

## Winkleigh Parish Council

# Winkleigh Cares! \*

## Information Sheet

### Addiction:

**Adfam:** <https://adfam.org.uk/about-us/>;

**Addiction** [Addiction - what is it | what is it not | How to cope or help someone \(www.addictionhelper.com/addiction\)](http://www.addictionhelper.com/addiction);

**Alcoholics Anonymous:** <https://al-anonuk.org.uk/>, 0800 9177 650

**Alcohol Change:** <https://alcoholchange.org.uk/alcohol-facts/factsheets/a-guide-to-family-support-services>;

**Drinkline:** 0300 123 1110

**Frank (drug Problems):** 0300 123 6600

**GamCare (gambling issues):** 0808 8020 133

### Animals:

**RSPCA:** 0300 1234 999

### Bereavement:

**Child Death Helpline:** 0800282 986

**Cruse Bereavement Helpline:** 0808 808 1677

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

### Carers:

**Carer's Direct:** 0300 123 1053

**Carer's UK:** 0808 808 7777

**Devon Carers:** <https://devoncarers.org.uk/>;

**Disabled Living helpline:** 0300 999 0004

**Family Lives (Parentline):** 0808 800 2222

### Child Care:

**Child Care UK:** <https://www.childcare.co.uk/>

**Child Line:** <https://www.childline.org.uk> 0800 1111

**Runaway Help Line** <https://www.runawayhelpline.org.uk> 116 000

**NSPCC:** [www.nspcc.org.uk/helpline](http://www.nspcc.org.uk/helpline), email [help@nspcc.org.uk](mailto:help@nspcc.org.uk) 0808 800 5000

### Churches:

**Church of England:** 01837 83710

**Methodist Chapel:** 01837 52302

## Citizen's Advice Bureau:

Devon CAB: <https://www.cabdevon.org.uk/>;

CAB: <https://www.citizensadvice.org.uk/> 03454 040 506

## Coast Guard:

01803 882704

## Debt:

Citizen's Advice: <https://www.devon.gov.uk/cost-of-living/>;

Moneyhelper: <https://www.moneyhelper.org.uk/en/>; 0800 011 3797

National Debtline: 0808 808 4000

StepChange: 0800 138 1111

## Domestic Violence:

Devon Domestic Abuse and Sexual Violence Service:

<https://new.devon.gov.uk/dsva/>; 0345 155 1074

National Domestic Violence Helpline: 0808 2000 247

Victim Support Line: <https://www.victimsupport.org.uk/help-and-support/>;  
0808 1689 111

## Environment Agency:

Emergency: 0800 80 70 60

## Fallen Trees:

Devon County Council: 0345 1551 004

## Family Advice Hub – Devon

<https://service.actionforchildren.org.uk/devon-family-hubs/>

Devon Family Hubs Advice Line [0800 538 5458](https://www.actionforchildren.org.uk/devon-family-hubs/)

## Fire and Rescue:

01392872200

## Food Banks:

<https://www.trusselltrust.org/get-help/find-a-foodbank/>

## Flood:

Floodline: 0345 988 1188

## Health

### Dentists:

Chulmleigh Dental Practice: 01769 580083

North Tawton Dental Practice: 01837 82261

Taw Valley Dental Care 01837 880096

## Hospitals:

**North Devon Hospital** 01271 322577  
**Royal Devon and Exeter** 01392 411611  
**NHS 24 hour help line** 111

## Pharmacies:

**Boots Okehampto:** 01837 543220  
**North Tawton:** 01837 82824  
**Community Pharmacy Devon:**  
<https://www.nhs.uk/service-search/pharmacy/find-a-pharmacy> NHS 111

<https://www.england.nhs.uk/south/info-professional/pharm-info/pharmacy-opening-hours/>

## Surgeries:

**Wallingbrook Health Centre:** 01769 580 295  
**Social Prescribing Team:**  
<https://www.wallingbrook.co.uk/social-prescribing-wellbeing-team>  
**Information on activities and services locally:**  
<https://www.wallingbrook.co.uk/activities-and-services-in-the-local-area>

## Highways:

**Road maintenance emergency:** 01392 383329

## Homelessness:

**Crisis:** <https://www.crisis.org.uk/get-help/services/how-crisis-can-help-you/>  
**Shelter** <https://england.shelter.org.uk/> 0808 800 4444

## Oil and chemical spills:

[https://www.spillonline.org/contractors\\_map.php/](https://www.spillonline.org/contractors_map.php/)

## Older People:

**Age UK:** <https://www.ageuk.org.uk/> 0800 169 2081/6565  
**Silverline:** <https://www.thesilverline.org.uk> 0800 4 70 80 90

## Legal Advice:

**Community Legal Advice: (providing free legal advice)** 0345 345 4 345

## LGBTQ+:

**Cara-Friend Helpline:** 028 9089 0202  
**LGBTQ+ Helpline:** 0300 330 0630

## Mental Health:

Devon partnership NHSTrust: 0808 1968 708

Devon Talkworks: <https://www.talkworks.dpt.nhs.uk/>; Self-Referral 0300 555 3344

Mental Health Matters: <https://www.mhm.org.uk/Pages/FAQs/Category/helpful-resources>

Mind: <https://www.mind.org.uk/> 0300 123 3393

National Health Talking Therapies and Counselling: <https://www.nhs.uk/mental-health/talking-therapies-medicine-treatments/talking-therapies-and-counselling/>

Samaritans: 116 123

Text support services:

SHOUT: Text 'SHOUT' to 85258

Young Minds: Text 'YM' to 85258

## Missing People:

Message Home Helpline: 116 000

## Modern Slavery:

Modern Slavery Helpline: 0800 0121 700. Email:

[modernslaveryhelpline@unseenuk.org](mailto:modernslaveryhelpline@unseenuk.org); [www.modernslaveryhelpline.org](http://www.modernslaveryhelpline.org):

## Police:

Non emergency: 101

PCSO: [sandra.brown@devonandcornwall.pnn.police.uk](mailto:sandra.brown@devonandcornwall.pnn.police.uk),

## Rape and Sexual Abuse:

Devon Domestic Abuse and Sexual Violence Service:

<https://new.devon.gov.uk/dsva/>; 0345 155 1074

Rape Crisis: 0808 802 9999

Rape and Sexual Abuse: <https://247sexualabusesupport.org.uk/>; 0808 500 2222

## Transport:

Patient Transport Advisory Service: 03451 5510009

Winkleigh Volunteer Service (For transport to medical appointments): 01837 682616 / 07455365144

## Utilities:

Electricity: (Power cuts) 105

Gas: (Leaks and emergencies) 0800 111 999

Water: (South West Water) 0344 346 2020

## Warm Space:

[alywarmspace@gmail.com](mailto:alywarmspace@gmail.com); 07512766482

\* These contact details are provided for your information. WPC neither endorses or recommends any particular group. We will do our best to provide up to date information and at the time of posting we believed the information to be accurate