

Key Organisations/Resources – A guide for Health Check Providers

Organisation	Brief Description	Telephone	Postal Address	email and web address
<p>Care Direct at MyDevon Customer Services Centre</p>	<p>First point of contact for all new social care requests.</p> <p>Factsheets on all services provided by Adult & Community Services are available to download from www.devon.gov.uk/factsheets</p>	<p>0845 1551007</p>	<p>PO Box 142 Tiverton EX16 0BA</p>	<p>customer@devon.gov.uk</p>
<p>Community Mentoring Service</p>	<p>A free service that assists people 50 and over to build confidence, remain active and independent. A mentor will work alongside the individual for up to 12 weeks to enable progress to be made towards meeting their goals. Funded by DCC and supported by Devon Health Providers.</p>	<p>In Exeter the service is provided by Link2 - Age Concern Exeter 01392 202092</p> <p>And in the rest of Devon by Time for Life Community Mentoring Project 0845 2967997</p>	<p>Age Concern Exeter 138 Cowick Street Exeter EX4 1HS</p> <p>Age Concern Devon Unit 1, Manaton Court Matford Exeter EX2 8PF</p>	<p>reception@ageconcernexeter.org.uk</p> <p>sue@ageconcerndevon.co.uk www.timeforlife.org.uk</p>
<p>Health Trainers</p>	<p>A free confidential service, working with individuals aged 16 and over who want to make a change to their lifestyles. One to one meetings over 6 weeks to set achievable personal goals for sustainable behaviour change covering healthy eating/weight management, being active, drinking sensibly and emotional wellbeing.</p>	<p>South Devon: 01626 357000 Exeter, East and Mid Devon: 01884 836000 North Devon: 01769 575181</p>		

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Smoking Cessation Service	Free smoking cessation support, advice and information to anyone who wants to stop smoking. One to one or group support, and can arrange for Nicotine Replacement Therapy on prescription.	Pan Devon service 01884 836024.		
Addaction	A UK based drug and alcohol treatment charity. Includes drug information, parent section, publications and links	Client referral no 08451 302605 Addaction SW 01392 431588	Addaction South West Alcohol Intervention Service First Floor Offices 3 The Courtyard New North Road Exeter EX4 4EP	alcoholreferraldevon@addaction.org.uk www.addaction.org.uk/
St John Ambulance Carers Support Programme	A free four morning course (over 4 weeks) for adults who care for adults. Subjects covered include safer moving and handling, first aid, falls prevention, continence issues, stress management and coping with dementia. Refreshments, lunch and a resource pack are all provided free. There are 15 places on each course which are delivered all over Devon.	For more information or to book a place, please contact: Emma Healey 01392 822646	Emma Healey CSP Manager St John Ambulance Devon 7-9 Marlborough Court Manaton Close Exeter EX2 8PF	emma.healey@devon.sja.org.uk
Looking after me	Free six week courses for adults who care for someone with a long-term health condition or disability. Aims to help carers take more control of the situation and make a difference to their lives.	0800 0730792	Expert Patients Programme County Hall Topsham Road EXETER EX2 4QL	carmel.fanconi@nhs.net www.expertpatients.nhs.uk

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<p>Devon Carers Link</p> <p>Benefits of joining include</p> <p>Regular newsletter with information about events in your area. Carer Support Groups and training opportunities Become involved and have your say. Local and Countywide Carer Forums give you a chance to be involved in shaping services that affect you as a carer. Opportunities to become a carer representative.</p>	<p>Provides information and support for carers living in (or caring for someone living in) the DCC area.</p> <p>Services Provided to members</p> <p><u>Flexible Breaks Grants</u>: Small grants (usually around £200) to enable carers to have a break that suits them. We welcome applications for holidays and trips, with or without the person cared for, or for personal development or the purchase of equipment to pursue hobbies/leisure activities.</p> <p><u>Take a Break</u> The scheme provides carers with vouchers that they can exchange for short breaks. The short breaks are provided by a range of care providers, usually by the provision of a 'sitter' who will stay with the person cared-for while the carer has some time off. There is a small charge (£2.50 per hour) for the service.</p> <p><u>Carer Alert Card</u> If you are out of action or involved in an accident the card alerts people around you that you are a carer and that without you, someone somewhere may need extra support. We support people to make contingency plans and the card then enables these to be accessed by friends or relatives, or if necessary by statutory services.</p>	<p>08456 431 341</p> <p>Opening times: 9.00am-5.00pm Monday-Friday (telephone only, no drop-in, home visits by arrangement).</p>	<p>Westbank FREEPOST (SWB30899) (DCL) Exminster Exeter EX6 8ZZ</p>	<p>carersplus@westbankfriends.org</p> <p>www.devoncarerslink.org.uk</p>

[Devon Community Directory](#) Search for Devon organisation details by local area etc www.devonline.gov.uk/community

