

## Wellbeing Partnership Area

We are five well established local organisations working together with people across South Devon.



For more about what is available to you in this area go to our website shown on the back of this leaflet.



## WELLBEING SOUTH DEVON

### Moor to Sea Locality

*Totnes & surrounding area*



Helping people to make the  
most of their later life in  
South Devon

## Our Contact details

Telephone: 01803 865684

Email: [info@totnescaring.org.uk](mailto:info@totnescaring.org.uk)

Website: [www.totnescaring.org.uk](http://www.totnescaring.org.uk)

Address: Totnes Caring, The Loft,  
Totnes Community Hospital, Totnes, TQ9 5GH

## What is Wellbeing South Devon?

We work with people over the age of 50, often living with multiple long term conditions.

Our aim is to listen to what really matters to you.

We will connect you with like-minded local people and opportunities to make the most of life.

Every good conversation starts with listening

## How does it work?

Our contact details are on the back of this leaflet or you can ask your GP, or a health or social care professional to connect you with us.



Once we have your details we will ring you to have an initial conversation about how we can help.

We will then look at options with you which could include meeting with a Wellbeing Co-ordinator to talk about making the most of life.

## What People say



John says “When my wife died I was depressed and my GP suggested this Programme. It has helped me to find a different social life and meet my friend Harry who has also lost his wife”

Joan says “ I feel proud of what I have achieved , I am interested in volunteering to give something back to the Community”

Stuart says “Physically I do feel better and I feel better able to deal with everything. I think that I am handling my conditions so much better”.