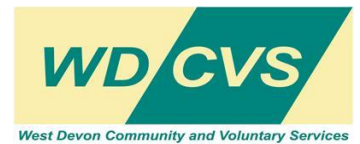


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Time to Talk	A confidential listening support service and practical help for disabled people or deaf people Email: time2talk@livingoptions.org www.livingoptions.org/support-help/time-talk	0300 303 3691 0785 642 6940 Tues Wed Thurs 10am-4pm
Silverline	The Silver Line is the only free confidential helpline providing information, friendship and advice to older people, open 24 hours a day, every day of the year. Call us ANYTIME	0800 4 70 80 90
Age UK	Call our free, confidential advice line We're open 8am-7pm, 365 days a year Phone buddy line (an hourly chat once a week)	0800 678 1602 0800 055 6112
Diabetes UK	The Diabetes UK Helpline is a dedicated diabetes helpline for all people with diabetes, their family or friends, and people who are worried they might be at risk. Monday to Friday, 9am to 6pm	0345 123 2399
Parkinson's UK	The Parkinson's UK helpline is a free and confidential service providing support to anyone affected by Parkinson's.	0808 800 0303
British Heart Foundation	Helpline - for medical enquiries: Phone lines are open 9am to 5pm, Monday to Friday	0300 330 3311
British Lung Foundation	Speak to one of our team over the phone. We aim to answer within 6 rings, and calls will cost the same as a local call. We're available Monday to Friday, 9am - 5pm.	03000 030 555
Samaritans	Providing emotional support to anyone in emotional distress, struggling to cope, or at risk of suicide throughout the United Kingdom and Ireland, often through their telephone 24 hour helpline	116 123
Fire Service Safety	Mainly offering advice over the telephone; however, technicians will ring to assess the need for a home visit if there is high fire risk with no smoke alarms, a need for replacement alarms, or arson threats (letterbox restrictors).	0800 05 02 999

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One Small Step Healthy Lifestyle Service	Face-to-face meetings suspended; however, for self-referrals go to https://onesmallstep.org.uk/online-health-assessment ; for third party referrals, go to https://onesmallstep.org.uk/refer	0800 298 2654; 01392 908 139
Tavistock Foodbank	If our referral agencies are not currently able to operate a face to face service with clients, then they can refer their vouchers over the phone to us. Once referred we can see clients as normal but without close contact; if we are busy clients may have to come back as there is limited waiting area due to current safety advice.	07941 436149
Citizens Advice	Face to face drop in service suspended. Consumer advice (e.g. cancelled holiday or event) 9am-5pm Mon-Fri 0808 223 1133 Universal Credit Help to Claim 8am to 6pm, Mon- Fri: 0800 144 8444 All other issues : Adviceline 10am to 4pm, Monday to Friday) : 03444 111 444 www.cabdevon.org.uk/need-advice/	www.citizensadvice.org.uk/
Navigate	For concerns related to money, debt or benefits 8.30 am-4.30pm Mon-Fri. Email: enquiries@navigatecharity.org.uk	01823 299050
Every Mind Matters (NHS)	Practical tips and advice to help you manage and maintain your mental and emotional health. https://www.nhs.uk/oneyou/every-mind-matters/	
Devon County Council	For the latest information: https://www.devon.gov.uk/document/coronavirus-advice-in-devon/	
West Devon Borough Council	For the latest information https://www.westdevon.gov.uk/article/6652/Coronavirus-latest-information-and-advice	

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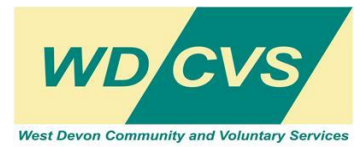
Dartmoor Preservation Association	Contact by email; some walks at the walkleader's discretion. Email: info@dartmoorpreservation.co.uk	
Farming Community Network	Social contact telephone service providing help to farmers and allied industries.	Helpline: 0845 367 9990
Livewest (housing)	All front line work continuing including tenancy support, housing management and emergency grants. Email: alison.knight@livewest.co.uk	
DATA (Debt Advice Tavistock Area)	Contact with existing clients remotely wherever possible. Responding by phone to potential new clients who make contact. Email: debt.advice.tavi@gmail.com	07955 728721
Parenting Solutions	Offering family support and parenting programmes to families in need, via telephone, Facetime and email. Email: sonia.worthington@icloud.com	
Tavistock Library	Telephone and virtual contact only. e-books can be downloaded and audiobooks borrowed from BorrowBox and Libby using customer's ticket. If no ticket, or need a reminder of PIN code, ring the library usual hours (not Weds or Sun). Magazines available online through RB Digital using the library card number and PIN code. For more information see the website https://www.devonlibraries.org.uk/web/arena/catalogue	01822 612218
Ron's Pet Supplies, Tavistock	Pet food delivery for isolated pet owners Email: shop@ronspets.co.uk	01822 611110

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<p>Pilates classes via Zoom</p>	<p>Link up with Sally Cinnamond (Chartered Physiotherapist) for beneficial exercise while in isolation</p>	<p>07969 157507 Mon Wed Fri 9.30am-1030am Tues Thurs 6-7pm</p>
<p>West Devon Art Workshops - Art for All project</p>	<p>We are setting up online classes. We will email links to videos of art demonstrations to our contact list along with printable handouts for people to distribute to others not online. We will be encouraging the classes to be shared to anyone who is suffering from isolation. All participants will be encouraged to join the Art for All closed Facebook group run by Okehampton participants to share achievements and give each other support. Email: westdevonartworkshops@gmail.com</p>	
<p>Devon in Sight</p>	<p>All face-face meetings suspended; home visits considered only in extreme cases for clients without a local support network and with concerns over their health and wellbeing.</p>	<p>01392 876 666</p>
<p>Tavistock Memory Café</p>	<p>Maintaining contact with carers by email and telephone Email: info@tavistockmemorycafe.co.uk</p>	<p>07765 644843</p>
<p>Tavistock Physically Challenged Group</p>	<p>Contact through our Facebook page only. Email: leys@sky.com</p>	
<p>Tavistock Parkinson's Support Group</p>	<p>Contact by email and telephone only. Email: evans.v5@sky.com</p>	<p>01822 614204</p>
<p>Tavistock and Yelverton Catholic churches</p>	<p>Support for all parishioners Fr. Martin Stone Email: martin.stone@prcdtr.org.uk</p>	<p>07783 452 663</p>
<p>Tavistock Area Christians Together.</p>	<p>Listening Ear free phone service for anyone wishing to talk to someone or receive prayer. (manned by local church volunteers)</p>	<p>0800 774 7238 10am-5pm 7 days a week</p>

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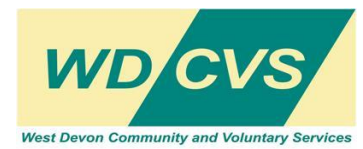


Job Centre	Job Centres open only for those unable to use telephone or computer, or who are homeless. For all other clients, no requirement to attend in person. Reviews and assessments for disability benefits suspended for the next 3 months. Those who are eligible to continue to apply for benefits online.	0845 604 3719 (texts to 0845 608 8551)
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Local support groups

Tavistock Locals Help	Support for individuals, couples and families in isolation www.tavistocklocalshelp.co.uk	0800 046 5531 (8:00am – 8:00pm (everyday)) APP: Tavistock Local
Deer Leap Support Group	Offering support in area of Deer Leap Road off Down Road, Tavistock.	01822 612494
Bere Alston	Covid-19 Volunteer Group Email: lyndafreeman71@gmail.com	Lynda Freeman 01822 841063 ; Orla Turner 01822 841713
Horrabridge	Team Horrabridge Covid-19 and Beyond – facebook page Horrabridge Foodbank	Ali Mansfield 07908 069756 Sally Northmore 07810 111 214
Lifton	Information and help; several volunteers' contact details on Lifton Parish Council website. www.liftonpc.org.uk	Cllr Chris Edmonds 01566 784794
Lewtrenchard covering also Lewdown, Marystowe, Thrushelton, Stowford, Coryton & Portgate	Support co-ordinated by Margaret Dunn Email: margaret-dunn@btconnect.com	01566 783 779 ; also 01566 783 415 01566 783 392
Princetown Postbridge, Hexworthy & Huccaby	Dartmoor Forest Parish Council's list of volunteers - http://www.dartmoorforestpc.net/covid-19-volunteer-list.html	Alison Geen 01364 631276

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Tiddybrook Meadows, Tavistock	Support from Tiddybrook Meadows Residents Association Email: Mrs.M.Godfrey@gmail.com	01822 258078
Brentor	Volunteer support group from Brentor Church and Brentor Compassionate Neighbours Latest information at www.brentorvillage.org & community.support@bmcneighbours.org	01822 810 285 07904 983958
Mary Tavy, Horndon and area	Volunteer support Facebook page Email: marytavycs@gmail.com Co-ordinator Bev Ross:	01822 811 019
Peter Tavy	Volunteer support from Peter Tavy Parish Council www.petertavyparishcouncil.org Email: contacthub@petertavyparishcouncil.org Peter Tavy Community on Facebook	01822 610682
Lydford	Volunteer support at Lydford Helpline Email: lydfordhelp@gmail.com Lydford Volunteer Group on Facebook	Ruth Tainsh 07572 785522 Jodie Austin 07940 060705
Lamerton	Lamerton Parish Council www.lamertonparish.co.uk Lamerton Caremongering on Facebook	01822 678456
Yelverton area Buckland Monachorum & Crapstone	Support through YelverCare in Yelverton area only (including Walkhampton, Yelverton, Crapstone, Buckland Monachorum, Clearbrook, Milton Coombe) www.yelvertoncommunityprojects.org/yelvercare BucklandCares on Facebook	07775 695864 10am-1pm Mon-Sat. Lucy Wood 07870 645360
Chillaton	Local response group: Bridget Passmore Email: bridgetpassmore@btinternet.com	

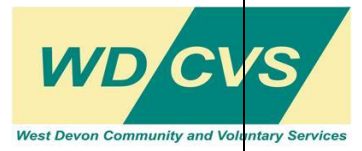
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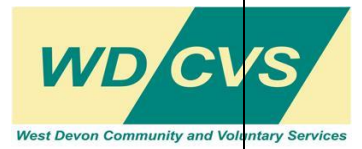
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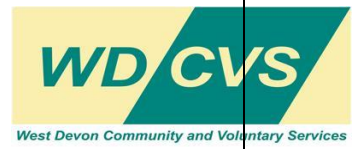
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