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Exeter, East and Mid Devon  
**WELLBEING  
DIRECTORY**

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Welcome to the  Wellbeing Directory

This is where we hope you will find all that you want in regards to getting active, connected, involved and 'out there' in your recovery. We have mapped the best of what your community has to offer and referenced this against the Five Ways to Wellbeing.

The Five Ways to Wellbeing came from the New Economics Foundation in 2008 and is an evidence-based and holistic approach to improving mental health and emotional wellbeing. To find out more google 'Five Ways to Wellbeing'.

With 168 hours in every week, we hope that this directory is a step toward offering you a straightforward and easy access resource that helps you spread your recovery week and consider all the areas of the Five Ways to Wellbeing in **Connecting** with others, **Learning**, getting **Active**, taking **Notice** and **Giving**.

We have left a space on the right hand side of the directory for you to put a tick against the activities that you will attend. We would encourage you to make a 'Plan B' that covers how you will get out there and do the things you had planned should it be raining, cold or you simply don't feel like it. Why not link in with one of EDP's many Flourish Wellbeing Cafés and plan how you will do this with one of our Health Champions, who have completed Level 2 RSPH accredited training - you do not need to make an appointment, and the Cafés are listed in the directory.

The directory will be updated every season of the year, and should you be able to spare some time and want to get involved in the co-production of the directory then please call Nik Sutherland, EDP Community Initiatives Manager, on 07738 716625.





Developed by the New Economics Foundation in 2008, Five Ways to Wellbeing is an evidence-based and holistic approach to improving mental health and emotional wellbeing, focusing on 5 key actions: **Connecting** with others, **Learning**, getting **Active**, taking **Notice** and **Giving**.






- **Connect:** With the people around you. With family, friends, colleagues and neighbours. At home, work, school or in your local community. Think of these as the cornerstones of your life and invest time in developing them. Building these connections will support and enrich you every day.
- **Learn:** Try something new. Rediscover an old interest. Sign up for that course. Take on a different responsibility at work. Fix a bike. Learn to play an instrument or to cook your favourite food. Set a challenge you'll enjoy achieving. Learning new things will make you confident, as well as being fun.
- **Active:** Go for a walk or run. Step outside. Cycle. Play a game. Garden. Dance. Exercising makes you feel good. Most importantly, discover a physical activity that you enjoy and that suits your level of mobility and fitness.
- **Notice:** Be curious. Catch sight of the beautiful. Remark on the unusual. Notice the changing seasons. Savour the moment, whether you are walking to work, eating lunch or talking to friends. Be aware of the world around you and what you are feeling. Reflecting on your experiences will help you appreciate what matters to you.
- **Give:** Do something nice for a friend, or a stranger. Thank someone. Smile. Volunteer your time. Join a community group. Look out, as well as in. Seeing yourself, and your happiness, linked to the wider community can be incredibly rewarding and creates connections with the people around you.



# MONDAY

Time	Activity	Wellbeing	Attending
9.30am-12pm weekly	<b>COMPUTER COURSE Tiverton Library.</b> Elite training are now providing beginner's computing courses to get you started in computing or if you want to improve your skills. Call <b>01884 244644</b> or drop in and ask at the counter to reserve your place.	 Learn	
10am-12pm weekly	<b>EMPLOYMENT SUPPORT St Sidwell Community Centre Exeter Free Drop In.</b>	 Learn	
10.30am-3pm weekly	<b>HIDDEN GEMS EXETER</b> phone: <b>Angela 07841 922 181</b> Hidden Gems helps people develop & build employment skills. Learn how to develop, make & sell jewellery & other handcrafted products from recycled & reclaimed products.	 Learn	
11am-1pm weekly	<b>DRLC Library &amp; EDP FLOURISH CAFÉ</b> Old Heathcote School Community Centre <b>Tiverton.</b>	 Learn	
12pm-1pm weekly	<b>HEALTHY LIVING GROUP St Sidwell Community Centre EXETER.</b> Free drop in.	 Active	
1pm-3pm weekly	<b>JOB CLUB (specialist workshop) St Sidwell Centre.</b> Free drop in.	 Learn	
2pm-4pm first and third Monday	<b>CRAFT AND CREATE Tiverton Library.</b> Free session (donations welcome) – No need to book. Materials and refreshments provided, relaxed atmosphere.	 Notice	









of the month			
<b>6.30pm-8pm</b> weekly	<b>'CITY FIT CLUB' at Exeter Football Stadium.</b> CITY Fit Club is offered to the over 30's who want to lose weight and become fitter and healthier both physically and mentally. The project is held at St James Park for 10 weeks and will consist of a 30 minute, informative workshops around food, nutrition, goal setting and healthy lifestyles followed by a 45 minute light physical activity using the stadium landscape as the venue. There is no ability level required to join in, everyone aged over 30 years old who would like to benefit from the programme are welcome. To register your interest complete the online booking form <a href="http://www.exetercitycommunitytrust.co.uk/courses/city-fit-club/city-fit-club-6">www.exetercitycommunitytrust.co.uk/courses/city-fit-club/city-fit-club-6</a>		
<b>7.30pm-8.30pm</b> weekly	<b>AA MEETING</b> Fairhurst Church Fairplace Terrace <b>Oakhampton</b> EX20 1DT		
<b>7.30pm-8.30pm</b> weekly	<b>AA MEETING</b> All Saints Church All Saints Road <b>Sidmouth</b> EX10 8ES		
<b>7.30pm-8.30pm</b> weekly	<b>AA MEETING</b> Baptist Fellowship Hall Palace Gate <b>Exeter</b> EX1 1JA.		
<b>7.30pm-9pm</b> weekly	<b>NA MEETING</b> St Sidwell Community Centre <b>Exeter</b> EX4 6NN.		



# TUESDAY

Time	Activity	Wellbeing	Attending
10am-12pm weekly	<b>BOUNCE AND RHYME Exeter Library.</b> Free group to share songs and rhymes for babies, toddlers, mums, dads, grandparents and carers	 Connect	
10.30am-3pm weekly	<b>HIDDEN GEMS EXETER</b> phone: <b>Angela 07841 922 181</b> Hidden Gems helps people develop & build employment skills. Learn how to develop, make & sell jewellery & other handcrafted products from recycled & reclaimed products.	 Learn	
10.30am-11.30am weekly	<b>AA MEETING</b> Exmouth Community Church Axis Centre 7-9 Market Street <b>Exmouth</b> EX8 1HP	 Connect	
12.15pm-1.15pm weekly	<b>AA MEETING</b> St Olave's Church Fore Street <b>Exeter</b> EX4 3AT.	 Connect	
12.30pm-1.30pm weekly	<b>NA MEETING</b> Carpenter Close Mary Arches Street <b>Exeter</b> EX4 3BQ.	 Connect	
1pm-4pm weekly	<b>EDP FLOURISH CAFÉ</b> Uplands Heavitree Rd <b>Exeter</b> EX1 2LX.	 Connect	
1.30pm-2.30pm weekly	<b>FOOTBALL</b> Clifton Leisure Centre <b>Exeter</b> EX1 2DJ. Mutual Aid Partnership. All welcome. Free of charge.	 Active	



2pm-4pm weekly	<b>COLOURING, COFFEE AND CONVERSATION Tiverton Library.</b> Join a friendly, informal, relaxed colouring group for adults and enjoy a moment of colouring calm.		
7.30pm-8.30pm weekly	<b>AA MEETING</b> Methodist Church St Peter Street <b>Tiverton</b> EX16 6NU		
7.30pm-8.30pm weekly	<b>AA MEETING</b> The Long Room, Old Forde House Brunel Road <b>Newton Abbot</b> TQ12 4XX		
7.30pm-8.30pm weekly	<b>AA MEETING</b> The Baptist Church High Street <b>Honiton</b> EX14 1LN		
7.30pm-8.30pm weekly	<b>AA MEETING</b> Cornerstone's Kimberley Road (of Bull Meadow Road) <b>Exeter</b> EX2 4JG		
7.30pm-8.30pm weekly	<b>AA MEETING</b> Markby Room Crediton Hospital Western Road <b>Crediton</b> EX17 3NH		











# WEDNESDAY

Time	Activity	Wellbeing	Attending
10am - 11.30am weekly	<b>MAP MEETING.</b> St Andrews Community Centre <b>Cullompton.</b> Mutual Aid Group. All welcome.	 Connect	
10am-12pm weekly	<b>COMPUTER COURSE Exeter Library</b> Help to develop your on-line skills. Free to all. Booking essential	 Learn	
10am-12pm weekly	<b>WORK CLUB Crediton Library</b> Free drop in for advice on CV writing, interview techniques, volunteering opportunities and assistance with online application forms, as well as providing computer access in order to search for vacancies and improve your basic IT skills. No need to book.	 Learn	
10.30am-3pm weekly	<b>HIDDEN GEMS EXETER tel: Angela 07841 922 181</b> Hidden Gems helps people develop & build employment skills. Learn how to develop, make & sell jewellery & other handcrafted products from recycled & reclaimed products.	 Learn	
0.30am-12.30pm weekly	<b>WORK CLUB</b> The Hayridge <b>Cullompton.</b> Free. Drop in for advice on CV writing, interview techniques, volunteering opportunities and assistance with online application forms, as well as providing computer access in order to search for vacancies and improve your basic IT skills. No need to book.	 Learn	
12.30pm-1.30pm weekly	<b>AA MEETING</b> St Petroc Fore Street <b>Exeter</b> EX1 1HJ	 Connect	





1pm-2pm weekly	<b>AA MEETING</b> Methodist Church Mill Street Ottery St Mary EX11 1AF		
2.30pm-4.30pm weekly	<b>EMPLOYMENT SUPPORT</b> St Sidwell Centre Exeter. Free drop in		
7.30pm-8.30pm weekly	<b>AA MEETING</b> St Boniface Church Hall Crow Green Cullompton EX15 1EW		
7.30pm-8.30pm weekly	<b>AA MEETING</b> Carpenter Close Mary Arches Street Exeter EX4 3AZ		
7.30pm-8.45pm weekly	<b>CA MEETING</b> The Avenue Methodist Church The Avenue Newton Abbot TQ12 2BY		
7.30pm-8.30pm weekly	<b>NA MEETING</b> The Baptist Fellowship Hall Palace Gate Exeter EX1 1JA		
7.30pm-8.30pm weekly	<b>AA MEETING</b> Baptist Fellowship Hall Palace Gate Exeter EX1 1JA		
7.30pm-8.30PM weekly	<b>AA MEETING</b> The Open Door Centre Church Street Exmouth EX8 1PE		



# THURSDAY








Time	Activity	Wellbeing	Attending
7.30am-8.30am weekly	<b>AA MEETING</b> Baptist Fellowship Hall Palace Gate <b>Exeter</b> EX1 1JA	 Connect	
9.15am-12.30pm weekly	<b>WORK CLUB</b> Glenorchy Church <b>Exmouth</b> 01395 271998 Free. Drop in for advice on CV writing, interview techniques, volunteering opportunities and assistance with online application forms, as well as providing computer access in order to search for vacancies and improve your basic IT skills. No need to book	 Learn	
10am-4pm weekly	<b>POLTIMORE HOUSE</b> with <b>RIPPLE EFFECT</b> Ground & Garden maintenance. Phone: 07516 161 827 or 01392284280 Email: <a href="mailto:Lee.Chivers@eci.org.uk">Lee.Chivers@eci.org.uk</a>	 Active	
10am-12pm weekly	<b>10am-12pm</b> weekly. <b>DRINK WISE AGE WELL MAP GROUP</b> The Kings Centre <b>Honiton</b> EX14 1DH. Mutual Aid Alcohol Group Over 50's only. Please call <b>0800 304 7034</b> for more details or just drop in on the day. All support is provided free of charge by Drink Wise Age Well facilitators, refreshments are provided free.	 Connect	
12pm-1pm weekly	<b>AA MEETING</b> The Avenue Methodist Church The Avenue <b>Newton Abbot</b> TQ12 2BY	 Connect	
10am-5pm second and fourth Thursday	<b>NATIONAL CAREERS SERVICE</b> <b>Exeter Library</b> Get help assessing your skills applying for jobs or developing your CV	 Learn	






of the month			
<b>7.30pm-8.30pm</b> weekly	<b>AA MEETING</b> The Garden Room Twyford House Coburg Road <b>Sidmouth</b> EX10 8NF		
<b>7.30pm-8.30pm</b> weekly	<b>AA MEETING</b> Baptist Fellowship Hall Palace Gate <b>Exeter</b> EX1 1JA.		
<b>7.30pm-9pm</b> weekly	<b>NA MEETING</b> The Open Door Centre Church Street <b>Exmouth</b> EX8 1PE		
<b>7.30pm-8.30pm</b> weekly	<b>NA MEETING</b> York House York Road <b>Exeter</b> EX4 6AU		



# FRIDAY





Time	Activity	Wellbeing	Attending
10am-2pm weekly	<b>Flourish Wellbeing CAFÉ</b> , EDP Drug & Alcohol Services, Uplands Heavitree Road <b>Exeter</b> EX1 2LX	 Connect	
1pm-2pm weekly	<b>AA MEETING</b> Baptist Fellowship Hall Palace Gate <b>Exeter</b> EX1 1JA	 Connect	
1.30pm-3.30pm weekly	<b>RECOVERY CAFÉ</b> Alexandra House <b>Exmouth</b> EX8 1AU Drop in for a coffee and a chat All welcome	 Connect	
2pm-3.30pm weekly	<b>SMART Recovery Group</b> at EDP Uplands Heavitree Road <b>Exeter</b> EX1 2LX	 Connect	
2pm-4pm weekly	<b>WORK CLUB Tiverton Library</b> Free. Drop in for advice on CV writing, interview techniques, volunteering opportunities and assistance with online application forms, as well as providing computer access in order to search for vacancies and improve your basic IT skills. No need to book.	 Learn	
7.30pm-8.30pm weekly	<b>AA MEETING</b> United Reformed Church Chard Street <b>Axminster</b> EX13 5EB	 Connect	
7.30pm-9pm weekly	<b>AA MEETING</b> Carpenter Close Mary Arches Street <b>Exeter</b> EX4 3AZ	 Connect	



<p><b>7.30pm-8.30pm</b> weekly</p>	<p><b>AA MEETING</b> Room 4A The Manor House Old Town Street <b>Dawlish</b> EX7 9AP</p>	 <p>Connect</p>	
<p><b>7.30pm-8.30pm</b> weekly</p>	<p><b>AA MEETING</b> Sidwell Street Methodist Church Sidwell Street <b>Exeter</b> EX4 6PL</p>	 <p>Connect</p>	
<p><b>7.30pm-9pm</b> weekly</p>	<p><b>AA MEETING</b> Markby Room CREDITON Hospital Western Road <b>CREDITON</b> EX17 3NH</p>	 <p>Connect</p>	








# SATURDAY

Time	Activity	Wellbeing	Attending
10am-11am weekly	<b>AA MEETING</b> Palace Gate Centre Off South Street Palace Gate <b>Exeter</b> EX1 1JA	 Connect	
4pm-5pm weekly	<b>NA MEETING</b> Carpenter Close Mary Arches Street <b>Exeter</b> EX4 3BQ	 Connect	
7.30pm-8.30pm weekly	<b>AA MEETING</b> Friends Meeting House Wynards Lane (off Magdalen Street) <b>Exeter</b> EX2 4HU	 Connect	
7.30pm-8.30pm weekly	<b>AA MEETING</b> Exmouth Community Church Axis Centre 7-9 Market Street, <b>Exmouth</b> EX8 1HP	 Connect	



# SUNDAY

Time	Activity	Wellbeing	Attending
10.30am-11.30am weekly	<b>AA MEETING</b> Carpenter Close Mary Arches Street <b>Exeter</b> EX4 3AZ	 Connect	
7pm-8pm Weekly	<b>AA MEETING</b> Delapole Masonic Hall Queen Street <b>Seaton</b> EX12 2RB	 Connect	
7pm-8pm weekly	<b>AA MEETING</b> Baptist Fellowship Hall Palace Gate <b>Exeter</b> EX1 1JA	 Connect	
7pm-8pm weekly	<b>NA MEETING</b> St Sidwell Community Centre <b>Exeter</b> EX4 6NN	 Connect	
7.30pm-8.30pm weekly	<b>AA MEETING</b> The Open Door Centre Church Street <b>Exmouth</b> EX8 1PE	 Connect	





## 'RELATE' THE RELATIONSHIP PEOPLE

- Couples Counselling
- Family Counselling
- Individual Counselling
- Separation & Co-Parenting
- Psychosexual Therapy
- Young People's Counselling

Sessions take place at:

Verney House 115 Sidwell Street 4th Floor **Exeter** EX4 6RY. To book an appointment ring: 0300 7729681 or email: [reception@exrelate.org.uk](mailto:reception@exrelate.org.uk)

Citizens Advice Bureau Honiton Library New Street **Honiton** EX14 1BS Sessions are Wednesdays between 9.30am -1.30pm. To book an appointment ring 03007729681 or email [reception@exrelate.org.uk](mailto:reception@exrelate.org.uk)

Tiverton Town Hall St Andrew Street **Tiverton** EX16 6PG Sessions are between 9.15am-12.45pm. To book an appointment ring 03007729681 or email [reception@exrelate.org.uk](mailto:reception@exrelate.org.uk)







**AGE UK Exeter - tel: 01392 202092 / email: [info@ageukexeter.org.uk](mailto:info@ageukexeter.org.uk)**  
Support Services - computers, exercise, Men in Sheds, Living Well, Massage.

**AGE UK IT Skills - Tiverton, Beck House, Beck Square - tel: 01884 255369**  
IT may be everywhere, but that doesn't mean everyone understands it. If you or a loved one could do with a bit of help and guidance using computers, tablets and Smartphones, or even a push out into the IT waters for the first time, these sessions designed for the over 50s could be just the ticket.

**HOMES THAT SMILE, Exmouth - [homesthatsmile.co.uk](http://homesthatsmile.co.uk) / tel: 07884 242750**  
Provide courses, with a crèche that parents can access to improve their knowledge and skills. Offer 1 to 1 support in the home, usually receiving referrals from health visitors, but self-referral is possible. Offer support to families with children aged 0-11 years and can help with:

- Parenting
- Money Management
- Home Organisation
- Cooking on a Budget
- Transportation to Appointments
- Creative Play

**LEARN DEVON - [learndevon.co.uk](http://learndevon.co.uk) / tel: 0345 155 1014 / email : [learndevon@devon.gov.uk](mailto:learndevon@devon.gov.uk)**

Provides adult and community courses on behalf of Devon County Council. Free English and Maths (providing certain criteria met). Many other free or reduced cost courses in huge variety of subjects including Creative Writing & Computer Skills.

**DEVON RECOVERY LEARNING COMMUNITY - [www.devonrlc.co.uk](http://www.devonrlc.co.uk)**  
Wide range of free courses focusing on wellbeing, including Introduction to Mindfulness, Bringing Wood to Life and Bread Making. Also 'Wild Things' including Paddle Boarding and Outdoor Climbing.

**EXETER COLLEGE - tel: 01392 400500 / email: [info@exe-coll.ac.uk](mailto:info@exe-coll.ac.uk)**  
Outstanding choices for Adult Learners. Offering a wide range of part-time courses for adult learners aged 19 & over. Whether you want to re-train, get a new qualification or just find a new hobby or learn a new skill.

**PETROC COLLEGE – Mid Devon Campus, Tiverton - tel: 01884 235352**  
Providing a range of courses including apprenticeships, higher education, part-time and adult learning courses.





**ACTIVE DEVON** - [activedevon.org](http://activedevon.org) / tel: 01392 925150 / email: [hello@activedevon.org.uk](mailto:hello@activedevon.org.uk)

Offers a huge array of activities and fun things to get involved in.

**MOOR TO ENJOY** - [exmoor-nationalpark.gov.uk/living-and-working/moor-to-enjoy-project](http://exmoor-nationalpark.gov.uk/living-and-working/moor-to-enjoy-project) / tel: 07966 515580 / email: [info@exmoorpark.gov.uk](mailto:info@exmoorpark.gov.uk)

Fuss free ideas for days out, including some for groups with restricted mobility. Aims to connect local groups, wishing to increase the health and wellbeing of people by using the natural resources of the Exmoor National Park.

**WALKING FOR HEALTH** - [walkingforhealth.org.uk](http://walkingforhealth.org.uk) / Claire Ridler, tel: 01392 824752

Join your local walk scheme and you'll have great company, the walks are led by trained, friendly, volunteer walk leaders who will be sure to give you a warm welcome. If you are a new walker, please arrive 10 minutes before the start time to complete a simple registration form.

#### **GREEN GYM AT BELMONT PARK**

Free to use outside gym equipment available all year round

#### **TENNIS AT HEAVITREE PARK**

Free to use full size tennis courts available all year round. No booking required.

**NORTH DEVON RAMBLERS** - [ramblers.org.uk/north-devon](http://ramblers.org.uk/north-devon) / tel: 01271 376 274

**WALK, RIDE, CYCLE IN DEVON** - [new.devon.gov.uk](http://new.devon.gov.uk) / tel: 0345 155 1004 / email: [pro@devon.gov.uk](mailto:pro@devon.gov.uk)

Devon County Council is responsible for 3,200 miles of public rights of way. To find out more please visit the website.

**XCARD - EXETER'S CONCESSIONARY DISCOUNT LEISURE CARD** - [www.exeter.gov.uk/xcard](http://www.exeter.gov.uk/xcard) / tel: 01392 265339 / email: [xcard@exeter.gov.uk](mailto:xcard@exeter.gov.uk)

The xcard is a concessionary card giving up to 50% discount on a selection of activities at various leisure facilities in Exeter, including Clifton Sports Centre and Pyramids Leisure Centre.





**EXETER PHOENIX - [exeterphoenix.org.uk](http://exeterphoenix.org.uk) / tel: 01392 667080**

With hundreds of events programmed each year, spanning music, art, film, theatre and comedy as well as a whole host of learning activities, Exeter Phoenix is a vibrant venue proud of its diversity and reveling in its eclectic buzz.

**EXETER Royal Albert Memorial Museum (RAMM) - [exeter.gov.uk/ram](http://exeter.gov.uk/ram) / email: [ramm@exeter.gov.uk](mailto:ramm@exeter.gov.uk) / tel: 01392265858**

Exeter's world-class museum has stunning new displays and galleries, fabulous exhibitions and modern amenities. The displays reveal Devon and Exeter's rich history and global connections. Exotic animals, birds and insects delight children and the world cultures galleries display stunning items from all over the world. And it's FREE!

**WRITING GROUP - tel: 01884 861322 / email: [twyfordwriters@yahoo.co.uk](mailto:twyfordwriters@yahoo.co.uk)**

The Twyford Writers meetings are held at the British Legion Memorial Room, Angel Hill, Tiverton, and are suitable for all ages and abilities; those who have a desire to learn how to write as well as those having experience to share.

**PUBLIC LIBRARIES IN DEVON - tel: 01392 384315 or 0845 155 1001 / email: [info@librariesunlimited.org.uk](mailto:info@librariesunlimited.org.uk) website; Libraries Unlimited**

Your local library has something for everyone: books & information, music, films, computers with access to the Internet and more. Free WI-FI is available in all our libraries.





**MEN IN SHEDS - tel: Jessica 01392 202092**

The shed aim for older men to meet kindred spirits, refurbish and renovate, donate tools to charities and organisations.

**HIDDEN GEMS - Devon Disability Collective Marsh Barton Monday - Wednesday, 10.30am-3pm. Website: Hidden Gems / tel: 07841 922 181 / email: [angelaholmes@edp.org.uk](mailto:angelaholmes@edp.org.uk)**

Hidden Gems helps develop and build employment skills through learning how to design, make and sell jewellery and other handcrafted products from recycled and reclaimed materials.

**EXETER CVS - [exetercvs.org.uk](http://exetercvs.org.uk) / tel: 01392 202055**

Here to help you find out more about volunteering and to decide whether volunteering is right for you. Completely free of charge, and you are under no obligation to begin volunteering by talking to CVS. They offer a confidential service and will work with you to overcome any issues you feel may prevent you from volunteering.

**DO-IT – [www.do-it.org](http://www.do-it.org)**

One of the largest databases of volunteer opportunities, easy to search and customise to your local area.

**DEVON VOLUNTARY ACTION - tel: 0845 609991 / email: [support@devonva.org.uk](mailto:support@devonva.org.uk)**

County wide support and advice on volunteering and search engine for available opportunities. Drop-ins available locally.

**EXETER COMMUNITY INITIATIVES - [eci.org.uk](http://eci.org.uk) / tel: 01392 205800 / email: [info@eci.org.uk](mailto:info@eci.org.uk)**

Projects regarding Housing and Mentoring, Families, Urban Skills Centres, People and Communities - a great asset to be aware of in terms of support but also providing plenty of opportunities for you to volunteer and give something back, whilst learning new skills in the process.

**INVOLVE MID DEVON - [involve-middevon.org.uk](http://involve-middevon.org.uk) / tel: 01884 255734**

Volunteer Bureau for Tiverton and Cullompton. can offer a bespoke 1 to 1 session to explore your preferences and help match you to local opportunities.



# ADVICE & SUPPORT

## **DEPRESSION AND ANXIETY SERVICE - tel: 01392 675630**

Self-referral or from GP. Psychological therapy service for people in Exeter and Surrounding Areas who are feeling stressed, anxious, low in mood or depressed.

## **DRINK WISE AGE WELL - [drinkwiseagewell.org.uk](http://drinkwiseagewell.org.uk) / tel: 0800 3047034**

Support with the overall aim of changing behaviour and reducing alcohol related harm in the over 50's. Contact them to find out more about support and events in your local area.

## **St. PETROCKS - [stpetrocks.org.uk](http://stpetrocks.org.uk) / tel: 01392 422396**

For over 20 years, St Petrocks has been the first point of contact for people who are homeless, or vulnerably housed, in Exeter and surrounding areas. Working in communities and prisons, providing a range of emergency, support and prevention services to help people re-build their lives and make the transition to independent living.

## **CITIZENS ADVICE - [citizensadvice.org.uk](http://citizensadvice.org.uk) / tel (national): 03444 111444**

Support is free, independent, impartial and confidential. Appointments could be necessary, ring first. Local offices:

- Dix's Field, **EXETER**, Devon, EX1 1QA
- Council Office Market Street, **CREDITON**, Devon, EX17 2BN
- 36A Rolle Street, **EXMOUTH**, Devon, EX8 2SH
- The Town Hall St Andrew Street, **TIVERTON**, Devon, EX16 6PG
- Honiton Library & Information Centre 48-50 New Street, **HONITON**, Devon, EX14 1BS

## **PINPOINT DEVON - [pinpointdevon.co.uk](http://pinpointdevon.co.uk) / tel: 0345 155 1015**

Find care and support services, advice services, community groups, activity clubs, facilities, family support and much more across Exeter and Devon.

## **OPEN DOOR CENTRE, Exmouth - tel: 01395 224218**

Offers housing benefit and debt advice, family support, addiction support, open access day centre for those who are lonely or feel marginalised by society, with low cost food, clothes store, showering and laundry facilities.

