

July 2016

Community Directory

for Kingsbridge, Salcombe & Chillington

This is a handy guide and not a recommendation of suppliers. In some instances other services/suppliers may be available - please check directories, websites and or ask your GP.



Saltstone Caring
Community Support Service

Saltstone Caring Ltd

Room 9, Quay House, Ilbert Road, Kingsbridge TQ9 1DZ

Tel: (0158) 854588

Email: info@saltstonecaring.org.uk www.saltstonecaring.co.uk

Regd charity no: 1119726

In partnership with

Livewell
Southwest

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HEALTH & SOCIAL CARE

Care Direct – For adult social care information and advice. Offers advice on staying independent, equipment, personal care, support for carers, blue badges, benefits, day care centre's and more Tel: 0345 1551 007 or www.devon.gov.uk

For social care emergency only when Care Direct is closed please call the Emergency Duty Team on Tel: 0845 6000 388.

Day Care - Tumbly Hill Day Care Centre, Kingsbridge. Care Direct. Tel: 0345 1551 007

Home visits

Ask your usual provider as some chiropodists, opticians, dentists and other health professionals will make home visits or check Yellow pages.

Devon Hearing Care for hearing test Tel: 0800 0121 509.

For Your Eyes Only for eyesight test Tel: 01548 852636. **Outside Clinic** offer NHS optical and hearing tests at home but please check when booking as charges apply for some services. Tel: 0800 854477.

Mobility aids/ equipment – some pharmacies also supply equipment.

British Red Cross - loan of wheelchairs, commodes etc. Contact Pat Johnson (Totnes) Tel: (01803) 863563 or Plymouth branch Tel: (01752) 768546. Devon H.Q Tel: (01392) 361021.

NHS 111 (formerly NHS Direct) - For free health advice or information, phone 111. www.nhs.uk/111.

Personal safety (for Domestic abuse –see pg 15)

Age UK – Tel: 0800 011 3846 or www.ageuk/personalalarms.

Call 24 - Personal alarms providing 24hr telephone response.

Freephone Tel: 0800 085 0407 or www.call24hour.com.

Telecare services: Necklace or wristband. 24hr call system. Tel: 02392 714 966 or www.guinnesspartnership.com

Health Centres- Chillington, Kingsbridge & Salcombe

Chillington Health Centre, Orchard Way, Chillington TQ7 2LB.

Tel: (01548) 580214.

Patient transport service: SCOF Office Mon- Fri.10.00am- noon.

Out of hours ansaphone service. Except for emergencies please give as much notice as possible - ideally two working days. (*Transport to the Health Centre, Derriford, Torbay & South Hams Hospitals, opticians, dentists etc. Other medical appointments considered upon request.*) Tel: (01548) 581181.

Kingsbridge Norton Brook Medical Centre, Cookworthy Rd, Kingsbridge TQ7 1AE. Tel: (01548) 853551.

Patient transport service: Mon to Fri 8.30 - 11.30am. Please give 24 hours' notice (*Transport for Norton Brook patients to all medical related appointments including those at the Leisure Centre. They do not transport to Derriford or Torbay hospitals.*) Tel: (01548) 856490.

Salcombe-Redfern Health Centre Shadycombe Rd, Salcombe TQ8 8DJ. Tel: (01548) 842284.

Patient Transport service: FORC (Friends of Redfern Centre) (Transport for Redfern patients to the Health Centre, South Hams Hospital (but NOT to Derriford or Torbay), clinics, X rays, physio & Falls group. Tel. no. as above.

Chemists (please ask about home delivery services)

Day Lewis, Norton Brook Medical Centre, Kingsbridge Mon- Fri 8.45am- 6.00am. Closed weekends. Tel: (01548) 853129.

Boots the Chemist, Prince of Wales Rd, Kingsbridge (opp. Quay) open daily & on Sun 10.00am-4.00pm. Tel: (01548) 852354

Boots the Chemist, 25-26 Fore St, Salcombe Tel: (01548) 842146

CO-OP group, Ilbert Rd, Kingsbridge (adj. bus station) Mon – Fri 8.45am - 5.30pm. Saturday 8.45am- 5pm. Closed Sunday. Tel: (01548) 857158.

Hospitals for other hospitals see Yellow pages etc.

South Hams Plymouth Rd, Kingsbridge TQ7 1AT. includes **Minor Injuries Unit** open 9.00am – 5.00pm 7 days a week. Tel: (01548) 852349

Dartmouth – Tel: (01803) 832255

Derriford – Tel: 0845 155 8155

Torbay – Tel: (01803) 614567

Totnes - Tel: (01803) 862622

Hospital Transport

Derriford TAPS - Mon – Fri 9.00am- 5.00pm. Transport to hosp for patients. Two working days notice required. Cost is currently 42p per mile. Tel: 0845 0539100

S.Devon Hosp Patient Transport Service - for patients & their carers to Torbay & S.Devon hospitals. Two working days notice required. Mon- Fri 9.00- 5.00. Tel: (01803) 656777. If patient is on benefits they can ask for a car pass from the cashiers office at Torbay Hospital Tel : (01803) 6654508 which will reduce cost.

Stagecoach- the no.3 (Dartmouth- Royal Parade- Dartmouth) service stops at Royal Parade, Plymouth for a connection to Plymouth City Bus no.50 to Derriford (service every 15 mins to Derriford). Check with Plymouth City Bus for up to date info. Tel: 0971 200 22 33. *or* www.plymouthcitybus.co.uk

Travel costs - For help with travel costs to NHS health care or to find out if you are eligible i.e. receiving Income Support, Pension Credits etc Tel: 0300 330 1343. For a copy of the NHS booklet HC 11 'Help with health costs' Tel: 0845 6101112.

Patient Advice and Liaison Service (PALS)

Problems, upsets or concerns about your health care can be dealt with by this service. Mon – Fri 9.00am – 5.00pm. Tel: 0845 1110080 or (01392) 267665.

VOLUNTARY SECTOR COMMUNITY SUPPORT

Advice

AGE UK Devon- for information on benefits, finance, legal, social etc. Tel: 0333 241 2340 or www.ageuk.org.uk.

Citizens Advice (formerly CAB) -Quay House on Tues 9.30am-12.30pm. Tel: 03444 111444 www.citizensadviceSouthHams.org.uk.

Kingsbridge Age Concern - (a friend of Age UK): information on benefits, finance, legal, social etc. Drop-in centre open Tuesday mornings at Age Concern Building, Ilbert Road, Kingsbridge. Tel: 01548 856650.

Addiction

RISE - info, advice and referral into alcohol & addiction services. Mon –Wed & Fri 9am-5pm. Thurs 9am-8pm. Sat 9.30am -12.30pm. Tel: 01626 351144.

Alcohol

Drink Wise Age Well: aims to change behavior & reduce alcohol related harm for those over 50. Freephone advice line for support Tel: 0800 304 7034. Email *mike.knowles@royalvoluntaryservice.org.uk*

Alzheimer's Society- Devon Dementia Support Service for people with all forms of dementia, their families & carers. Tel: 0300 123 2029 or *Error! Hyperlink reference not valid.*

Befriending/Community support

Saltstone Caring - A Kingsbridge based charity whose friendly volunteers support the vulnerable & elderly in 19 local parishes covering Kingsbridge, Salcombe, Chillington and surrounding area for up to 2 hrs a week helping people remain independent in their own homes. Services include shopping, companionship, hospital discharge support, sitting, local trips out, signposting etc. Tel: (01548) 854588 or email *info@saltstonecaring.org.uk*.

Silver Line - a free, confidential helpline providing information, friendship and advice to Older people. Open 24 hrs a day, every day. Tel: 0800 470 8090.

Call in Time - The Age UK telephone befriending service on **0800 434 6105**, email *callintime@ageuk.org.uk*, Conditions apply.

Time for Life - community enabling service funded by DCC. Support for those over 65yrs. One to one support for up to 18 hrs. Anyone can contact Jenny but she will pass details on to Care Direct who will ring client (she cannot help without CareDirects involvement). Applicant must be FACS eligible as it is a free service but it is not means tested. Coordinator for S.Hams Jenny Bevan Tel: (01548) 830937 email *jenny@timeforlife.org.uk*.

Bereavement

Cruse - South Devon Tel: (01626) 332450 or
www.crusebereavementcare.org.uk

Bereavement Advice Centre - Advice, signposting and practical information after the death of someone close. Tel: 0800 634 9494 or
www.bereavementadvice.org.

Call in Time - The Age UK telephone befriending service. Tel: **0800 434 6105**, email *callintime@ageuk.org.uk*.

Cancer support

Kingsbridge Triangle Centre: Support & advice for cancer sufferers, their families & carers. At Kingsbridge Community Hospital on Tuesdays 9.30am – 4.30pm. Tel: (01548) 852349 and ask for the Triangle Centre.

Macmillan Cancer support Mon- Fri 9am-8pm (interpretation service available) Free phone Tel: 0808 808 00 00 or
www.macmillan.org.uk

Carers

Devon Carers (part of the Carers Trust)-support /advice on help, benefits, Flexible Breaks, Carer Alert Cards, etc. Mon-Fri 8am-6pm & Sat 9am- 1pm. Tel: 03456 434 435 or **Error! Hyperlink reference not valid.** checks available for **Chillington Health Centre patients.** Details at Centre but need to self- refer. For appt Tel: 03456 434435.

South Devon Carers Consortium- info for carers, advocacy service, pampering days etc. Tel: **03456 434 4435**. They also have a free service, Counselling for Carers (C4C), for adult carers. They provide one-to-one counselling to adult carers throughout Devon (in Kingsbridge they've used Harbour House). They also run therapeutically-focused workshops on themes relating to caring, including Loss and Change, Self-Esteem and Assertive

Communication. To find out about availability Tel: (01626) 325621 or email admin@sdevoncarers.org.uk. con't

Carers Support Programme - St John Ambulance offer a free 4-session support programme providing practical skills, advice and training. For further info or to find out about availability Tel: Kerry Course (01305) 751160 or email: kerry.course@sja.org.uk.

Credit Union- Credit unions aim to help you take control of your money by encouraging you to save what you can, and borrow only what you can afford to repay. Service point is at Horizons, 110 Fore St, Kingsbridge on 1st Friday of each month 10.00am -12 noon. Plough & Share Credit Union Tel: (01837) 658123.

Debt

Christians Against Poverty – run by Christians and available to everyone. Contact the South Hams Manager Tel: 0751 332 8809 or visit www.capuk.org

Citizens Advice- See pg 4 above.

Debtline: Tel: 0808 808 4000

(Ex) service personnel help, info & support for them, their families & dependents.

SSAFA - Tel: (01392) 254611. Email: devon@ssafa.org.uk

British Legion - Tel: 08457 725 725 or www.britishlegion.org.uk

Hearing/ Deafness

Action Hearing Loss UK- National helpline Tel: 0808 808 0123 or www.actionhearingloss.org.uk. Outreach info officer Karen Squire Tel: 01752 228657. Email karen.squire@hearingloss.org.uk

Kingsbridge and District Tinnitus and Heard of Hearing Group. Bimonthly at Kingsbridge Rest Centre. Contact Brenda Winter Tel:

(01548) 581433 or Jean Brooking Tel: (01548) 580511 or email cjbrooking@aol.com.

Kingsbridge Food Bank - providing emergency supplies to local people in crisis due to loss of job, illness, delayed benefit payments etc. Fridays 10.00am – 12 noon. at Horizons, 110 Fore St. Tel: 07593 881633./01548 853287.

Mental Health

(see also Memory Café above & Kingsbridge Library below)

Cool Recovery - Groups provide peer support and information for anyone affected by mental ill health, including families and friends. Kingsbridge group meetings (formerly COOL, but now in partnership with Rethink Mental Illness) are held in Harbour House 2nd Wednesday of the month 10.30-12.30. For more info on this and other groups in the network. Tel: 07756 965814 or email helpandhope@rethink.org.

Rethink - Signposting and Mutual Support (SAMS) groups meet every Wed. 1-2.30pm at Rest Centre, Kingsbridge Quay. Tel: (01395) 224166 or email: devon@rethink.org.

Help Line - contact for a chat. It has been commissioned by the Torbay and South Devon CCG and is run by Somerset Mind. Available from 8-11pm on Tues, Wed, Fri, Sat and Sun. Tel: 03003 305 464. At other times they refer the customer on to the National Mind information line.

Memory Café.(Alzheimer's Society) social group for people with memory problems & their carers. Meets 1st and 3rd Thursdays every month in Age Concern, Ilbert Rd, Kingsbridge for refreshments, games etc on Thurs 2.00pm- 3.30pm. Contact Emma Fuente Tel: 01752 608900 or email emma.fuente@alzheimers.org.uk

Parkinsons UK- Age Concern Building on 3rd Wed of the month.
2pm-4pm. Contact Nicole Kirbyshire, Branch & Volunteer Support
Officer Tel: 0844 225 3695

Pets

(for Vets or PDSA please see Yellow pages etc.)

The Cinnamon Trust: for people in their last years & their
companion pets. Fostering pets when owners in hospital, assistance in
caring for pets etc. Tel: 01736 757 900 or
www.thecinnamontrust.org.uk.

Shopping- See under Saltstone Caring above and ‘Home
deliveries’ & ‘Milkmen’ below.

Stroke

Stroke Association - Helpline: Mon – Fri. 9am-5pm. Tel: 0303 3033
100 (calls charged at local rate) or South Devon peer support, info &
advice contact Diane Opoku Tel: (01803) 615078 or 07717 275802.

Stroke Group - meets at Age Concern Building on 2nd Mon (not in
Aug) 2.00pm – 4.00pm. Contact Sarah Freedman Tel: 07702 269490
or Gill Green Tel: (01548) 857206.

Young People- see also under community events and Library.

Work Club: For 16-24yr olds. Drop-in at Age Concern, Kingsbridge
Tues 1.30pm- 3.30pm. Tel; 07864 060652.

www.kingsbridgeworkclub.com.

Spiritulized: For 11 – 25yrs Fri night drop-in at Rest Centre,
Kingsbridge. Between 8.30pm – 11pm. Street based youth work,
mentoring and befriending. Tel: 07599 272776. *www.spiritulized.com*

Visually Impaired

RNIB- National Helpline Tel: 0303 123 9999 or *www.rnib.org.uk*

South Hams Talking Newspaper for the Blind - Tel: (01548) 531550.

DISABILITY – LOCAL ORGANISATIONS WORKING IN THE SOUTH HAMS

Information and Advice

Disability Information Service –Information and advice service for people with disability and their families. Good first port of call. Tel: 0845 1551005 8 am -8pm Mon – Fri. and 9am -1pm Sat.

disabilityinfo@devon.gov.uk .

Disability Employment Advisors – Plymouth, Tel: (01752) 616154, Torquay Tel: (01803) 356065 & Paignton Tel: (01803) 354239.

DISC Plus - Database of special needs contact information for Devon children & families. Tel: 0800 056 3666, email -

discplus@devon.gov.uk

Disability Focus -. Help people to manage their direct payments. Will go out and visit, though Totnes based. Can also help on other financial problems. Tel: 01803 849519, email

enable2@btinternet.com

Living Options – Provides variety of services for people with disabilities, mostly consultation and representation. Tel: (01392) 459222. Fax 01392 423427 , email *info@livingoptions.org*

www.livingoptions.org.

Independent Living Centre –Provides information and advice on equipment. Does not sell equipment, but has large range that can be tried out. Tel: (0139) 687276 or www.devon.gov.uk/ilc

Advocacy

Devon Advocacy Forum – central number for all advocacy in Devon (organisations below are all part of the consortium)
Tel: 03003 435 707 or email dac@seap.org.uk

Haven Advocacy –Provides one to one advocacy for people with disabilities/complex needs and their carers....help with letter writing, phone calls, representation at meetings, etc. Tel: (01392) 459222
email info@livingoptions.org

Vocal Advocacy –Provides one to one advocacy for people with special needs or communication difficulties. Tel: (01803) 868300
email vocaladvocacy@btconnect.com or www.vocaladvocacy.org.uk.

IMCA – Provides advocacy for a client who is vulnerable but is not in a position to request advocacy. A statutory requirement before decisions are made about NHS treatment and accommodation decisions. Tel: (01392) 382339.

Advice and Social Support/Activities

Physical Disabilities

Coalition of Disabled People –Based in Torquay and providing drop in and volunteer service in the Torbay area. Tel: (01803) 215871.

South Hams Lifestyles – Provide Benefit Advice, Befriending and Advocacy. Have an office in Totnes, Chair lives in Kingsbridge and

an Advocacy worker in Ivybridge. Are keen and quick to respond to requests though do not have great resources. Tel: Gail Tucker (01803) 849229 or 07729963244.

Moor Vision - Supports families and parents of visually impaired children. Tel: Laura Hughes (01752) 892058, www.moorvision.org.

Sense South West – Provide advice and support for people with problems with both sight and hearing. Contact Mr P Holman (01626) 351747

Dart Sailability – Gives people with disability the opportunity to sail. Meets every Tues from May – Sept. Tel: Mrs E Scull (01803) 856676 www.dartsailability.org email dartsailability@hotmail.com

Advice & Social Support/Activities Special Needs

Dame Hannah Rogers Trust – Ivybridge Link and Community Hub. Provides information and supports people with learning difficulties, esp. in the Ivybridge area with up to date data base about what is available and linking people with others of similar interests. Tel: (01752) 898184. enquiries@discoverhannahs.org. www.damehannah.com

Devon Dyslexia Foundation – support and advice for parents and people with dyslexia. Tel: (01803) 864645.

Downs Syndrome Association - Providing information and support on ALL aspects of living with Down's syndrome to ALL who need it. Tel: 0333 121 2300 info@downs-syndrome.org.uk

Erme Valley Riding for the Disabled - Provides riding for disabled children and adults. Also hypotherapy sessions. Work experience and NVQ training provider. Tel: M Douglas (01752) 894348 email peggy@ugborough.eclipse.co.uk, www.ridingatthebrook.co.uk.

Kaleidoscope – Support adults with learning disabilities to lead fulfilling and independent lives. Based in Kingsbridge. Linked to the Gorden Carling Foundation which provides some supported living housing. Tel: (01548) 856501, e-mail info@kaleidoscope.org.uk. www.kaleidoscopesouthhams.org.uk

Kingsbridge Fulfilling Lives (formally known as Ropewalk) Resource centre in Kingsbridge for adults with special needs. Open Mon-Fri 9-4.30pm Tel: Paul Bidwell (01548) 853163

SNAP - To integrate handicapped and able bodied young people. Tel: (01752) 698111 email louise-jones@btconnect.com

Soundart Radio - the licensed community radio station for Totnes and the surrounding area. We are also one of the few specialist arts broadcasters in the UK, and one of a handful of radio art projects that are scattered around the world. Unlike other examples, we are based in a rural location, and this is what our listeners tune into. Everyone is welcome here to listen, play and experiment, and find their own radio voice. Tel: (01803) 847185 info@soundartradio.org.uk

South Devon Carers Consortium -For info and support for the carers of adults with autism or special needs contact the learning disability carers worker Sarah Johns Tel: 07879 881298 or (01803) 294275 email sarah@sdevoncarers.org.uk

Thera South West -Providing support in Teignbridge and South Hams, West Devon, Torbay & Mid Devon for people with a learning disability. Advice, help with personal budgets. Tel: 0300 303 1280
sharon.shortland@thera.co.uk

TRANSPORT

Public Transport

Traveline for info on public transport services in the southwest. Telephone daily except Xmas 0871 200 22 33 or *www.traveline.org.uk*. Kingsbridge Town Council can provide basic information, timetables etc and application forms for concessionary fares- 'phone (01548) 857073.

Coleridge bus - various weekly services from Chillington and villages in the E.Allington, Slapton, West Prawle area to Kingsbridge. Wheelchair access. Tues – Fri between 9.30am-1.30pm. Tel: (01548) 852813 or visit website for timetables.

Patient transport services - see under appropriate Health Centre / hospital for patient transport services.

RVS Community Transport (*formerly the WRVS Community Transport*) - providing affordable transport for elderly, isolated and vulnerable residents of Kingsbridge & District to and from social and hospital appointments throughout Devon. 48 hrs notice preferred. Mon-Fri. 9.00am-5.00pm. 24 hour answering service. Tel: (01548) 559296

Salcombe mini-bus - regular transport for Salcombe residents over 60yrs, disabled or who have no transport of their own. Tel: Mr Tim Mattocks (01548) 842140

Stagecoach bus service - Tel: 0871 200 22 33

Tally Ho! - Includes Kingsbridge town service. Tel: (01548) 853081.

USEFUL INFORMATION

Domestic Abuse - SPLITZ Support Services for those 16 yrs & over. Mon- Fri 9am-5pm. Tel: 0345 155 1074. www.splitz.org/devon. For advice on civil legal aid including a legal aid check & details of suitable solicitors tel: 0845 345 4345.

Housing advice.

EAC First Stop National advice line - an independent, impartial & free service for older people, their families & carers provided by the Elderly Accommodation Counsel (EAC) to help you get the help/care you need to live as independently & comfortable as possible whether you want to remain where you are or to move somewhere that suits you better. Mon-Fri 9am-5pm. Calls are free from BT phones. Tel: 0900 377 7070 or www.housingcare.org.

South Hams District Council - may be able to provide subsidized finance to eligible homeowners to pay for essential repairs, adaptations or improvements to their properties. Tel: (01803) 861234 or www.southhams.gov.uk.

Kingsbridge Town Council, Quay House, Ilbert Rd, Kingsbridge TQ7 1DZ. Tel:01548 853296 www.kingsbridge.gov.uk

Pension Credits, Attendance allowance etc. Dept. of work & Pensions Please ensure you have your N. I. number (or that of the person you are calling on behalf of). General enquiries 0800 882200
Benefit enquiries 0845 6021236

South Hams District Council, Follaton House, Plymouth Rd, Totnes TQ9 5NE (01803) 861275 for Council Tax enquires, etc.

Home deliveries-Food / Grocery/ homeware

Cranch's Pantry - general store 80 Fore St, Salcombe. Home delivery for the elderly & infirm in the Salcombe area Tel: (01548) 842331 email: *cranchespantry@hotmail.com*.

Oakhouse Foods - frozen meals /desserts to suit dietary needs/ budgets. Also deliver pre ordered groceries & homeware items. Tel: 0845 257 1132 or *www.oakhousefoods.co.uk*.

Riverford Organic Vegetables - deliver various size boxes of seasonal organic vegetables and fruit. Tel: (01803) 762720 or *www.riverford.co.uk*

Sainsburys- will take telephone orders if no internet connection Tel: 0845 301 2020.

Tesco- shop online *www.tesco.com*.

Waitrose- shop online *www.waitrose.com*

Wiltshire Farm Foods - over 200 (frozen) meals & deserts suitable for a large range of special diets. For free 70 pg menu Tel: 0800 773 773 or *www.wiltshirefarmfoods.com*

Milkmen

S.Hams - Bruckner & Son, Dartmouth Dairy: Dairy, goat & soya products, eggs, bread, potatoes, cake, toilet rolls etc. Deliveries three times a week to most of S.Hams. Tel: (01803) 832801.

Loddiswell area- Colin Finch Milk, eggs, butter, bacon, potatoes, toilet rolls etc. Deliveries Mon & Fri. Tel: (01803) 732981 or mob 07974 716 398.

VILLAGE & COMMUNITY ACTIVITIES

We recommend contacting the organizer / hall contact to confirm the event is still running. To notify us of alterations please email info@saltstoncaring.org uk or tel: (01548) 854588.

Aveton Gifford- in village hall

W.I. - contact Jackie Javes Tel: (01548) 559283,

Social club - Mon 3.00 – 4.30pm. Transport available. Tel: P Doughty (01548) 550225.

Mobile library - Village Hall. Wed (monthly) 09:30-10:30am. Tel: 0845 155 1001.

Table Tennis - Jackie Javes Tel: (01548) 559283.

Chillington – www.chillingtonvillage.co.uk. Whist Drives & more. Enquiries re village hall events and/or bookings Tel: Chris Hyson (01548) 580902.

Coffee morning- Methodist Church Hall. Thurs 10.00am- noon.

Mobile library - Wed (monthly) .Green Park Way 11:30- 12:00 & Post Office 12:05- 12:50pm. Tel: 0845 155 1001.

Pilates - Village Hall. Mon 6.00-7.00pm. Tel: Gill Whitmore (01548) 581362.

Zumba - Village Hall. Mon 7.10pm - 8.10pm. Tel: Gill Whitmore (01548) 581362.

Churchstow - in Church Hall www.churchstow-devon.co.uk.
Events promoted via posters, flyers and village magazine or Tel:
John Woodley (01548) 857916.

Coffee Mornings - Monthly on 1st Thurs 10.30 am.

Exercise for you. Mon 2.45pm-3.45pm. Tel: Gill Whitmore (01548)
581362 or 07801 790 611

Ladies lunch - Monthly 2nd Thurs in the Church House Inn.

Whist - weekly Sat 7.30pm. Tel: John (01548) 857916.

East Allington - Tel: Jean Turrell (01548) 521341

Bowls - Parish Hall. Tues 7.30pm

Coffee mornings - Parish Hall. 1st Wed of month.

Knit & Natter - in Pub. 2nd Tues.

Village shop open 7 days a week.

Zumba - Parish Hall as advertised.

East Portlemouth

Mobile library - Old Chapel. Wed (Monthly) 14:55-15:15. Tel:
0845 155 1001.

East Prawle

Pilates - Chivelstone Hall. Tues 9.30am-10.30am. Tel: Gill
Whitmore 01548 581362.

Zumba - Chivelstone Hall. Tues 10.45am-11.45am. Tel: Gill
Whitmore 01548 581362.

Mobile library - The Green. 14:10 - 14:40. Wed (monthly). Tel:
0845 155 1001.

Frogmore

Frogmore Village Community Assn. Tel: George Howard (01548)

531793 / 531144. Frogmore- bowls, pilates & possible coffee morning.

W.I.- 1st Mon of month 7.30pm. Frogmore Village Hall in the winter and Sherford Village Hall in the summer.

Ford

Mobile library - Mill Cottage. Wed (monthly) 15:30-15:50. Tel: 0845 155 1001.

Hope Cove & Galmpton

www.hopecove.com/hopecove. South Huish Parish Newsletter distributed bi-monthly. Editor: Jan Carter (01548) 560086 / *email tides.view@btinternet.com*.

Bridge Club - Mon 2.30pm Fishermans Reading Room, Inner Hope Cove. Tel: Lea Harvey (01548) 560462.

Hope Archive Group - Fishermen's Reading Room, Inner Hope. Last Fri of every month. 7.30pm Tel: Phil Worth: (01548) 561415.

S. Huish Parish Council meets on 7.00pm on 2nd Wed of Jan, Mar, May, July, Sept & Nov in Hope & Galmpton village Hall except for Nov & Jan meetings which are in the Fishermen's Reading Room, Inner Hope.

Table Tennis - Cottage Hotel. Mon 7.00pm. Any level.

Mobile library - Galmpton. Wed (monthly) 13:30-14:00pm and Weymouth Pk, Hope Cove. Wed (monthly) 12:10-12:55pm. Tel: 0854 155 1001.

Kingsbridge

Saltstone Caring Bazaar - inc coffee, teas etc. 3rd Thurs Monthly. 10am -12.30pm in Library.

Coffee morning - Methodist Church, 100 Fore St. Fri 10am-noon.

Coffee /tea @ Rest Centre - (adjoins Age Concern above). Over 55 yrs. Open weekdays 10.00am – noon. Tel: (01548) 853401.

Harbour House- Art, Yoga, classes etc. Tel: (01548) 854708.

Kingsbridge Estuary U3A - Methodist church 4th Fri, 10am -12 noon. £1.00 includes coffee. Also weekly/ monthly interest groups i.e crosswords, languages, art, singing etc. Tel: J. Tyler (01548) 842217 www.u3asites.org.uk/kingsbridge.

Kingsbridge Walk & Talk – Mon & Wed. Free. Varying grades. Wed morning walks are designed for the novice/less fit walker, wheelchairs & those living with dementia. Optional coffee afterwards. Tel: C Barnwall (01548) 852160, B. Arnold (01548) 853340 or Andy Sloper 07855 410945 [www. walkingforhealth.org.uk](http://www.walkingforhealth.org.uk).

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Lunch club - Age Concern Building, Ilbert Rd, Kingsbridge (behind bus station on the Quay). For all over 55yrs. Meals served daily 12 noon – 1.00pm. Tel: Graham Smith (01548) 856650 to reserve a place. Drop off area outside.

Library social activities: occasional guest speakers, events etc organized by 'Friends of...'. Tel: (01548) 852315. The following are events held in the Library:-

'Library Stitches' – Library. Fortnightly on Tues. 6-8pm to hand sew, knit etc. Tel: (01548) 852315.

'Sing a song'- Library. For anyone. Last Thurs of every month 2pm-3.30pm inc refreshments. Free.

Colouring Club-Library. Tues 2-4pm. Not just for children. Materials provided.

IT and Coffee 2-4pm 2nd and 4th Weds. Practical advice and guidance for all and their IT gadgets.

Reading Group- 1st Thurs. Limited places.

Fun & Games- 1-4pm Fri. Board games/cards & refreshments.

South Hams CVS drop-in 10.30-12.30. 3rd Thurs. Vol opportunities, advice and support to community groups.

Lego Club - 4-5pm Mons- come and build Lego.

Story time-10.30 – 11am Weds for under 5's and their carers.

Bounce & Rhyme 11-11.30am Fri. Term time only. Under 5's and parent/carer.

Loddiswell - Tel: Sue Ryder (01548) 550794.

Coffee morning - Congregational Hall 1st Fri 10.30-11.30am.

Indoor Bowls - Village Hall Tues 6.45-9.30pm.

Knit & Natter - Congregational Hall- 1st & 3rd Mon 7.00pm.& 2nd & 4th Mon 10.30 – noon.

Line Dancing - Village Hall Mon 7.00-9.30pm.

Line Dancing - Village Hall 1st, 3rd & 4th Thurs 7.00pm-9.30pm.
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Mobile library- Courtledge 09:40-10:15.am. Wed (monthly) Tel: 0845 155 1001

Over 60's lunch Club - Loddiswell Inn. Fri 12.00 -2pm. From £5. Book on (01548) 550794.

Sewing Bee - Congregation Hall 1st, 3rd & 4th Wed 2.00-4.00pm.

Youth group 'Attic' for teenagers- Congregational Hall Wed 7.00pm.

Whist Tournament - Village Hall 2nd Fri 7.30-10.30pm.

W. I. - Village Hall 2nd Thurs 7.30-10.00pm.

Malborough- More activities & events listed are on www.Malboroughvillage.org

Art Class / social - Parish Church. Tues 9.30-11.30am. Tel: (01548) 561449.

W.I.-. Village Hall. Second Thurs 7.00pm.

Soup lunch -1st Wed in Church from noon -1.00pm.

Mobile library- Village Hall. Wed (monthly). 09:30am- 10:30am. Tel: 0845 155 1001.

Salcombe

Exercise classes at Cliff House- see their notice board for details.

Over 60's Center, Victoria Quay. Mon - Fri 10.30am-12.30pm for tea/coffee.

RVS Lunch club - Tuesdays at Salcombe Rugby Club 12noon – 1.00pm. Transport provided by Salcombe minibus. Tel: Julie Coleman (01548) 843603.

Sherford

Sherford Village Hall- for current events or to hire contact Bill Grahamslaw Tel (01548) 531489.

W.I. - 1st Mon of month 7.30pm in Frogmore Village Hall in the winter and Sherford Village Hall in the summer. con't

Pilates- Sherford Village Hall Fri 9.30am-10.30am. Tel: Gill Whitmore (01548) 581362.

Zumba- Village Hall Fri 11.00am- 12.00. Tel: (01548) 581362.

South Milton (www.south-milton.org.uk)

Church warden Janet Turner Tel: (01548) 560354.

Short mat bowls - Village Hall Tuesdays during season 7.30pm.

W.I. – Village Hall. 3rd Tues (except Aug) 7.30pm.

Coffee Club - Village Hall. Weds 10.30am -12 noon. Tel: Janet Turner (01548) 560354.

Thursday Club - Village Hall 2nd Thurs (except Jul, Aug & Dec) 2.30pm.

History Group - Village Hall 1st Fri (not Aug). 7.30pm .

Mobile library - Backshay Close. Wed (monthly) 14:15- 15:00pm. Tel: 0845 155 1001

Stokenham

Karate - Village Hall. Mon 6.00-7.00pm & Sat 9.00am-10.00am Tel: (01548) 531808.

RVS Lunch Club - Thurs. Village Hall 12 noon – 2.00pm. Lunch & chat for the elderly in Chillington, Frogmore, Slapton, Stokenham & Torcross. Transport available if needed. Tel: Virginia Best (01548) 581447.

Thurlestone

Coffee mornings - Church Hall. Mon 10.30am & Wed 10.30am.

Mobile library- Village Hall. Wed (monthly) 15:10-16:10. Tel: 0845 155 1001

West Alvington- see village hall notice board for details.

Zumba- Village Hall Weds 6.15pm-7.15pm. Tel: Gill Whitmore (01548) 581362.

West Charleton - all events are held the in village hall. See notice board for exercise classes and additional events /details.

Spinners & Weavers -Christine Yates. Tel: (01803) 771022

Karate - Wed 6.00-7.00pm. Tel: (01548) 531808.

NCI (National Coastwatch Institution) - 2nd Tues.7.00pm. Tel: S. Procyk (01548) 531241.

Natural History Soc.- last Mon. 7.30pm. Tel: G Waterhouse (01548) 852570.

Zumba for Beginners. Wed 9.30am-10.30am. Tel: Jill Witmore (01548) 581362.

Folk Dance Club -Weds 7.45pm-10.15pm. Tel: Phil Worth (01548) 561415.

West Country Embroiderers - 2nd & 4th Thurs 2-4pm. Tel: 01803 770266.

Ballroom dancing inc rumba, waltz etc . Tel: Mr Jarvis (01548) 580263.

Kingsbridge Camera Club- Thurs 7.30pm. Tel: John Hales (01548) 853833.

K/b Estuary U3A Bridge Club - Fri in winter. 2- 4.30pm. Tel: S. Dooley (01548) 531252..

Flower Club - 2nd Mon (not Aug) 7.00-9.00pm. Tel: Cynthia Morgan (01548) 852764.

Woodleigh

Mobile library - Church Gate. Wed (monthly) 10:25-10:55. Tel: 0845 155 1001.

Libraries/books.

Kingsbridge: Ilbert Rd (behind petrol station) Library: Open Mon – Wed, Fri & Sat. Books, large print, audio books, DVD’s, jigsaw puzzles. 2 hrs free internet access, free WiFi. For social groups see under ‘Kingsbridge’ on pg 23 above. Tel: (01548) 852315.

Salcombe: Cliff House, Cliff Road, Wheel chair access via lift. Open Tues 2pm-5.30pm, Wed 9.30-1.00pm, Thurs 11.00am-5.30pm. Tel: 0845 155 1001.

Mobile library: visits outlying villages. For routes etc see under ‘Villages’ above or contact Kingsbridge Library.

WRVS Books on Wheels: monthly exchange of books inc. large print /audio books delivered to your home if within 10 miles of library. Tel: Catherine Johns (01548) 856755 or visit www.devlibs@devon.gov.uk.

Residential, Nursing homes & Care Agencies in South Hams

NB. This list is for guidance only & not a recommendation. See below for details on who to speak to for a full list of accredited providers, advice and guidance.

These are some of the main care agencies that work in the area. Please see local telephone directories for details of other homes/agencies: Contact Care Direct 0345 1551 007 who can offer guidance & advice on homes to meet specific needs or visit the Care Quality Commission website (www.cqc.org.uk) for info on homes, services and inspection reports. People who meet the fair access to care criteria will have their package of care arranged for them by the hospital discharge service.

Kahala Court Care Home, Embankment Rd, Kingsbridge TQ7 1JN. Category: Old Age. Tel: (01548) 852520
www.devoncaregroup.co.uk con't

Korniloff, Warren Rd, Bigbury-on-Sea, TQ7 4AZ. Categories: Dementia, physical disability and old age. Tel: Mrs Phillips (01548) 810222.

Overleat Residential Home, Derby Rd, Kingsbridge TQ7 1JL. Categories Alzheimer's /dementia, physical disabilities and old age. Tel: Mrs Maureen Pearson (01548) 852603.

Quay Court Care Centre, Squares Quay, Kingsbridge TQ7 2JX. Categories: Alzheimer's /dementia, physical disabilities and old age. Tel: (01548) 852540 www.devoncaregroup.co.uk

Thurlestone Court, Thurlestone, Kingsbridge TQ7 3LY. Categories: Alzheimer's /dementia, mental health, old age, physical disability. Tel: (01548) 560737

Retirement hotel

Burton Farmhouse Country Hotel, Nr Hope Cove TQ7 3EY. Day care, holidays, convalescence, long term retirement etc. Phone Tel: (01548) 561210, [email:anne@burtonfarm.co.uk](mailto:anne@burtonfarm.co.uk) or www.burtonfarm.co.uk

Nursing/Care agencies

Advent Nursing Services Tel: (01803) 866414

www.adventcareservices.co.uk

Care Company (SW) Ltd Tel: (01548) 521789

www.thecarecompanysw.com

Country Cousins 'live-in' carer's. Tel: 0800 542 0676.

www.country-cousins.uk

Care Direct (SW) Ltd: Tel: (01548) 810195 or 07903 116 071

www.carersdirect.org.uk

Care Quest (Southwest) Ltd.

Tel: (01548) 531915 or 07974 969 573

www.carequestsouthwest.co.uk



Saltstone Caring

Community Support Service

Can't find the service you need?

Perhaps Saltstone Caring help

This directory lists some of the services available but if you are unable to find what you are looking for please don't hesitate to

contact **Lisa Butcher, Voluntary Sector rep**

Tel: (01548) 854588 or email

info@saltstonecaring.org.uk

South Hams Directory- a free annual publication listing local shops, services, clubs, churches etc. Available from South Hams

Newspapers Ltd, Tindle House, 101-103 Fore St, Kingsbridge TQ7 1AF. Tel: (01548) 853101 or newsagents & supermarkets.

Churches and village/shops & parish notice boards and village websites are a very useful source of local information and events.

Acknowledgements

South Hams Transport to Health, Care Direct , Devon Carers, Devon Senior Voice

South Hams CVS

& all those who have contributed to this publication.