

Ashburton & Buckfastleigh

Community Wellbeing, Exercise & Social Support



Produced by the Physiotherapy Department Ashburton and Buckfastleigh Health
and Wellbeing Centre

Working with you, for you

National Information and Support



General Health and Wellbeing

[The NHS website - NHS \(www.nhs.uk\)](http://www.nhs.uk)

[Managing your weight - NHS \(www.nhs.uk\)](http://www.nhs.uk)

[Mental health - NHS \(www.nhs.uk\)](http://www.nhs.uk)

[Eat well - NHS \(www.nhs.uk\)](http://www.nhs.uk)

[Exercise - NHS \(www.nhs.uk\)](http://www.nhs.uk)

[Stop smoking treatments - NHS \(www.nhs.uk\)](http://www.nhs.uk)

Mental Wellbeing

MIND

[Home - Mind](http://www.mind.org.uk)

Mental Health UK

[Mental Health UK - Forward Together \(mentalhealth-uk.org\)](http://mentalhealth-uk.org)



Mental
Health
UK



Lifestyle

National Centre for Smoking Cessation and Training

[About us \(ncsct.co.uk\)](http://ncsct.co.uk)

Weight Management BMI>30

[NHS England » The NHS Digital Weight Management Programme](#)

Sport England Initiative to Get Active

[Join the Movement | Sport England](#)



Devon Social Support

Family Support

Devon Communities Together
www.devoncommunities.org.uk

Devon Children & Families Partnership
www.dcfp.org.uk



Child care, child protection, special education needs [I need to... – Education and Families \(devon.gov.uk\)](#)
www.devon.org.uk/educationandfamilies



Elderly/Disability Support

Care Direct www.devon.gov.uk/care-and-health
Call [0345 155 1007](tel:03451551007)

e-mail csc.caredirect@devon.gov.uk

Financial, Employment Support

[Home - Citizens Advice Devon \(cabdevon.org.uk\)](http://cabdevon.org.uk)

36-38 Market Walk Newton Abbot TQ12 2RX

Call 9.30-3.30 Mon to Friday 03444 111 444

[Citizens Advice South Hams \(southhamscab.org.uk\)](http://southhamscab.org.uk)

Follaton House Plymouth Road Totnes
TQ9 5NE

Call Mon - Frid 9-4pm 0808 278 79 48



Local Information and Support

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Social and Community Support

Ashburton Family Services

Woodland Road, Newton Abbot TQ13 7DR

Small local charity supporting pre school children, their parents and carers within Ashburton and the surrounding areas. Focused on supporting the disadvantaged, less able and those with additional needs; and run a Kindergarten and support groups within the local community.

<http://www.ashburtonfamilyservices.org.uk>

Devon Carers - Ashburton Peer Support Group

The Old Library Restaurant, North Street, Ashburton, TQ13 7QQ
1st Wed of the month between 10.30am to 12pm. Cuppa and a Chat.

[Home - Devon Carers](http://devoncarers.org.uk)
devoncarers.org.uk

Ashburton Community Care

Support for older and isolated people, includes befriending

01364 712013

Go Beyond (formerly known as Chicks)

Higher Mill Buckfast Abbey, Buckfastleigh TQ11 0EE

Respite breaks for disadvantaged children

www.gobeyond.org.uk

01822 811020 to volunteer or enquire
about help

Be Buckfastleigh

Community Interest Company set up to tackle health, social, and economic inequalities in Buckfastleigh and other small rural towns. Range of free activities and services which connect people to each other, to their community and to nature and the environment.

bebuckfastleigh.co.uk

Teignbridge Play Network (tepee)

Buckfastleigh

Support and develop the play opportunities in Teignbridge and develop the quantity and quality of play. Also to raise the profile of play and its importance in the development of children.

http://www.playwork.co.uk/media/9863/tepee_case_study.pdf



Buckfastleigh Community Care <http://buckfastleigh.mccg.org.uk/>

Provides friendly support to elderly or isolated people in the Buckfastleigh area. **Tel. 01364 712013**

St Luke's Church Buckfastleigh

Plymouth Road TQ11 0DA

Has various community activities such as play group, food bank, community café, lunch club and day centre

<https://stlukeschurchbuckfastleigh.org.uk/general-information/>

Tel 01364 643120 e-mail saintlukesbfl@btconnect.com

The Bungalow Youth Project. Victoria Park Lodge. Buckfastleigh
Safe, warm and welcoming environment for young people to access advice and guidance and enjoy a wide range of activities. Run by professionally trained youth workers.

[Buckfastleigh Community Development Project \(Trust\) - Charity \(thebungalowyouthproject.co.uk\)](http://thebungalowyouthproject.co.uk) open weekday evenings, Sat. afternoon

Tel. 01364 644481 e-mail thebungalowyouthproject@gmail.com



Lifestyle and Mental Wellbeing

Directory Caringtown www.caringtown.org.uk

Youth mental health foundation

17 Woodland Road, Ashburton, TQ13 7DR

Supports parents of young people who self-harm. Free online course. School visits.



<https://www.youthmentalhealthfoundation.org/>

The bank youth support

Engage young people in purposeful activity in a space they can call their own, where they can relax, be creative, have fun, make friends, develop their interests and skills, talk and discuss issues or concerns, increase self awareness, take on responsibility, seek advice and support, increase their understanding of the community around them and their involvement in it.

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

The Dragon Sanctuary

34 Bossell Rd, Buckfastleigh TQ11 0DD

A small community and arts venue with singing workshops, children's storytelling etc

<https://www.facebook.com/thedragonsanctuarybuckfastleigh>

Skylarker

Skylarker supports people's wellbeing through mindfulness, movement and storytelling.

<https://www.facebook.com/Skylarker.uk/>

Inspire Interventions

Unit 22, Dart Mills, Old Totnes Rd, Buckfastleigh TQ11 0NS

Bespoke, one-to-one intervention programmes in boosting confidence and building resilience in young people. Education services, social care

<https://www.facebook.com/InspireInterventionsDevon>



For the Wild

Reconnecting women to the wild for wellness - wild walks, camps, families, women

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

Health Support

Cancer lifeline southwest

Therapeutic support for people affected by cancer and their carers

Tel: 01364 388697

<http://cancer-lifeline.org>



DASH (District of Ashburton Surgery Helpline)

Tel: 01364 653335 10am till mid-day Mon– Frid

DASH supports patients who use Ashburton Doctors Surgery by providing transport, befriending, a lunch club and collection of prescriptions and shopping. We do this for people who are unable to drive or not well enough to do these things themselves.

<https://en-gb.facebook.com/dashashburton>



A newly developing autism forum to develop support for parents, links for professionals

<https://www.facebook.com/groups/1992774781043112/>

Exercise Activities

Ashburton Outdoor Pool

Tel: 01364 641094

Love Ln, Ashburton, Newton Abbot
TQ13 7DW

ashburtonpool.com



Victoria Park Buckfastleigh

TQ11 0AB

Heated open air swimming pool which is run by volunteers
and adventure play and skate park.

<http://www.buckfastleighpool.co.uk/get-involved/4594236151>

Walking for Softies

Buckfastleigh

Gentle stroll and coffee organised by Buckfastleigh community group

<https://www.facebook.com/BeBuckfastleigh/>

Walking for Health

<https://www.facebook.com/DartmoorNaturallyHealthy/>

Buckfastleigh Bowling Cub

Duckspond Road, Buckfastleigh TQ11 0NL

Tel: 07577 219962



Dynamo Climbing Centre

Old Totnes Rd, Buckfastleigh TQ11 0NF

Tel: **01364 644975** email: info@dynamoclimbingcentre.co.uk

www.dynoclimbingcentre.co.uk

Buckfastleigh Rangers Football and Social Club

Duckspound Rd, Buckfastleigh TQ11 0NL

Tel: **01364 642853** email: info@brfcsocial.co.uk



Ashmoor Sports Centre. South Devon College

Balland Ln, Ashburton, Newton Abbot TQ13 7EW

Tel: **01364 654303**



Hobby and Interest Groups

The Lost Sound

Dartmoor folk singing, social, music. Ashburton.

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



The Singers Upstairs

2 St Andrews Cl, Ashburton, Newton Abbot TQ13 7DT

<http://www.devonlyvoices.co.uk/>

William Pengelly Cave Studies Trust

Russets Lane, Buckfastleigh TQ11 0DY

A volunteer charity responsible for: 1) Conservation of exhibits of national importance from Buckfastleigh Hill and caves, SSSI and SAC. 2) Education programmes for all ages from Early Learning Years to research level. 3) Residential accommodation for activity programmes:- schools, Princes Trust Teams and similar.

<http://www.pengellytrust.org>



Buckfastleigh Community Gardens & Allotments

<https://www.facebook.com/BFLCGA/>



Buckfastleigh Cinema

Community cinema showing films monthly
with a cocktail bar

<https://www.facebook.com/bflscreen>

BANG - Buckfastleigh Action for Nature Group

Community group delivering environmental conservation actions in
Buckfastleigh.

<https://www.facebook.com/groups/buckfastleighactionfornature>

Dartmoor skies

A charity that inspires people about astronomy and science

<https://dartmoorskies.org/>



Emergency & National Support Lines

Domestic Abuse www.gov.uk

Immediate danger call **999**. If you can't speak and are calling on a mobile press **55** to have your call transferred to the police.

When calling 999 if you can't talk, listen to the operator and answer questions by coughing or tapping the handset.

Free confidential advice call

Refuge 08082000247

Mens advice line 08088010327

Women's aid - directory of support in your area.

www.womensaid.org.uk

Bight Sky app—only download if you are sure your phone isn't being monitored. Help if you are experiencing domestic abuse or if you are worried about someone.

Debt, Money Concerns www.gov.uk

**Free debt advice; advice about benefits, everyday money,
family and care**

www.moneyhelper.org.uk

0800 0113797

