befriending** is the main stay of our service, provided by a number of our volunteers and staff members, this is a growing part of our service. This is a service that gives confidence to individuals and families that they are cared for and there is a contact for housebound individuals or those just discharged from hospital that may need help.
- **Shopping** continues to be a growing service and enables people to remain in their own homes.
- **Lunch Club** this is facilitated on a weekly basis at Dartmouth's Guildhall, starting at 12.30pm every Wednesday, we presently have between 50 and 70 lunch club members. Including several outings a year.
- **Carers Support** in conjunction with the Medical Practice.
- **Counselling** free service offered Tuesday and Wednesday morning by appointment.
- **Bereavement** free support and advice offered by appointment.
- **For other services** that the charity does not provide, we will help to put clients in touch with the relevant organisations, or with permission, arrange services to be put in place.

We are very fortunate to have excellent established relationships with the Dartmouth Medical Practice, Dartmouth Hospital & Clinic. We work confidentially and have weekly meetings with the surgery staff, hospital staff and social services. The purpose of these meetings is to discuss vulnerable clients and coordinate help and support.

If you feel that you or a family member needs any of the above services, please do not hesitate to contact us at our address on the opposite page.

DARTMOUTH MEDICAL PRACTICE

This includes Dartmouth Medical Practice itself & their branch surgeries at the village halls of Blackawton, Strete and Slapton.

All members of the Dartmouth Medical Practice work together as a team. They are a practice of 8 doctors working in Partnership. Their practice is part of Devon Primary Care Trust. Dr Lockerbie is the practice based Commissioning Lead of their PCT. A team of Practice Nurses, Community Nurses, Health Visitors, Midwife and Admin Staff assists them. Additionally they are also a training practice and have experienced doctors working with them for up to one year. Medical students are also attached to the practice for some periods during the year. There is also a part-time salaried GP working with the partners.

Useful Contacts

Reception / Appointments/Enquiries: 01803 832 212
Prescription Line: 01803 834 565
Fax Number: 01803 837 917
Web: www.dartmedical.co.uk

The Partners

Dr Anthony Anderson - MB.BS, MRCP, P.G. Dip ENT
Dr Graham Lockerbie - MBChB, DRCOG
Dr Andrew Eynon-Lewis - Bsc (Hons), MB.BS, FRCGP, DCH, DRCOG, MSc (med ed)
Dr Fiona Mackeachan - MBChB (Glasgow), DA, DRCOG, DCH, MRCP
Dr Karin Chopin - MA, MBChB
Dr John Uhr Delia - BA (Hons), MB.BS, DRCOG, DCH
Dr Adam Morris - BSC, MB.BS DFFP Cardiology GPWSI accreditation
Salaried GP: Dr Emma Stubbs - MB.BS, Bsc (Hons), MRCP

Practice Nurse Manager

Verna Robinson - RGN, Diploma School Nurse, Bsc (Hons) Health Studies.

Practice Nurse Practitioners

Jackie Cleaves - RGN, H.V, RMN, Asthma Diploma.
Gabi Turner – RGN.

Practice Nurses are available by appointment. They are responsible for:

- Taking blood
- Dressings
- Infant & adult vaccinations
- Ear syringing
- Holiday vaccinations
- Chronic disease management
- Cervical smears

Higher qualifications and training enable the nurses to undertake monitoring of chronic diseases such as asthma, diabetes, high blood pressure and hormone replacement.

Dartmouth Caring Registered Charity No: 900226

They also provide advice on contraception.

The nurses have an increasingly important role in managing minor and chronic illnesses and will often act as the first point of contact for an individual. They see patients independently, under the supervision of the partners, and are trained to recognise serious conditions that require referral to your doctor.

Surgery Times

The surgery is open from 8.30am - 6pm Monday to Friday, apart from Tuesdays when they close 2pm - 3pm for staff training.

There are no routine surgeries on Bank Holidays or Saturdays.

Clinics

The Medical Practice provides a variety of clinics, including antenatal. For an appointment or further details, please call them on 01803 832 212.

Hypertension, Asthma & Diabetes

If you have high blood pressure, diabetes or asthma you will need regular check ups. These check ups will be according to protocols set up between the nurses and doctors. Please ask for the appropriate appointment when asking for a routine check up.

HOSPITALS

Dartmouth Hospital

South Embankment
Mansion House St
Dartmouth
Devon
TQ6 9BD

Tel: 01803 832 255
Fax: 01803 833 693

Modern Matron: Tracy Cunningham

This is also known as Dartmouth & Kingswear Community Hospital; it provides local facilities for the community. They have 16 beds in total, this consists of a four-bedded male ward, two five-bedded female and two side rooms. The facilities offered by the hospital are:

- X-ray
- Physiotherapy
- Occupational Therapy

Day Care is also provided within the hospital

Minor Injuries Unit: Open daily from 8am - 10pm

Other Key Services: Social Care.

Outpatient's clinics are:

- Audio
- ENT
- Midwifery
- Podiatry
- Ulcer Clinic
- Child Health
- GP Special Interest Clinics
- Paediatrics
- Speech Therapy Clinic

OTHER HOSPITALS IN THE AREA

- Ashburton / Buckfastleigh 01364 652 203
- Exeter - Royal Devon & Exeter 01392 411 611
- Kingsbridge 01548 852 349
- Okehampton 01837 658 000
- Plymouth, Derriford 0845 1558155
- Tavistock 01822 612 233
- Torbay District 01803 614 567
- Totnes 01803 869 250

CHEMISTS

Boots Pharmacy

5-6 The Quay
Dartmouth
TQ6 9PS

Tel: 01803 832 742

Opening hours:

Mon to Sat 9am - 5.30pm

Sun 11am - 3pm

Lloyds Pharmacy

31 Victoria Road
Dartmouth
TQ6 9RT

Tel: 01803 832 474

Opening hours:

Mon to Fri 8.30am - 5.30pm

Sat 8.30am - 6pm, Sun closed

PHYSIOTHERAPISTS

Kate Watson

Fernhill
162 Victoria Road
Dartmouth
TQ6 9EL

Tel: 01803 834 114 / 07771 622 854

RESIDENTIAL HOMES & NURSING HOMES

Beacon Court Care Home

4 Church Road
Dartmouth
TQ6 9HQ

Tel: 01803 832 672
www.thecourtgroup.co.uk

Matron: Ms Sharon Mewis

This is a private Care Home for 34 residents. There are 32 ensuite rooms of which 30 are single rooms and 2 are shared. The registered care categories the home caters for are Alzheimers / Dementia, Mental Health, Physical Disabilities and Old Age. The specialist care categories included are Cancer Care, Parkinsons Disease and Stroke.

Cross Park House Care Home

Stonehaven (Healthcare) Ltd
Monksbridge Road
Brixham
Devon
TQ5 9NB

Tel: 01803 856619
www.stone-haven.co.uk
info@stone-haven.co.uk

Manager: Ms Anne-Marie Wilkinson

This is a private Care Home for 23 residents. There are 23 single bedrooms of which 1 is ensuite. The registered care categories the home caters for are Alzheimers / Dementia, Physical Disabilities and Old Age.

The specialist care categories included are Cancer Care, Parkinson's Disease, Huntingdon's Disease, Hearing, Speech or Visual Impairment and Stroke.

Dawn Residential Home

Dawn Cott Lane
Dartington
Totnes
TQ9 6HE

Tel: 01803 862964
dawnresthome@hotmail.com
www.dawnresthome.co.uk

Manager: Sheila Baker

This is a private Care Home for 18 residents. There are 16 single bedrooms and 1 shared of which 15 are ensuite. The registered care categories the home caters for is Old Age.

Fairfield House Care Home

Chillington
Kingsbridge
Devon
TQ7 2JX

Tel: 01548 580388
www.kaippanscare.co.uk
fairfieldhouse@kaippanscare.co.uk

Manager: Mrs Christine Alsop

This is a private Care Home, with nursing, for 27 residents. There are 12 ensuite rooms, 17 single rooms and 5 shared. The registered care categories the home caters for are Alzheimers / Dementia, Physical Disabilities and Old Age.

Hyne Town House Residential Care Home

Strete
Dartmouth
Devon
TQ6 0RU

Tel: 01803 770 011
www.hynetownhouse.co.uk
info@hynetownhouse.co.uk

Home Manager: Jean White BSC (Hons)

This is a private Care Home for 33 residents. There are 30 bedrooms of which 27 are ensuite, 27 are single and 3 are shared. The registered care categories the home caters for are Alzheimers / Dementia, Physical Disabilities and Old Age.

Kahala Court Care Home

Embankment Road
Kingsbridge
Devon
TQ7 1JN

Tel: 01548 852520
www.thecourtgroup.co.uk

Contact: Mrs Sheena Withers

This is a private Care Home for 28 residents. There are 22 ensuite rooms, of which 19 are single rooms and 3 are shared. The registered care category the home caters for is Old Age.

Northernhay Retirement Home

6 Townstal Pathfields
Dartmouth
Devon
TQ6 9HL

Tel: 01803 833 964
www.northernhaycarehome.co.uk
office@northernhaycarehome.co.uk

Home Manager: Kim Paddon

This is a private Care Home for 14 residents. There are 14 ensuite rooms. The registered care categories the home caters for are Old Age. The home is accredited by Cinnamon Trust so animals can accompany their owners. Day Care to non residents is now available Monday to Friday.

Overleat Residential Home

Derby Road
Kingsbridge
TQ7 1JL

Tel: 01548 852603

Contact: Mrs Maureen Pearson

This is a private Care Home for 13 residents. There are 13 single bedrooms of which 7 are ensuite. The registered care categories the home caters for are Alzheimers / Dementia, Physical Disabilities and Old Age.

Quay Court Care Centre

Square's Quay
Kingsbridge
TQ7 2JX

Tel: 01548 852540
www.thecourtgroup.co.uk

Manager: Mrs Janet Reeve

This is a private Care Home for 38 residents. There are 26 ensuite rooms, of which 26 are single rooms and 2 are shared. The registered care categories the home caters for are Alzheimers / Dementia, Mental Health, Physical Disabilities and Old Age.

Windward Nursing Home

Dartmouth Road
Stoke Fleming
Dartmouth
TQ6 OQS

Tel: 01803 770789

Manager: Mrs Sharon White

This is a private Care Home with Nursing for 25 residents. There are 25 bedrooms of which 15 are ensuite. The registered care categories the home caters for are Physical Disabilities and Old Age.

The specialist care categories included are Cancer Care, Parkinson's Disease, Huntington's Chorea, Motor Neurone Disease, Multiple Sclerosis and Neuropathy.

NURSING AGENCIES

Advent Nursing Services

First Floor
66 Fore Street
Totnes
Devon
TQ9 5RU

Tel: 01803 866 414
www.adventcareservices.co.uk
advent.services@btinternet.com

Care Quest (Southwest) Ltd

The Stables
Higher Stancombe Farm
Sherford
Kingsbridge
Devon
TQ7 2BG

Tel: 01548 531 915 / 07974 969 573
www.carequestsouthwest.co.uk
contact@carequestsouthwest.co.uk

Care Direct (SW) Ltd

Ferndale
Kingston
Nr Kingsbridge
Devon
TQ7 4PU

Tel: 01548 810195 / 07903 116071
www.carersdirect.org.uk
sally@kingstondevon.fsnet.co.uk

New Care Devon

20 Courtenay Park Road,
Newton Abbot,
Devon
TQ12 2HB

Tel: 01626 334 261
www.newcaredevon.co.uk

DISABILITY

Local organisations working in the South Hams

Living Options - 01392 459 222

Provides variety of services for people with disabilities, mostly consultation and representation, a good organisation to help take forward an issue.

Haven Advocacy - 01392 456 524

Provides one to one advocacy for people with disabilities / complex needs and their carers, including help with letter writing, phone calls, representation at meetings, etc.

IMCA - 01392 382 339

Provides advocacy for a client who is vulnerable but is not in a position to request advocacy. This is a statutory requirement before decisions are made about NHS treatment and accommodation decisions.

Lifestyles - 01803 849 229 / 07729 963 244

Provide Benefit Advice, Befriending and Advocacy. They have an office in Totnes, the chairman lives in Kingsbridge and an advocacy worker in Ivybridge. They are keen and quick to respond to requests. There is a drop-in social support group every second Wednesday at the Scout Hut in Ivybridge.

Coalition Of Disabled People - 01803 215 871

Based in Torquay.

CARING & CARERS

When a family member declines through medical or social deterioration, there is help at hand.

The following is meant to give information for services that could be available. Some of these can be put in place by an individual or family member or if complex a more coordinated approach may be required. Depending on the circumstances, any of the following could be of help or assistance.

To help individuals remain in their own home there are several local care agencies that provide one to one care (see below). This can be from once or twice a week, to two or three times a day depending upon need and can be arranged privately or through social services.

Care Direct - 0845 155 1007 (Social Services)

This is a service that anyone can call on behalf of an individual to initiate support and help. This can range from straight forward advice to a more thorough in-depth assessment of need and requirement. This could include aids and additions in the home, extra personal care support, advice on attendance allowance and form filling. It is a customer friendly service.

If an individual already has a care plan in place, this service can be called if needs change and more help / support is required.

See also leaflet available at Dartmouth Caring or Dartmouth Hospital.

Attendance Allowance

This is a non means tested benefit for the elderly, over 65's, who are ill, frail or disabled. It is for those individuals who need help with their personal care, supervision or need someone watching over them because of physical or mental illness or disability.

If entitled this allowance is given to the individual to pay for their care. The higher rate is £70.35 and the lower rate is £47.10 per week.

Even if someone is "managing" it does not mean they are not struggling or in difficulty.

For more information:

Tel: Dartmouth Caring 01803 835384 or contact Care Direct on 0845 155 1007.
www.devon.gov.uk/socialcare for Fact Sheet 501-12 May 2009 and Fact Sheet 502 completing an attendance allowance form.

Blue Badges - 0845 155 1007

This is a service completed over the telephone. It is not necessarily just available to people who drive, but individuals who genuinely cannot walk very far or have difficulty when they exert themselves. It can also enable anyone who is driving them to park

nearer a facility they wish to access. This can take away the sometimes inevitable frustration of not being able to park near enough to a facility, or complicated drop off arrangements.

Call 24 - 0800 0850 407 or www.call24hour.com

They provide and can install personal safety equipment to ensure that an individual has access to a 24 hour service as well as key locks and other security precautions.

Care & Repair - 01752 896652 or www.dcha.co.uk

This is an organisation that can help with all types of repair work in the home, from very small jobs to larger adaptations and repairs.

Carers Link - 08456 431 341 / 01803 862622

This is a carer's respite service, based in Totnes hospital, which provides breaks and a sitting service for carers.

They also provide much more useful information and support for carers.

Citizens Advice Bureau - 01803 862392

The main office is based at The Cottage, Follaton House, Plymouth Road, Totnes, TQ9 5NE with a satellite service provided to Dartmouth. This is initially accessed through a telephone service on Mondays between 10am – 2pm and Wednesdays between 10am – 7pm. Telephone advice will be given with a further appointment booked if necessary.

CHURCHES

Anglican

Jill Crawley

The Parish Office
St Saviours Church
Church Close
Dartmouth
TQ6 9DJ

Tel: 01803 835 540
office@parishofdartmouth.co.uk

For Dartmouth churches: St Clements,
St Saviours & St Petrox

Rev J Bell

The Rectory
Rectory Lane
Stoke Fleming
Dartmouth
TQ6 0QB

Tel: 01803 771 050
For Stoke Fleming church: St Peter
For Strete church: St Michael
For Blackawton church: St Michael

Rev Richard Harding

The Vicarage
Kingsbridge
TQ7 2ST

Tel: 01548 580 385

For Stokenham church: St Michaels & All Angels
For Slapton church: St James the Great

Baptist

Jim Collins

Dartmouth Baptist Church
Carey Road
Dartmouth
TQ6 9LT

Tel: 01803 835 325

Methodist & United Reform Church

Flavel Church
Flavel Place
Dartmouth
TQ6 9ND

Tel: 01803 851 577

Roman Catholic

Rev Guy de Gaynesford
St John the Baptist
20 Newcomen Road
Dartmouth

Tel: 01803 853 406

DARTMOUTH CARING HEALTH & SOCIAL CARE DIRECTORY

Adult Care - 0845 155 1007 Social Services Directorate, Kingsbridge

Age Concern - 0800 009 966 Freephone

Blue Badges - 0845 155 1007 Disabled Parking

British Red Cross - National: 0845 331 3331 Delivery Service: 0845 331 3331

Call 24 Hour - 0800 0850 407, www.call24hour.com. Can supply and also fit if required personal alarms and key safes

Care Direct - 0845 155 1007 or in an Emergency 0845 600 0388

Carers Groups

Newton Abbot NHS Trust - 01626 362 179

Newton Ferrers Noss Mayo - 01752 872 326

Tavistock - 01392 386 753

Carers UK - 0808 808 7777

Carers Link - 08456 431 341 / 01803 862622

Child Care - 01392 386 000 Social Services

Closer To Home - 0845 155 1007 Services for the elderly

Commission For Social Care Inspection 'CSCI' - 0845 015 0120

Community Mental Health Services For Older People

South Hams - 01803 840 431

West Devon - 01822 618 645

Devon Care & Repair - 01752 896 652

Devon County Council - 01392 382 000

Devon County Council Carers Helpline - 0845 155 1016

Devon Primary Care Trust - 01392 403 433

Devon & Somerset Fire & Rescue service - 0800 7311 822

Devon Doctors NHS Out Of Hours URGENT GP Service - 0845 6710 270 after 6pm week days & 24 hours Saturday / Sunday

Devon & Cornwall Housing Association - 01392 252 506

Dartmouth Over 60's Rest Room - 01803 834 371

DHS Health Care Ltd - 0800 783 7654

Help The Aged - 0207 7278 1114

Mental Health Team - 01752 891 030

NHS Direct - 0845 4647

Office Of The Public Guardian - 0845 330 2900

Pensions Office Benefits Agency - 0845 606 0265 or 0800 882 200

Residential Homes - 01803 862 678

Refurnish - 01803 868 389 for second hand low cost furniture and appliances

Registration Office

South Hams Births, Marriages & Deaths - 01626 206 340

West Devon Births, Marriages & Deaths - 0845 155 1002

Social Services

Headquarters, County Hall, Topsham Road, Exeter - 01392 382 331 / 01392 382 566

South Hams - 01752 891 050

West Devon - 01822 614 121

South Devon Carers Consortium 'SDCC' - 01803 294 275

South Hams District Council - 01803 861 234

South Hams & West Devon Primary Care Trust - 01803 866 665

St Johns Ambulance Carer Training - 01392 822 646

West Devon Borough Council - 01822 813 600

SUPPORT GROUPS

Aids

National Sexual Health Helpline - 0800 567 123

Alcoholism

Al Anon Family Groups - 020 7403 0888

Alcoholics Anonymous - 0845 769 7555 or 01548 8426 555

Addaction (alcohol addiction helpline) - 0845 1302 605 or 01392 431 588

Willows (Maria Caneris) - 01803 656992

Alzheimers Society

National - 0845 300 0336

South West Regional Office - 0117 967 2975

Plymouth - 01752 255 399

Arthritis Research Campaign - 0870 850 5000

Arthritis Care - 0808 800 4050

Asthma - 0845 7010 203

Autism - 020 7833 2299 or 0845 070 4004

Blind - 0845 766 9999

Dartmouth Blind & Partially Sighted Club - 01803 712 376, meets third Monday of each month between 2pm - 4pm at over 60's club

Devon Association For The Blind - 01392 876 666

Telephone Befriending Service - 0845 330 3723

South Hams Talking Newspaper For The Blind - 01548 531 450

Guide Dogs for the Blind Association - 01392 825 200

British Heart Foundation

Heart Information Line - 08450 708 070

Dart Heartbeaters - 01803 832 005

British Institute For Brain Injured Children 'BIBIC' - 01278 684 060

British Red Cross Society - 0845 331 5000 Devon County Branch Headquarters

Medical Loan Section - 0845 331 3331

Cancer

Cancer & Leukaemia In Childhood Trust - 0800 197 0068

Macmillan Cancer Support - 0207 840 7840

Cancer Research - 020 7242 0200

Cancer Research Devon Office - 08701 602040

Cancer Support - 0800 074 8383 Prostrate Cancer Charity Support Services

Carers

Carers Link - 08456 431 341 / 01803 862622

Care Direct - 0845 155 1007

Care UK - 0808 808 7777

Cerebral Palsy helpline - 0808 800 3333

Childline - 0800 1111

Colitis & Crohns Disease - 0845 130 2233

Cruse Bereavement Care - 0844 477 9400

Cruse Bereavement Care Young Persons Freephone - 0808 808 1677

Cystic Fibrosis Trust - 0208 464 7211

Dartmouth Caring - 01803 839 354 Please see the beginning of this Directory

Dartmouth Stroke Support Group - 01803 833 384, meet first Monday of each month at 2pm in the Old Folks Rest Room

Deaf

National Deaf Children's Society - 0808 800 8880

Royal National Institute For The Deaf 'RNID' - 0808 808 0123 or text 0808 808 9000

Diabetes UK - 01823 324 007

Disability Information Service - 0845 155 1005

Disabled Lifestyle - 01803 849 229 South Hams Lifestyles Group

Downs Syndrome Association - 0845 230 0372

Drugs & Alcohol

Frank National Drugs Helpline - 0800 776 600

Residential Treatment Centre For Drugs & Alcohol Addiction - 01548 854 446 or 01752 790 000

Silver Lining - 07817 951 552 supporting those affected by other people's use of drugs or alcohol

South Devon Drug & Alcohol Service - 01803 656 992

Narcotics Anonymous - 0845 7697 555

Cool Recovery - 01803 299 511, meets every Tuesday between 2pm - 3pm at Cool House, Torquay. Also provides support for carers.

Rethink - 01803 868 899, referral usually through Addaction, G.P or Community Mental Health Team

Swift Interventions - 07591 652 060 using Cognitive Behavioural and Social Network Behavioural Therapy

Dyslexia - 0845 251 9002

Eczema - 0800 089 1122

Epilepsy - 0808 800 5050

Epilepsy Torquay Support Group - 01803 856 735, meets on second Tuesday of each month at 7.30pm

Homelessness

Cornelius Fund - 01548 857 313 provides rent and deposit guarantees

Shelter National Campaign For The Homeless - 0808 800 4444

Huntingdon Disease Association - 01822 835 974

Leukaemia

Leukaemia Care - 01905 755 977

Leukaemia Research - 0207 740 5101

Marriage Care - 01803 200 830

Mentally Handicapped & Learning Disability

The Gordon Carling Foundation - 01364 642 608

South Hams Support Services - 01548 856 501

Ropewalk Fulfilling Lives Centre - 01548 853163

Migraine Trust – 020 7462 6601

Motor Neurone Disease Association - 01803 313 920

Multiple Sclerosis

Plymouth & District Branch - 01752 704 538

Local Helpline, Newton Abbot - 0845 6020 805

Muscular Dystrophy - 0800 652 6352 information & support line

National Childbirth Trust - 01803 613 819

National Society For The Prevention Of Cruelty to Children 'NSPCC' - 0808 800 500

Osteoporosis - 0845 130 3067

Parkinson's Disease —0808 800 0303

Prison Fellowship - Kingsbridge, PO Box 56, Kingsbridge, TQ7 1YR

Probation Service - 01392 474 100

Rape - 01752 223 584

Raynaud's & Scleroderma - 01270 872 776

Relate - 01803 297 854 marriage guidance

Retinitis Pigmentosa - 01280 821 334

South West Sexual Abuse Listening Therapy SALT - 01752 600 599

Samaritans - 0845 7909 090

Save The Children Fund - 01803 752 770

Spina Bifida - 0845 4507 755

SSAFFA Forces Help - 01392 254 611

St Johns Ambulance - 01392 824 445

Stroke Association - 0845 3033100

Vasectomy - 0845 300 0212

Victim Support scheme - 0845 303 0900

Women's Aid - 01803 524 594

Dartmouth Caring

Supporting Our Community



MEMBERSHIP

BECOME A MEMBER OF DARTMOUTH CARING

Dartmouth Caring is looking to attract new people to join their ever expanding membership scheme. The more members who join us helps support the important work we do as a charity in the local community.

Our membership scheme is open to anyone, young and old, able or infirm, and offers financial assistance to the charity as well as the twice yearly opportunity for someone to win the substantial prize draw fund. You will also receive our newsletter updating you on what the charity is doing.

There is no other obligation by members.

The draws are held in June and December and winner takes all!
The last prize was for £880.

The annual membership fee is £20.00 of which £10.00 is a direct contribution to the vital work of the charity and the other £10.00 is deposited into the draw fund. If you are a UK tax payer we can also claim back a further £2.50 through Gift Aid.

Dartmouth Caring is funded almost entirely by charitable donations and by signing up to the membership scheme you will become part of a valued community and help to support a range of services that enable the elderly and the vulnerable in Dartmouth and the surrounding villages to remain as independent as possible.

To join please call into our office for an application form opposite the surgery, or telephone 01803 835384 and we can pop one in the post.

Alternatively email us on membership@dartmouthcaring.co.uk or visit our web site dartmouthcaring.co.uk where a form can be downloaded.

Please do contact us and join!

We look forward to hearing from you soon.

**Castle Tea Rooms
Dartmouth**

01803 833897



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Dartmouth Caring

Health & Social Care
Directory