



South

**WELLBEING
DIRECTORY**

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
14.00-16.00	Craft club every 1st and 3rd Monday. Come along for craft and friendship. Followed by biscuits, tea and coffee. All are welcome. St Pauls Church, Devon Square, Newton Abbot TQ12 2HN 01626 334357 – suggested donation £1 (optional).	 Connect	
All Films Anytime Every week	Scott Cinemas, Newton Abbot. All tickets just £4 each including 3D.	 Notice	
19.30 - 20.45	CAUK (Cocaine Anonymous) Reaching out, open meeting. Birdwood House, 44 High Street, TOTNES , TQ9 5SQ. www.cocaineanonymous.org.uk	 Connect	
19.00	Andy's Man Club is a talking group for men who are experiencing mental health issues. Held at Liase Bistro, 30 Market Street, Newton Abbot, TQ12 2RX every Monday (except bank holidays) at 7pm.	 Connect	
12.30 – 14.00	AA MEETING The Church Hall of All Saints Church, Cary Avenue, Babbacombe, TORQUAY , TQ1 3QT	 Connect	
19.30	AA MEETING Torbay Voluntary Services, Castleton, 11 Castle Road, TORQUAY , TQ1 3BB	 Connect	
12.00 – 13.00	AA MEETING (LADIES ONLY) Totnes Quaker Meeting Hall, 3 Ticklemore Street, TOTNES , TQ9 5EJ	 Connect	



19.30 – 21.00	AA MEETING Totnes Quaker Meeting Hall, 3 Ticklemore Street, TOTNES , TQ9 5EJ	 Connect	
10.00 – 12.00	SMART RECOVERY MEETING Templar House, Scott Close, NEWTON ABBOT , TQ12 1GJ	 Connect	
10-00 – 11.30	SMART RECOVERY MEETING Walnut Road, TORQUAY , TQ2 6HP	 Connect	









TUESDAY

Time	Activity	Wellbeing	Attending
13.30 and 19.30	Bible Study Group St Pauls Church, Devon Square, Newton Abbot TQ12 2HN 01626 334357.	 Connect	
14.00- 16.00	Veterans Support meeting – the second Tuesday of the Month. Passmore Edwards Centre (the Library). Contact Penny Thompson pthompson@britishlegion.org.uk / 07458124851	 Connect	
19.00	Women's Wellbeing Club is a talking group for women who are experiencing mental health issues. Held at Liase Bistro, 30 Market Street, Newton Abbot, TQ12 2RX every Tuesday at 7pm.	 Connect	
19.30- 21.00	AA MEETING The Long Room, Old Forde House, Brunel Road, Brunel Industrial Estate, NEWTON ABBOT , TQ12 4XX	 Connect	
19.30	AA MEETING St Lukes Church, Lower Church Hall, (access from Sheddon Hill – bottom of Warren Road), TORQUAY , TQ2 5NX	 Connect	
11.30- 12.30	AA MEETING Methodist Church Hall, Palace Avenue, PAIGNTON , TQ3 3EQ	 Connect	
19.00- 20.30	SMART RECOVERY MEETING 44 Totnes Road, PAIGNTON , TQ4 5DL	 Connect	
19.30- 21.00	NA MEETING Open Space, The Arcturus Clinic, 47 Fore Street, TOTNES , TQ9 5NJ	 Connect	










WEDNESDAY






Time	Activity	Wellbeing	Attending
14.00-16.00	Knit and Natter. Whether you want to learn the skills from scratch or knit in the company of others, do join us for two hours of conversation and laughter and make new friends. At the Passmore Edwards Centre – the Library. 01626886223.		
13.00-15.00	Need help with technology? Bring along your IT problems to the free drop-in session at Newton Abbot Library.		
19.30–20.45	CAUK (Cocaine Anonymous) Reaching out open meeting. The Avenue Methodist Church, NEWTON ABBOT , TQ12 2BY. www.cocaineanonymous.org.uk		
19.30 – 21.00	AA MEETING Bovey Tracey Methodist Church, Fore Street, BOVEY TRACEY , TQ13 9AD		
11.30 – 12.30	AA MEETING Methodist Church (entrance at rear), Palace Avenue, PAIGNTON , TQ3 3EQ		
19.30 – 21.00	AA MEETING Room 2, Methodist Church Hall, Palace Avenue, PAIGNTON , TQ3 3EQ		



THURSDAY

Time	Activity	Wellbeing	Attending
10.15	New Friends Coffee – are you new to Newton Abbot or just want to meet new friends? Join us for games, coffee and friends you haven't met yet. Orsino Lounge hosted by Rev Gareth Regan and Karen Jenks.	 Connect	
18.00-20.00	Bright lights writing group at Newton Abbot Library. Restarts on the 5 th September. For more information contact Janegeorgearj@hotmail.com	 Connect	
14.15-16.15	Memory Café, third Thursday of every month at The Avenue Church, TQ12 6LP. For more information contact 01626 357 090.	 Connect	
14.00	Teign U3A has 40 different interest groups which include thinking, doing, making, looking and playing. Takes place at the Courtenay Centre, Newton Abbot on the fourth Thursday of the month. Please contact 07342 794793 for more information. If you would like to get to know the people first a coffee morning is held at 10.30am on the 2 nd Tuesday of the month at the Country Table, Newton Abbot. www.u3a.org.uk	 Active  Connect	
12.00 – 13.00	AA MEETING The Avenue Methodist & United Reformed Church, NEWTON ABBOT , TQ12 2BY.	 Connect	
19.30 – 21.00	AA MEETING The Public Hall, Newton Road, KINGSKERSWELL , TQ12 5EH.	 Connect	









19.30 – 21.00	AA MEETING St Lawrence Chapel, St Lawrence Lane, ASHBURTON , TQ13 7DD	 Connect	
11.30	AA MEETING Methodist Church (entrance at rear), Palace Avenue, PAIGNTON , TQ3 3EQ	 Connect	
10.00 – 11.30	SMART RECOVERY MEETING Templar House, Scott Close, NEWTON ABBOT , TQ12 1GJ	 Connect	
14.00 – 15.30 Fortnightly	FRIENDS AND FAMILY SMART MEETING Templar House, Scott Close, NEWTON ABBOT , TQ12 1GJ	 Connect	
19.30- 21.00	NA MEETING Voluntary Services Building, 11 Castle Road, TORQUAY , TQ1 3BB	 Connect	

CHILDREN'S ACTIVITIES

Bounce and Rhyme for babies and toddlers held at Newton Abbot Library every Thursday morning (two sessions) between 9.45-10.15 and 11-11.30.



FRIDAY






Time	Activity	Wellbeing	Attending
19.30	AA MEETING Torbay Voluntary Services, Castleton, 11 Castle Road, TORQUAY , TQ1 3BB	 Connect	
11.30 – 12.30	AA MEETING Methodist Church (entrance at rear), Palace Avenue, PAIGNTON , TQ3 3EQ	 Connect	
19.30 – 21.00	AA MEETING Room 4A, The Manor House, Old Town Street, DAWLISH , EX7 9AP	 Connect	
12.30 – 14.00	AA MEETING St Johns Church, Bridgetown, TOTNES , TQ9 5AB	 Connect	
14.30 – 16.00	TORBAY SMART RECOVERY MEETING 228 Union Street, TORQUAY , TQ2 5QS	 Connect	
19.30 – 20.45	NA MEETING Endeavour House, 228 Union Street, TORQUAY , TQ2 5QS	 Connect	

CHILDREN'S ACTIVITIES

Bounce and Rhyme for babies and toddlers held at Newton Abbot Library every Friday morning between 10-10.30.



SATURDAY

Time	Activity	Wellbeing	Attending
10.30-11.30	Charity coffee morning. Come along and have a coffee and a chat and browse the items for sale. The last Saturday of the month. All are welcome. St Pauls Church, Devon Square, Newton Abbot, TQ12 2HN. 01626 334357.	 Connect	
19.30	AA MEETING Board Room, Torbay Hospital, Lawes Bridge, Newton Road, TORQUAY , TQ2 7AA	 Connect	
11.30 – 12.30	AA MEETING St Paul's Church Hall, Locarno Avenue, PAIGNTON , TQ3 2DH	 Connect	
13.00	AA MEETING St Lawrence Chapel, 21 St Lawrence Lane, ASHBURTON , TQ13 7DD	 Connect	
11.30	AA MEETING Room 3, Methodist Church Hall, Palace Avenue, PAIGNTON , TQ3 3EQ	 Connect	

CHILDREN'S ACTIVITIES

Newton Abbot Library – 01626 886223

Saturday 7th September, 10-12pm. Lego moon rovers. Teams of 3 will design and build motorized Lego moon rovers and test on a moon surface.

£5 per ticket. Suitable for children aged 6+. Booking essential.

Kids Crew at Scott Cinemas, Newton Abbot.






All tickets (adults and children) just £2 each, every Saturday at 10am.

<https://newtonabbot.scottcinemas.co.uk/offers/kids-club>

Lego club every Saturday between 13.00 & 15.00 for children aged 5+ at Newton Abbot Library.



SUNDAY

Time	Activity	Wellbeing	Attending
09.00 or 11.00	Sunday Service at St Paul's Church. 1 st Sunday = 09.00 Breakfast with God, held in the church hall. 2 nd and 4 th Sunday = 11.00 Eucharist 3 rd Sunday = Family Communion 5 th Sunday = United Benefice held at St Marys Abbotsbury.	 Connect	
19.30 – 21.00	AA MEETING Bradley Barton Community Centre, 1 Mill Close, NEWTON ABBOT , TQ12 1UR.	 Connect	
19.30	AA MEETING Francis Norrish Room, Front right of St Paul's Church, Locarno Avenue, PAIGNTON , TQ3 2DH	 Connect	
13.30	AA MEETING St Andrews Church, Sands Road, PAIGNTON , TQ4 6EH	 Connect	
19.30 – 21.00	NA MEETING Citizens Advice Bureau, 11 Castle Road, TORQUAY , TQ1 3BB	 Connect	





Country Link is an informal social organisation for people who have an interest in the countryside.

www.country-link.org.uk

- Open to everyone
- Regular meetings
- Weekends away and days out
- Country walks and bike rides
- Visit places of interest
- Meals out
- Meet new friends

Tissues and Issues is a support group for parents / carers of young people who have a recognised disability or additional needs or currently awaiting diagnosis. Coffee mornings are being held at the Torquay Athletic RFC Rugby Club, Rathmore Road, Torquay, TQ2 6NX at 10 – 12 Noon. The following dates are confirmed – 10th September, 24th September and the 8th October. For more information, please contact Jackie on 07796 470009 or Trina on 07890 990905.





Reading well for Mental Health. Recommended reading lists available at www.reading-well.org.uk/mentalhealth. Tried and tested and found to be helpful.

CHILDREN'S ACTIVITIES

Bear's Reading Adventure is a FREE reading scheme for 0-5 year olds. Collect your bear's reading adventure sticker storybook from Newton Abbot Library and collect the ten missing stickers, one for each time you visit the library. On completion, a certificate will be available to download.





Healthy lifestyles (NHS) – strength and balance exercise classes. Fun, social and free! Sessions available in Newton Abbot, Bovey Tracey, Buckfastleigh, Totnes, Dawlish, Teignmouth, Torquay, Paignton, Brixham & Dartmouth. Able to attend once per week for 12 weeks. Speak to GP to sign up or call 0300 456 1006 to refer yourself.

Pilates Courses

10 week courses - £58 5 week short courses - £34

www.gillygreenfitness.co.uk

For further details or to reserve your place, contact Gilly on 01626 330282.





Newtons Place Town Museum – Opening early 2020.

www.museum-newtonabbot.org.uk

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ADVICE & SUPPORT

CITIZENS ADVICE - citizensadvice.org.uk / tel (national): 03444 111444

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

- 36-38 Market Street, **NEWTON ABBOT**, Devon, TQ12 2RX
- Fore Street, **TEIGNMOUTH**, Devon, TQ14 8DY
- The Manor House, Old Town Street, **DAWLISH**, Devon, EX7 9AP
- 29 Palace Avenue, **PAIGNTON**, Devon, TQ3 3EQ
- Follaton House, Plymouth Road, **TOTNES**, Devon, TQ9 5NE

PINPOINT DEVON - 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.



MENTAL HEALTH ADVICE SHEET

Refer to below websites to help with anxiety, depression, negative thinking, anger management techniques, breathing techniques, sleep hygiene, and online cognitive behavioral therapy.

www.getselfhelp.co.uk
<https://www.moodjuice.scot.nhs.uk/>

There is also a wide range of courses offered by the Devon Recovery Learning Community (DRLC) and full details can be accessed at –

www.devonrlc.co.uk

Important Enrolment dates for the Autumn/Winter term 2019-2020

	Autumn enrolment period
Runs from:	September until 30th November 2019
Enrolment opens on:	Monday 12th August
	Winter enrolment period
Runs from:	1st December 2019 until 29th February 2020
Enrolment opens on:	Monday 28th October

Talkworks – 0300 555 3344

Free confidential talking therapy service helping you to feel better and giving you the tools and techniques to improve your wellbeing.

www.talkworks.dpt.nhs.uk

Mind – Mindline South Devon and Torbay – 0300 330 5464

An out of hours helpline providing confidential and emotional listening support, signposting and information to anyone in South Devon and Torbay experiencing mental distress, their carers, relatives and friends.

Open between the hours of 8pm – 11pm on a Tuesday, Wednesday, Friday, Saturday and Sunday.

SANEline – 0300 304 7000

SANEline is a national out-of-hours mental health helpline offering specialist emotional support, guidance and information to anyone affected by mental illness, including family, friends and carers. Open every day of the year from 4.30pm to 10.30pm on 0300 304 7000.



Silver Line – 0800 470 8090

The Silver Line is the only confidential, free helpline for people aged 55 + across the UK open every day and night of the year. Our specially trained helpline team:

- Offer information, friendship and advice.
- Link callers to local groups and services.
- Offer regular friendship calls.
- Protect and support older people who are suffering abuse and neglect.

Samaritans – Free to call on 116123

Whatever you're going through, a Samaritan will face it with you, 24 hours a day, 365 days a year.

Anxiety UK – 03444 775 774 or text service available on 07537 416 905

Offering confidential advice and support for those with anxiety, stress and anxiety-based depression. Open between 9.30am - 5.30pm, Monday – Friday.

Cruse Bereavement Care – 0808 808 1677

The Cruse Bereavement Care Freephone National Helpline is staffed by trained bereavement volunteers, who offer emotional support to anyone affected by bereavement. The volunteers help you talk things through. They can also help you find your local Cruse service, or signpost you to other services and useful sources of information. The helpline is open Monday-Friday 9.30-5pm (excluding bank holidays), with extended hours on Tuesday, Wednesday and Thursday evenings, when they are open until 8pm.

OCD Action – 0845 390 6232

OCD Action is a national charity focussing on obsessive compulsive disorder and offer support and information to anybody affected by OCD.

PANDAS Foundation – 0843 289 8401

The PANDAS Foundation is here to help support and advise any parent who is experiencing a perinatal mental illness. They inform and guide family members, carers, friends and employers as to how they can support someone who is suffering. The PANDAS Foundation is here to help support and advise any parent who is experiencing a perinatal mental illness. Lines are open between 9am and 8pm, 7 days a week.

