

# **BOVEY TRACEY & CHUDLEIGH PRACTICE**

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## **COVID-19 SUPPORT AND INFORMATION**



## LOCAL SUPPORT

### **Bovey Parish COVID Action Group**

The helpline gives help, advice and support including shopping, medication delivery and emotional support during lockdown. Call **07430 189839** on weekdays 9am-5pm if you need help.

### **Bovey Tracey Food Hub**

Dartmoor Community Kitchen Food Bank in Bovey Tracey is open to everyone who needs food support. Ask the GP surgery, school, housing association, Job Centre or Church to email [foodbankcommunitykitchenhub@gmail.com](mailto:foodbankcommunitykitchenhub@gmail.com). They also accept self-referrals.

### **Chudleigh**

Information, advice and support can be reached via the Town Hall on **01626 853140**. The helpline is available weekdays only.

### **ChudFridge**

Chudleigh's Community Fridge can be found at the back door of Chudleigh Town Hall. ChudFridge aims to reduce food waste that would otherwise be thrown away, anyone can make use of it can take it, free of charge. Search 'ChudFridge' on <https://www.facebook.com/> for more info.

**Dartmoor Community Kitchen** Get homemade, nutritious meals at affordable prices delivered to your door. Contact: **01626 836899** or email [communitykitchenhub@gmail.com](mailto:communitykitchenhub@gmail.com).

### **Local Shopping**

Allocated shopping hours for elderly, vulnerable and their carers:

- **Spar Bovey Tracey:** Offers a home delivery service at this store for the vulnerable and the elderly, call 01626 835461 to organise a delivery.
- **Sainsbury's:** Access to stores quickly and safely by skipping the outside queue at any time to be welcomed into stores.
- **ALDI:** Monday - Saturday, stores are open 30 minutes early.
- **Tesco:** 9:00-10:00, but check at <https://www.tesco.com/store-locator/uk> for latest opening times.
- **Morrisons:** offer a basic food doorstep delivery service over the phone - **0345 611 6111** (select the option for doorstep service).

### **NHS Responders**

If you require help with medication delivery, shopping or other assistance please call **0808 196 3646**. Lines can be busy so please be patient.

## **PRACTICAL SUPPORT**

### **Citizens Advice Bureau**

The Citizens Advice Bureau provides free, confidential and impartial advice to help you find a way forward, whatever problem you face. Call **03444 111444** or text **07867 012580** or WhatsApp **01626 322260**, or use the [Email Us](mailto:info@citizensadvice.org.uk) link at <https://citizensadvice.org.uk/>.

### **HITS Foodbank**

Homeless In Teignbridge Support (HITS) food bank provides support for people in need throughout Teignbridge. They are open Monday-Friday, 10am-4pm although they do offer emergency cover at all times. To access food from HITS you need to be referred by an agency such as the Citizens Advice Bureau or another professional (including GPs, Nurses or the Social Prescribing Team) who have assessed your need.

### **T.H.A.T Foodbank**

Teignbridge Homeless Action Today (T.H.A.T) offers support for low-income and homeless members of the community, including providing food and home start packs, information, mentoring and more. To access support from T.H.A.T, you need to be referred by an agency (as above) who have assessed your need. Once you get your referral, simply pop in and see the team.

### **Devon Carers**

Devon Carers help unpaid carers to maintain their own health, wellbeing and independence and to care safely and effectively. Devon Carers help carers access support in the community and provide carers with the information and advice they need in their caring role. Call **03456 434 435** (Monday to Friday: 8am-6pm, Saturday: 9am-1pm) or email [info@devoncarers.org.uk](mailto:info@devoncarers.org.uk) or visit [devoncarers.org.uk](http://devoncarers.org.uk) for more information.

### **The Silver Line**

The Silver Line is the only free confidential helpline providing information, friendship and advice to older people, open 24 hours a day, every day of the year. Call **0800 470 80 90** for support.

### **Help to stay living at home**

If you are struggling with any areas of living independently, you can call Care Direct on **0345 1551 007** (8am to 8pm Monday to Friday and 9am to 1pm on Saturdays) or email [csc.caredirect@devon.gov.uk](mailto:csc.caredirect@devon.gov.uk).

### **Domestic Violence Support**

If you or someone you know is affected by domestic violence there is help available. For independent and confidential advice call Devon's domestic abuse helpline on **0345 155 1074** or visit our Domestic and Sexual Violence and Abuse website [www.devon.gov.uk/dsva/](http://www.devon.gov.uk/dsva/).

## ACTIVITIES

### Moorland Community Care Activity Calls

A weekly program of activities that you can join from a normal phone - no internet required. Free to join when you have a telephone call plan (landline or mobile) which gives you free daytime calls. Please find the timetable of activities below and call **01364 712013** to find out more.

	Monday	Tuesday	Wednesday	Thursday	Friday
11:00	Crossword & Coffee	Trip Down Memory Link	Music Appreciation	Quizzers Quiz	A Wellbeing Moment
14:30	All About Dartmoor	Seated Exercise	Poetry	Gentle Quiz	Bingo

### Devon Highlights: Virtual Coffee Mornings and Active Sessions

Weekly activities and a chance to have a chat, coffee or even exercise with members of your community from the comfort of your home on Zoom. Call **07984 001566** or email [harry.bonnell@devoncommunities.org.uk](mailto:harry.bonnell@devoncommunities.org.uk) or [aggie@devoncommunities.org.uk](mailto:aggie@devoncommunities.org.uk) for more information.

### Libraries (during lockdown, normal opening should resume afterwards)

Bovey Tracey Library Choose and Collect – the library is closed during but Choose and Collect is available from the new library in Riverside Community Centre. Email [boveytracey.library@librariesunlimited.org.uk](mailto:boveytracey.library@librariesunlimited.org.uk) or call **01626 832026** to book your slot and books must be returned by appointment only. Online Bounce and Rhyme sessions, kids' crafts and story-times are available at [www.facebook.com/Devon.Libraries](https://www.facebook.com/Devon.Libraries). You can also join the library online at [www.devonlibraries.org.uk/web/arena/join-the-library](http://www.devonlibraries.org.uk/web/arena/join-the-library) to borrow e-books and e-audiobooks.

### Staying Healthy at Home Online Course

This free course by Sense Ability Therapy is for people with long term health conditions and offers practical advice to keep healthy and active at home [learning.senseabilitytherapy.co.uk/courses/staying-healthy-at-home/](http://learning.senseabilitytherapy.co.uk/courses/staying-healthy-at-home/).

### Devon Recovery Learning Community Online Courses

Access courses at [devonrlc.co.uk/course-search/](http://devonrlc.co.uk/course-search/) to help you feel better, and for friends and families of those on the path to mental health recovery.

### Virtual Village Hall

Visit [www.royalvoluntaryservice.org.uk/virtual-village-hall](http://www.royalvoluntaryservice.org.uk/virtual-village-hall) for a program of online activities including arts and crafts, music and singing, cooking and baking, dance and exercise, and technology skills.



## MENTAL HEALTH

### **Mental Health Matters Support Helpline (Devon Area)**

This helpline can help you find support when you are feeling low, in a crisis, struggling with caring responsibilities and with pain management. Call the 24/7 helpline on **08004 700317** if you need support.

### **TalkWorks**

TalkWorks is a free, confidential, NHS talking therapy service for people (aged 18+) in Devon. Contact **0300 555 3344** (9:00am to 4:30pm) for more information, and self-refer by visiting [www.talkworks.dpt.nhs.uk](http://www.talkworks.dpt.nhs.uk).

### **The Mooring**

Are you feeling distressed, frightened, overwhelmed, or that things are too much for you? Are your usual sources of support closed for the night? The Mooring offers out-of-hours mental health support from 6pm - midnight to anyone aged 16+ in the Devon area. Call **07483 991848** or email [devontorquay.mhm@nhs.net](mailto:devontorquay.mhm@nhs.net).

### **Devon Clinic - COVID Talking Therapy Service**

If you have been affected by COVID-19 and need support for your mental health call visit [www.devonclinic.co.uk/covid-talking-therapy-service](http://www.devonclinic.co.uk/covid-talking-therapy-service).

### **SHOUT Mental Health Text Support**

SHOUT is a free and confidential 24 hours a day mental health support text service. Text **SHOUT to 85258** to access instant support.

### **Samaritans**

Samaritans are there, day or night, for anyone who's struggling to cope. Call **116 123** (any time, free of charge) [www.samaritans.org](http://www.samaritans.org).

## KEEPING HEALTHY

Find advice to help you quit smoking, eat well and get active at [www.nhs.uk/better-health](http://www.nhs.uk/better-health) or try the app library to help with a range of health conditions and keeping well at [www.nhs.uk/apps-library](http://www.nhs.uk/apps-library).

### **Online Fitness Classes with Mad4Fitness**

Mads Ramsey offers a range of online classes to suit all ages and abilities, For more information and to book visit [www.madelineramsey.co.uk/online](http://www.madelineramsey.co.uk/online).

### **Move It or Lose It Chair Exercise**

Online classes designed to help keep yourself fit in later life. Access classes at [www.moveitorloseit.co.uk/online-move-it-or-lose-it-classes](http://www.moveitorloseit.co.uk/online-move-it-or-lose-it-classes).

This leaflet has been produced by the Social Prescribing team at Bovey Tracey & Chudleigh Practice.

We can help connect those feeling lonely, overwhelmed or in need of help to local support groups and advice. Talk to the reception team, your GP or another health professional to find out more.



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