

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

Benefits:

<https://www.gov.uk/browse/benefits>

Bereavement:

Child Death Helpline: 0800282 986

Cruse Bereavement Helpline: 0808 808 1677 <https://www.cruse.org.uk/>

Compassionate Friends: 0345 123 2304 <https://www.tcf.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, email 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

<https://www.torridge.gov.uk/article/17656/Energy-Efficiency-Advice>

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/

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; www.modernslaveryhelpline.org:

Police:

Non emergency: 101

PCSO: sandra.brown@devonandcornwall.pnn.police.uk,

Rape and Sexual Abuse:

Devon Domestic Abuse and Sexual Violence Service:

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

Rape Crisis: 0808 802 9999

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

Rent Payment shortfall:

<https://www.torridge.gov.uk/article/20007/Discretionary-Payment-Scheme>

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; 07512766482

Wellbeing:

Step One, Exeter. Peer support 01271 443222 :<https://steponecharity.co.uk/>

Women's Brave Space. 01271 371 499

<https://www.bpag-encompass.org.uk/projects/brave-spaces/>

* 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