



# A quick guide to some **DEVON SERVICES**



The following groups and services represent a broad cross-section of the most well-used services across Devon. It is not an exhaustive listing, just a starting point. Some groups work across both counties so it is worth checking both sets of information

## **CARER SUPPORT**

Devon Carers

Tel: 01392 307720

<https://devoncarers.org.uk/>

Care Direct

Tel: 03451551007

<https://www.devon.gov.uk/care-and-health/adults/contact/>

## **HOUSING**

Torrige District Council

Tel: 01237 428700

<https://torridge.gov.uk/housing>

West Devon (Hatherleigh)

Tel: 01822 813600

<https://www.westdevon.gov.uk/housing>

## **WELLBEING**

Talkworks

Tel: 0300 555 3344

<https://www.talkworks.dpt.nhs.uk/>

Every Mind Matters

NHS Mental Health Support on-line, well-being hub with apps, tips & info.

<https://www.nhs.uk/every-mind-matters/>

## **BENEFITS**

Citizens Advice Bureau (CAB Devon)

Tel: 0800 144 8848

<https://www.cabdevon.org.uk/> or  
<https://www.citizensadvice.org.uk>

## **BEREAVEMENT**

CRUSE

Tel: 0808 808 1677 (free Helpline)

<https://www.cruse.org.uk/>





# A quick guide to some **CORNWALL SERVICES**

# SUPPORT

The following groups and services represent a broad cross-section of the most well-used services across Cornwall. It is not an exhaustive listing, just a starting point. Some groups work across both counties so it is worth checking both sets of information.

## **CARER SUPPORT**

Cornwall Carers Service

Tel: 01736 756655

<https://www.cornwallcarers.org.uk/>

## **PROMAS**

Tel: 01736 339226

<https://promas.co.uk/>

## **HOUSING**

Cornwall Housing

Tel: 0300 1234 161

<https://www.cornwallhousing.org.uk/>

## **AGE UK**

Tel: 01872 266 383

<https://www.ageuk.org.uk/cornwall/>

## **WELLBEING**



Outlook Southwest

Tel: 01208 871905

<https://www.cornwallft.nhs.uk/outlook-southwest/>

Valued Lives

Tel: 0800 260 6759

<https://www.valuedlives.co.uk/>

Every Mind Matters (see over page)

## **BENEFITS**

Citizens Advice Bureau (CAB Cornwall)

Tel: 0800 144 8848

<https://>

[www.citizensadvicecornwall.org.uk/](http://www.citizensadvicecornwall.org.uk/) or

<https://www.citizensadvice.org.uk>

## **BEREAVEMENT**

CRUSE

Tel: 0808 808 1677 ( Helpline)

<https://www.cruse.org.uk/>

**Coast & Country Primary Care Network**

Telephone Holsworthy HQ on 01409253692 or your own surgery, to speak to a Social Prescriber

**EMAIL: [socialprescribing.pcnhbsv@nhs.net](mailto:socialprescribing.pcnhbsv@nhs.net)**

