

# Community Directory

for Chillington, Kingsbridge, Salcombe  
& surrounding areas

*This is a handy guide not a recommendation of suppliers. Other services/suppliers may be available - see directories, websites or your health provider.*



**Kingsbridge and Saltstone Caring**

*Volunteer-led Support in Kingsbridge, Salcombe and Neighbouring Villages*

Room 9, Quay House, Ilbert Rd, Kingsbridge TQ7 1DZ Tel: (01548) 854588

email: [info@kascare.uk](mailto:info@kascare.uk) [www.saltstonecaring.co.uk](http://www.saltstonecaring.co.uk)

Regd charity no: 1119726

**In partnership with**



- Home visits.....
- Mobility aids/ equipment.....
- NHS 111 (formerly NHS Direct) .....
- Health Centres.....
- Chemists/ Pharmacies.....
- Hospitals.....
- Hospital Transport .....
- Travel costs.....
- Patient Advice and Liaison Service (PALS).....
- VOLUNTARY SECTOR COMMUNITY SUPPORT.....**
- Advice/ Advocacy .....
- Addiction.....
- Alcohol.....
- Befriending/Community support .....
- Bereavement.....
- Cancer support.....
- Carers.....
- Credit Union .....
- Debt.....
- Disability.....
- (Ex) Service Personnel .....
- Energy Advice.....
- Hearing/ Deafness.....
- HomeStart.....
- Housing Needs.....
- Kingsbridge Food Bank.....
- Memory inc Alzhiemers Society & dementia info.....
- Mental Health .....
- .....

Visually Impaired .....	13	carers, blue badges, benefits, day care centres and
Young People .....	1551-007	or <a href="http://www.devon.gov.uk">www.devon.gov.uk</a>
Transport .....	13	For social care emergency only when Care Direct is
USEFUL INFORMATION .....	14	call the Emergency Duty Team on Tel: 0845 6000
Domestic abuse.....	13	
Housing advice .....	14	<b>Day Care</b> - Tumbly Hill Day Care Centre, King
Kingsbridge Town Council .....	14	Direct Tel: 0345 1551 007
Libraries/books.....	14	
Pension Credits, Attendance allowance etc .....		<b>Home visits</b>
Personal safety .....		Ask your usual provider - some chiropodists, optic
St Luke's Hospice.....		other health professionals will make home visits or
Shop Mobility .....		<b>Devon Hearing Care</b> for hearing test Tel: 0800 01
South Hams District Council .....		<b>Outside Clinic</b> offer NHS optical & hearing tests :
Home deliveries-Food / Grocery/ homeware .....		when booking as charges apply for some services.
Milkmen .....		<a href="http://outsideclinic.co.uk">http://outsideclinic.co.uk</a>
VILLAGE & COMMUNITY ACTIVITIES .....	1 /	
Residential, Nursing homes & Care Agencies.....	24 & 25	<b>Mobility aids/ equipment</b>
Retirement hotel.....	25	N.B- some pharmacies supply equipment.
Supported Living-Abbeyfield House .....		<b>British Red Cross</b> - loan of wheelchairs, commod
		seats etc. Totnes contact Pat Johnson Tel: (01803)
		Medical Loan Service Tel: 0845 3313331.
		<b>Kingsbridge Age Concern</b> -sometimes have whee
		for loan. Tel: (01548) 856650

**NHS 111 (formerly NHS Direct)** - For free advice or information, Tel: 111 or [www.nhs.uk/11](http://www.nhs.uk/11)

**Patient transport service:** SCOF Office Mon- Fri. 10.00am- 10.00am - 4pm.

Out of hours ansaphone service. Except for emergencies please call **CO-OP group**, Ilbert Rd, Kingsbridge (adj. bus station) 8.45am-5.30pm. Sat 8.45am-5pm. Closed Sun. Tel: (01548) 581181.

**Kingsbridge Norton Brook Medical Centre**, Cookworthy Rd, Kingsbridge TQ7 1AE. Tel: (01548) 853551.

**Patient transport service:** Mon - Fri 8.30am - 11.30am. Except for emergencies please give as much notice as possible - ideally two working days. (Transport to medical related appointments including those at the Leisure Centre but not to Derriford or Torbay hospitals). Can also deliver prescriptions. Tel: (01548) 855128.

**Salcombe-Redfern Health Centre** Shadycombe Rd, Salcombe TQ8 8DJ. Tel: (01548) 842284.

**Patient Transport service:** FORC (Friends of Redfern Centre) transport patients to the Health Centre, South Hams Hospital (but not to Derriford or Torbay), clinics, X rays, physio & Falls group. Tel. no. as above.

**Chemists/ Pharmacies** (please ask about home delivery services including NHS Electronic Prescription Service)

**Day Lewis**, Norton Brook Medical Centre, Kingsbridge Mon- Fri 8.45am- 6.00am. Pharmacy closed 1-2pm. Closed weekends. Tel: (01548) 853129.

**Hospitals** for other hospitals see Yellow pages etc.

**South Hams** Plymouth Rd, Kingsbridge TQ7 1AT.

**Injuries Unit** open 9.00am – 5.00pm 7 days a week Tel: 852349

**Derriford** – Tel: (01752) 202 082

**Torbay** – Tel: (01803) 614567

**Totnes** - Tel: (01803) 862622

## Hospital Transport

**Derriford TAPS** - Mon – Fri 9.00am- 5.00pm. Transport patients. Two working days notice required. Tel: (01752) 202082

**Plymouth NHS-** The Patient Transport Service is available for patients who are unable to get to their appointments because the bus is not suitable for special transport. To find out if you are eligible for support and information on services available for patients, relatives and visitors contact PALs on (01752) 763511.

**Patient Transport in South Devon**-Tel: 01822 61111

**S.Devon Hosp Patient Transport Service** - for patients unable to get to Torbay & S. Devon hospitals. Two working days notice required. Mon- Fri 9.00am- 5.00pm. Tel: (01803) 614567

is on benefits they can ask for a car pass which will cover the cost of the car pass.

[www.plymouthcitybus.co.uk](http://www.plymouthcitybus.co.uk) for current timetables.

**Travel costs** - For help with travel costs to NHS health care services. Mon-Wed & Fri 9am-5pm, Thurs 9am-8pm. find out if you are eligible i.e. receiving Income Support, Pension Credits etc Tel: 0300 330 1343. [www.nhs.uk/healthcosts](http://www.nhs.uk/healthcosts)

### **Patient Advice and Liaison Service (PALS)**

Problems, upsets or concerns about your health care can be dealt by this service. Mon – Fri 9.00am – 5.00pm. Tel: 08451 110 [www.nhschoices](http://www.nhschoices)

## **VOLUNTARY SECTOR COMMUNITY SUPPORT**

### **Advice/ Advocacy**

**AGE UK Devon**- for information on benefits, finance, legal, etc. Tel: 0333 241 2340 or [www.ageukdevon.co.uk](http://www.ageukdevon.co.uk).

**Citizens Advice** drop-in at Quay House, Kingsbridge every Tues. 9.30am - 12.30pm. Appointments at Quay House or Chillington Surgery are available by prior arrangement. If you prefer to phone Tel: 03444 111 444 Mon - Fri 9.30am-3.30pm. If you look after

young children and are struggling to pay your bills our Brighter Futures project can help. To self refer or to refer a friend <http://southhamscab.org.uk/brighterfutures>

**Devon Advocacy Forum** – central number for all advocacy in Devon Tel: 0300 343 5707 or email [dac@seap.org.uk](mailto:dac@seap.org.uk)

### **Addiction**

**RISE**– info, advice & referral re alcohol & drug services. Mon-Wed & Fri 9am-5pm, Thurs 9am-8pm.

### **Alcohol**

**Drink Wise Age Well:** aims to change behavior & related harm for those over 50. Freephone advice line Project Worker Jenna Brookman 07989 354 145 or [jenna.brookman@drinkwiseagewell.org.uk](mailto:jenna.brookman@drinkwiseagewell.org.uk)

### **Befriending/Community support**

**Saltstone Caring** - A local charity covering Kings Chillington and the surrounding area. Friendly volunteers vulnerable & elderly for up to 2 hrs a week helping independent. Shopping, companionship, hospital dis sitting, local trips out etc. Tel: (01548) 854588 or [info@saltstonecaring.org.uk](mailto:info@saltstonecaring.org.uk). [www.saltstonecaring.org.uk](http://www.saltstonecaring.org.uk)

**Silver Line** - free, confidential helpline providing advice to older people. Open 24 hrs every day. Tel: 0800 470 000

**Call in Time** - Age UK telephone befriending service 6105, [www.ageuk.org.uk](http://www.ageuk.org.uk) or email: [callintime@ageuk.org.uk](mailto:callintime@ageuk.org.uk)

### **Bereavement**

**Cruse-S.Devon.** Tel:03003305466. [www.crusebereavement.org.uk](http://www.crusebereavement.org.uk)

**Bereavement Advice Centre** - Advice, signposting information after the death of someone close. Tel: 0800 585 6000 [www.bereavementadvice.org](http://www.bereavementadvice.org)

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nurses, therapists & trained volunteers to help cancer patients South Hams Lifestyles – Provide Benefit Advice, families navigate their way through their treatment and recovery and advocacy for people with disabilities. Tel: (01803) 063244 or [www.southhamslifestyles](http://www.southhamslifestyles)

our friendly, professional team, no appointment necessary or, speak to us on the number below. Based in The South Hams Hospital, (Ex) Service Personnel help, info & support for Kingsbridge, every Tues 10 am - 4 pm. Tel: (01548) 852349. families & dependents.

**Macmillan Cancer Support** Mon-Fri 9am-8pm. Interpretation **British Legion** - Tel: 08457 725 725 or [www.britishlegion.org.uk](http://www.britishlegion.org.uk)  
service available. Free phone Tel: 0808 808 0000 [www.macmillan.org.uk](http://www.macmillan.org.uk) **SSAFA** - Tel: (01392) 254611. email: [devon@ssafa.org.uk](mailto:devon@ssafa.org.uk)

**WRNS Benevolent Trust** helps in cases of hardship for women who served in the WRNS/RN. Tel: 023 922 1111 or [www.wrnsbt.org.uk](http://www.wrnsbt.org.uk)

**Carers - Devon Carers** (part of the Carers Trust) - If you are struggling in your caring role we can help. Provides info, advice, Carer Assessments, universal services, Carer Alert Cards, etc Mon-Fri 8am-6pm & Sat 9am- 1pm. Tel: 03456 434 435, email: [info@devoncarers.org.uk](mailto:info@devoncarers.org.uk) or [www.devoncarers.org.uk](http://www.devoncarers.org.uk)

**Carers with a child under 12 yrs** see -Home Start South & West Devon support / discounts from energy companies, home issues etc. Visits to housebound residents or advice by phone, via e-mail and at community group session: 0800 112 3044 or email: [katie@southdartmoorcommunity.org.uk](mailto:katie@southdartmoorcommunity.org.uk)

## Debt

**Christians Against Poverty (CAP)** – available to everyone. South Hams Manager Tel: 0751 332 8809 or visit [www.capuk.org](http://www.capuk.org). CAP Money Course (budgeting, etc.) Tel: 07769 946251, (01548) 531049 or (01548) 581253 or [shcf.tokenham@gmail.com](mailto:shcf.tokenham@gmail.com). **Citizens Advice** Skills Tel: (01548) 853287 or [randjtyler@talktalk.net](mailto:randjtyler@talktalk.net)

**Citizens Advice**- See pg 6.

**National Debtline:** free, confidential and independent advice on dealing with debt problems in the UK. Tel: 0808 808 4000

## Hearing/ Deafness

**Action on Hearing Loss UK**- National helpline Tel: 0800 036 907 or [www.actiononhearingloss.org.uk](http://www.actiononhearingloss.org.uk).

**Kingsbridge and District Tinnitus and Hard of Hearing** Bimonthly at Kingsbridge Rest Centre. Contact Jeanette Tel: (01548) 580511 or email: [cjbrooking@aol.com](mailto:cjbrooking@aol.com).

## Housing Needs

**The Cornelius Fund**- helping local people by providing an interest free loan for deposit & 1<sup>st</sup> rent. May also provide household items, furniture etc. Info & loan application forms from: The Cornelius Fund Shop, 6 Mill St, Kingsbridge TQ7 1ED or Tel: (01548) 857312

**Kingsbridge Food Bank** - providing emergency supplies to local people in crisis due to loss of job, illness, delayed benefit payments etc. Fridays 10.00am – 12 noon. at Horizons, 110 Faversham Road, Kingsbridge. Tel: 07593 881 633 or (01548) 853287.

## Memory

**Alzheimer's Society- Devon Dementia Support Service** people with all forms of dementia, their families & carers. Tel: 0300 222 1122 or [www.alzheimers.org.uk](http://www.alzheimers.org.uk).

**Dementia Friendly Kingsbridge** -The community, with strong encouragement from Kingsbridge Town Council and local health professionals, is embarking on a programme of initiatives to create a welcoming and supportive environment for those living with dementia. For information Tel: Julie Best-Clark, Support Coordinator at Saltstone Caring (01548) 854588 or email: [julie@saltstonecaring.org.uk](mailto:julie@saltstonecaring.org.uk)

**Memory Café** (Alzheimer's Society) social group for people with memory problems & their carers. Meets 1st and 3rd Thurs 1.30pm-3.30pm. in Age Concern, Ilbert Rd, Kingsbridge for refreshments, games etc . Contact Connie Sharp Tel: 0300 123 2029 or email [Connie.Sharp@alzheimers.org.uk](mailto:Connie.Sharp@alzheimers.org.uk)

## Mental Health

**Rethink Help and Hope Groups** - provide peer support and information for anyone affected by mental illness to families and friends. Kingsbridge group meetings at House 2nd Wed of the month 10.30am-12.30pm. For other groups in the network. Tel: 07756 965 814 or [helpandhope@rethink.org](mailto:helpandhope@rethink.org).

**Help Line** - contact for a chat. It has been commissioned by Torbay and South Devon CCG and is run by Somebody. Available from 8pm-11pm on Tues, Wed, Fri, Sat 03003 305 464. At other times they refer the customer to the National Mind information line.

**Samaritans**- Tel: 116 123 or see below.

**Parkinsons UK**- trained helpline advisers & support workers provide info & advice on all aspects of living with Parkinson's including medical issues, symptoms & treatments, health & social issues, employment & benefits, emotional support etc. We are in touch with local support, groups and Parkinsons UK. Call Free on 0808 800 0303 or email: [hello@parkinsons.org.uk](mailto:hello@parkinsons.org.uk)

**Pets** (for Vets or PDSA please see Yellow pages etc.)

**The Cinnamon Trust:** for people in their last year of life to have a companion pets. Fostering pets when owners in hospital or unable to care for pets etc. Tel: 01736 757 900 [www.thecinnamontrust.org.uk](http://www.thecinnamontrust.org.uk)

with hearing or speech impairment can email or use the Next Generation Text (NGT) service.

**Shopping-** See Saltstone Caring pg 7 /Home deliveries /Milkmen pg

## Stroke

**Stroke Association** - Helpline: Mon – Fri. 9am-5pm. Tel: 0300 330003 (calls charged at local rate) or for South Devon peer support & advice Tel: Sarah Friend (01803) 615078 or 07717 275 800

**Stroke Group**—Age Concern, Kingsbridge. 2<sup>nd</sup> Mon (not Aug) 2.00pm-4.00pm. Tel: Sarah Freedman 07702 269490 or Gill (01548) 857206.

## Visually Impaired

**Blind Club** –1<sup>st</sup> Mon (not Bank holidays) & other events as a 1.30pm-3.30pm Age Concern, Kingsbridge. Tea, coffee, cake talks and quizzes etc. Tel: Graham Smith (01548) 856650

**RNIB**- National Helpline Tel: 0303 123 9999 or [www.rnib.org.uk](http://www.rnib.org.uk)

**South Hams Talking Newspaper for the Blind** - Tel: (01548) 857206

**Young People**- see also under community events and Library.

**Work Club:** Drop-in for 16-24yr olds at Age Concern, Kingsbridge. Tues 1.30pm-3.30pm. Tel: 07864 060652 [www.kingsbridgeworkclub.org.uk](http://www.kingsbridgeworkclub.org.uk)

**Spiritulized:** For 11 – 25yr olds. Fri night drop-in based on Kingsbridge Quay. Street based youth work, mentoring and befriending. Tel: 07599 272 776. [www.spiritulized.com](http://www.spiritulized.com)

**Traveline** for info on public transport services in Cornwall except Xmas Calls charged at 12per min. Tel: 0870 810000 [www.traveline.org.uk](http://www.traveline.org.uk).

**Devon bus time tables** & application forms for Cornwall can be obtained free of charge from Kingsbridge Town Quay House, Kingsbridge. TQ7 1DZ. Mon- Fri. 9.00am-5.00pm. (01548) 857073.

**Coleridge bus** - various weekly services from Coleridge villages in the E.Allington, Slapton, & West Prawle Kingsbridge. Wheelchair access. Tel: (01548) 852000 (website for timetables).

**Patient transport services** - see under appropriate hospital for patient transport services or Tel:(01822) 857206

**RVS Community Transport** - affordable transport for isolated & vulnerable residents of Kingsbridge & I Kingsbridge for social/medical appointments etc throughout Devon preferred. Mon-Fri. 9.00am-5.00pm. 24 hr answer (01548) 559296.

**Salcombe Mini Bus:** community transport service for Salcombe who are in need of such service because of disability (mental or physical) or poverty or lack of access to public transport. Also see '3 in 1' Parish magazine Tel: Tim Mattocks (01548) 842140.

**Stagecoach** bus service see Traveline above – Cornwall per minute-Tel: 08712 002 233. [www.stagecoach.co.uk](http://www.stagecoach.co.uk)

**Tally Ho!** – South Devon inc Salcombe, Hope Cove town service. Also day trips and holidays. Tel: (01548) 857206 [www.tallyhocoaches.co.uk](http://www.tallyhocoaches.co.uk)

For advice on civil legal aid including a legal aid check & details of suitable solicitors Tel: 08453 454 345.

**Housing advice.** See also 'Housing Needs' on Pg 10.

**EAC First Stop** National advice line - an independent, impartial & free for older people, their families & carers provided by the Elderly Accommodation Counsel to help you get the help/care you need to live as independently & comfortable as possible where you are or to

move somewhere that suits you better. [www.housingcare.org](http://www.housingcare.org)

**South Hams District Council** Housing Advice team - may be able to provide subsidized finance to eligible homeowners to pay for essential repairs, adaptations or improvements to their property advice regarding rent arrears, rent in advance and deposit cost

Tel: (01803) 861234 or [www.southhams.gov.uk](http://www.southhams.gov.uk)

**Kingsbridge Town Council**, Quay House, Ilbert Rd, Kingsbridge TQ7 1DZ. Tel: (01548) 853296 [www.kingsbridge.gov.uk](http://www.kingsbridge.gov.uk)

## Libraries/books.

**Kingsbridge:** Ilbert Rd (behind petrol station) Library Closed & Sun. Open Mon 9am-6pm, Tues & Wed 9am-5pm, Fri 9am & Sat 9am-1pm. Inc's large print, audio books, DVD's, jigsaw puzzles. 2 hrs free internet access, free WiFi. Hosts daily social groups (see under 'Kingsbridge' pgs 19 & 20). Tel: (01548) 853296

**Salcombe:** Cliff House, Cliff Road, Wheel chair access via lift. Opening hours Tues 2.00pm-5.30pm, Wed 9.30am-1.00pm, Thurs 11.00am-5.30pm. Tel: (01548) 843433

mobility, illness or caring issues books can be delivered home in a format and genre that suits you. Tel: Kir (01548) 852315 or the Home Library Service Man 163 or [email cornwalldevonhub@royalvoluntaryse](mailto:cornwalldevonhub@royalvoluntaryse)

**Pension Credits, Attendance allowance & other benefits** - you have your N. I. number (or that of the person you are claiming for). Tel: 0800 882 200 [www.gov.uk/benefits](http://www.gov.uk/benefits)

**Personal safety** - other suppliers are available (for example 13 or if you feel you are in danger contact the police)

**Age UK** - Tel: 0800 678 1174 or [www.ageuk.org.uk](http://www.ageuk.org.uk)

**Call 24** - Personal alarms providing 24hr telephone advice Tel: 0333 005 0133 or [www.call24hour.com](http://www.call24hour.com).

**St Luke's Hospice:** provides end of life and palliative care for people living in the South Hams, W. Devon, Plymouth. Enquiries concerning end of life care & support Tel: 01548 853296 [www.stlukes-hospice.org.uk](http://www.stlukes-hospice.org.uk)

**Shop Mobility** available across Devon. Phone for details before visiting. Training given. Registration Exeter Tel: (01392) 494001 [email: info@exetercta.org](mailto:info@exetercta.org) Abbot Tel: (01626) 335775 [email: manager@newtonabbot.org](mailto:manager@newtonabbot.org) Plymouth Tel: (01752) 600633 [email: accessplymouth.org](mailto:accessplymouth.org)

**South Hams District Council**, Follaton House, Totnes TQ9 5NE. Tel: (01803) 861274 for Council

842551 email: [crancnespantry@notmail.com](mailto:crancnespantry@notmail.com).

**Oakhouse Foods** - frozen meals /desserts to suit dietary needs/budgets. Also deliver pre ordered groceries & homeware items. Tel: 0333 370 6700 or [www.oakhousefoods.co.uk](http://www.oakhousefoods.co.uk).

**Riverford Organic Vegetables** - deliver various size boxes of seasonal organic vegetables and fruit. Tel: (01803) 227227 or [www.riverford.co.uk](http://www.riverford.co.uk)

**Sainsburys**- will take telephone orders if no internet connection. free phone 0800 636 262.

**Tesco**- shop online [www.tesco.com](http://www.tesco.com). Tesco will provide assistance shopping at their store in Kingsbridge.

**Waitrose**- shop online [www.waitrose.com](http://www.waitrose.com)

**Wiltshire Farm Foods** - over 200 (frozen) meals & deserts suitable for a large range of special diets. For free 70pg menu Tel: 0800 077 3100 or [www.wiltshirefarmfoods.com](http://www.wiltshirefarmfoods.com)

## Milkmen

**Bruckner & Son**, Dartmouth Dairy: dairy, goat & soya products, eggs, bread, potatoes, groceries, cake, etc. Doorstep deliveries 3 times a week to most of S.Hams inc Loddiswell. Tel: (01803) 832801.

## Area activities

**Kingsbridge & District Shed**- a social group to promote hobbies, skill sharing, helping with community projects, promotion of good health. Tel: 03332 422 340 and with AgeUk Devon or [www.facebook.com/MSKing](http://www.facebook.com/MSKing)

**Aveton Gifford**- in village hall

**Mobile library** - Village Hall. Wed (monthly) 09:00-10:00. Tel: 0345 155 1001 [www.devonlibraries.org.uk](http://www.devonlibraries.org.uk).

**Monday Social Club** - Mon 3.00pm – 4.30pm for

**Table Tennis** - Jackie Javes Tel: (01548) 559283.

**W.I.** – 2<sup>nd</sup> Thurs. 7.30pm. Check notice board.

## Beesands

**Mobile library**- The Chapel. Tues (monthly). 3.35pm-4.00pm. Tel: 0345 155 1001 [www.devonlibraries.org.uk](http://www.devonlibraries.org.uk).

## Chillington

Enquiries re village hall events and/or bookings see [www.chillington.org.uk](http://www.chillington.org.uk)  
**Mobile library**- Wed (monthly). Green Park Way. and at the Post Office 12.05pm- 12.50pm. Tel: 0345 155 1001 [www.devonlibraries.org.uk](http://www.devonlibraries.org.uk).

**Pilates** - Village Hall. Mon 6.00pm-7.00pm. Tel: (01548) 581362.

**Coffee Mornings** - Monthly on 1<sup>st</sup> Thurs 10.30 am.

**Exercise for All**- Mon 2.45pm-3.45pm. Tel: Gill Whitmore (01548) 581362 or 07801 790 611

**Ladies lunch** - Monthly 2<sup>nd</sup> Thurs in the Church House Inn.

**Whist** - weekly Sat 7.30pm. Tel: John (01548) 857916.

## East Allington -

Tel: Jean Turrell (01548) 521341 or for the Parish Hall contact Val Stevens (01548) 521443.

**Bowls** - Parish Hall. Tues 7.30pm

**Coffee mornings** - Parish Hall. 1<sup>st</sup> Wed of month as advertised.

**Karate**- parish hall as advertised.

**Knit & Natter** - in Pub. 2<sup>nd</sup> Tues as advertised.

**Village shop** open 7 days a week.

**Zumba** - Parish Hall as advertised.

## East Prawle

**Mobile library**- The Green. Wed (monthly) 2.10pm-2.40pm.

Tel: 0345 155 1001 [www.devonlibraries.org.uk](http://www.devonlibraries.org.uk).

**Pilates** - Chivelstone Hall. Tues 9.30am-10.30am. Tel: Gill Whitmore (01548) 581362.

## East Portlemouth

**Mobile library**- old Chapel. Wed (monthly). 2.55pm-3.15pm

Tel: 0345 155 1001 [www.devonlibraries.org.uk](http://www.devonlibraries.org.uk).

## Frogmore

Events can be found in the village newsletter 'The Croak' or [www.frogmore.info](http://www.frogmore.info)

**W.I.**- 1<sup>st</sup> Mon of month 7.30pm. Frogmore Village

## Hope Cove & Galmpton

[www.hopcov.com/hopcov](http://www.hopcov.com/hopcov). South Huish Parish Newsletter monthly. Editor: Jan Carter (01548) 560086 / [email.tides.vie](mailto:email.tides.vie)

**Hope Archive Group** – history, shipwrecks etc. F Reading Room, Inner Hope. Meets 1st Fri. at 7.30p Worth: (01548) 561415.

**Mobile library** - Weymouth Pk, Hope Cove. Wed 12:10am -12:55pm. Then Galmpton. 13:30-14:00p 1001 [www.devonlibraries.org.uk](http://www.devonlibraries.org.uk)

**Table Tennis** - Cottage Hotel. Mon 7.00pm. (not and play. Any level welcome..

## Kingsbridge

**Book Breaks**-Kingsbridge shared reading group, 2 the month at Kaleidoscope, 115 Fore St, Tel: Sue I 697 or Tony Glacken 07816 323 937.

**Coffee Morning** 1st Fri of every month. 10.30am Abbeyfield House, Saffron Park. All very welcome Bullock (01548) 854090 or email [kingsbabbey@ac](mailto:kingsbabbey@ac)

**Coffee morning** - Methodist Church, 100 Fore St.

**Coffee /tea @ Rest Centre** - (adjoins Age Concer over 55 yrs. Weekdays 10.00am – noon. Tel: (0154

**Harbour House**- Art, Yoga, classes etc. Tel: (015

afternoon. Free. Varying grades /cross country but Wed mornings for the novice/less fit walker, wheelchairs & those living with dementia. Optional coffee afterwards. Tel: C Barnwall (01548) 852160 or B. Arnold (01548) 853340 [www.walkingforhealth.org.uk](http://www.walkingforhealth.org.uk)

**Knit & Natter** - Congregational Hall- 1<sup>st</sup> & 3<sup>rd</sup> Mon 10.30am – noon.

**Line Dancing** - Village Hall 1<sup>st</sup>, 3<sup>rd</sup> & 4<sup>th</sup> Thurs 7.15-9.15pm

**Mobile library**- Courtledge. Wed (monthly). 9.40-10.40am Tel: 0345 155 1001 [www.devonlibraries.org.uk](http://www.devonlibraries.org.uk).

**Lunch club** - Age Concern Building (behind bus station on the Quay). For those over 55yrs. Mon – Fri at 12 noon. Tel: Graham Smith (01548) 856650 to reserve a place. Drop off area outside.

**Over 60's Club**- Village Hall 1<sup>st</sup> Tues (exc. Aug) 10.30am-12.30pm

**Scouts**- Village Hall Wed 6.30pm-9.30pm..

**Whist Tournament** - Village Hall 2<sup>nd</sup> Fri 7.30pm-9.00pm

**W. I.** - Village Hall 2<sup>nd</sup> Thurs 7.30pm-10.00pm.

**Youth group**- ‘Attic’ for teenagers- Congregation. 7.00pm

**Afternoon Tea** – Tuesdays tea & cake 2.30pm -3.30pm.

**Bounce & Rhyme** Fri. (Term time only) 11am -11.30am. Under 5's and parent/carer.

**Family History Helpdesk**- 1<sup>st</sup> Wed. 2.30pm-4pm. Help to trace your ancestors. Please phone (see above) to make an appointment.

**Fun & Games**- Fri. 2pm-4pm. Board games/cards & refreshments

**IT and Coffee** 2pm-4pm 2<sup>nd</sup> and 4<sup>th</sup> Weds. Open to everyone and their IT gadgets- practical advice and guidance.

**Knit & Natter** –Mon 1.30pm – 3pm.

**Legal Clinic**- 3<sup>rd</sup> Thurs 2.30pm-4.30pm. Free help & advice.

**Lego Club**-Mon- 4pm-5pm & Sat 10.30am-12 noon. Lego projects

**‘Library Stitches’** – Library. Fortnightly on Tues. 6pm-8pm. Sewing, knitting etc. Bring a project and join in.

**Reading Group**- 1<sup>st</sup> Thurs afternoon. Please phone as limited places.

**Sing a Song**’- Last Thurs of every month 2pm-3.30pm. No ability needed- sing old favourites, stimulate the brain.

**Story time**- Weds. 10.30am -11am for under 5's with their parent/carers.

**Malborough**

Notes activities & events listed are on [www.malboroughvillage.org.uk](http://www.malboroughvillage.org.uk)

**Art Class / social** - Parish Church. Tues 9.30am-11.30am

**Mobile library**- In the Square. Wed (monthly). 10.40-11.40am Tel: 0345 155 1001 [www.devonlibraries.org.uk](http://www.devonlibraries.org.uk).

**W.I.**- Village Hall annex. 2<sup>nd</sup> Thurs 7.30pm.

**Youth Club** - Baptist Church on Fri. Yrs 4, 5, 6 meet 7.00pm-8.30pm. Yrs 7, 8, 9 meet 7.00pm-8.30pm. Tel: Fre 561726 or Rachel Tayor (01548) 561065.

**Over 60's Center**, Victoria Quay. Mon - Fri 10.30am-12.30pm school term times only. If it is your first visit or to tea/coffee. Michele Watson (01548) 581286.

**Pilates** – Salcombe Harbour Hotel Tues 6.00pm-7.00pm and Thurs 10.00am-11.00am. Tel: Gill Whitmore (01548) 581362.

**RVS Lunch club** – when open held at Salcombe Rugby Club on Tues. Please ring Julie Coleman (01548) 843603 to confirm when open. **Thurlestone** There are a wide range of activities, event see [www.thurlestoneparish.co.uk](http://www.thurlestoneparish.co.uk).

Transport provided by Salcombe minibus.

**Salcombe WI** meet 3<sup>rd</sup> Tues 2pm at Salcombe Rugby Club. Tel: 0345 155 1001 [www.devonlibraries.org.uk](http://www.devonlibraries.org.uk).

**Sherford** -Sherford Village Hall- for current events or to hire contact Grahamslaw Tel (01548) 531489. **Biorcross**

**Pilates** - Village Hall. Fri 9.45am-10.45am. Tel: Gill Whitmore (01548) 581362. **Mobile library**- Bus stop. Tue (monthly). 2.10pm- Tel: 0345 155 1001 [www.devonlibraries.org.uk](http://www.devonlibraries.org.uk).

**Short mat bowling**- Village Hall. Open to all. Wed 7pm.

**Slapton- Mobile library**- Greenbank. Tues (monthly). 1.30pm-2pm. Tel: 0345 155 1001 [www.devonlibraries.org.uk](http://www.devonlibraries.org.uk). **West Alvington**

see village hall notice board for details.

**South Milton** see [www.south-milton.org.uk](http://www.south-milton.org.uk) & Village Hall Notice board. **West Charleton** - all events are in village hall.

**Coffee Break** -Village Hall. Weds 10.30am -12 noon. **Flower Club** - 2<sup>nd</sup> Mon (not Aug) 7.00pm-9.00pm

**History Group** - Village Hall 1<sup>st</sup> Fri (not Aug). 7.30pm . Morgan (01548) 852764. **Folk Dance Club** -Weds 7.45pm-10.15pm (Sept – Worth (01548) 561415.

**Mobile library** - Backshay Close. Wed (monthly) 14:15pm - 15:00pm. Tel: 0345 155 1001 [www.devonlibraries.org.uk](http://www.devonlibraries.org.uk). **Kingsbridge & District Camera Club** - Thurs (S

**Short mat bowls** - Village Hall. Usually Tues (not Aug) 7.30pm but phone to confirm if meeting. Tel: Mr. G Collyer (01548) 560933. **Estuary U3A Bridge Club** - Fri 2pm-5pm. T (01548) 531252.

**Thursday Club** -Village Hall 2<sup>nd</sup> Thurs 2.30pm (not Jul, Aug, Dec). **Natural History Soc.** - 4<sup>th</sup> Mon. 7.30pm. Sept –A (01548) 288397.

**W.I.** – Village Hall. 3<sup>rd</sup> Thurs (except Aug) 7.30pm.

**West Country Embroiderers** - 2<sup>nd</sup> & 4<sup>th</sup> Thurs 2pm -4pm.

Tel: (01803) 770266.

## **Woodleigh**

**Mobile library**- Church Gate Wed (monthly). 10.25am-10.55am

Tel: 0345 155 1001 [www.devonlibraries.org.uk](http://www.devonlibraries.org.uk).

## **Residential, Care & supported living**

**NB. This list is for guidance only & not a recommendation.** Please

check the internet for up to date info /other service providers or  
contact Care Direct or the CQC – see below.

**Care Direct** – Devon County Council Health & Social Care for  
Adults offers guidance & advice inc a social needs assessment to  
identify the support required. Tel: 0345 1551 007 or  
email: [csc.caredirect@devon.gov.uk](mailto:csc.caredirect@devon.gov.uk). [www.devon.gov.uk](http://www.devon.gov.uk)

**Care Quality Commission** Information on providers, services &  
inspection reports can be found on the website ([www.cqc.org.uk](http://www.cqc.org.uk))  
Hospital discharge services can also help.

## **Residential or Nursing homes**

**Kahala Court Care Home**, Embankment Rd, Kingsbridge TQ7 1JN.

Tel: (01548) 852520 [www.devoncaregroup.co.uk](http://www.devoncaregroup.co.uk)

**Korniloff**, Warren Rd, Bigbury-on-Sea, TQ7 4AZ. Tel: (01548)  
810222.

## **Nursing/Care agencies**

**Advent Care Services** Tel: (01803) 770684

[www.adventcareservices.co.uk](http://www.adventcareservices.co.uk)

**Care Company (SW) Ltd** Tel: (01548) 521789

[www.thecarecompanysw.com](http://www.thecarecompanysw.com)

**Carers Direct (SW) Ltd:** Tel: (01548) 810195

[www.carersdirect-sw.co.uk](http://www.carersdirect-sw.co.uk)

**Country Cousins** ‘live-in’ carer’s. Tel: 0845 872 1

[www.country-cousins.uk](http://www.country-cousins.uk)

## **Retirement hotel and Supported living**

### **Retirement hotel**

**Burton Farmhouse Country Hotel**, Nr Hope Cove, holidays, convalescence, long term retirement  
561210, [email:anne@burtonfarm.co.uk](mailto:anne@burtonfarm.co.uk) or [www.burtonfarm.co.uk](http://www.burtonfarm.co.uk)

### **Supported Living**

**Abbeyfield House** (Part of Abbeyfield South West)  
sheltered flats for independent people over 55yrs. It  
covers rent, utilities (exc ‘phone) & home cooked meals  
Bullock (01548) 854090 or [email: kingsbabbey@abbeyfield.co.uk](mailto:kingsbabbey@abbeyfield.co.uk)

*cont’d*

supplement with supplies for car.

**Kingsbridge & Salcombe Gazette**- published Fridays.

**Town/village websites, shops, parish & church notice boards** are also a useful source of local information, service providers & events.

## **Still can't find the information or service you need?**



*Volunteer-led Support in Kingsbridge, Salcombe and Neighbouring Villages*

Please contact our **Voluntary Sector rep**

Tel: (01548) 854588 or email <mailto:info@kascare.uk>

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