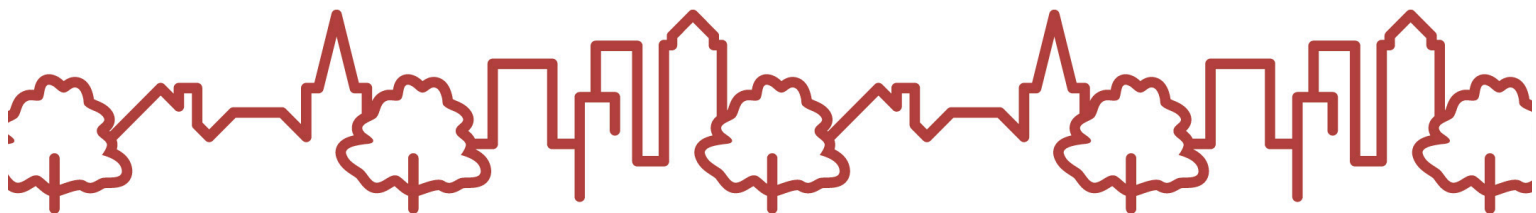


Harbertonford Health and Wellbeing Directory



Social welfare support

South Hams CAB

www.southhamscab.org.uk

CAB offers free, confidential, independent advice on a wide range of issues including benefits, consumer advice, debt, employment, family and personal matters and housing. They offer specific support such as helping with forms and negotiating creditors.

Email: advice@southhams.org.uk

Tel: 08444 111 444

The Cottage, Follaton House, Plymouth Rd. Totnes, TQ9 5NE.

Opening Times – Monday to Thursday from 10am to 1pm and 2pm to 4pm.

Also, they have an online self-help website - www.adviceguide.org.uk

Benefits guidance from South Hams District Council

http://www.southhams.gov.uk/index/residents_index/ben-homepage.htm

Telephone line for enquiries: 01803 861234

To make a new benefit claim: 01803 861158

Phone lines open 8.30 – 5.00 Monday to Friday.

National Debtline

www.nationaldebtline.co.uk

Tel: 0808 808 4000. Open Monday to Friday 9am – 9pm and Saturday 9.30am – 1pm.



Medical support

Totnes Leatside surgery

Babbbage Road, Totnes.

Main surgery phone number: 01803 862671. Lines open between 8.30am and 6pm.

Repeat prescriptions: 01803 867901 between 9am and 1pm and 2pm – 4pm

Catherine House Surgery,

New Walk, The Plains, Totnes

Tel 01803 862073. Opening hours 08:30 – 18:30 Monday to Friday.

Devon Doctors on call

Urgent out-of-hours GP service available to everyone.

Tel: 0845 6710 270

NHS Direct

24Hr Helpline for professional health advice and information. In an emergency, dial 999. Website also includes a symptom checker, a search engine to find your nearest GP, pharmacist, dentist and A&E and health information.

Tel: 0845 46 47. www.nhsdirect.nhs.uk

Totnes Community Hospital

Open 24 hours a day, 7 days a week.

Tel: 01803 862622

Torbay hospital

Tel: 01803 614567

Derriford Hospital

Tel: 0845 155 8155

Royal Devon & Exeter Hospital

Tel: 01392 411611



Boots Pharmacy

Open Monday to Thursday 8am to 7.30pm, Fridays 8am to 6.30pm, Saturdays, 8.30am to 5pm.

Tel: 01803 862356

Leatside Surgery, Babbage Road, Totnes, TQ9 5JA

Morrisons Pharmacy

Open Mondays to Saturday 9am to 5.30pm.

Tel: 01803 8862943

Morrisons Supermarket, Coronation Road, Totnes, TQ9 5DF.

National Co-op Chemists Ltd.

Open Monday to Friday, 9am to 6pm. Saturday 9am to 5pm.

Tel: 01803 863093

28 Fore Street, Totnes, TQ9 5DX.

Out of Hours

Sainsbury's Pharmacy

Open Monday to Friday 7am to 11pm, Saturday 7am to 10pm, Sunday 10am to 4pm.

Tel: 01803 666444

Brixham Road, Paignton, Devon, TQ4 7PE

Dart Vale Dental Care

www.dartvaledentalcare.co.uk

Provides NHS dental care, as well as private and Denplan.

Tel: 01803 840200

Address: 24 Bridgetown, Totnes, Devon, TQ9 5AD.

Pure Dental Care

www.puredentalcare.co.uk

Provides private and Denplan dental care only.

Tel: 01803 862007

Address: 21 High Street, Totnes, TQ9 5NP

Manor Lodge Dental Surgery

www.manorlodgedentalsurgery.co.uk

Provides private and Denplan dental care only

Tel: 01803 863137

info@manorlodgedentalsurgery.co.uk



Hygeia Dental Care

www.hygeia.co.uk

Private dental care

Tel: 01803 866166

Emergency Dental Care

Call NHS Direct on 0845 46 47 and they will tell you which NHS dentist in your area to call and how long you may have to wait.

Rowcroft Hospice

www.rowcrofthospice.org.uk

The hospice provides specialist care to patients with progressive, life limiting illnesses. They aim to support and enable people to carry on when, perhaps, at the time carrying on seems unthinkable. Rowcroft can provide care at home, at their inpatient unit or at their dedicated outpatient centre. They also provide care for relatives and friends

Tel: 01803 210800

info@rowcroft-hospice.org.uk

Carers

Carers Link - South Devon

Provides Information Pack, quarterly Newsletter. Offers Carers Emergency Response Card service to ensure help is provided if anything happens to the carer whilst away from the person they care for. Membership is free & confidential. Take-a-Break and Flexible-Break schemes also available for Link members. Covering residents in the NHS Devon area.

Tel: 01803 862622

South Devon Carers

Helpline open Monday to Friday, 8am to 6pm and Saturdays 9am to 1pm. Take a Break Scheme – Subsidised sitting service for 3 hours per week @£3.00 per hour. Flexible Break Grant. Carers Counselling Service. Devon Care and Repair. Advocacy with Carer Support Worker.

Telephone 08456 434435

Contact Rob Summers

Email: rob@sdevoncarers.org

Young Carers Drop-in at Totnes

Young Devon's Young Carers team provides information, respite activities, a quarterly newsletter, residential opportunities and mentoring. We offer information and support to children and young people under the age of 18 whose educational, health, social or emotional development may be affected by their caring responsibilities in the family.

Tel: 01822 612555 at KEVICCS. Wednesday lunchtimes.

Devon Carers Counselling Service

Free Accessible counseling for Devon carers wherever you are.

Freephone 0808 8010878 or henri@sdevoncarers.org.uk

Older people's support

Totnes Caring

www.totnescaring.org.uk

Totnes Caring is a registered charity offering much needed help and assistance to the elderly, disabled and vulnerable in the community. These services are provided in the area covered by Leatside and Catherine House Surgeries and to the people who live in Totnes and its surrounding villages. It was originally set up in 1987 by doctors of the town to provide extra help and support for their patients. Since then the Charity has expanded and now offers a range of service including transport, shopping, prescription collection, befriending, form filling, luncheon clubs and more. The services are free, and there is also a fee-paying home help service available. Luncheon clubs on Tuesday, Wednesday and Friday at Totnes Community Hospital with a bus service available for transport to and from the lunch venue.

info@totnescaring.org.uk

Tel: 01803 865684. Office is open from 9.30am to 2.30pm and an answerphone service is available at other times.

Totnes Caring, The Loft, Totnes Community Hospital, Coronation Road. Totnes.

Devon Dementia Support Service

Phoneline answered by Dementia advisors. Run by the Alzheimer's Society

Tel: 0300 123 2029

South Devon House Day Care Service

www.southdevonrural.com

Day care services for older people who are physically frail or have low/medium dementia. Includes activity based support for example, music and entertainment, reminiscence activities, yoga and relaxation therapies along with lunch and refreshments. We also provide the venue for Totnes Memory Cafe held the last Friday in each month.

Closed Tuesday and weekends.

Tel: 01803 865550

Address: South Devon House, Babbage Road, Totnes, Devon, TQ9 5JA.



Totnes Memory Café

This is a free drop-in service for anyone who has concerns about their memory or the memory of a loved one. Carers and those they care for, can find support and information. Between 2pm and 4pm on the last Friday of every month.

South Devon House, Babbage Road, Totnes (opposite the Leatside Surgery).

Stroke association

Support for people after a stroke. Hold fortnightly peer support group. Tuesdays 2 – 4pm at 30 Homemeadows, Warlands, Totnes, TQ9 5XY.

Contact: Diane Opoku

Tel: 07717 275802

Diane.opoku@stroke.org.uk

Ring and Ride Scheme – Totnes and Dartmouth

Community transport service for any persons unable to use conventional transport. Particularly frail elderly, socially excluded, disabled or temporarily disabled people. Can take escort. Also vehicle and driver available for private hire to registered user groups.

Tel: 01803 867878 Monday to Friday 10.00 – 12.00

Care Direct

Care Direct's aim is to make life easier for older people by making information and help available when they need it. This includes providing information on care and support, money and benefits and keeping well.

Tel: 0845 1551 007

Totnes Talking Newspaper

Produces a weekly one-hour tape for any person in the Totnes and South Hams area who suffers from impaired sight or who has problems with their hands whilst reading a newspaper. Tapes consist of local news, information and a magazine section. Tapes can also be sent anywhere in the UK if requested by past inhabitants of the area.

www.totnestn.co.uk

Tel: 01803 868679

Singing for the Brain (Alzheimer's Society)



Drop in singing for people with memory loss and their carers.

1st and 3rd Friday of the month at 2pm in Follaton Community Hall.

Contact Sally Hynes: sally@loddiswell.org

Home meal deliveries - Oakhouse Foods

www.oakhousefoods.co.uk

Ready-cooked meals delivered to your door – like Meals on Wheels.
Recommended.

Tel: 0845 643 2009



Children, young people and parenting

Children's/young person's services.

Multi-agency safeguarding hub (MASH) **Tel: 0345 155 1071**

Childline

Free 24hr helpline for young people who are concerned about something. Website includes information for children around bullying, exam stress, self-harm, abuse, relationships and so on.

Tel: 0800 1111 www.childline.org.uk

NSPCC

Provides information and advice about issues relating to child welfare, including online advice and helplines.

If you are concerned about the safety of a child, **tel: 0808 800 5000.**

www.nspcc.org.uk

Parentline

A confidential service free from landlines and most mobiles. They provide information, advice, guidance and support on any aspect of parenting and family life.

Tel: **0808 800 2222**, 7am to midnight.

Also available by **skype – call 0808 800 2222.**

Family Lives

A national charity providing help and support in all aspects of family life. Parentline is the helpline, and there is also an online chat service, LiveOnline chat where you can talk to trained staff online about any family issue. Check the website, www.familylives.org.uk/how-we-can-help/online-chat for available times.

There is also a link from which to send an email if you do not want to do the online chat.

Pulse Youth Venue

Pulse Youth Venue is a dedicated youth venue, open to all young people between the ages of 11 and 19. Situated in the centre of Totnes, off the main high street behind the Mansion building. The centre is staffed by a team of qualified Youth Workers able to give information, advice and guidance on all manner of issues. Facilities at the centre include free Internet access with full multimedia computers including web cams. Other facilities include an Xbox 360, Nintendo Wii and PS2 games consoles, MP3 player compatible music system, comfy sofas, pool table, table tennis table, air hockey and table football. We have a dedicated

DJ room and recently upgraded musical instruments including top of the range Godin, Musicman and Ovation Guitars, as well as drums and keyboards and much, much more.

From 11 years to 19 years. Different times on different days depending on the session.

www.devonyouthservice.org.uk

Tel: 01803 847798

Address: Pulse Youth Venue, Victoria Street, Totnes, Devon, TQ9 5EF.

Totnes Children's Centre

The Totnes Children's centre is made up of the Daisy Family Centre, the Daisy Pre-School and Rainbow – a full day care nursery. This is a Sure Start centre that works to provide the best possible service to families with young children. The Daisy Family Centre is open every weekday and provides a friendly play space for parents and their young children. Activities are free, but you are asked for a small contribution towards refreshments.

www.southhamschildrenscentres.org.uk

Tel: 01803 864737

Totnes Children's Centre, Pathfields, Totnes, TQ9 5TZ.

Hullabaloo Music at the Mansion, Totnes.

Hullabaloo Music is a music group for babies and children aged 0 to 5 years and their parents / carers. Sessions are themed with topics running from 4 to 6 weeks. During the carefully planned sessions children sing, dance, play instruments and also learn the importance of listening. At the end of our sessions we always have a quiet time. At Hullabaloo sessions the children get to experience and respond to all sorts of music. Not forgetting the importance of traditional nursery rhymes and songs, we also get the song sack out every week, pull out a toy and think of a traditional song to sing about each thing.

Thursdays, 10:00 am to 11:00am (pre-walkers) and 11:00am – 12:00pm (mixed group).

Tel: 01803 864737

The Mansion, 36 Fore Street, Totnes, Devon, TQ9 5RP.

Bounce and Rhyme at Totnes Library

This session is run for babies and toddlers and their carers are welcome to join in. We sing songs and nursery rhymes, bounce, clap and have a good time. The activities will also help your child to develop confidence, co-ordination and listening skills. No need to book.

From 0 years to 5 years. Wednesdays, 10:00 onwards. Free.



Tel: 01803 862210

Tiny Tales at Totnes Library

Come and join us for lots of fun at our story telling session. This lively interactive session also involves a simple craft activity. No need to book.

From 0 years to 5 years. Mondays, 10:30 to 11:00. Free.

Tel: 01803 862210

Time 4 Us at Totnes Children's Centre

Time 4 Us are suitable for all families with children under 5 years. During these sessions children and adults will be encouraged to join in with a variety of focused fun activities based around play, including craft, drama, songs, cooking, creating and imagining. Parents will be inspired to continue activities at home.

All sessions will use easily accessible, cheap or recycled materials. A typical outline of a session involves warm ups, a creative activity, followed by imaginative games and songs. Also stay for lunch afterwards until 1.00pm

From 0 years to 5 years. Thursdays, 9.30 – 11.00am. £1 per session per family. £1.50 if crèche provided.

Tel: 01803 864737

Totnes Children's Centre, Pathfields, Totnes, TQ9 5TZ.

Parents 2b at Totnes Children's Centre

Parents 2b offers pre birth and post natal information sessions to expecting parent. The course covers areas from the birth to bringing your new baby home and those all important early days. It gives parents a chance to meet other young mums and dads and also an opportunity to access support for themselves.

Tuesdays 6:00- 8:00pm. Free. Voluntary contribution £1.

Tel: 01803 864737

Totnes Children's Centre, Pathfields, Totnes, TQ9 5TZ.

Stay and Play at Totnes Children's Centre

Stay and play sessions are an opportunity for all parents, carers and families of children under the age of five, to enjoy play activities along side their child. The sessions are set up with a wide range of activities and toys both indoors and outside. It is also a chance to catch up with friends over a cup of tea or coffee. Children are provided with a healthy fruit snack during the morning. Friendly staff team are on hand to help and listen to any concerns you may have and sign post you to further help where needed.

From 0 years to 4 years. Wednesday, 9.30 – 11.30am. £1 per family.

Tel: 01803 864737

Totnes Children's Centre, Pathfields, Totnes, Devon, TQ9 5TZ.

Other services at Totnes Children's Centre include:

- Baby and Toddler Clinic
- Baby massage courses
- Breastfeeding support
- Busy bees art and craft toddler and parent group
- Chatter time group – music and games to stimulate speech and language
- Antenatal Clinic
- Time 4 parents – parenting skills
- Parents 2b – pre birth and post natal information
- Bumbs and babes morning
- Step by step – for families with children under five with additional needs
- Twins group
- Treasure baskets – for babies aged 6 to 10 months
- Young parents group – for parents and expectant parents up the age of 25.
- Dangerous Dads – activities for dads, granddads, male carers and their young children.

See www.southhamschildrencentres.org.uk for more details.

Devon Portage - Southern Devon

Devon Portage provides a weekly, term time, home visiting service for pre-school children who have special needs and their families. Portage is based on the common sense principle that parents know their children better than anyone else and need to be the key figures in the care and development of their child. It aims to work in partnership with parents and to work towards enabling children with additional needs to continue to learn and make progress throughout their early years.

The scheme is different from many other services for young children - instead of taking children to the service, the service is brought to the child and their families in their own home on a weekly basis. The same Portage Home Visitor visits the family each week for about an hour at an agreed time. Activities are then designed to boost the child's development in those areas where help is needed - from very early motor skills to the more complex task of communication. Based on learning through play, agreed tasks are left each week to be practised and reviewed again at the next visit.

From 0 years to 5 years, Monday to Friday 9:00am to 5:00pm.



Tel: 01803 868929

Address: Windmill House, 21 Ashburton Road, Totnes, Devon, TQ9 5JT.

Lifeworks-Life Skills Academy

www.lifeworks-uk.org

We offer a once a week after-school and overnight Life Skills programme to children with learning disabilities between the ages of 12 and 18. Young people who may not meet the funding criteria of Social Services will have the opportunity to learn and reinforce life skills during school term. It is our ambition to teach children with learning disabilities a variety of life skills in a way and with such continuity that they will become second nature and habits of a lifetime. This in turn will improve the child's chances of leading an independent life, of maintaining a sense of self and self-confidence, and of embracing a rewarding and active role in his or her community.

Tel: 01803 840744

Address: Blacklers Park Road, Dartington, Totnes, TQ9 6EQ.

DISC – Devon’s Family Information Service

www.devon.gov.uk/disc_services.htm

The website includes a family information directory where you can search for childcare options in your area, as well as anything from attachment parenting groups to trampolining and kung fu classes! There are also downloadable information sheets on topics such as paying for childcare, tax credits, childminding between friends, childcare vouchers and so on. There is also a “family support” section which gives links to a range of different services, including schools admissions, child maintenance options, relate and home-start.



Mental health problems, distress

Specialist Team for Early Psychosis (STEP) – Torbay, South and West Devon

The STEP team provides assessments and a range of interventions for people between the ages of 14 – 35 experiencing the symptoms of psychosis for the first time. Referrals are from primary care, other mental health service, professionals who work with young people and self referrals.

Tel: 01803 866225

Cool Recovery

www.coolrecovery.org.uk

Widely known as COOL, Carers-One-to-One Link was founded in 1999 by a South Devon mother to improve communication and provide information to support families and friends affected by mental health issues. Based in a lovely house in Torquay, Cool Recovery offers a variety of activities and therapies including art, crafts, music, cooking, massage, gardening, counseling, support groups, work placements and more. Members run the popular café, providing excellent refreshments in a friendly atmosphere. Lunch is prepared and served daily using fresh local produce to deliver nutritious meals at affordable prices.

Cool Recovery is a well known information and support network for anyone affected by mental health issues. Regular activities and support groups continue in Totnes, as well as in Dartmouth, Kingsbridge and South Brent.

Kingsbridge meetings, 2nd Wednesday of every month, 10.30 – 12.30, The Akasha Room, Harbour House, Kingsbridge.

Dartmouth meetings, 10.00 to 12.30 Thursdays weekly, Dartmouth Baptist Church Hall, Townstal.

Totnes Cool – Meets when required. Tel: 01803 299511 for more information.

Cool Recovery Counselling Service – appointments can be arranged in venues in South Hams as well as Torquay. Tel: 01803 299511.

Cool House Carers Day (Torquay). Weekly 10am to 4pm every Wednesday at the Cool House, Torquay (address below). Carers Support group from 11.00am to 12.30pm. Therapies and massage available by appointment.

Cool Recovery, 17 Morgan Avenue, Torquay, TQ2 5RP

Tel: 01803 299511

info@coolrecovery.org.uk



WAND

Devon's mental health out of hours support. They offer a confidential service providing emotional support and listening through an evening helpline staffed by trained, caring volunteers. The majority of the volunteers have had direct or indirect experience of mental health issues.

Free phone 0808 800 0312, 8pm to 11pm Monday, Wednesday, Friday and Sunday.

Samaritans

Anyone in distress can contact Samaritans at any time of day, by phone, email or by post.

National number is 08457 90 90 90, or the **Plymouth Samaritans is a locally charged number 01752 221 666**

Email: jo@samaritans.org

By post: Freepost RSRB-KKBY-CYJK, Chris, P.O.Box 90 90, Stirling, FK 2SA.



Drug and alcohol problems

Drinkline

Provides confidential information and self-help advice, can put callers in touch with local alcohol advice centres for one-to-one help and supports friends and family of people who are drinking.

Tel: 0800 9178282

The National Drugs Helpline

Offers free and confidential information about drugs. It can refer people to local drug advice services

Tel: 0870 776600

Frank

www.talktofrank.com

Frank provides free and confidential advice about any drug issues whether its information your after, advice or just a chat.

Tel: 0800 775500 (lines open 24 hours).

Alcoholics Anonymous

www.alcoholics-anonymous.org.uk

National helpline 0845 769 7555

Totnes meeting at 12.30 on Fridays at the Meeting Room, St. John's Church, Bridgetown.

Paignton meetings at 19.30 on Wednesday at Room 2, Methodist Church Hall, Palace Avenue Paignton.

Ashburton "Keep it Simple" meetings on Mondays at 19.30 at the Methodist Church, 15 West Street, Ashburton

Ashburton "Step and Tradition" meetings, Thursdays at 19:30 at the Methodist Hall, 15 West Street, Ashburton.

Also meetings in Torquay. For full list of meetings, go to the search engine at www.alcoholics-anonymous.org.uk/newcomers/?PageID=2



Al-Anon Family groups

<http://www.al-anonuk.org.uk>

Provides self-help sessions for people whose lives are effected by someone else's drinking.

Newton Abbot meetings on Tuesdays at 19.30, at The Avenue Methodist church, The Avenue, Newton Abbot, TQ12 2BY

Paignton meetings on Thursdays at 19:45 at the Methodist Church Hall, Palace Avenue, Paignton, TQ3 3EQ (Entrance is at rear, top floor.)

Tel: 020 7403 0888 – open 10am to 10pm, 365 days a year.



List of national support groups

National Sexual Health Help Line

A free and confidential telephone service with advice about HIV, AIDS, sexual health, sexually transmitted infections, local services, clinics and support services.

Tel: 0800 567 123

Alzheimers Society

Tel: 0845 300 0336 (8.30am to 6.30pm Monday to Friday)

Arthritis Care Helpline

Tel: 0808 80 4050 (Monday to Friday 10am to 4pm)

Asthma Helpline

Tel: 0800 121 62 44 (Monday to Friday 9am to 5pm)

Autism Helpline

Tel: 0808 800 4104 (Monday to Friday 10am to 4pm)

Royal National Institute for the Blind

Tel: 0303 123 9999 (Monday to Friday 8.45am to 5.30pm)

Macmillan Cancer Support

Tel: 0808 808 0000 (Monday to Friday 9am to 8pm)

Diabetes UK

Tel: 0845 120 2960 (Monday - Friday, 9am to 5pm)

Epilepsy Action

Tel: 0808 800 5050 (9am to 4.30pm Monday to Thursday, 9am to 4pm Fridays)

British Heart Foundation - Heart Helpline

Tel: 0300 330 3311 (9am to 5pm, Monday to Friday).

Parkinson's Disease

Tel: 0808 800 0303 (Monday to Friday 9am – 8pm, Saturday 10am – 2pm)

Dyslexia

Tel: 0845 251 9002 (10am to 4pm Monday to Friday, also Tuesday and Wednesday, 5pm – 7pm).

Domestic Violence and Abuse Service

Tel: 01626 365087 Monday to Friday 9am to 5pm, Wednesday evening, 7pm – 9pm.

Rape Crisis National Helpline

Tel: 0808 802 9999 (12pm to 2.30pm, 7pm – 9.30pm)

Devon Rape Crisis

Tel: 01392 204174 (Mondays 3pm – 6pm, Fridays 2pm – 5pm, Saturdays 11am to 2pm)

Cruse Bereavement Care

Helpline for the bereaved and those caring for bereaved people as well as a website with information and advice. Also for young people.

Daytime helpline: 0844 477 9400

Local branch: 01626 332450.

Email: helpline@cruse.org.uk

Totnes Police Station

Ashburton Road

Tel: 101 for non emergencies.



Out and About

South Hams Lifestyles

Supports people with disabilities to stay at home. Mostly social activities e.g. fortnightly Friday drop in, seated exercise class at Methodist Hall. Also provide debt advice, form filling and some individual support.

Contact Gail Tucker. Tel: 01803 849229. shlifestyles@btconnect.com
The Boatshed Steamer Quay, Totnes, Devon, TQ9 5AL.

Bob the Bus

Bob is the local community bus, available to all, including “National Concessionary Bus Pass holders. As the only bus to go up the main street, it is a good way to access the historic museum, castle and guildhall, as well as the many individual shops. 75p return adult fare. Timetable and route available in Devon County local bus books or from Totnes Information Centre. Also available for private hire.

Tel: 01803 868584.

Walk and Talk Totnes

These schemes aim to encourage walking for all, at individual’s own pace in a non-competitive and supportive environment. They are free and are aimed at people who are doing little or no exercise at the moment but who would like to become more active, in a social way. There are a range of walks from short walks ideal for those recovering from illness or who feel nervous about being active to moderate walks that are ideal for those who are able to walk further but would prefer to walk with others. All walks are led by trained volunteer walk leaders and are risk assessed to ensure that they are safe and suitable for those attending. By starting with short, easy walks and building-up, people can develop their interest, talk, exercise and meet new people.

Weekly walks on Mondays and Wednesdays starting at Totnes Pavilion at 11am. Monthly Sunday walk (longer walk), starting at 10.30am outside the Tourist Information Centre. Please call Kate Wright (below) for confirmation of arrangements before turning up.

Tel: Kate Wright – 01822 813571



Totnes Pavilion

Totnes Pavilion provides a range of sporting activities to suit all. Our facilities include a swimming pool, sports hall, outdoor tennis courts, all weather pitch, fitness classes and sauna. We also run a range of junior activities after school, weekends and during school holidays.

Tel: 01803 862992

Harbourne Shuttle

Scheduled bus services from Harbertonford to Totnes via local villages on three days a week.

Wednesday and Friday – depart Harbertonford at 9am, calling at Washbourne, Cornworthy, Bow Bridge and Ashprington before arriving at Totnes at 9am.

Returns from The Plains at 12pm on Wednesday and 12.30pm on Fridays.

Thursdays, leaves Moreleigh at 9.10am calling at Halwell, Harbertonford, Rolster Bridge, East Leigh and Harberton, arriving at Totnes at 9.35am. Returning from The Plains at 12pm.

The bus will drop off customers at the station and Leatside surgery by request. Fares are £1 single or £1.50 return, while National Bus Passes are recognized for trips starting after 9.30am.

The shuttle carries up to 16 passengers, is also available for private hire, at a cost of £1.50 per mile. To make a booking please call Tracy Dance on 01803 732936 or 07763 329212.

Village social and health related groups

Allotments

The Harbertonford Allotment Society uses allotments in Hernaford Lane. Annual rental is up to £50 a year, and there is currently a waiting list. To join the Society, contact the Secretary, Frances Padfield on 01803 732962.

Ashprington WI

Meetings take place in Ashprington Village Hall on the second Wednesday of each month. For more information contact Rosemary Gifford on 01803 732940 or Pat Burgess on 01803 732388

Book Club

Meetings are held monthly at book club members' homes. A book is chosen each month and is then discussed. Light refreshments are served. New members welcome. Contact Pam Rogers 01803 732616.

Harbertonford Sports and Social Group (HSSG)

HSSG is an informal group which seeks to encourage and organise sports and leisure activities in Harbertonford. It publishes Village Life which is distributed to every household in the village on a monthly basis. It contains information on forthcoming events as well as local news items, and is sponsored by individuals or organisations within Harbertonford. Items for inclusion in the newsletter should be forwarded to Graham CLayon (732603).

Events organised by HSSG include the annual street party as well as activities part sponsored by Village in Action. The group meets monthly on the third Monday of the month at the meeting room in the village hall, and any interested resident is welcome to attend. Further information from Sue Groom (732462).

Harberton Cricket Club

Harbertonford cricket Club have matches on mid-week evenings and weekends during the season. The home games are played on the cricket field near Harberton. Further details available from Barry Goldsmith (845251).

Harbertonford Football Club

The Club play on the football field in Harbertonford. They welcome new players. Further information from Steve Jane (732479)

Mobile Library

Devon Library operate a mobile library service which calls at Harbertonford on the first and third Thursdays of the month. It stops outside the Church from 3.15pm to 4pm and then in Bow Road from 4.05pm to 4.35 pm.

Baby and Toddler Group

The Baby and Toddler Group is an informal, drop-in group which meets every Tuesday between 9am and 11am during term time in the pre-school room at



Harbertonford Primary School It is open to carers with babies and toddlers, with coffee and snacks available, with a charge of £1.50 per family. Further information from Wendy (732383).

Pre-school playgroup

The playgroup is open to children aged three and above (including children who will be three during the term). It meets on Mondays and Wednesdays from 9.10am to 3.10pm and Fridays from 9.10am to 11.15pm. The group meets in the pre-school room attached to Harbertonford Primary School. Further information available during playgroup hours from 07772 597802, or Sara Perring (867302) or Wendy (732383).

Pilates

With Sasha Newman. Harberton Parish Hall Tuesdays 8pm – 9pm, and Friday 10am – 11am. Sunrise Room, East Leigh Tuesdays 10 – 11am, Wednesday 8 – 9pm and Friday 6.30 to 7.30pm.

Village Arts and Crafts Group

A friendly group that meets to work together on ongoing individual arts and crafts projects. Bring whatever you need to work on your creations around the kitchen table. Refreshments provided. Meets first Monday of the month. Contact Linda – 732 306.

Church coffee morning

Held on the 3rd Tuesday of every month from 10.30am in the village hall. Raffle, bring & buy, produce, cakes. Everyone welcome. Contact Marcia Ball (732739).

Harbertonford Post Office and Stores – Home Delivery Service

Tel: 01803 732220 – Gerry Mulrine
Open Monday – Sunday









About Neighbourhood Health Watch

The Neighbourhood Health Watch project team has experience in primary, secondary, social care & wider society and draws in relevant academic, administrative and project management expertise.

The project pilot phase was financed by HIEC SW, Regional Innovation Fund (RIF) and ran from September 2011 - May 2013.

Following the success of the pilot phase the Scheme is now spreading to others parts of Devon and further afield.

The Neighbourhood Health Watch Scheme has an Executive Steering Group consisting of:

- Assistant Chief Constable Sharon Taylor, Devon and Cornwall Police
- Professor Stuart Logan, Director of the NIHR CLAHRC for the Southwest Peninsula, University of Exeter Medical School
- Elaine Cook, Chief Executive, Community Council of Devon
- Mary Nisbett, Chief Executive, Westbank Community Health Care
- Peter Aitken, Director of Research & Development, Devon Partnership NHS Trust
- Virginia Pearson, Director of Public Health, Devon County Council
- Dr Tim Burke, Chair, Devon Clinical Commissioning Group
- Julie Dent CBE, Chair, Devon Partnership NHS Trust

WOULD YOU LIKE TO START A WATCH IN YOUR AREA? Could you offer support to a neighbour, no matter how big or small, as and when required?

If you feel that your street or community would benefit from having a watch in your area, but you don't know where or how to start - we can help.

Email: info@neighbourhoodhealthwatch.org.uk

Telephone: 01392 674112

Web: <http://www.neighbourhoodhealthwatch.org.uk>

