

Leisure and Day Opportunities (P28)



Torbay Disability Information Service

Torbay and South Devon NHS Foundation Trust
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Torquay
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Email: dis.torbay@nhs.net

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Important: Please ensure that you are using the latest version of this information sheet. To check this, go to our information sheets page on the Trust website at

www.torbayandsouthdevon.nhs.uk/disinfosheets or call the Disability Information Service on 0300 456 8373

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About this information sheet

This is one of a series of regularly updated local information sheets that aim to meet the most common information needs of people with disabilities and carers in Torbay.

Where possible, we try to keep our information up to date. However, we cannot guarantee that all of our information is constantly up to date - details change often and there may be changes to services of which we are not aware. If you know of a change to any of the services listed please advise us of this so that we can amend the details.

The information should be used as a guide only, as it may not cover all the organisations that can help with your needs. Torbay Disability Information Service (part of Torbay and South Devon NHS Foundation Trust) cannot guarantee the accuracy of the information or the quality of service provided by the organisations. No liability can be accepted for loss, damage, or injury arising out of any contract made by a private individual with any of the organisations listed.

Details change often, so please make sure you are using the current edition. Latest copies of the sheets are published on the following website page:

www.torbayandsouthdevon.nhs.uk/disinfosheets

If you do not have Internet access, you can ask for single copies from our office.

A full list of our other information sheet titles can be found at the end of this sheet.

Information can be made available in other formats and languages. Please let us know what your needs are.

Torbay Disability Information Service
4th Floor, Union House, Union Street
Torquay TQ1 3YA

Telephone: 0300 456 8373 Email: dis.torbay@nhs.net

Introduction

This information sheet gives details about leisure opportunities for adults, although some of the opportunities listed may also be suitable for children.

Please note that details about the groups, such as times and venues, were correct at the time of compiling the sheet. These details may have changed so always check current details when contacting any of the organisations.

Many support groups for specific disabilities may also include leisure and social opportunities (e.g. Arthritis Care) but these are not included in this sheet, nor are groups which help to build up confidence. For information about groups that provide support for specific conditions, see our 'Support Groups' information sheet P21. For information about sports and outdoor activities, see our 'Sports and Outdoor Activities' information sheet P34.

If, after looking through this information sheet, you are still not sure which leisure opportunity to pursue you may wish to visit Pinpoint Devon, which gives details about leisure opportunities across Devon, at www.pinpointdevon.co.uk For other sources of information about general leisure opportunities, please see page 6.

General Leisure Opportunities

Information about general leisure opportunities for all ages and interests may be obtained from the following:

- Pinpoint Devon at www.pinpointdevon.co.uk
- If you have no access to the web at home, you can use the Internet at the library to search for leisure opportunities. See page 35 for locations of local libraries and services that they offer to older and disabled people.
- Noticeboards in libraries, local shop windows, community and parish halls, etc.
- Local newsletters, eg. parish and church newsletters.
- Local newspapers. The 'Herald Express' carries regular leisure listings. The newspaper also carries advertisements and features about local social opportunities and events.
- For information about places to visit locally and local events:

The English Riviera Visitor Information Centre, located at 5 Vaughan Parade, Torquay.

Telephone: (01803) 211211

Email: holiday@englishriviera.co.uk

The Centre is open Monday to Friday 9.30 am - 5.00 pm and from Easter to the end of October we extend our days, Saturdays 9.30 am - 5 pm (closing for lunch 1.00 pm - 1.30 pm) and during the summer school holidays Sundays and Bank Holidays 10 am - 2 pm

Torbay Visitor Information Points:

- Paignton Library and Information Centre, Great Western Rd,
Paignton, TQ4 5AG
- Ula! (formerly Hobb Nobs gift shop), The Quay,
Brixham, TQ5 8AY
- Churston Traditional Farm Shop, Dartmouth Road,
NR Brixham, TQ5 0LL
- Brixham Library, Market Street, Brixham, TQ5 8EU

Discounts, Schemes and Websites

The Carers Discount Card

This scheme provides Torbay carers with discounts from a range of local businesses, including pharmacies, complementary therapies, laundry services, key cutting and adult education. In order to benefit, cardholders will have to carry a carers emergency card provided by Torbay Carers Register. Existing cardholders have been informed, but other carers can get the free Emergency card by joining Torbay Carers Register. For more information, contact Signposts for Carers on (01803) 666620.

- The Cinema Exhibitors' Association Card

Telephone: (01244) 526016 Textphone: 18001 01244 526016

Website: www.ceacard.co.uk Email: info@ceacard.co.uk

This is a national card that can be used to verify that the holder is entitled to one free ticket for a person accompanying them to the cinema. To apply for a card, you will need to be in receipt of Disability Living Allowance, Attendance Allowance, Personal Independence Payment or Armed Forces Independence Payment or be a registered blind person. The card is valid for one year and can be used at all cinemas in Torbay and Newton Abbot, the Flavel in Dartmouth, the Barn in Dartington and the Reel Cinema in Kingsbridge. Go online to apply, or call to request an application form.

- Your Local Cinema

Email: subtitles@yourlocalcinema.com

Website: www.yourlocalcinema.com

This website is a 'one stop shop' for accessible cinema and DVD information. It provides a listing service for accessible cinema, subtitled and audio described shows around the UK. To have the week's audio described cinema listings read to you over the phone contact the Call Centre on 0845 056 9824 (local rate).

- Vue Cinema – Autism friendly screenings

Vue Cinema Torbay (Apollo), Esplanade Road, Paignton

Telephone 0345 308 4620 (calls cost 10p per minute from BT, other networks may cost more)

Website: <https://www.myvue.com/legal/accessibility>

Monthly autism friendly screenings of children's films are offered at the Vue Cinema in Torbay at 10.00 am on the last Sunday of every month.

The screenings are designed to make the cinema experience more relaxing, enjoyable and accessible for people with autism. Special features include:

- No adverts or trailers before the film
 - Higher than usual lighting levels
 - Lower than usual sound levels
 - Allowance for increased levels of movement and noise
-

- Torbay Leisure Card
- Telephone: (01803) 207976
Website: www.torbay.gov.uk/leisure-sports-and-community/sports/torbay-leisure-card/
Email: sports@torbay.gov.uk

The Torbay Leisure Card entitles residents of Torbay who receive certain benefits to save on a wide range of indoor and outdoor health and leisure activities.

To join the Torbay Leisure Card scheme, bring proof of your entitlement (the letter you received to confirm your benefit or award) to Torbay Leisure Centre, Riviera International Centre, Swim Torquay or the Admiral Swimming Centre, Brixham. Qualifying benefits include: Disability Living Allowance, Personal Independence Payment, Jobseeker's Allowance, Income Support, Housing Benefit or Local Housing Allowance, Council Tax benefit, Incapacity Benefit or Employment and Support Allowance, Working Tax Credit, Pension Credit, education benefits (eg. free school meals) and health benefits (eg. free prescription glasses or dental care). Unpaid family carers can obtain a Torbay Leisure Card by showing their Torbay Carers Register Emergency Response Card. Foster carers, carers' children and/or looked after children also qualify. NB. Some of these benefits are being replaced by Universal Credit. Universal Credit holders will be entitled to a Torbay Leisure Card.

Please note that the Torbay Leisure Card scheme only applies to certain venues and services. The Card is free but it needs to be renewed each year and must be shown at all participating venues to allow you any discounts being offered.

Days Out

The national concessionary bus scheme covers all local bus services throughout England. It enables people who are eligible through age or disability to travel free on any local bus services in England between the off-peak times of 9.30 am and 11.00 pm Monday to Friday and any time during weekends and bank holidays.

Please note that from 6 April 2010 eligibility for older persons changed in line with the increase in women's state retirement age. This means that a woman will be eligible for an older persons bus pass on the date that she reaches pensionable age, and a man will become eligible for a bus pass when he reaches the pensionable age of a woman born on the same day.

- Countryside Mobility

C/o Living Options Devon, Ground Floor, Units 3-4 Cranmere Court, Lustleigh Close, Matford Business Park, Exeter, EX2 8PW
Telephone: 01392 459222

Website: www.countrysidemobility.org

Email: info@countrysidemobility.org

Countryside Mobility, run by charity Living Options Devon, is a project aiming to improve access to the countryside for people through a network of all terrain mobility scooters available to hire at around 50 outdoor attractions and beauty spots around the South West.

For further information, please contact the provider directly.

Exploring Historical Properties

- English Heritage

If you are interested in exploring historical properties, English Heritage and the National Trust offer a range of assistance to visitors who have disabilities, as follows:

Each property has its own access information. To find the access information, you go to the webpage for the property you wish to visit, click on plan your visit and then access. Carers go free, we allow free entry for up to two companions where required.

Telephone: 0370 333 1181 (Customer Services)

Email: customers@english-heritage.org.uk

Website: www.english-heritage.org.uk

- The National Trust

(Marldon, Paignton, Devon, TQ3 1TA)

The National Trust provides access information about its properties to download from the website www.nationaltrust.org.uk. All properties have adapted WCs unless mentioned in the property entry. Many properties provide manual wheelchairs for hire, and self-drive and volunteer-driven powered mobility vehicles are available at some larger gardens and parks. Wherever possible, the Trust admits users of powered mobility vehicles to its historic buildings – please telephone the property in advance to check. NB. The necessary companion or carer of a disabled visitor is admitted free of charge. To save having to request this on entry, an Access for All Admit One Card, made out in the name of the disabled person, can be issued – to request this, call the Supporter Service Centre on (01793) 817634, giving the disabled person's name and address.

Telephone: 01803843235

Email: comptoncastle@nationaltrust.org.uk

Website: <https://www.nationaltrust.org.uk/visit/devon/compton-castle>

- Local History Group at Torquay Library

Telephone: 01803 714460

Website: <https://www.torbaylibraries.org.uk/web/arena>

Meeting every 3rd Saturday of the month at Torquay Library from 10:00 - 12:00 this is a group for people who want to know more about their local history with like-minded people.

- Torbay Beaches

TOR BAY Harbour

Torquay Harbour Office, Beacon Quay, Torquay, Devon, TQ1 2BG

Tel: 01803 208443

Email: harbour.authority@torbay.gov.uk

Website: <https://www.tor-bay-harbour.co.uk/leisure/beaches-and-coastline/>

Most Torbay beaches are easily accessible. Deckchairs are available to hire out at all of the major beaches within Torbay. For further information about Torbay beaches, including details about access, parking and facilities, please visit Tor Bay Harbour website.

- Torbay Coast and Countryside Trust (TCCT)

Head Office: Ocombe Farm,
Preston Down Road, Paignton, TQ3 1RN
Telephone: (01803) 520022
Email: info@countryside-trust.org.uk
Website: www.countryside-trust.org.uk

For those who enjoy the countryside, TCCT offers the following:

- A regular programme of events, such as nature club, cookery workshops, rock pooling, wildlife photography and discovery walks.
- Volunteering and training opportunities are available to adults who live in Torbay, including those with special needs (see also page 51).
- Woodland Trust

Website: <https://www.woodlandtrust.org.uk/>

This Woodland Trust's website is the only website where you can find almost all of the woods in the UK that are open to visitors.

Learning Opportunities

Course and Workshop Providers

- Access to Community Education (ACE)

Email: info@acetorbay.com Robert Boyd: (01803) 850823

South Devon College: (01803) 540865

Details of Service: Provides educational and leisure activities for adults with physical disabilities. Activities include swimming, art, and Sportsmobility (exercise and team games) Facilities are accessible for students with physical disabilities. Contact ACE for further information and membership details.

Area served: Torbay

- Adult Skills & Lifelong Learning

University Centre South Devon, Long Road, Paignton, TQ4 7EJ

Telephone: (01803) 540865

Email: acladmin@southdevon.ac.uk

Website: <https://www.southdevon.ac.uk/adult-learning>

Details of Service: Recreational Courses for Adults including Art, Languages, Upholstery, Dressmaking, Flower Arranging, Mosaics, Silver Jewellery, Woodcarving, Pottery, Singing, Photography, Ballroom Dancing, Pilates, Aqua Aerobics, Stretch and Tone.

We also offer Free English, Maths and Digital Skills Courses.

They are held at South Devon College campuses in Torquay and Paignton

- Computers

There are many opportunities to learn about computers in Torbay, including opportunities to learn at home. For detailed information about this, see our 'Computers' information sheet P27.

- Learndirect Courses

Telephone: (01202) 006 464

Website: www.learndirect.com

Learndirect offers high quality learning at a time, place and pace to suit the individual. All Learndirect courses are online, but if you don't have a computer at home you can learn at one of the regional Learndirect centres. In some cases, you may get help towards the cost of a course – contact Learndirect or your Learndirect Centre to find out more about this. To enquire about courses or request a free information pack, contact the Learndirect freephone number or visit the Learndirect website (see above for contact details).

- National Extension College

Freephone: 0800 389 2839 (Monday to Friday, Monday – Friday, 9am – 5pm, closed on Bank Holidays)

Website: www.nec.ac.uk email: via website

The National Extension College (NEC) offers a range of distance learning courses, including counselling, law, psychology and creative writing.

- Open College of the Arts

The Michael Young Arts Centre

Room 201, DMC02, County Way, Barnsley, S70 2AG

Telephone: 01226 978330 (The office is open Monday to Friday)

Email: enquiries@oca.ac.uk

Website:

https://www.oca.ac.uk/?gclid=EAlaIQobChMli_3YvZL6gQMVHItQBh1B7gvmEAAYASAAEgLwSvD_BwE

An educational charity that offers distance learning in a range of arts subjects, including fine art, art history, creative writing, photography, music and textiles. Students can, within reason, pace their course to suit their own situation. Also, adjustments of course materials can be made for people with disabilities, such as large print versions of some courses for students who find standard print hard to manage and, for students with dyslexia, the use of dyslexia-friendly fonts and backgrounds.

- Open University

PO Box 197, Milton Keynes MK7 6BJ

Telephone: 0300 303 5303 (Open Monday to Friday 8am – 5:30pm)

Website: www.open.ac.uk Email: via website

The Disability Resources Team:

Telephone: (01908) 653745 Textphone: (01908) 655978

Email: disabled-student-resources@open.ac.uk

The Open University is the UK's only university dedicated to distance learning. There is no upper age limit (although students must be aged 16 when their course starts) and, for most courses, there are no previous qualifications required to study. Students can learn at their own pace whilst receiving regular support from a tutor and student services staff. There is a range of support on offer to people with disabilities, including the availability of materials in alternative formats and other tailored support.

- Read Easy Torbay

Telephone: Jane Macey, 07593 223 600

Telephone: 01388 435 021 Email: jane@readeasy.org.uk

Email: info@readeasy.org.uk Website: www.readeasy.org.uk

Read Easy is a flexible, confidential one-to-one scheme for any adult who either can't read or who lacks confidence with reading. The scheme will provide all those who want to learn to read with a volunteer to help them, special books to teach them, a choice of quiet, discreet places to meet and a time to suit both the coach and the learner.

Read Easy coaches and their readers use the 'Turning Pages' manuals, a set of five friendly, structured manuals designed to help adults to learn to read, including those with dyslexia. Reading sessions last half an hour and take place twice a week at approved venues in Brixham, Paignton or Torquay. There is no pressure to complete the course in any particular time - everyone can work at their own pace without feeling rushed.

- U3A Learn, Laugh, Live

The Third Age Trust, 156 Blackfriars Road, London, SE1 8EN

Telephone: (020) 8466 6139 (national office no.)

Email: info@u3a.org.uk

Website: www.u3a.org.uk

A worldwide movement encouraging older people in the ‘third age’ (roughly the retirement stage) of life to take up or continue educational and other interests. No qualifications are required, and members are encouraged to take pleasure in learning for its own sake.

A typical U3A offers a range of interest groups, from archaeological studies to jazz appreciation, art and creative writing. Most of the tuition in U3A groups comes from members themselves, and interest groups are often quite small with meetings and classes taking place in members’ homes. Costs are kept as low as possible.

For details of U3A groups currently running in Torbay, see the U3A website or contact U3A’s national office.

- Workers’ Educational Association (WEA)

South West Regional Office:

4 Barnfield Crescent, Exeter, EX1 1QT

Support Services Team: 0300 303 3464

South West Office: (01392) 457300

Email: southwest@wea.org.uk

Website: www.wea.org.uk

The Workers’ Educational Association (WEA) is a national charity that aims to create a friendly, supportive and inclusive environment for all its learners.

The WEA offers a variety of courses in various locations and may sometimes also offer distance learning courses (for example, in

creative writing). Further information about courses that are of interest to you can be obtained from the Learner Enquiry Centre (see above for contact number). NB. Courses in Torbay are sometimes limited but there are generally a few more courses available in other areas of Devon, such as Totnes, Newton Abbot, Exeter and Plymouth.

Remission of course fees may be available to students who are on an income-based benefit. If you are in financial need you may be able to apply for Discretionary Learner Support for help towards additional course costs, such as exam fees, travel, books and childcare. In some cases, personal support can be arranged to attend a course, such as BSL interpreters, loop systems and resources in alternative formats.

Social Opportunities

Day and Social Opportunities for Older People

- The Acorn Youth Community & Sports Centre
Lummaton Cross, Barton, Torquay, TQ2 8ET
Telephone: (01803) 328819
Email: via website.
Website: <https://www.acorncentre.co.uk/>

Details of Service: The Acorn Centre is an accessible venue, where various groups and clubs are held, including a 50+ general exercise class. Please note that this class is run by Adult and Community Learning and starts in October 2018 – for further details or to book on a course please visit the ACL Torbay website or call ACL Torquay (please see below for contact details).
Times: Thursdays, 10.00 am – 11.00 am.

- Age UK Torbay
12 Dendy Road, Paignton, Devon, TQ4 5DB
Telephone: (01803) 555181
Email: reception@ageuktorbay.org.uk
Website: www.ageuk.org.uk/torbay

Age UK Torbay Home Support Service:
Providing help at home , shopping, companionship. Charges apply.
Contact Name: Angie Clayton
Email: angie@ageuktorbay.org.uk

Age UK Wellbeing
Open: Monday to Friday
Wellbeing Torbay
Please contact Age UK Torbay office (01803 555181), if you feel lonely and isolated, and wish to be more involved with community-based activities and need some support to access them. We have specialised staff for Housing, Dementia, and low-level Mental Health support.

- Eat that Frog CIC @ The Pad
91 Union Street, Torquay, Devon, TQ1 3DG
Telephone: (01803) 551551 (option2)
Website: www.eatthatfrog.org Email: info@eatthatfrog.ac.uk

Contact Name: Kate Dorling

Details of Service: Centre provides a community café on Fridays and community shop Monday – Thursdays.

Also provides FREE sessions on CV's, interviews, budgeting, cooking on a budget, craft Fridays and access to online services.

Community Shop open to all with FREE fresh food, store cupboard items and toiletries. Covering Torbay

- The Filo Project CIC (covering all parts of Torbay)
Telephone: 0333 939 8225 or (01392) 982138
Email: info@thefiloproject.co.uk
Website: www.thefiloproject.co.uk

The Filo Project provides small group day care in hosts' own homes for older people who are socially isolated, most of whom are experiencing symptoms associated with mild to moderate dementia and other challenges of older age. Transport is provided, lunch, activities and conversation. Sessions are largely dictated by the preferences of group members. All hosts are carefully selected and receive ongoing training and supervision. They are subject to an enhanced DBS clearance as well as being trained in Emergency First Aid, Dementia, Moving and Handling and Food Safety.

NB. Help with funding may be available, based on a means test, if you are eligible for social care support or your carer has 'enhanced' eligibility for a break. Torbay Adult Social Care is on (01803) 219700.

- The Precinct Centre

Church Road, St Marychurch, Torquay TQ1 4QY

Telephone: (01803) 329105

Email: via website Website: <https://www.precinctcentre.com/>

Details of Service: Social Centre for people aged over 55. You are welcome to drop in and take a look. Refreshments are available at a small cost. Activities that take place regularly include watercolour groups, bingo, knitting circle, games & bridge afternoon, a writer's group, craft group.

- Re-engage (formerly Contact the Elderly)

Telephone: 0800 716 543

Email: via website Website: www.reengage.org.uk Contact:

South West Support Officer

Details of Service: National charity giving people aged 75 and over who live alone the opportunity to be taken out regularly to someone's home for a small social gathering. Outings usually take place once a month on a Sunday afternoon and are free.

Call Companions Re-engage's telephone befriending service is for people aged 75 and over who live on their own and would like a bit of extra company. A volunteer call companion calls the same older person between two and four times a month at a mutually agreed time for an informal chat. Chats will last for around 30 minutes.

The service is aimed at people who have little or no contact with family or friends and who struggle to leave their house in normal times.

Area Served: The South West area, including Torbay.

- Turning Heads

The Windmill Centre, Pendennis Road, Hele, Torquay, TQ2 7XB

Contact Name: Alan Tilley

Telephone: 07817 777 739

Email: admin@turningheads.org.uk

Website: www.turningheads.org.uk

Details of Service; Turning Heads offer community-based day activities 3 days a week. The activities offered are Well Being Sessions, some yoga, dance and low impact exercise, Hair & Beauty, Life Skills, Gardening Group, Social Group, Art & Wellbeing and cooking and working in their community café. For more information, and costs for the events, please contact Alan Tilley on 07817 777 739 or visit their website www.turningheads.org.uk.

Day Opportunities and Support for Adults with Dementia

- Alzheimer's Society Memory Cafes and Singing for the Brain

Contact: Dementia Adviser Service: 0300 123 2029 or

devon@alzheimers.org.uk

- Memory Cafes

Details of Service: Free drop-in services for people with dementia, their carers, family and friends. Memory Cafés provide advice, support, stimulating activities, occasional talks and the opportunity to meet others and have a coffee and a chat. They are run by volunteers and supported by a co-ordinator. Dementia Advisers often drop in for people who may be worried about their memory to talk with, or to arrange further help.

- Purple Angel Memory Cafe

Barton Baptist Church, Happaway Road, Barton, Torquay

Telephone: (01803) 459290

Contact Name: Elaine 07707 048595

Details of Service: A new free café run in conjunction with the Torbay Dementia Action Alliance. The café is for anybody who has any memory, cognitive problem or a diagnosis of dementia and provides a safe, welcoming, non-judgmental environment. Sessions include tea and coffee, games, talks, music and dance. NB. All attendees must be accompanied by a carer at all times. The café is open to people living anywhere in Torbay, and beyond if required. Times: Every Saturday afternoon except the first Saturday of each month, 1.30 pm - 3.30 pm.

Social Opportunities: Adults with Physical Disabilities

- Access to Community Education (ACE) (emailed)

Email: info@acetorbay.com Contact Name: Robert Boyd

Details of Service: Provides educational and leisure activities for adults with physical disabilities. Activities include swimming, art, and Sportsmobility (exercise and team games) Facilities are accessible for students with physical disabilities, Contact ACE for further information and membership details.

- Brixham Does Care

Old Market Hall, Town Hall, New Road, Brixham TQ5 8TA

Telephone: (01803) 857727

Website: www.brixhamdoescare.co.uk

Email: admin@brixhamdoescare.co.uk

Details of Service: Offers a variety of social activities and support to people with disabilities, older people and people of all ages who are isolated, vulnerable, or in crisis or distress. Activities include art, bingo, scrabble, crafts, bridge, knitting, a film club, a weekly lunch club and mini bus trips. There are also weekly ladies' groups and support groups. Other services offered include befriending and a jigsaw library. Please note that this service is offered to residents of Brixham and surrounding areas only.

Times: The cafe is open Monday to Wednesday from 10.00am - 12.00pm. Centre and Shop is open 9.45am – 4pm Monday to Friday.

- Phab Club Torquay (for young people aged up to 25)

Barton Baptist Church Hall, Happaway Road, Torquay TQ2 8EU

Telephone: 07804 853422

Email: phabwebsite@gmail.com

Website: <https://phabtorbay.co.uk/>

Contact Name: Mark Thorneywork, (PHAB Club Torquay
Organiser,)

Details of Service: Phab Club Torquay is a local charity that is affiliated to the national Phab charity. Phab creates opportunities for people with and without physical disabilities to come together on equal terms. Phab Club Torquay provides a centre for young people with disabilities, offering social opportunities and a range of activities for young people from 8 to 25 years old. Activities include

arts, sports, drama and trips. Contact Mark Thorneywork for further information or to enquire about joining.

Social Opportunities: Adults with Sensory Disabilities

Social Groups for Adults with Visual Impairments

- Jasmyn House Visual Loss Coffee Mornings
Jasmyn House, 1 Midvale Road, Paignton TQ4 5BD
Telephone: Jasmyn House, (01803) 551846 or the Sensory Team, (01803) 219800, SMS 07833 194328 or textphone 1800201803219800.

Details of Service: Coffee mornings that give people with visual loss the opportunity to meet other people with similar needs and concerns.

Times: Fourth Tuesday of the month, 10.00 am – 12.00 noon.

- Torbay Social Club for the Blind and Visually Impaired
Preston Conservative Club, Preston, Paignton
Telephone: (01803) 209574
Contact Name: Graham Leach, Chairman

Details of Service: Social club for visually impaired people of all ages. Meetings include refreshments and a raffle. There are also currently three trips a year (now free of charge but members may be asked for a contribution towards petrol in the future). Torbay only.

Times: Second and fourth Wednesdays of the month,
2.00 pm - 4.00 pm

- Torbay Young VI Social Group

Jasmyn House, 1 Midvale Road, Paignton TQ4 5BD

Telephone: 07538 420 717

Email: torbay.youngvigroup@outlook.com

Contact Name: Naseem

Details of Service: A group for working age (18-65) adults with a visual impairment, their partners, families and carers. The group offers an opportunity to come together. Covering Torbay.

Times: Third Monday of each month, 7.00 pm – 9.00 pm (dates may sometimes vary)

- VisualEyes Torbay (formerly Brixham Blind Club)

A charity for sight impaired people of all ages which is affiliated to the Macular Society and represents them in Torbay. Provides peer support groups in Torbay (as below) as well as a wide range of social and leisure opportunities.

- Brixham: United Reformed Church, New Road

Times: First Monday of each month, 2.00 pm - 4.00 pm

- Paignton: Jasmyn House, Midvale Road, Paignton, TQ4 5BD

Times: First Wednesday of each month, 10.30 am - 12.30 pm

- Torquay: Upton Vale Church, St. Marychurch Road

Times: First Friday of each month, 10.30 am – 12.30 pm

 Chris Sumner, 07951 659514

 www.visualeyestorbay.org.uk

 info@visualeyestorbay.org.uk

Social Groups for Adults with Hearing Impairments

- Jasmyn House Hearing Loss Coffee Mornings
Jasmyn House, 1 Midvale Road, Paignton TQ4 5BD
Telephone: Jasmyn House, (01803) 551846 or the Sensory Team,
(01803) 219800, SMS 07833 194328 or textphone
1800201803219800.

Details of Service: Coffee mornings that give people with hearing loss the opportunity to meet other people with similar needs and concerns. Join in with activities, such as chair exercise or scrabble or just enjoy coffee and cake.

Times: First Tuesday of the month, 10.00 am – 12.00 noon.

- Torbay Deaf Social Club
Abbey Hall Centre, Rock Road, Torquay, TQ2 5SP
Telephone/fax (voice/minicom): (01803) 215918
Email: torbaydeafclub@gmail.com
Website: <https://www.torbaydeaf.org.uk/>

Contact Name: Amanda Whittle, Social Club Secretary

Details of Service: Social club for deaf people, offering various activities, including quizzes, indoor sports, bingo, music, outings and visits. Covering Torbay and South Devon.

Social Opportunities: Adults with Learning Disabilities

- Gateway Club

Jasmyn House, 1 Midvale Road, Paignton TQ4 5BD

Telephone: (01803) 859285

Website: www.torbaymencap.co.uk/gateway-club

Contact Name: Mo Jones, Club Secretary

Details of Service: Local branch of national association, affiliated to Mencap. Provides social club for adults with learning disabilities aged 18+, including indoor games, music, and arts and crafts.

Refreshments available. Area Served: Torbay

Times: Weekly on Tuesday evenings, 6.30 pm - 9.00 pm

- Burrow Down Day Opportunities

Burrow Down Support Services,

Preston Down Road, Preston, Paignton, Devon, TQ3 1RN

Telephone: (01803) 526 710 Email: hr@burrowdown.co.uk

Details of service: Day Opportunity service that caters for adults with learning disabilities. Activities facilitated at present within our service – Arts and crafts covering all medias, Gardening, Animal husbandry, exercises base activities both indoors and outdoors, ITC, Sensory activities from water and sand play, music as well as access to our bespoke sensory room, swimming, independent living skills i.e., cooking on site in our kitchen and shopping using the public transport and community-based activities and outings. The service offered looks at the persons wellbeing, independent life skills and functional skills, with each package offered begin tailor made to meet all level of needs of each person that access this service so, they can get the most of each day they attend aiming towards them living a fulfilling life that they choose to have. The service we offer includes a specialism in complex needs. Access to the service is via referral from each person's care manager or by

direct approach from the person and their careers, parents and or guardians. Covering Torbay and South Devon
Services operational days and times – Monday to Friday 09:30 – 16:00

- United Response (ROC Wellbeing)
Telephone: 01803 868550 or 07773 963430 (Rob Helmore, Team Leader)
Devon Office Email: info.Devon@unitedresponse.org.uk

Provides people with a learning disability with the opportunity to learn new skills and gain accredited learning qualifications at the same time. It offers the following opportunities in Torbay and Totnes.

- United Response (Aspects of ROC)
37 Hyde Road, Paignton, TQ4 5BP
Contact: (01803) 552955 or 07773 963430 (Rob Helmore, Team Leader)
Email: info@unitedresponse.org.uk

A fully accessible community focused service for people with a wide range of abilities across the learning disability spectrum. It provides people with learning disabilities with the opportunity to learn new skills and gain accredited learning qualifications at the same time. New facilities include a fully height adjustable kitchen and a changing places facility for wheelchair and other high needs users. As well as leisure opportunities, individuals can also access information, advice, guidance and much more via ROC's single point of entry.

- ROC Active Torbay

Torbay Leisure Centre, Paignton, TQ4 5JR

Telephone: (01803) 550018 or 07889173959 (Bobby Singh, Team Leader)

Email: info@unitedresponse.org.uk

Offers people with learning disabilities the opportunity to access sporting opportunities at the Torbay Leisure Centre and other venues with support from trained staff. Attendees are encouraged to access the full facilities of the Centre as independently as possible, with trained staff on hand to provide a safe and supportive environment for those who need it.

- ROC Creative Torbay

Palace Avenue Theatre, Palace Ave, Paignton TQ3 3HF

Telephone: (01803) 526846 or 07551 106050 (Christina Weaver, Team Manager)

One of the South West's leading arts projects, providing people with an opportunity to express themselves artistically whatever their abilities or disabilities. Offering Art Groups, Samba Band, Drama Group, Singing Group for more information, please contact Christina Weaver (Team Manager) direct.

- Lower Sharpham Barton Farm (LSBF) - Ambios
Lower Sharpham Barton Farm, Ashprington, Totnes, TQ9 7DX
Contact: (01803) 732502
Contact: 07525 986 766 – Andrew, Team Leader
Website: <https://www.ambios.net/>

Provides opportunities to learn and develop farming and agricultural skills. Also offers woodwork classes, metal classes, forestry school, animal care, conservation and gardening. Covering Torbay, South Hams and Teignbridge

Access to Service: Via referral by Social Care managers, or by individual choice (Personal Budgets/Self-Funding). Enquiries are welcome.

Activities for Health and Exercise

This section provides details of active, mainly non-competitive leisure pursuits, such as swimming, sailing and 50+ activity schemes. For information and advice on getting healthy and getting active, contact the Healthy Lifestyles Team on 0300 456 1006 or torbaylifestyles@nhs.net , or visit their website pages at www.torbayandsouthdevon.nhs.uk/services/healthy-lifestyles

Please note that some centres have been accredited by the Inclusive Fitness Initiative (IFI). For further information about this initiative visit: www.activityalliance.org.uk/how-we-help/programmes/65-inclusive-fitness-initiative or call (01509) 227750 (add 18001 if you are a textphone user).

Clubs, Groups and Associations

- Board Games, Coffee and Chat

Telephone: 01803 714460

Website: <https://www.torbaylibraries.org.uk/web/arena>

A mix of games available, or just have a cuppa and a chat. Open to all ages and abilities, no skills necessary! Every Friday

- Chess Hour at Paignton Library

Telephone: 01803 714460

Website: <https://www.torbaylibraries.org.uk/web/arena>

Weekly chess hour in our children's area (open to all ages). We'll have lots of chess sets available. Experienced players are happy to help beginners getting started. Every Tuesday during term-time

- Knit and Chat

Telephone: 01803 714460

Website: <https://www.torbaylibraries.org.uk/web/arena>

Open to all ages and abilities, bring your knitting, needlepoint or any other craft and enjoy relaxation with others. Tea/coffee and biscuits available. Every Monday

- Learn to play the Ukulele!

Telephone: 01803 714460

Website: <https://www.torbaylibraries.org.uk/web/arena>

Open to all ages and abilities. No booking required just drop in. Last Wednesday of every month.

- The Riding for the Disabled (RDA) Exeter Group

Acorn & Squirrels Group,

Oaklands Riding Stables, Alphington, Exeter EX2 9JA

Telephone: 01392 272 105 National Office: (01926) 492915

Email: oaklandsridingschool.co.uk Website: www.rda.org.uk

Contact Name: Rebecca Wilkins (07976 917666)

Details of Service: Provides riding instruction for children and adults with special needs, who are able to walk and mount unaided. Please note that weight limit varies, depending on what equines we have available.

Riders need to produce details of medical condition and help needed at session. Please note that there is no longer a Torbay and District Group of RDA but there are a few in Devon, including the groups in Exeter listed above. For details of other groups please contact the RDA or visit their website. Covering Devon.

- Yarnia - Crochet and Knitting Circle at Paignton Library
Telephone: 01803 714460
Website: <https://www.torbaylibraries.org.uk/web/arena>
Step into Yarnia, our weekly crochet and knitting circle.
Every Thursday.

Leisure Centres and other Activity Providers

- Access to Community Education (ACE)

Details of Service: Provides educational and leisure activities for physically disabled people and their carers. Sports and exercise activities offered by ACE include swimming and 'Sports Mobility' (simple games to improve mobility and dexterity). Contact ACE for further information (see page 13 for contact details).

- The Acorn Centre

Lummaton Cross, Barton, Torquay TQ2 8ET

Telephone: (01803) 328819

Website: www.acorncentre.co.uk

Details of Service: The Acorn Centre is an accessible venue, where various groups and clubs are held, including a 50+ general exercise class. Please note that this class is run by Adult and Community Learning - for further details or to book on a course please visit the ACL Torbay website or call ACL Torquay (please see page 13 for contact details).

Times: Thursdays, 10.00 am - 11.00 am.

- Adult and Community Learning, Torbay

Details of Service: Adult and Community Learning offers various sports and exercise opportunities for older people and people with disabilities, including 50+ keep fit, yoga and T'ai Chi. Contact individual community colleges for details of courses that are currently running. For contact details see p.13.

- Brixham Community Sports Centre

Brixham College, Lytes Road, Brixham, TQ5 9SN

Telephone: (01803) 883388

Email: thesportscentre@brixhamcollege.co.uk

Details of Service: Brixham College Sports Centre is open daily with a wide range of facilities and activities, including the Active Life 50+ Club. The Club provides the opportunity to take part in some exercise and meet new people. It offers an hour of keep fit followed by tea, coffee and biscuits before a game of tennis, badminton, table tennis or use of the fitness suite.

Times: Active Life 50+ Club: Saturdays,
from 10.00 am – 12.00 (noon).

- Dartmouth Leisure Centre
Wessex Way, Dartmouth, TQ6 0JL
Telephone: (01803) 837010
Website: www.fusion-lifestyle.com/centres/dartmouth-leisure-centre/

Details of Service: As one of over 180 inclusive facilities across England, Dartmouth Leisure Centre encourages the inclusion of all people with disabilities. Most of the fitness equipment at the Centre is accredited by the Inclusive Fitness Initiative (IFI), and the Centre has fitness instructors who have been trained to work with people who have disabilities.

- The Key at Hannahs
Seale-Hayne, Howton Lane, Newton Abbot TQ12 6NQ
Telephone: (01626) 325843
Email: thekeyinfo@newkey.org.uk
Email: nige@newkey.org.uk Website: www.newkey.org.uk
Telephone: 01626 325829 or 07966 578 305
Contact Name: Nige Billings, Education & Programme Manager

Details of Service: An inclusive creative arts, education and activities hub for people of all abilities and disabilities, based at Seale-Hayne. The Key provides regular activity sessions, individual bespoke education courses, work experience placements, community engagement opportunities and supported employment pathways. All activities, workshops and courses are led by qualified professional artists and practitioners and fully backed up by a specialist support team. Times: Contact The Key at Hannah's for further details. Please note that due to the current Covid situation, we are currently not running any individual subject-specific sessions at The Key, rather everyone is taking part in the KAOS project, a collective creative arts and ideas workshop running between 10am and 4pm Tuesdays to Fridays.

- Newton Abbot Leisure Centre

Highweek Road, Newton Abbot TQ12 2SH

Telephone: (01626) 215660

Website: www.teignbridgeleisure.co.uk/newton-abbot-leisure-centre

Details of Service: As one of over 180 inclusive facilities across England, Newton Abbot Leisure Centre encourages the inclusion of all people with disabilities. Some of the fitness equipment at the Centre is accredited by the Inclusive Fitness Initiative (IFI), and the Centre has qualified fitness instructors on hand to offer advice and assistance.

- Riviera International Centre

Chestnut Avenue, Torquay

Telephone: (01803) 299 992

Website: www.rivieracentre.co.uk/health-fitness

Details of Service: Offers activities and swimming, suitable for people with disabilities and older people. Fifty Plus Activities include keep fit, swimming and water exercise. Accessible swimming pool facilities. Changing rooms for people with disabilities, with alarms fitted. Special wheelchair enables people with disabilities to enter pool at shallow end. For further details about gentle water exercise see Gentle Exercise sheet P22.

Area Served: Unlimited

Times: Fifty Plus Activities and Gentle Water Exercise – weekday afternoons.

- Torbay Leisure Centre
Penwill Way, Paignton, TQ4 5JR
Telephone: (01803) 522 240
Website: www.leisurecentre.com/torbay-leisure-centre

Details of Service: Offers a range of activities, including recreation for over 50s. Heated swimming pool with two shallow ends, fully equipped to cater for the needs of people with physical disabilities during any public session. Hoist and no steps at entry to specialised changing facilities.

Sailing

- Disabled Sailing Association (DSA)
Head Office: DSA, Morden House, Warren Road, Torquay Devon TQ2 5TU.
Mobile: 07447 941724 Email: enquiries@dsadevon.org.uk
Website: www.disabledsailingassociation.org.uk
Facebook: <https://www.facebook.com/disabledsailing/>

The DSA offers adults and children with a wide range of physical disabilities, medical and mental health challenges, their families and carers, an opportunity to experience the pleasures of safe and affordable yacht sailing. Our members are mainly from Torbay but some come from elsewhere. It's run entirely by volunteers and supported through charitable donations and sponsorship. The DSA is based in Torquay and affiliated to the Royal Yachting Association (RYA) Sailability Group. We can sail 7 days a week, 52 weeks of the year, depending on demand from our members and crew availability. We are also a recognised RYA training centre so can offer members both shore-based and practical on-water courses.

All our members have benefited in some way from their sailing experiences with the DSA. Our yachts have been named DSA Freedom and DSA Free Spirit by our members because it's that feeling of elation that brings so much relief and healing into their lives. It also helps them to focus on their abilities, rather than their disabilities, which is a positive step towards living a healthy and active lifestyle.

You too, could potentially benefit from joining the DSA, so if you would like to find out more, please contact us.

- Local Sailability Clubs

Torbay Sailability (Beacon Quay, Torquay Marina)

Telephone: (01803) 297800

Email: torquaymarina@mdlmarinas.co.uk

- Dart Sailability (Noss Marina, near Kingswear)

Telephone: 07598 063090

Email: info@dartsailability.org

Website: www.dartsailability.org

Leading national charity in the UK to offer sailing opportunities for people with disabilities, including teaching sailing to disabled and disadvantaged children. Torbay and Dart Sailability clubs cover the Torbay area.

Swimming

This section gives details about public swimming pools in Torbay. It also gives information about local swimming sessions for people with physical disabilities, and water exercise and swimming schemes for over 50s.

- Buoyancy Aids

Telephone: 01473 466306

Website: www.therapyworld.org.uk,

Therapy World is one of the companies that supply a range of specialist buoyancy aids. We also supply products for dermatology and Urias air splints for neurological rehabilitation.

Public Swimming Pools in Torbay

- Admiral Swimming Centre

Higher Ranscombe Road, Brixham TQ5 9HF

Telephone: (01803) 857151

Website: www.admiralswimmingcentre.co.uk

Email: info@admiralswimmingcentre.co.uk

Details of Facilities: Offers a specialist changing room with space for carers and helpers; hoist equipment and sloping steps with handrails into the water.

- Plainmoor Swimming Pool (Swim Torquay Ltd.)
Marnham Road, Plainmoor, Torquay TQ1 3QP
Telephone: (01803) 323400
Website: www.swimtorquay.com
Email: swimtorquay@outlook.com

Facilities: The pool has a changing room for people with disabilities and an accessible toilet.

- Torbay Leisure Centre Swimming Pool
Penwill Way, Paignton, TQ4 5JR
Telephone: (01803) 522 240
Website: www.leisurecentre.com/torbay-leisure-centre

Facilities: Heated swimming pool with two shallow ends, fully equipped to cater for the needs of people with physical disabilities during any public session. Hoist and no steps at entry to specialised changing facilities.

- Waves Swimming Pool, Riviera International Centre
Chestnut Avenue, Torquay
Telephone: (01803) 206309 or General Enquiries: (01803) 299992

Details of Facilities: Accessible swimming pool facilities.
Changing rooms for people with disabilities, with alarms fitted.
Special wheelchair enables people with disabilities to enter pool at shallow end. For further details about gentle water exercise see our 'Gentle Exercise' information sheet, P22.

Times: Aqua Tonic Sessions;
Wednesdays 1:45pm – 2:30pm and Fridays 9:15am – 10:00am

Swimming Schemes

- Aquasize for All

Aquasize for All, joint-friendly water exercise for all abilities.
Exercise to music in a fun & safe environment.

- Swim Torquay Ltd, Marnham Road, Plainmoor

Telephone: (01803) 323400 or swimtorquay@outlook.com

Times: Aquasize: Tuesdays 6.00pm - 7.00pm and Wednesdays,
12.00– 1.00pm

- Water Mobility - Stroke Rehabilitation

Plainmoor Swimming Pool (Swim Torquay Ltd.),
Marnham Road, Torquay

Telephone: (01803) 323400 Email: swimtorquay@outlook.com

Website: www.swimtorquay.com

Contact: Marcus Jordan, General Manager

Details of Service: Swimming sessions for those recovering from strokes and other neurological problems. The sessions aid rehabilitation by helping participants to regain flexibility and mobility, as well as enhancing general fitness levels. All sessions are tailored to individuals with one-to-one tuition when required. For further details and to register, call Marcus Jordan.

Times: Tuesdays, 10.30 am - 11:30am and
Thursdays, 10.30 am - 11:30am

Therapeutic Activities

There are certain activities that are of particular interest and help to people with disabilities due to their therapeutic value. Please find local and national contact details for some of the main ones listed in this section.

Creative Writing

Writing can be especially therapeutic to people with disabilities as it provides a means of expressing thoughts and emotions without demanding too much physical activity or energy. It is also an activity that has no time limits – it can be picked up and put down as required, but at the same time gives the writer a sense of achievement at having completed something, however small.

Locally, opportunities to learn how to write are regularly offered by Adult and Community Learning (see p.12) and the Workers' Educational Association (see p.15). ACE (see p.12) also often runs creative writing courses.

For information about local writing groups and local arts in general, contact the Arts Development Officer on telephone: (01803) 208861 or email: arts@torbay.gov.uk. See also www.creativetorbay.com for listings and advice.

Nationally, as well as the National Extension College (p.13) and Open College of the Arts (p.14), both of which run regular courses in writing, the organisations listed below also provide writing courses.

- Arvon

Totleigh Barton, Sheepwash, Beaworthy, Devon EX21 5NS
Telephone: 0204 529 4970

Website: www.arvon.org

Email: national@arvon.org

Arvon offers residential writing courses at three disabled-friendly houses across the UK see here (NB. facilities vary and are subject to availability, so it is advisable to email or call the Arvon prior to booking). An online programme of writing courses, masterclasses and readings also runs year round, see here.

Grants and concessions are available to help with course fees.

- The Open University

PO Box 197, Milton Keynes MK7 6BJ

Telephone: 0300 303 5303 (Open Monday to Friday 8am – 5:30pm)

Website: www.open.ac.uk Email: via website

The Disability Resources Team:

Telephone: (01908) 653745 Textphone: (01908) 655978

Email: disabled-student-resources@open.ac.uk

The Open University runs writing courses, including 'Creative Writing' and 'Advanced Creative Writing'.

Arts, Crafts and Music

- Jasmyn House Craft Club

Jasmyn House, 1 Midvale Road, Paignton TQ4 5BD

Telephone: Jasmyn House, (01803) 551846 or the Sensory Team, (01803) 219800, SMS 07833 194328 or textphone 1800201803219800

Details of Service: Craft club for people with a visual impairment or hearing impairment and their family/carers. Provides the opportunity for group members to bring along their own projects to create and learn new skills from others. Crafts include card making, crochet and knitting, new mosaics, painting and drawing, sewing, embroidery and tapestry.

Times: Third Tuesday of the month, 10.00 am - 12.00 noon.

- The Key at Hannahs

Seale-Hayne, Howton Lane, Newton Abbot TQ12 6NQ

Telephone: (01626) 325843

For further information please see page 37.

Gardening

- Gardening with Disabilities Trust

The Secretary, P.O. Box 285, Tunbridge Wells, Kent, TN2 9JD

Email: info@gardeningwithdisabilitiestrust.org.uk

Website: www.gardeningwithdisabilitiestrust.org.uk

A charity that provides information, advice and grants to people with disabilities so that they can continue to garden. Help given by the Trust is available to people all over the UK with a wide range of disabilities, including visual, physical and mental. We give grants to

people in order **that they may continue to garden themselves actively** and not just for sitting outside. **We do not provide a gardener for general maintenance, pay for clearing, cutting down trees, levelling, turfing, fencing or large areas of paving/decking.** Our grants go towards e.g. paving around raised beds, wheelchair access, raised beds, specially adapted tools, or a greenhouse. Grants are paid directly to a supplier or builder. People are required to obtain medical proof from either their doctor or some other medical professional, a PIP document and two itemised quotations. Please send in applications through the website.

- Thrive

The Geoffrey Udall Centre, Beech Hill, Reading, RG7 2AT

Telephone: (0118) 988 5688

Email: info@thrive.org.uk

Website: www.thrive.org.uk

Thrive is a national charity that helps disadvantaged, disabled and older people become involved, and continue to be involved, in the activity of gardening. It offers expert advice on easier gardening, provides leaflets and publications and has an easier gardening website (see web address above). Publications include a guide on gardening for people affected by heart disease and stroke, and a range of guides to gardening with a visual impairment. The charity is also able to provide advice about gardening with dementia.

In addition to the above resources, Thrive also provides training, a quarterly magazine and monthly e-newsletter for members.

Reading and Listening

- Brixham Does Care

Old Market Hall, Town Hall, New Road, Brixham, TQ5 8TA

Telephone: (01803) 857727

Website: <https://www.brixhamdoescare.co.uk/>

Details of Service: Offers a delivery service of books and talking books to people in Brixham who are unable to go out.

- Jasmyn House Book Club

Jasmyn House, 1 Midvale Road, Paignton, TQ4 5BD

Telephone: Jasmyn House, (01803) 551846 or Sensory Team, (01803) 219800, SMS 07833 194328 or textphone

1800201803219800

Details of Service: A book club that is open to anyone with a hearing loss and also to those with a visual loss. Join the group for an informal chat about your favourite books and authors. Coffee and biscuits provided.

Times: Second Tuesday of the month, 10.00 am - 12.00 noon.

- Spoken Word Book Club

Telephone: VisualEyes Torbay, 07951 659514

Contact Name: Chris Sumner

Details of Service: A book club for people with sight loss that is being run jointly by Torbay Libraries, the RNIB Library Service, Torbay sight loss charity VisualEyes and Friends of Paignton Library. The Club meets monthly and gives blind and partially sighted people in Torbay the opportunity to discuss audio books that they have read. The audio books are provided on USB memory sticks supplied by RNIB from their library of braille and talking books. The USBs can be used on home laptops or tablets or, if members don't have

access to their own device, VisualEyes will provide a special memory stick player on long term loan.

Area Served: Torbay

Times: Second, third and fourth

Tuesday of each month 10.30 am - 12.30 pm.

- Torbay Library Services

Website: www.torbay.gov.uk/libraries

Torbay Libraries all have disabled access and offer various services especially for older and disabled people – see below. They also hold regular Readers Groups, which are open to everyone. As well as the Paignton and Torquay libraries, there is a library in Market Street, Brixham and the Churston Library is in Broadsands Road, Paignton.

- Library Inclusion Services

Torquay Central Library, Lymington Road, Torquay, TQ1 3DT
Telephone: (01803) 208294

Details of Service: Aims to provide and develop library services for elderly, disadvantaged and socially excluded people in Torbay. Membership of the RNIB Talking Book Service is available through the Library Service. Covering Torbay.

- Poetry for pleasure

Telephone: 01803 714460

Website: <https://www.torbaylibraries.org.uk/web/arena>

For anyone who loves reading, writing or listening to poetry. First Saturday of every month. Time: 10:00am - 12:00pm

- Scrabble Club

Telephone: 01803 714460

Website: <https://www.torbaylibraries.org.uk/web/arena>

Come and join FoPL's Scrabble group to keep your mind active or to have a bit of fun with some new friends.

Second Tuesday of every month.

- STEM Group.

Telephone: 01803 714460

Website: <https://www.torbaylibraries.org.uk/web/arena>

The Paignton Library STEM Group's aim is to bring together people who are interested in Science, Technology, Engineering and Maths. Provide a safe space for discussion, showcasing of projects and to encourage and advocate STEM Subjects. The session is run by 2 Libraries Unlimited volunteers and the blog is the work of one of the volunteers to show the work and activities done at the sessions.

11am - 3pm on the second Saturday of the month

- Books On Wheels.

Telephone: 01803 714460

Website: <https://www.torbaylibraries.org.uk/web/arena>

If you are unable to get to the library a volunteer is able to bring a selection of books to you once a month.

Singing

- Singing for the brain ®

Telephone: 07753 300588

Email: Connie.Sharp@alzheimers.org.uk

Contact Name: Connie Sharp

What? A friendly, fun and social environment for those affected by dementia. Based on the principles of music therapy, the stimulating

sessions include vocal warm-ups and singing a wide variety of familiar and new songs.

When? Meetings take place online via Zoom on various Tuesdays from 11.15am 12.15pm

We have also returned to some face to face in the community in Dawlish and Exmouth. For more information and to book please contact Connie Sharp.

Volunteering Opportunities

No qualifications are required to join most voluntary organisations, but the time you offer may make a huge difference to the organisations concerned, and also provide you with a sense of achievement. Some organisations may offer you the chance of training or achieving a new qualification. Many people have moved into a new field of employment directly as a result of giving up their time and gaining new skills and experiences. Advice about volunteering and benefits is available from Torbay Disability Information Service.

- Torbay Community Development Trust (formerly CVA Torbay)
4-8 Temperance Street, Torquay, TQ2 5PU
Telephone: (01803) 212638 Email: info@torbaycdt.org.uk
Website: www.torbaycdt.org.uk
Times: Opening times: Monday to Friday, 9.00 am – 5.00 pm

Promotes, develops and supports voluntary activity in Torbay. As part of this work, it updates Torbay vacancies in the national volunteering database. Website: <https://doit.life/volunteer>

The range of opportunities includes:

Activities helper	Hospital League of Friends
Countryside conservation	Trustee
Playwork	Charity shop work
Admin work	Information and advice
Driving	Visitor assistance
Shopmobility	Committee member
Advocacy work	Museum work
Fundraising	Wildlife conservation and rescue
Support worker	Complementary therapy
Befriending	Patient Support Groups
Gardening	Youth work
Telephone listening	
Catering	

Other Titles in this Series

(For details of how to obtain copies, see page 4.)

For Disability Support Series	
Bathing and Showering	P02
Domiciliary Care Agencies	P05
Equipment Centres	P07
Equipment Hire and Loan Services (including wheelchair hire)	P08
Finding Funding for Extra Needs	P12
Home Maintenance Services and Building Adaptations	P10
Home Visiting Services	P23
Housework, Domestic Help and Laundry Services	P11
Housing Options for Older People	P25
Keeping Safe and Warm at Home	P13

Leisure and Day Opportunities	P28
Meal Delivery Services	P14
Shop Delivery Services	P16
Telecare (includes community alarm systems)	P04
Transport Services	P20
Care Home Series	
Care Homes: Assisted Living Torbay	C03
Care Homes: Nursing, Torbay	C02
Care Homes: Residential Torbay	C01

If you have any concerns or require further support with topics that are not mentioned above and are not sure where to go or who to contact, please contact Disability Information Service and we will try out best to help you.

Further Information and Advice

Torbay Disability Information Service has been providing comprehensive information and advice to people in Torbay for over 21 years and we are a founder member of the Torbay Advice Network (TAN). Our service is open to any resident of Torbay affected by any type of disability. We also provide information to anyone working or caring for people with disabilities.

No referral is necessary. Simply call us on 0300 456 8373 or email us at dis.torbay@nhs.net

We offer:

- An enquiry desk service covering a wide range of topics related to disability support and independent living.
- Advice and guidance on disability-related social security issues, including benefit checks.

- Over 40 web-based information sheets covering the questions that we get asked most frequently.

Opening hours: Monday to Friday, 9am to 4pm

- **Signposts for Carers**

Signposts for Carers is Torbay's dedicated telephone support service providing specialist information and advice to unpaid carers who are supporting someone who lives and/or pays Council Tax in Torbay. Contact *Signposts* in confidence to find out about services, equipment, benefits and rights. Support is available on a short or long-term basis.

Calls are diverted to a 24-hour staffed message taking service outside office hours. Your details and enquiry will be relayed to us and we will respond to your enquiry on the next working day.

 (01803) 666620  signposts@nhs.net

Feedback Sheet

Was this information sheet useful?

We are keen to ensure that this information sheet is relevant to your needs and clear. We would be grateful if you would take a moment to answer the questions below and send your response to us either by email at dis.torbay@nhs.net or by post.

Our address is:

Torbay Disability Information Service
4th Floor, Union House
Union Street
Torquay TQ1 3YA

Q: Where did you get this information sheet from?

Q: How old are you?

Q: Was the information easy to read and helpful? (Please tick one box only)

- ☐ Very Easy
- ☐ Fairly Easy
- ☐ Undecided
- ☐ Fairly Difficult
- ☐ Very Difficult

Q: How might we improve it?

Q: What local disability related support do you struggle to find out about?

Note: Please contact us on 0300 456 8373 if you need help or have questions about the contents of this information sheet.



Partners in Care Ref: DIS, P28 – November 2023

This document can be available in other languages and formats.
For more information telephone 0300 456 8373.