



## Plymouth Autism Spectrum Service Signposting Directory

The following document is a list of the services that may be helpful to you. It is listed alphabetically by topic rather than service. It does not list all services available to you.

If you can't find what you are looking for please use the other useful directories that we have suggested here. If you are still unsure or can't find the service you need please get in contact and we will try and help as much as we are able to: [livewell.pass@nhs.net](mailto:livewell.pass@nhs.net)

Other useful directories:

- **Marbles -**  
<https://www.marbleslostandfound.co.uk/section/quick-links>
- **Dimensions for Autism -**  
<https://www.dimensionsforautism.life/devon-autism-guide>
- **Plymouth Online Autism Directory -**  
<https://www.plymouthonlinedirectory.com/healthandwellbeing/autism/directory>

Click on the links on the letters below to search alphabetically for a service:

**A B C D E F G H I J K L M N O P Q R S T U V W X Y Z**

**A –**

### **ADDICTION**

#### **Alcoholics Anonymous**

A worldwide and nationwide organisation with a Plymouth branch. Support for people who are having issues with alcohol addiction. Hosts daily meetings throughout Plymouth in a number of areas.

<https://www.alcoholics-anonymous.org.uk/>

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

National Helpline Tel: 0800 9177650

Email: [help@aamail.org](mailto:help@aamail.org)

#### **AL-ANON Family Groups**

Support for anyone who is or has been affected by someone else's Alcohol addiction. Host meetings every Monday and Wednesday.

Web: <https://www.al-anonuk.org.uk/>

Tel: 0800 0086 811

Email: [helpline@al-anonuk.org.uk](mailto:helpline@al-anonuk.org.uk)

#### **Be Gamble aware**

A service that offers free, confidential support to anyone who is worried about their, or someone else's gambling

<https://www.begambleaware.org/>

National gambling helpline: 0808 8020 133

### **Gamcare**

National provider of free information, advice and support for anyone affected by gambling. Free phone line, online chats & forum.

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

Free Tel: 0808 8020 133

### **Gamblers Anonymous**

Peer support for people who are affected by their own gambling. Provides local meet up every Monday 19:00 – 21:00, plus online forums, chat rooms, and other resources.

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

Address: Quaker House, 74 Mutley Plain, Plymouth, PL4 6LF

National helpline: 0330 094 0322

Email: [info@gamblersanonymous.org.uk](mailto:info@gamblersanonymous.org.uk)

### **Homoaze House**

Day rehabilitation support for people and their families who are living with drug and/or alcohol addiction.

<http://hamoazehouse.org.uk>

Address: Hamoaze House, Devon Port, Plymouth, Devon PL1 4JQ

Tel: 01752 566 100

Email: [office@hamoazehouse.org.uk](mailto:office@hamoazehouse.org.uk)

### **Harbour Drug & Alcohol Service**

Information, support, assessment and intervention for anyone in Plymouth affected by drug/alcohol addiction.

<http://www.harbour.org.uk/>

Address: Harbour Drug & Alcohol Services, Hyde Park House, Plymouth, PL4 6LF

Tel: 01752 434343 / 434567

Email: [harbourcentre@harbour.org.uk](mailto:harbourcentre@harbour.org.uk)

### **Sunflower Women's Centre**

A women's wellbeing hub that provide therapeutic opportunities for any woman with a need in Plymouth. This could be related to: mental health, finances, substance misuse, domestic violence, sexual violence etc.

<https://www.trevihouse.org/sunflower-womens-centre>

Address: The Gables, 29 Sutherland Road, Plymouth, PL4 6BW

Tel: 01752 977614 Contact form: <https://www.trevihouse.org/contact>

### **Narcotics Anonymous.**

This organisation supports individuals in their recovery from any drug addiction, irrespective of combination of drugs, age, sex, religion, race, creed or class. It is a non-religious programme that endorses abstinence from all drugs.

<https://ukna.org/>

Address: Devon Area, Union Corner, Union Street, Plymouth, Devon, England, PL1 3HW.

Meetings: Currently Online Meeting Format.

## **ADVOCACY**

### **The Advocacy People**

This is a National Organisation that offers advocacy services in Plymouth. Limited services in Plymouth, call them to find out what they can offer in this area.

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

Address: 207 Outland Rd, Plymouth PL2 3PF

Tel: 0330 440 9000

Text: 80800, starting message with PEOPLE

### **One Stop Advocacy**

Open to anyone for advocacy and assistance on a number of issues including benefits, letter writing, making complaints, making telephone calls, moving house etc. Offers a free service to anyone within the PL2 postcode area but needs to be referred through 'Healthy Futures' (see below). If you live outside of this postcode are they also offers a service in which you can pay for.

<http://www.onestopadvocacy.com/>

Address: The Wolseley Trust, Scott Business Park, Beacon Park Road, Plymouth, PL2 2PQ

Tel: 07464 106 903

Email: [sallyhamilton@onestopadvocacy.co.uk](mailto:sallyhamilton@onestopadvocacy.co.uk)

### **Age UK**

Contact the charity to see if they have advocates in your area.

Tel: 01752 256 020

Website: [www.ageuk.org.uk/plymouth](http://www.ageuk.org.uk/plymouth)

### **Plymouth Highbury Trust**

Offers Advocacy for people with a learning disability and autism in Plymouth. They also have an advocacy service for parents who have a learning disability.

<http://www.plymouthhighburytrust.org.uk/>

Address: 207 Outland Rd, Plymouth PL2 3PF

Tel: 01752 773333

Email: [admin@plymouthhighburytrust.org.uk](mailto:admin@plymouthhighburytrust.org.uk)

### **Health Watch**

National, independent organisation offering general support with advocacy, information and advice around health and social care in the UK. There is a local Plymouth branch.

Main website: <https://www.healthwatch.co.uk/>

Local branch website: [www.healthwatchplymouth.co.uk](http://www.healthwatchplymouth.co.uk)

Tel: 08005200640

Email: [info@healthwatchplymouth.co.uk](mailto:info@healthwatchplymouth.co.uk)

Address: Jan Cutting Healthy Living Centre, Scott Business Park, Beacon Park Road, Plymouth, PL2 2PQ

### **VoiceAbility**

Gives advocacy support - Call their helpline on 0300 303 1660 for advice or use

VoiceAbility's online referral form at: [www.voiceability.org](http://www.voiceability.org)

Email: [helpline@voiceability.org](mailto:helpline@voiceability.org)

## **ADVICE (GENERAL)**

### **Advice Plymouth**

An Improving Lives Plymouth service that works in partnership with the Citizens Advice Bureau (CAB). Offers drop-in, online, or by phone advice for many issues, including benefits and tax credits, consumer rights, employment, housing, legal, money and debt, relationships, tax, and water debt. Offers lots of information and has self-help resources.

Address: Ernest English House, Buckwell Street, Plymouth, PL1 2DA

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

Telephone: 0300 3309 043

Online Enquiry: [www.adviceplymouth.org.uk/index.php/get-advice/on-line-enquiry](http://www.adviceplymouth.org.uk/index.php/get-advice/on-line-enquiry)

### **Citizens Advice Bureau Plymouth**

Offers advice and support around debt, utilities, finances, universal credit, housing, legal issues.

<https://citizensadviceplymouth.org.uk/>

Tel: 0300 3309 043

## **AUTISM -**

- **Autism Specific Services**

### **Plymouth Autism Spectrum Service (P.A.S.S.)**

Post-diagnostic support for adults (18+) with autism (and families) and registered to Plymouth GP. Advice service includes 1:1 advice and signposting, Navigating Autism group, mindfulness and problem-solving groups, workshops, drop-in social space and supported signposting to help you access relevant services in Plymouth.

Telephone: 01752 434033

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

Email: [livewell.pass@nhs.net](mailto:livewell.pass@nhs.net)

### **Derriford Autism Service**

DAS offers individuals on the Autistic Spectrum a better experience when accessing hospital services at Derriford hospital. (Adults with Autism who also have a Learning Disability will continue to have support from the Learning Disability Team).

Derriford Hospital, Plymouth

Tel: 01752 432134

Texts only: 07989 203123

[plh-tr.derrifordautismservice@nhs.net](mailto:plh-tr.derrifordautismservice@nhs.net)

- **Autism Online Resources**

### **Autism Alliance**

An online directory of specialist Autism charities in the UK, with advice and information about services relevant to autism.

<https://www.autism-alliance.org.uk/>

### **National Autistic Society (National Office)**

National support and advice service for people with Autism and their families.

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

Tel: 0808 800 4104

Email: [nas@nas.org.uk](mailto:nas@nas.org.uk)

### **Autism Links**

Online nationwide service directory for services that are autism specific or work well for people with autism.

<https://www.autismlinks.co.uk/>

- **Autism Peer support and Social Groups**

### **Adults with Autism Plymouth**

A social group dedicated to providing an environment where autistic adults in Plymouth are able to feel accepted, respected, safe and understood. There are weekly groups and organised activities that take place at the Oasis Café

[www.aaiplymouth.org.uk](http://www.aaiplymouth.org.uk)

[contact@aaiplymouth.org.uk](mailto:contact@aaiplymouth.org.uk)

### **National Autistic Society - Plymouth Adult Asperger's**

A peer support group for adults with Asperger Syndrome or high-functioning autism. Hosts regular free meetings to socialise and share experiences. Also hosts group activities and often have speakers on useful topics.

<http://www.nasplymouthadultaspergersbranch.webeden.co.uk/home/4594252535>

Tel: 0808 800 4104

Email: [NASplymouthadultaspergersbranch@nas.org.uk](mailto:NASplymouthadultaspergersbranch@nas.org.uk)

### **Dimensions for Autism**

This is peer-support, advocacy, activism, and advice in Devon for adults with autism without a learning disability.

<https://www.dimensionsforautism.life>

### **University of Plymouth- Autism Society**

Social Support group for students of Plymouth University with autism. Holds weekly meet ups on Wednesday. Offers opportunities to socialise and explore new activities.

Address: First Floor, 3 Portland Mews, Plymouth University

Tel: 01752 587676

Email: [studentservices@plymouth.ac.uk](mailto:studentservices@plymouth.ac.uk)

- **Autism Employment Support**

### **Autism Forward**

Provide access to specialist mentors for adults with autism to get into employment/volunteering role. You can apply for a grant to pay for the mentor.

<http://www.autismforward.org.uk/mentoring/>

Plymouth Based Contact: Faraday Fearnside

Tel: 07858986565



Email: [hello@faradayfearnside.co](mailto:hello@faradayfearnside.co)

- **Autism Carer/Family Support**

### **Caring for Carers - Improving Lives Plymouth**

For people (18+) who live with and care for someone with support needs. Provide carers with wellbeing checks and opportunities to access information and advice, support groups, leisure and social activities, workshops, carers card discounts, and regular newsletters.

<https://www.improvinglivesplymouth.org.uk/our-services/caring-for-carers>

Address: 156 Mannamead Road, Plymouth, PL3 5QL

Tel: 01752 201890

Email: [caringforcarers@improvinglivesplymouth.org.uk](mailto:caringforcarers@improvinglivesplymouth.org.uk)

### **NAS Plymouth Autism Parent Support Group**

Support for parents of people with autism. Provides support through direct contact, hosts facebook page and group for peer support and signposting, and hosts in-person and online group meetings.

<https://en-gb.facebook.com/Autism-Plymouth-Parent-Support-Information-315483675524031>

Email: [Plymouthparentsupport@nas.org.uk](mailto:Plymouthparentsupport@nas.org.uk)

### **Carers Allowance, Gov UK**

The option to get £67.25 a week if you care for someone 35+ hours a week and they get certain benefits. Option to get additional help if eligible, including council tax reduction, universal credit, and grants and bursaries.

<https://www.gov.uk/carers-allowance>

Tel: 020 7378 4999

### **Parent Carer Voice**

The Plymouth Parent Carer Voice (PPCV) brings together parents and carers of children and young people with special educational needs in Plymouth and the surrounding area to give a voice in the services that they use.

Address: 30a, City Business Park, Plymouth PL3 4BB

Tel: 07954048017

Email: [info@plymouthpcv.co.uk](mailto:info@plymouthpcv.co.uk)

- **Autism Social Space**

### **Devonport Live**

Café and community space in Devonport. Open to anyone and staff can advise on issues such as debt, drugs etc.

<https://www.devonportlive.com/>

Tel: 01752 657843

[Katie@devonportlive.com](mailto:Katie@devonportlive.com)

### **Leadworks**

Welcoming and safe community space for groups and individuals. Includes areas such as public living room, café, recording and artists' studios, performance space, and workshop rooms.

<https://www.leadworks.space/>



Address: 170 Rendle Street, Plymouth PL1 1TP  
Facebook: <https://www.facebook.com/LeadworksWarehouse/>  
Tel: 01752 396577  
Email: [info@leadworks.space](mailto:info@leadworks.space)

### **Moments Café**

Café and community space for everyone. Home to the memory matters charity. A low arousal sensory environment.

New George St, Plymouth PL1 1RJ  
<https://www.moments-cafe.com/>  
Telephone: 01752 219810  
Email: [hello.moments.cafe@gmail.com](mailto:hello.moments.cafe@gmail.com)

### **Oasis Project Café**

Safe and welcoming café space that provides information, advice and guidance, practical and spiritual support. Also a space used by the autism community to host social groups and peer support.

<http://oasisproject.co.uk/>  
Address: 28 Manor Street, Stonehouse, PL1 1TW  
Email: [manager@oasisproject.co.uk](mailto:manager@oasisproject.co.uk)

- **Autism Training & Education**

### **Autism Education Trust**

Works with The Department for Education to help young people with Autism to receive an education. This includes providing training, resources, and opportunities that support education services to provide positive experiences whilst in education.

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

### **Eat That Frog**

<https://eatthatfrog.ac.uk/>

Provide bespoke courses in Health and Wellbeing and Employability for adults (18+) with special educational needs. The service is free to those who claim benefits, and reduced costs for UK/EU citizens. Courses on offer include health and wellbeing skills, life skills, and vocational skills. Currently online, but will be opening up centres in Torbay and Plymouth throughout August and September, 2020.

Address: Plymouth, Education & Training Centre, Units 11, 19,20 Scott Business Park, Beacon Road, Plymouth, PL2 2PB  
Tel: 01803 551551  
Email: [info@eatthatfrog.ac.uk](mailto:info@eatthatfrog.ac.uk)

## **B -**

### **BEFRIENDING**

#### **Elder Tree Befriending**

For adults aged 50+, elder tree provides peer support and friendship through supporting people to engage more with their communities to help prevent isolation and loneliness.



Address: 3 Tresillian St, Plymouth PL4 0QP  
Tel: 01752 227447  
Email [admin@eldertreebefriending.co.uk](mailto:admin@eldertreebefriending.co.uk)

### **Re-engage**

We exist to provide social connections for older people at a time in their lives when their social circles are diminishing.  
Call companions is our telephone befriending service ensuring older people remain connected to the outside world. Call companions is available to anyone aged 75 and over who would benefit from a regular chat over the phone with a friendly volunteer.  
Give us a call on 0800 716 543 (calls are free)  
[www.reengage.org.uk](http://www.reengage.org.uk)

## **BEREAVEMENT**

### **Bereavement Counselling Service**

One to One Counselling support and bereavement groups for people who are living with complex grief in Plymouth and surrounding areas. Open to adults (18+) who are referred by a healthcare professional.  
<http://bcsplymouth.co.uk/>  
Address: Falcon House, Eagle Road, Plymouth, PL7 5JY  
Telephone: 01752 349769  
Email: [enquiries@bcsplymouth.com](mailto:enquiries@bcsplymouth.com)

### **Cruse Bereavement Care**

A national charity providing free advice, information and support to adults, young people and children who are struggling to cope with grief arising from bereavement.  
<https://www.cruse.org.uk/get-help/local-services/south-west/devon>  
Address: 3 Palace Gate, Exeter, EX1 1JA (covering the whole of Devon).  
Tel: 0300 330 5466  
Email: [devon@cruse.org.uk](mailto:devon@cruse.org.uk)

### **University Hospitals, Plymouth – Bereavement in Hospital**

Provide support to bereaved relatives and carers following the death of a patient at the hospital.  
<https://www.plymouthhospitals.nhs.uk/bereavement>  
Derriford Hospital, Derriford Road, Plymouth, PL6 8DH  
Tel: 01752 439492 or 01752 439743

## **C -**

## **COMMUNITY FEEDBACK**

### **Healthwatch**

<https://www.healthwatchplymouth.co.uk/>  
Healthwatch Plymouth helps people get the best out of their local health and social care services. They gather feedback from the community about positive and negative experiences of using health and social care services in Plymouth.





Address: Jan Cutting Healthy Living Centre, Scott Business Park, Beacon Park Road, Plymouth, PL2 2PQ  
Tel: Local Office Enquiries: 08000 520 029  
Email: [info@healthwatchplymouth.co.uk](mailto:info@healthwatchplymouth.co.uk)

### **Heads Count**

Community feedback service aimed at improving mental health provisions in Plymouth. They give voice to those who use services and improve the communication and understanding between services and the people that use them.

<https://www.colebrooksw.org/heads-count/>

Address: Jan Cutting Healthy Living Centre, Scott Business Park, Beacon Park Rd, Plymouth, PL2 2PQ  
Tel: 01752 562492  
Email: [headscount@colebrooksw.org](mailto:headscount@colebrooksw.org)

## **CORONAVIRUS INFORMATION AND SUPPORT**

### **Coronavirus Advice GOV**

The government site for coronavirus information and guidance  
<https://www.gov.uk/coronavirus>

### **NHS Good SAM Referral Form**

Referral form for people who may need support from an NHS volunteer during the COVID-19 pandemic

<https://www.goodsamapp.org/NHSreferral>

Tel: 0808 1963 382

Email: [signupsupport@royalvoluntaryservice.org.uk](mailto:signupsupport@royalvoluntaryservice.org.uk)

## **CRISIS SUPPORT**

### **First Response, Livewell Southwest**

Advice, support and signposting from a mental health professional. The service is available 24 hours a day, seven days a week adults (18+) in Plymouth in crisis. There is also a similar service for children and young people.

<https://www.livewellsouthwest.co.uk/inpatient-mental-health-neurology>

Tel: 0800 923 9323

### **Headspace**

Peer mental health support for people in Plymouth who feel they are approaching a mental health crisis.

<https://www.colebrooksw.org/head-space/>

Tel: 07890 257614

Email: [headspace@colebrooksw.org](mailto:headspace@colebrooksw.org)

### **Plymouth SARC (Sexual Assault Referral Centre)**

24 hour support for victims of sexual assault. Provides counselling, medical and forensic facilities, and fully trained support staff, with or without the involvement of the police.

<https://sarchelp.co.uk/plymouth-sarc/>



Address: Hawthorne House, Darklake View, Estover, Plymouth, PL6 7TL  
Tel: 0300 3034626  
Link to [online referral form](#)

### **Samaritans**

Offers telephone, email, and face to face support for people in distress.  
<https://www.samaritans.org/branches/plymouth/>  
Address: 20 Oxford Place, Western Approach, Plymouth, PL1 5AJ  
Tel: 116 123  
Email: [jo@samaritans.org](mailto:jo@samaritans.org)

### **Shout**

Free 24/7 text crisis confidential support from a trained Crisis Volunteer.  
Text: SHOUT to 85258  
<https://www.crisistextline.uk/>

### **The Calm Zone**

The Campaign Against Living Miserably (CALM) run a free and confidential helpline and webchat – 7 hours a day, 7 days a week for anyone who needs to talk.  
<https://www.thecalmzone.net/>  
Tel: 0800 58 58 58

### **Victim Care Devon & Cornwall**

The Victim Care Unit is run by Devon and Cornwall Police with information and advice for people who are victims of a crime. Offers a web chat and support over the phone.  
<https://www.victimcaredevonandcornwall.org.uk/>  
Freephone: 0808 1689111

## **D –**

## **DANCE & THEATRE**

### **Far Flung Dance Theatre**

Far Flung Dance Theatre is a professional group of disabled and non-disabled artists that include movers, actors, musicians, makers, voice practitioners and performers. We work together to create accessible workshops and performances that are open and inclusive to all.  
Facebook: <https://www.facebook.com/farflungdancetheatre>

### **Theatre Royal, Plymouth, 'Our Space Project'**

This is a project that works with adults with mental health needs that wish to be involved with drama and theatre, there are three levels of engagement: 1) Community hub drama workshops 2) weekly workshops in drama held at our 'Production and Learning Centre' at TR2; and Project X—bespoke training sessions for longer standing members to gain further skills that are transferable to everyday life.  
Address: Royal Parade, Plymouth, PL1 2TR  
Website: <https://theatreroyal.com/take-part/adults-and-communities>  
Tel: 01752 26722

## **DRIVING**

### **Blue Badge Scheme**

For applying for / Renewing a Blue Badge for driver or passenger with a mobility disability or are registered blind. Allows holder to park areas not usually available to reduce the distance between car and destination. <https://www.gov.uk/apply-blue-badge>

### **DVLA (Driver and Vehicle Licensing Agency)**

For information about drivers licences, buying and selling a vehicle, and taxing a vehicle. <https://www.gov.uk/government/organisations/driver-and-vehicle-licensing-agency>

We are aware of some Driving instructors who promote working with people with additional needs including Autism. If you want this information please contact us.

E –

## **EDUCATION**

### **Achievement Training**

<https://achievementtraining.com/>

Norwich Union House 2, St Andrews Cross, Plymouth, PL1 1DN  
Tel: 01752 202 266

### **Marjon University**

<https://www.marjon.ac.uk/>

Address: Derriford Road, Plymouth, PL6 8BH  
Tel: 01752 636700

### **University of Plymouth**

<https://www.plymouth.ac.uk/>

Address: Drake Circus, Plymouth, Devon PL4 8AA  
Tel: +44 (0)1752600600

### **Plymouth City College**

<https://www.cityplym.ac.uk/>

Address: Kings Road, Devonport, Plymouth, PL1 5QG  
Tel: 01752 305300

Email: [info@cityplym.ac.uk](mailto:info@cityplym.ac.uk)

### **Plymouth College of Art**

<https://www.plymouthart.ac.uk/>

Address: Tavistock Pl, Plymouth PL4 8AT  
Telephone: 01752 203434  
Email: [enquiries@pca.ac.uk](mailto:enquiries@pca.ac.uk)

## **EMERGENCY SERVICES**

For emergency **Police, Medical, Fire, or Coastguard**  
Telephone: 999

**Report a crime or other concern (non-emergency)**

Telephone: 101

Online: <https://services.devon-cornwall.police.uk/crimereporting/>

**Medical Advice (non-emergency)**

Telephone: 111

**Fire Service (non-emergency)**

01392 872 200

**Southwest Water**

For a water leak or burst pipe in the road, on a pavement or any other place (24 hours)

Telephone: 0844 346 2020

**For pollution:** to report bursts or leaks from any of Southwest Waters sewage works, pumping stations or pipes (24 hours)

Telephone: 0800 146 084

**Gas:**

To report a gas escape or a gas safety issue ring the National Gas Service Emergency Line (24 hours)

Telephone: 0800 111999

**Electrical:**

If the power fails call the emergency number (24 hours)

Telephone: 0800 365 900

**EMPLOYMENT**

**ACAS**

A Government funded Advisory, Conciliation and Arbitration Service who work with people and their workplace to improve workplace relationships.

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

Tel: 0300 123 1100

**Access To Work**

Support for people who have a disability and have a job or are about to start a job. Can provide a grant to help pay for reasonable adjustments that aren't covered by your employer. This could be specialised equipment, adaptations, or support worker services, and can help with getting to and from work.

<https://www.gov.uk/access-to-work>

**Exceptional Individuals**

A national service which provides free consultation, recruitment and employment support to people with Autism, ADHD, Dyslexia and Dyspraxia. They also offer online workshops and recruitment hubs to make searching for a job easier.

<https://exceptionalindividuals.com/>

Tel: 0208 133 6046

### **Focus Five**

An organisation helping people aged 15-18 who are struggling moving forward in life to get back into education, employment and training.

<https://www.cswfocus5.co.uk>

Tel: 0787 675 8108

Email: [focus5@cswwgroup.net](mailto:focus5@cswwgroup.net)

### **GOV.uk Find a job**

The Government online job finding tool.

<https://www.gov.uk/find-a-job>

### **Indeed**

A job finding engine which allows you to add a CV and makes applying for a range of jobs easy.

<https://www.indeed.co.uk/>

### **Job Centre Plus**

Employment and work-related benefits support for anyone.

<https://www.jobcentreguide.co.uk/plymouth-jobcentre>

Address: Old Tree Court, 64 Exeter Street, Plymouth, PL4 0AJ

Tel: 0845 604 3719

### **National Careers service**

National service providing information, advice and guidance to help you make decisions on learning, training and work.

<https://nationalcareers.service.gov.uk/>

Tel: 0800 100 900

### **Our Plymouth**

A website with listings of volunteering opportunities within Plymouth.

<https://ourplymouth.co.uk/>

### **Outset**

An online business support company. They offer online courses in business start-ups as well as offering finance for some businesses.

<https://www.outset.org>

Tel: 0800 587 7707

Email: [startupandgrow@outset.org](mailto:startupandgrow@outset.org)

### **PLUSS**

Employment support and opportunities for people in Plymouth with additional needs. This includes training, support in applying for a keeping a job, and providing job opportunities for its service users

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

Address: Unit 22- 24, Business Park, Beacon Park Road, Plymouth, Devon, PL2 2PQ

Tel: 01752 680011

Email: [employment.bureau@pluss.org.uk](mailto:employment.bureau@pluss.org.uk)

### **Poppy Factory**

An employability service for veterans who are wounded, injured or sick including mental health difficulties and are wanting to get back into employment.

<https://www.poppyfactory.org/>

Tel: 020 8939 1837

Email: [support@poppyfactory.org](mailto:support@poppyfactory.org)

### **Reed**

A job finding search engine which also offers career advice and a range of paid and some free courses to boost employability.

<https://www.reed.co.uk/>

### **STEPS**

A Livewell Southwest service that supports people to gain confidence and independence through community and group activities, including gardening and horticulture. Can help with pre-employment and employment skills, assertiveness, and other useful skills. You can only be referred to this service please speak with P.A.S.S.

<https://www.livewellsouthwest.co.uk/project/community-group-activities-steps>

Tel: 01752 268011

### **The Heart of the South West Growth Hub**

An online HUB of free resources to offer support for people looking to set up and expand small businesses. They also offer courses which do have a fee.

<https://www.heartofswgrowthhub.co.uk>

Tel: 03456 047 047

Email: [info@heartofswgrowthhub.co.uk](mailto:info@heartofswgrowthhub.co.uk)

## **F –**

### **FAMILY SERVICES**

#### **Family Matters**

A Plymouth based charity which is dedicated to providing a service to individuals and families who want safe & professional support for those with relationship difficulties. This can include bereavement, communication breakdown and the effects of drugs and alcohol. You can self-refer into the service to get an appointment or be referred by a healthcare professional.

Address: Family Matters, 46-48 Devonport Road, Stoke, Plymouth, PL3 4DF.

Tel: 01752 606 826

Email: [familymatters@nhs.net](mailto:familymatters@nhs.net)

#### **FIRE SAFETY**

#### **Devon and Somerset Fire Service**

A service within Plymouth who will visit your property for free and do a fire safety assessment. Contact P.A.S.S. for a referral.

Website: [DS Fire](#)

## **FOOD BANKS**

### **Plymouth Food Bank**

Food Bank in Stonehouse. 3 days emergency food supplies for people in financial crisis. Contact by phone or email to be directed to a referral agency who will start the process.

<https://plymouth.foodbank.org.uk/get-help/how-to-get-help/>

Address: 28 Manor St, Stonehouse, Plymouth PL1 1TW

Tel: 01752 254981

Email: [info@plymouth.foodbank.org.uk](mailto:info@plymouth.foodbank.org.uk)

### **North Plymouth Food Banks**

Food bank in Estover, 3 days emergency food supplies for people in financial crisis. Contact by phone or email to be directed to a referral agency who will start the process.

<https://northplymouth.foodbank.org.uk/get-help/>

Address: North Plymouth Community Church, Plymbridge Rd, Plymouth, PL6 7LF

Tel: 07759 258889

Email: [info@northplymouth.foodbank.org.uk](mailto:info@northplymouth.foodbank.org.uk)

If you are a Service User of P.A.S.S. you can get a food voucher from us to use at the food banks.

**G -**

## **GROCERY SHOPPING & MEAL DELIVERY**

### **Community Meals Service (CMS)**

Freshly prepared hot meals to your door...

Plymouth Community Meals service is for people to purchase as a private arrangement.

- Meals start from just £6.50 for a two course lunch
- For an extra £3.00 add a tea time sandwich/salad and a slice of cake from our teatime menu which is delivered at the same time as your hot meal.
- We deliver 365 days a year and all our drivers are security checked.

Telephone: **01752 305140/305162**

Available from 9am to 3pm Monday to Friday

Email: [communitymealsadmin@plymouth.gov.uk](mailto:communitymealsadmin@plymouth.gov.uk)

Website: [www.plymouth.gov.uk/plymouthcommunitymeals](http://www.plymouth.gov.uk/plymouthcommunitymeals)

### **Oakhouse Foods**

Telephone: 01392 907950

Email: [tavistock@oakhousefoods.co.uk](mailto:tavistock@oakhousefoods.co.uk)

Website: [www.oakhousefoods.co.uk](http://www.oakhousefoods.co.uk)

### **Wiltshire Farm Foods**

Order online or call 0808 239 5930

Email: [southdevon@wiltshirefarmfoods.co.uk](mailto:southdevon@wiltshirefarmfoods.co.uk)

Website: [www.wiltshirefarmfoods.com](http://www.wiltshirefarmfoods.com)



### **Milk & More**

Deliver to Plymouth Mondays, Wednesdays and Fridays.

Deliveries can be arranged for 'one off' or for regular deliveries.

Telephone: 0345 606 3606

Website: [www.milkandmore.co.uk](http://www.milkandmore.co.uk)

### **Sainsbury's**

Sainsbury's offer a home delivery service for food and other goods available instore. Your order can be placed either over the telephone or online. Delivery charges apply- for more information visit their website.

Website: [www.sainsburys.co.uk/shop/gb/groceries](http://www.sainsburys.co.uk/shop/gb/groceries)

Telephone: 0800 328 1700 (please note- there is a small charge for placing your order over the phone)

### **Morrisons**

Orders can be made online or over the telephone;

Website: <https://groceries.morrisons.com>

Morrisons has launched a dedicated telesales shopping service offering next day delivery on essential items for the "vulnerable and elderly". Customers can now order from a list of 47 essential items over the phone and pay for goods with their credit card when their order is delivered. Our Doorstep Delivery service is now open 7 days a week with a £2.50 delivery charge

Customers who wish to place an order should **phone 0345 611 6111** and select **option five**.

### **Co-operative Food**

H -

### **HAIRDRESSERS**

#### **Full Head Esteem**

1:1 hairdressing for Autism- Provide specialist hairstyling service to adults with Mental Health difficulties; Autistic Spectrum Disorders or Learning Disabilities, who may struggle to access mainstream/High Street salons.

<http://www.fullheadesteem.co.uk/>

Tel: 01752 402222 (available during salon opening times) and Mobile: 07989 157 340

### **HEALTH (Physical) & WELLBEING**

#### **Active Devon**

Non-profit organisation dedicated to inspiring and supporting people in Devon to be active.

<https://www.activedevon.org/>

Address: The Loft, Haven Banks, Haven Road, Exeter, EX2 8DP

Tel: 01392 925 150

Email: [hello@activedevon.org](mailto:hello@activedevon.org)

#### **Active for All**

Part of improving lives Plymouth, promoting physical activities for adults with support needs.

Hosts specific activities such as walking, football, and boccia. Offers taster sessions for

different sports and activities and a buddying service to support with joining a new club or activity.

<https://www.improvinglivesplymouth.org.uk/our-services/active-for-all>

Address: 156 Mannamead Road, Plymouth, Devon, PL3 5QL

Tele: 01752 201891

Email: [active@improvinglivesplymouth.org.uk](mailto:active@improvinglivesplymouth.org.uk)

### **Argyle Community Trust – Argyle Fit**

A 14-week programme, tailored at men looking to lose weight and improve physical wellbeing by playing football and having fun. Open every Tuesday evening from 18:00 to 21:00. 18 – 35, BMI must be 27.5 +, over 35's BMI must be 25+.

<https://argylecommunitytrust.co.uk/what-we-do/health/man-v-weight/>

Email: Ben.Kerswell@paftc.co.uk

### **Hidden Lives**

Hidden Lives Counselling and Support Hub

Hidden Lives is a support hub for people with hidden disabilities, chronic illnesses and chronic pain conditions.

<https://www.hiddenlivesupport.org/>

Email: [hiddenlives.kt@gmail.com](mailto:hiddenlives.kt@gmail.com)

Facebook@hiddenlivesplymouth

### **The Great Outdoor Gym Mutton Cove**

£1 a-week pay as you go access to outdoor gym for improving physical and mental wellbeing.

<https://www.movegb.com/move-plymouth/the-great-outdoor-gym-queen-elizabeth-olympic-park-12271/gym-session>

Address: 253 James St, Plymouth PL1 4LB, UK

### **The Mindset Project**

Provide fitness coaching and physical activities, focusing on body and mind. They work on fitness, strength, wellbeing, confidence and self-esteem for people that have mental health support needs.

<http://mindsetproject.co.uk>

Address: Unit 8, Wolseley Business Park PL2 3BY Plymouth

Email: support@mindsetproject.co.uk

### **One You Plymouth**

A livewell southwest service, providing support and advice for people wanting to stop smoking, eat healthier, exercise more, and drink less.

<https://www.oneyouplymouth.co.uk/>

Tel: 01752 437177

Address: 200 Mount Gould Rd, Plymouth, PL4 7AY

Email: [oneyou.plymouth@nhs.net](mailto:oneyou.plymouth@nhs.net)

### **Sexual Health in Plymouth (SHiP)**

Sexual Health in Plymouth offer many medical, psychological, forensic, and sexual advice services relating to sexual health for all genders.



Locations: Derriford Hospital, Cumberland Centre, The Zone (under 25's), University of Plymouth, Tavistock Clinic, Kingsbridge Hospital, and The Eddystone Trust.

<https://yourship.uk/>

Tel: 01752 431124

## **HOMELESSNESS**

### **Homeless Link**

Online directory to find local services that are dedicated to supporting people who are homeless.

<https://www.homeless.org.uk/search-homelessness-services>

### **PATH**

Support people sleeping rough, trying to get them into accommodation and providing one to one support to people with the most complex needs.

<https://www.pathdevon.org/>

Address: 28-42 Harwell Court, Plymouth, PL1 1PY

Tel: 01752 255889

Email: [info@pathdevon.org](mailto:info@pathdevon.org)

### **Shekinah Mission**

Plymouth drop in centre for homeless people and people who are socially excluded. Offers advice, training, mental health and drug workers, employment training programmes, weekly sessions with CP, GP, and Chiropodist. Also provides access to showers, clothing, and food.

<http://www.shekinahmission.co.uk>

Address: 5 Bath Street, Stonehouse, Plymouth, PL1 3LT

Tel: 01752 203480

Email: [reception@shekinahmission.co.uk](mailto:reception@shekinahmission.co.uk)

### **Shelter – Plymouth**

Providing advice, guidance, and legal aid around homelessness in Plymouth.

[https://england.shelter.org.uk/get\\_help/local\\_services/devon](https://england.shelter.org.uk/get_help/local_services/devon)

Address: Ernest English House, Buckwell St, Plymouth PL1 2DA

Tel: 0344 515 2399

## **HOUSING**

### **Community connections**

Provides information and advice about housing, services for home improvements that increase independence, community involvement, employment support, and linking in to other helpful services.

<https://www.plymouth.gov.uk/communitiesandneighbourhoods/communityconnections>

Address: Plymouth City Council, Plymouth, PL1 3BJ

Tel Contact Centre: 01752 668000

Email: [communityconnections@plymouth.gov.uk](mailto:communityconnections@plymouth.gov.uk)

### **Shelter – Plymouth**

Providing advice, guidance, and legal aid around homelessness in Plymouth.



[https://england.shelter.org.uk/get\\_help/local\\_services/devon](https://england.shelter.org.uk/get_help/local_services/devon)  
Address: Ernest English House, Buckwell St, Plymouth PL1 2DA  
Tel: 0344 515 2399

### **Plymouth Energy Community**

Offer information and advice about the rising energy costs across the country and what to do if you need help with this.  
Tel: 01752 477117

**L –**

### **LGBTQ+**

#### **Not Alone Plymouth**

<http://www.notaloneplymouth.co.uk/>

A transgender & non-binary support group in Plymouth, UK

Address: Stoke Youth & Community Centre, Masterman Rd, Plymouth, PL2 1BJ

Facebook: <https://www.facebook.com/notaloneplymouth>

Email: [contact@notaloneplymouth.co.uk](mailto:contact@notaloneplymouth.co.uk)

#### **The Eddystone Trust**

An independent sexual health charity based in the South West, UK, challenging the stigma, discrimination and misinformation associated with HIV and sexual health.

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

Tel: 0800 328 3508 Freephone from landlines

Tel (for all sites): 01752 254406

Email: [info@eddystone.org.uk](mailto:info@eddystone.org.uk)

#### **Intercom Trust**

Intercom Trust is a lesbian, gay, bisexual and trans+ charity working across the South West that offers advice, advocacy, counselling, signposting and training opportunities. You can self refer into the service via their website

<https://www.intercomtrust.org.uk/about>

They also have a confidential helpline available between 9-4pm Mon- Fri:

0800 612 3010 or email [helpline@intercomtrust.org.uk](mailto:helpline@intercomtrust.org.uk)

#### **The LGBT Collective**

Central point for information on lesbian, gay, bisexual and trans groups and projects across the South West peninsula.

Website: [www.lgbtcollective.org.uk](http://www.lgbtcollective.org.uk)

#### **Proud 2 B**

Based in Devon but working across the country, Proud 2 B offer social groups, projects, weekends, Totnes' first Pride event as well as campaigning and lobbying mentoring, radio shows and much more! Encouraging and supporting all LGBT people to be proud of who they are.

Tel: 0777 347 5485

Email: [info@proud2bproject.org](mailto:info@proud2bproject.org)



Website: [www.proud2beproject.org/](http://www.proud2beproject.org/)

### **It's All About You**

Counsellors across the Devon area. Confidential and professional. Free half hour session.

Tel: 07500 015 574

E-mail: [info@itsallaboutyoucounselling.co.uk](mailto:info@itsallaboutyoucounselling.co.uk)

Web: [www.itsallaboutyoucounselling.co.uk](http://www.itsallaboutyoucounselling.co.uk)

### **Stonewall**

Stonewall is a national gay, lesbian and bisexual campaigning and lobbying charity.

Tel: 0800 0502020

Email: [info@stonewall.org.uk](mailto:info@stonewall.org.uk)

Website: [www.stonewall.org.uk](http://www.stonewall.org.uk)

### **Families and Friends of Lesbians and Gay Men (FFLAG)**

FFLAG is a national organisation of supportive parents who have lesbian daughters or gay sons. The parents run local helplines for other parents and for young people.

Tel: 0845 6520311

Email: [info@fflag.org.uk](mailto:info@fflag.org.uk)

Website: [www.fflag.org.uk](http://www.fflag.org.uk)

### **REGARD**

REGARD is a national, volunteer run organisation of disabled lesbians, gay men, bisexuals and transgendered people.

Email: [secretary@regard.org.uk](mailto:secretary@regard.org.uk) Website: [www.regard.org.uk](http://www.regard.org.uk)

### **Out Youth Project, Plymouth**

A friendly group of LGBTQ young people aged 13-25 in the Plymouth area.

Tel: 07774 336616

Email: [outyouth@plymouth.gov.uk](mailto:outyouth@plymouth.gov.uk)

### **X-Plore Youth Group**

Providing a safe space for LGBTQ young people in Devon.

Website: [www.lgbtqyouthdevon.org.uk](http://www.lgbtqyouthdevon.org.uk)

Phone: 0800 612 3010

Email: [xploreyouthdevon@gmail.com](mailto:xploreyouthdevon@gmail.com)

### **Queer Youth Network**

The UK's National LGBT Youth Organisation.

Tel: 02081236958

Email: [info@queryouth.net](mailto:info@queryouth.net)

Website: [www.queeryouth.org.uk/community](http://www.queeryouth.org.uk/community)

### **Mermaids**

It is an organisation that supports young transgender people and other young people experiencing issues with their gender identity.

Email: [mermaids@freeuk.com](mailto:mermaids@freeuk.com)

Website: [www.mermaidsuk.org.uk](http://www.mermaidsuk.org.uk)

### **Education Action Challenging Homophobia (EACH)**

EACH has information for young people affected by homophobia or transphobia.

Tel: 0808 1000 143

Website: <http://eachaction.org.uk/>

### **Trans groups & links**

Beaumont Society

This is a National society and Paula is the South West regional officer. Contact by phone or email. Meets at regular venues around the South West. Beaumont Society supports trans people and their families throughout the UK.

Tel: 01392 438674

Email: [beaumont.swro@gmail.com](mailto:beaumont.swro@gmail.com)

Website: <http://www.beaumontsociety.org.uk/>

### **Trans Unite**

A not-for-profit organisation run by volunteers which allows members of the transgender & non-binary communities to find a support group local to them. As well as organisations that meet up in person Trans Unite list many online groups with Discord Servers, Telegram and Facebook groups. New groups are being verified and added on an ongoing basis to provide the most up to date resource for the UK.

Web: [www.transunite.co.uk](http://www.transunite.co.uk)

### **Qwest F2M group**

A group offering guidance and support for all female to male (FTM) identified people. The group is for those at any stage of transition from those still considering their gender identity to people who have completed their transition. You don't have to be living in the area – if you're just visiting you're still welcome to come along. We meet on the third Saturday of each month (except in June and December) from 6.00 – 9.00pm. Contact us to find out more. Meeting days may change when they clash with public holidays and occasionally meetings will be in other parts of the region.

Email: [info@qwestftmuk.org](mailto:info@qwestftmuk.org)

Website: <http://www.qwestftmuk.org/>

### **GMFA - The Gay Men's Health Charity**

It is the UK's leading charity dedicated to gay men's health.

Email: [aboutgmfa@gmfa.org.uk](mailto:aboutgmfa@gmfa.org.uk)

Website: [www.gmfa.org.uk](http://www.gmfa.org.uk)

### **Safra Project**

Information on issues relating to lesbian, bisexual and transgender women who identify themselves as Muslim.

Email: [info@safraproject.org](mailto:info@safraproject.org)

### **Imaan UK**

For Muslims who are lesbian, gay, bisexual, or transgender, or questioning.

Tel: 07849 170793 or 07951 770735

Email: [info@imaan.org.uk](mailto:info@imaan.org.uk)

Website: [www.imaan.org.uk](http://www.imaan.org.uk)

### **GALHA (Gay and Lesbian Humanists)**

Galha LGBT Humanists campaigns for equality and diversity, particularly relating to sexual orientation and identity – both in the UK and internationally.

Website: [www.galha.or](http://www.galha.or)

### **Pride in Plymouth**

Is a non-profit community organisation that brings people and groups together to celebrate and promote the diversity that exist within the Lesbian, Gay, Bisexual and Trans communities in Plymouth.

Tel: 07935 306029

Email: [info@prideinplymouth.org.uk](mailto:info@prideinplymouth.org.uk)

Web: [blog.prideinplymouth.org.uk](http://blog.prideinplymouth.org.uk)

## **M -**

### **MEDICATION**

#### **Pharmacy2U**

Free delivery on all NHS prescriptions

Easy online ordering

Working with your GP and trusted by the NHS

Register online at: [www.pharmacy2u.co.uk](http://www.pharmacy2u.co.uk)

Tel: 0113 265 0222

#### **Simple online pharmacy**

Your NHS prescriptions delivered free to your door

Tel: 0141 774 5023

Website: [www.simpleonlinepharmacy.co.uk](http://www.simpleonlinepharmacy.co.uk)

### **MENTAL HEALTH**

- **Local mental health support**

#### **Andy Mans Club**

A talking group for men with a number of clubs across the UK including one in Plymouth.

They also run an online service.

<https://andysmanclub.co.uk/>

Email: [info@andymansclub.co.uk](mailto:info@andymansclub.co.uk)

#### **Plymouth Options**

IAPT service in Plymouth that provides therapy and groups, CBT, psycho-educational courses, and workshops for mental health issues such as anxiety or depression. Use website for self-referral or can go through GP or other social care professional.

<https://www.livewellsouthwest.co.uk/plymouth-options>

Address: 73 Exeter St, Plymouth PL4 0AH

Tel: 01752 435419





### **First Response, Livewell Southwest**

Advice, support and signposting from a mental health professional. The service is available 24 hours a day, seven days a week adults (18+) in Plymouth in crisis.

<https://www.livewellsouthwest.co.uk/inpatient-mental-health-neurology>

Tel: **0800 923 9323**

### **Devon Mind**

Support people in Plymouth with mental health issues, this includes groups, courses, and 1 to 1 counselling.

<https://www.devonmind.com/>

Address: 8 Woodside, Greenbank, PL4 8QE

Tel: 01752 512280

Email: [admin@devonmind.com](mailto:admin@devonmind.com)

<http://www.devonmind.com>

### **Headspace**

Peer mental health support for people in Plymouth who feel they are approaching a mental health crisis.

<https://www.colebrooksw.org/head-space/>

Tel: 07890 257614

Email: [headspace@colebrooksw.org](mailto:headspace@colebrooksw.org)

### **Icebreak**

A service dedicated to supporting and empowering people with a personality disorder or who are experiencing related symptoms. Can self-refer to this service.

<https://www.thezoneplymouth.co.uk/our-projects/mental-health-and-emotional-wellbeing/icebreak>

Address: The Zone, 14-16 Union Street, Derry's Cross

Plymouth, PL1 2SR

Tel: 01752 206626

Email: [enquiries@thezoneplymouth.co.uk](mailto:enquiries@thezoneplymouth.co.uk)

### **Insight**

Providing support for adults (18+) living in plymouth who are experiencing symptoms associated with Psychosis. Referral through GP, family, friends or other agencies. For self-referral, attend the Zone for appointment with Youth Worker who can support with referral.

<https://www.thezoneplymouth.co.uk/our-projects/mental-health-and-emotional-wellbeing/insight>

Address: The Zone, 14-16 Union Street, Derry's Cross

Plymouth, PL1 2SR

Tel: 01752 206626

Email: [enquiries@thezoneplymouth.co.uk](mailto:enquiries@thezoneplymouth.co.uk)

### **Time to Talk**

A free, confidential telephone service run by the charity Living Options Devon, this project aims to reduce isolation and loneliness among those living in Devon who are deaf or have a disability. There are several contact options on offer, including a webcam service for BSL users and an email address for those who prefer not to use the telephone.

[www.livingoptions.org/support-help/time-talk](http://www.livingoptions.org/support-help/time-talk)  
0300 303 3691  
[time2talk@livingoptions.org](mailto:time2talk@livingoptions.org)

- **National mental health support**

### **Anxiety UK**

National charity that provides support and therapeutic packages for people with Anxiety, stress, anxiety-based-depression or phobia.

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

Tel: 03444 775 774

Email: [support@anxietyuk.org.uk](mailto:support@anxietyuk.org.uk)

### **Papyrus UK**

Work with people under 35 who are having suicidal feelings. And with people who are worried about someone under 35. Their helpline is open 10am – 10pm in the week. And between 2pm and 10pm at weekends and bank holidays.

Telephone: 0800 068 41 41

Email: [pat@papyrus-uk.org](mailto:pat@papyrus-uk.org)

Text: 07786 209697

Website: [www.papyrus-uk.org](http://www.papyrus-uk.org)

### **Rethink**

Local group and services, information, and campaigning for people whose lives are affected by mental illness.

<https://www.rethink.org/>

### **Sane Line**

They work with anyone affected by mental illness, including families, friends and carers. Their helpline is open between 4:40pm and 10pm every day of the year. They also provide a free text-based support service called Textcare. And an online supportive forum community, where anyone can share their experiences of mental health issues.

Telephone: 0300 304 7000 (4:30pm – 10:30pm every evening)

Textcare: [www.sane.org.uk/what\\_we\\_do/support/textcare](http://www.sane.org.uk/what_we_do/support/textcare)

Support Forum: [www.sane.org.uk/what\\_we\\_do/support/supportforum](http://www.sane.org.uk/what_we_do/support/supportforum)

Website: [www.sane.org.uk](http://www.sane.org.uk)

### **Silverline**

Aimed at people over 55 with a mental health issue. Their helpline is open 24 hours a day, every day of the year.

Telephone: 0800 4 70 80 90

Website: [www.thesilverline.org.uk](http://www.thesilverline.org.uk)

### **Support Line**

Support Line provide a confidential telephone helpline offering emotional support to any individual on any issue.

Telephone: 01708 765200

E-mail: [info@supportline.org.uk](mailto:info@supportline.org.uk)

Website: [www.supportline.org.uk](http://www.supportline.org.uk)

## **MONEY MANAGEMENT**

### **Advice Plymouth**

An Improving Lives Plymouth service that works in partnership with the Citizens Advice Bureau (CAB). Offers drop-in, online, or by phone advice for many issues, including benefits and tax credits, consumer rights, employment, housing, legal, money and debt, relationships, tax, and water debt. Also has self-help resources on website.

Address: Ernest English House, Buckwell Street, Plymouth, PL1 2DA

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

Telephone: 0300 3309 043

Online Enquiry: [www.adviceplymouth.org.uk/index.php/get-advice/on-line-enquiry](http://www.adviceplymouth.org.uk/index.php/get-advice/on-line-enquiry)

### **Money Advice Plymouth**

Money Advice Plymouth offers you free, independent, impartial and confidential debt advice and assistance on your money matters.

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

Address: Devonport Guidhall, Ker Street, Plymouth, PL1 4EL

Tel: 01752 208126

Email: [enquiries@moneyadviceplymouth.org.uk](mailto:enquiries@moneyadviceplymouth.org.uk)

- **Money Management - Benefits**

### **Advice Plymouth**

An Improving Lives Plymouth service that works in partnership with the Citizens Advice Bureau (CAB). Offers drop-in, online, or by phone advice for many issues, including benefits and tax credits, consumer rights, employment, housing, legal, money and debt, relationships, tax, and water debt. Also has self-help resources on website.

Address: Ernest English House, Buckwell Street, Plymouth, PL1 2DA

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

Telephone: 0300 3309 043

Online Enquiry: [www.adviceplymouth.org.uk/index.php/get-advice/on-line-enquiry](http://www.adviceplymouth.org.uk/index.php/get-advice/on-line-enquiry)

### **Benefits Calculator**

A free online service that can help show what benefits you are entitled to, how to claim for those benefits, and how your benefits will be affected if you start to work.

<https://www.gov.uk/benefits-calculators>

### **Benefits, Plymouth City Council**

Online directory about benefits and support you can get from the government.

<https://www.plymouth.gov.uk/benefitsandgrants>

Address: Plymouth City Council, Plymouth, PL1 3BJ

Tel Contact Centre: 01752 668000

## **Turn to us**

A service to help people in financial need gain access to welfare benefits, charitable grants and other financial help, online, by phone or face to face.

<https://www.turn2us.org.uk/>

- **Money Management - Debt Management**

## **Christians Against Poverty**

Advice and information for people in debt.

<https://capuk.org/i-want-help>

Address: Hope Baptist Church, Peverell Park Road, Plymouth, PL3 4QG

Tel: 0800 328 0006

## **Plymouth Focus Advice Centre**

Offers free, independent and confidential debt, housing and benefits advice.

<https://plymouthfocus.co.uk/>

Tel: 01752 669785

Email: [enquiries@plymouthfocus.co.uk](mailto:enquiries@plymouthfocus.co.uk)

## **Step Change**

Debt Charity

Offers free confidential advice over the phone and can advocate on your behalf to your bank

<https://www.spetchange.org>

Tel: 0800 138 1111

- **MONEY MANAGEMENT – HOUSEHOLD BILLS**

## **Plymouth Energy Community – Community Benefit Society**

Advice and Support around energy bills and usage, can help with resolving issues with Landlords, heating and boiler issues, insulation, and making simple changes in your home to save money on energy bills

<https://plymouthenergycommunity.com/>

Address: Plymouth Energy Community, Ballard House, Plymouth, PL1 3BJ

Tel: 01752 477117

Email: [support@plymouthenergycommunity.com](mailto:support@plymouthenergycommunity.com)

## **Southwest Water**

Provide support based on individual circumstances and offer a range of options such as affordability tariffs to help customers with their bill, Priority Services which includes providing bills in a range of formats such as Braille or large print, reading bills to customers over the phone and helping with alternative water supplies during a supply interruption.

<https://www.southwestwater.co.uk/need-help/>

**S -**

## **SOCIAL CARE**



### **Social Care Services, Plymouth City Council**

Information about adult safeguarding, how to get and pay for adult care and support, get help in your home, and other social care services.

<https://www.plymouth.gov.uk/adultsandchildrensocialcare/adultcareandhealth>

Address: Plymouth City Council, Plymouth, PL1 3BJ

Tel Contact Centre: 01752 668000

### **Safeguarding Children Partnership Procedures**

[https://www.proceduresonline.com/swcpp/plymouth/p\\_report\\_concerns.html](https://www.proceduresonline.com/swcpp/plymouth/p_report_concerns.html)

Call 999 if the child is in real danger now.

If you're worried about a child or young person or think they're being abused, even if you're unsure, call 01752 668000 or email [gateway@plymouth.gov.uk](mailto:gateway@plymouth.gov.uk) or outside of normal working hours call Plymouth Out of Hours Service on 01752 346984. You can also contact the [NSPCC](#) if you want to talk to someone about your concerns and get advice.

## **SOCIAL PRESCRIBING**

### **Healthy Futures**

Provides support to improve wellbeing through planning and achieving goals, and supporting people to access local services and activities. Access by referral through GP.

<https://www.wolseley-trust.org/index.php/hws/phf-prog>

Tel: 07305 492193

Email: [healthyfutures@wolseley-trust.org](mailto:healthyfutures@wolseley-trust.org)

**T –**

## **TRANSPORT**

### **Blue badge transport**

Contact on: 01752 302020

Website: [www.bluebadgetransport.com](http://www.bluebadgetransport.com)

### **Plymouth Wheelchair taxis**

Contact on: 01752 666000

Email: [admin@plymouthwheelchairtaxi.uk](mailto:admin@plymouthwheelchairtaxi.uk)

Website: [www.plymouthwheelchairtaxi.uk](http://www.plymouthwheelchairtaxi.uk)

**V -**

## **VOLUNTEERING**

### **Clean our patch**

Community organisation run by volunteers that meets weekly to pick up litter in different areas of Plymouth. All equipment is provided. The location of upcoming events listed on Facebook:

<https://www.facebook.com/CleanOurPatch/>



## **Plymouth City Council Information Page**

Information about volunteering in Plymouth

<https://www.plymouth.gov.uk/jobscareersandtraining/otherjobopportunitiesandvolunteering/volunteering>

## **Derriford Volunteering**

Information about volunteering opportunities available within Derriford Hospital.

<https://www.plymouthhospitals.nhs.uk/volunteering>

**W –**

## **WELLBEING**

### **One You Plymouth**

A livewell southwest service, providing support and advice for people wanting to stop smoking, eat healthier, exercise more, and drink less.

<https://www.oneyouplymouth.co.uk/>

Tel: 01752 437177

Address: 200 Mount Gould Rd, Plymouth, PL4 7AY

Email: [oneyou.plymouth@nhs.net](mailto:oneyou.plymouth@nhs.net)

## **WELLBEING HUBS**

### **Cumberland Centre Specialist Wellbeing Hub**

Offer minor injury services, community therapy and sexual health services.

Address: Damerel Close, Plymouth, PL1 4JZ

Tele: 01752 434400

### **Four Greens Wellbeing Hub**

Community Centre, Whiteleigh Green, Plymouth, PL5 4DD

Tel: 01752 875916

<https://www.fourgreens.org>

The Four Greens Wellbeing Hub is a building for community activity, health and wellbeing, community enterprise, and a local base for the provision of other advice and support such as housing, money, enterprise, jobs and training.

### **Jan Cutting Healthy Living Centre**

The Jan Cutting Healthy Living Centre

Scott Business Park, Beacon Park Road, PL2 2PQ

Tel: 01752 203670

<https://www.wolseley-trust.org>

The Jan Cutting Healthy Living Centre is a community-led, neighbourhood approach to health improvement and provides a range of support services in communities experiencing disadvantage and health inequalities.

### **Mannamead Wellbeing Hub**

156 Mannamead Road, Plymouth, PL3 5QL

Tel: 01752 201900

[ilp@improvinglivesplymouth.org.uk](mailto:ilp@improvinglivesplymouth.org.uk)  
<https://www.improvinglivesplymouth.org.uk>

Mannamead Hub supports a wide range of people across the city, offering services to carers, people with learning disabilities or with sensory impairments and veterans.

### **Plymouth Veterans Breakfast Club**

The Plymouth Veterans Breakfast Club are a group of veterans; serving members of Her Majesties Armed Forces, like other Veteran's Breakfast Clubs around the country overseas, our ethos is mutual support; it works because we all have a similar humour outlook, the social life we now enjoy is like our service days.

Natasha on 07716727630

[plymouthveteransbreakfastclub@outlook.com](mailto:plymouthveteransbreakfastclub@outlook.com)

### **Rees Centre Wellbeing Hub**

Rees Centre, Mudge Way, PL7 2PS  
01752 340550

[enquiresrees@gmail.com](mailto:enquiresrees@gmail.com)

The Rees Centre Wellbeing Hub is located in the centre of Plympton, is a short walk from the Ridgeway and close to the Plympton Health Centre. It is run by Barnado's.

### **Stirling Road Wellbeing Hub**

St Budeaux Health Centre, Stirling Road, Plymouth, PL5 1PL

Tel: 07890 257 649

[wellbeinghub@colebrooksw.org](mailto:wellbeinghub@colebrooksw.org)

The Stirling Road Health and Wellbeing Hub is located in the Stirling Road Surgery, St Budeaux. A dedicated Community Advisor, supported by Colebrook Southwest, is on hand to help connect you with organisations and information that can help improve your overall wellbeing.

### **Veterans Carers Support Group**

1st Thursday of every month @ 1:30pm - 3:30pm at Ernest English House

Plymouth Veterans and Family Hub

Ernest English House

Buckwell Street

PL1 2DA

Email: [VFHub@improvinglivesplymouth.org.uk](mailto:VFHub@improvinglivesplymouth.org.uk)

Tel: [01752 201766](tel:01752201766)

## **Y -**

### **YOUNG CARERS**

**Plymouth Young Carers** - A citywide project providing weekly youth work group sessions young carers aged 8 – 19. The aim is to give young carers a break, meet up with other carers, have opportunities to engage in positive fun activities and to feel supported.

Address: <https://new.plymouth.gov.uk/help-young-carers>



**Barnardos Young Carers Service** - Working with young carers on a one to one basis focusing on a whole family approach. Uses a young person lead support plan to reduce the impact of the harmful aspect of caring and ensuring each young person feels listened to.

Address: <https://www.barnardos.org.uk/what-we-do/services/young-carers-plymouth>

Email: <mailto:bycs@barnardos.org.uk>

**Hamoaze House - Hidden Harm** - Working with children aged 5-18 who are affected by alcohol and other substance use within their family. Support can be at school, home or in the community. They offer one to one emotional support and coping strategies and support to gain an understanding of substances and their effects.

Address: <https://hamoazehouse.org.uk/hidden-harm/>

Email: [projectworker@hamoazehouse.org.uk](mailto:projectworker@hamoazehouse.org.uk)

**Young Adult Carers** - Adult Carer Service (Caring For Carers) - supports adult carers aged 18+ and can undertake a statutory carers assessment with them to look at the support they require to assist their health and wellbeing. They can also support other adult family members who may also be caring for the same person as the young carer.

Address: <https://www.improvinglivesplymouth.org.uk/about-young-adult-carers>

Email: [ilp@improvinglivesplymouth.org.uk](mailto:ilp@improvinglivesplymouth.org.uk)

### **YOUNG PEOPLE (UP TO THE AGE OF 25)**

#### **Carers South West Group –**

A national social enterprise that support young people through transitions with guidance, advice, training, and other forms of support.

<https://cswgroup.co.uk/>

Address: Poseidon House, Neptune Park, Cattedown, Plymouth, PL4 0SJ

Tel: 0800 97 55 111

Email: [contact@cswgroup.co.uk](mailto:contact@cswgroup.co.uk)

#### **Plymouth Information and Advice for SEND (PIAS)**

For Young people, parents, carers, and children that require information, advice, and support for Special Educational Needs and Disabilities (SEND).

[www.plymouthias.org.uk/](http://www.plymouthias.org.uk/)

Address: Jan Cutting Healthy Living Centre

Scott Business Park

Beacon Park Rd

Plymouth

PL2 2PQ

Tel: 01752 258933 / 0800 953 1131

Email: [pias@plymouth.gov.uk](mailto:pias@plymouth.gov.uk)

#### **Youth Asends**

Youth Asends is a group that supports young people with special educational needs and disabilities to share their ideas about an issue or problem and have the chance to talk with others.

<https://www.plymouthias.org.uk/young-people-support/youth-ascends>

Address: Jan Cutting Healthy Living Centre, Scott Business Park, Beacon Park, Plymouth, PL2 2PQ



Tel: 01752 258933

Email: [YPForum@plymouth.gov.uk](mailto:YPForum@plymouth.gov.uk)

### **The Zone, Plymouth**

<https://www.thezoneplymouth.co.uk/>

Offer a wide range of information, advice, counselling and support services to young people. Projects include Budgeting, Debt & Money; Housing & Homelessness; Information & Support, Mental Health & Emotional Wellbeing; Sexual Health & Relationships

Address: The Zone, 14-16 Union Street, Derry's Cross

Plymouth, PL1 2SR

Tel: 01752 206626

Email: [enquiries@thezoneplymouth.co.uk](mailto:enquiries@thezoneplymouth.co.uk)

### **The Mix**

Aimed at people under 25 for all sorts of things including mental health, sex and relationships, money etc. Their helpline is open between 4pm and 11pm, 7 days a week.

They also run a crisis text service which is open 24 hours a day, 7 days a week.

Telephone: 0808 808 4994

E-mail: through the website.

Crisis text message service: Text THEMIX to 85258

Webchat: through the website. (4pm - 11pm, 7 days a week)

Website: [www.themix.org.uk](http://www.themix.org.uk)