



BEREAVEMENT RESOURCES BOOKLET

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SUPPORT FOR OLDER PEOPLE

Age UK Devon

Tel: 0333 241 2340

Offers a wide range of support from activities, advice and information to Home Support Services

Age UK Advice Line

Tel: 0800 169 6565

Information and advice for older people

ageuk.org.uk

Age UK Torbay Befriending and Careline

Tel: 01803 226766

216 Torquay Road, Manor Corner, Preston,
Paignton, TQ3 2HP

ageuk.org.uk/torbay

Contact the elderly

Tel: 0800 716543

Volunteers organise monthly Sunday tea parties for over 75's who live alone

Contact-the-elderly.org

Independent Age

Tel: 0800 319 6789

Information and advice focusing on social care, welfare benefits and befriending services

independentage.org

Royal Voluntary Service Tel: 0845 608 0122

Personal and practical support to help older people stay independent at home and active in the community

royalvoluntaryservice.org.uk

The Silver Line Tel: 0800 4 70 80 90

Information, friendship and advice for people in later life

thesilverline.org.uk

Torbay Navigators Project Tel: 01803 321247

Torbay Innovation Centre, Lymington Road,
Torquay, TQ1 4BD

The TNP project aims to help people navigate their way to an improved sense of health and wellbeing following a crisis or life transition. This may be a bereavement, relocation or loss of identity. It is aimed at people over 50 in Torquay and Paignton who have limited support from friends or family.

The project aims to -

- Help reduce social isolation
- Increase independence
- Support community involvement
- Improve ability to manage at home

SUPPORT FOR CHILDREN AND FAMILIES

CheckPoint Torbay

7 Victoria Road, Torquay, TQ1 1HU

Advice, Information and Support for young people aged between 8 & 18 yrs.

www.childrensociety.org.uk/checkpoint

Childhood Bereavement Network

Website designed to give every bereaved child and their family access to quality support to help alleviate the pain caused by the death of someone close

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

Child Bereavement UK

Helps families access the support and information they need when a child grieves or when a child dies. Through understanding their grieving process and receiving help in dealing with bereavement families can learn to live with their grief and begin rebuilding their lives.

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

Children and Families in Grief Tel: 01803 393917

PO Box 425, Paignton, TQ4 9BF

Provides emotional support for young people, and their families, who have experienced the loss of a significant person.

www.childrenandfamiliesingrief.co.uk

Grief Encounter

Helpline: 020 8371 8455

Aims to ensure every bereaved child in the UK, and their family, receives access to quality support to help alleviate the pain caused by the death of someone close.

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

Hope Again

The youth website of Cruse Bereavement Care - a place where young people facing grief can share their stories. The site provides information, advice and a listening ear.

www.hopeagain.org.uk

REGIONAL SUPPORT

Bovey Community Care

Provides support to elderly or isolated people in the Bovey Tracey area.

www.boveycommunitycare.org.uk

Brixham Does Care

Tel: 01803 857727

Old Market Hall, New Road, Brixham, TQ5 8TA

Social activities and befriending service for people In Brixham and the surrounding area

www.brixhamdoescare.co.uk

Moving On

Tel: 01803 852421

Brixham Carers Centre

Facilitated group supporting people who are no longer family carers and who would benefit from talking with others in a similar situation.

1st Wednesday of every month - 10.00 - 12.00

Dawlish Town Council

The 'Community' section of their website has information on a wide range of support and activities in the area.

www.dawlish.gov.uk

Dartmouth Caring

Tel: 01803 839354

35 Victoria Road, Dartmouth, TQ6 9RT

Provides support to help elderly, or vulnerable, people in Dartmouth and the surrounding area to remain independent.

Mon - Fri, 9 - 1 pm

www.dartmouthcaring.vpweb.co.uk

Newton Abbot Community transport

Tel: 01626 335775

Covers a wide area of West Teignbridge & East Dartmoor providing accessible, affordable transport and services for the local residents.

www.newtonabbotcta.org

NATIONAL SUPPORT

CRUSE Bereavement Care

South Devon

0300 330 5466

3 Palace Gate
Exeter
EX1 1JA

www.cruse.org.uk

www.crusebereavementcare.org.uk - section: Useful Resources

Directgov

A range of information on death and bereavement with links to sites such as the court service (for downloading probate application info) the Office of Fair Trading (choosing a funeral) and employment.

www.direct.gov.uk

Merry Widow

Originally designed as a survival guide for young widows the site has developed into an online resource for anyone who has lost a partner.

<http://www.merrywidow.me.uk>

Relate (South Devon)

Tel: 01803 299001

Provides counselling for all types of relationship problems including stress and bereavement
Branches throughout South Devon.

www.relateplymouth.co.uk

WAY - Widowed and Young

For men and women who are 50 or under when their partner dies. Peer to peer support network.

www.widowedandyoung.org.uk

Way Up

Way Up is an active self help group aimed at providing mutual support to those widowed in their 50's and 60's. We are based in the UK but are open to members from all over the world.

<http://www.way-up.co.uk>

GENERAL SUPPORT

Citizen's Advice Bureau

Tel: 03444 111444

Advice on a range of issues, to find details of your local office enter your postcode into the 'Find your Local CAB' search box

www.citizensadvice.org.uk

Samaritans

Tel: 116 123

Tel: 01803 299999

21 Warren Road, Torquay,
TQ2 5TQ

24 hour a day, 365 days a year support

www.samaritans.org

SPECIALIST SUPPORT

Alcoholics Anonymous

Tel: 0800 9177 650

National helpline or consult their website and enter your postcode to find the details of support in your area

www.alcoholics-anonymous.org.uk

Disability Support Torbay

Tel: 01803 215871

Lymington Road, Torquay, TQ1 4BW

This is a service from the Coalition of Disabled People South Devon. It is a free and confidential service giving a safe space to talk and help with practical or emotional issues.

www.cdpsd.org.uk

Lesbian, Gay, Bisexual and Transgender Directory South West

Has a list of LGBT organisations in the south west

www.southwestforum.org.uk

No More Panic

Information for sufferers and carers of people with Panic, Anxiety, Phobias and OCD

www.nomorepanic.co.uk

Patient Advisory Liaison Service (PALS)

Guidance, advice, information and signposting

Community Hospitals & Community Services PALS team

Tel: 0800 032 7657

Tel: 01803 219700

Torbay Hospital PALS team

Tel: 0800 028 2037

Tel: 01803 655838

Torbay Befriending CIC

Tel: 01803 297025

Befriending and mentoring service to adults with mental health issues and their carers. There is a fee for this service.

www.torbaybefriendingservice.co.uk

Veterans Peer Support

Tel: 07769 902688

Supports armed forces veterans and their families suffering with, and from, the effects of Post-Traumatic Stress Disorder and associated Mental Health issues

VPS runs several free tea/coffee drop-in groups around Devon for ALL veterans and ALL family members to get support from people who have experienced the same problems.

www.veteranspeersupport.co.uk

SOCIAL GROUPS

Many churches, village halls, community centres and some GP surgeries have information about social activities taking place in their locality. We cannot list them all here but their notice boards are a good place to look for details.

Devon Social Group

Tel: 03456 121 770

Offers a range of social events for people in Devon. Meet new people, make new friends and enjoy a great social life. Covers Torbay, Teignbridge and South Hams

www.devonsocialgroup.com

Hobbycraft

Tel: 0845 051 6594

Hobbycraft, Greenhill Retail Park, Greenhill Way, Newton Abbot, TQ12 3SB

This craft supply shop holds regular arts and crafts groups both during the day and in the evenings. Some of the groups are particularly sociable serving tea and coffee during their meetings. There are groups for everyone from complete beginners to more experienced individuals.

www.hobbycraft.co.uk/newton-abbot

Ipplepen Community Hub

Tel: 01803 814100

The old village school to the rear of the Methodist Church, Ipplepen

Friendly meeting place with a café serving home cooked meals and snacks, tea and coffee. The hub also has a library and other facilities for the benefit of the local community.

Times - 10.00 - 16.00 Tuesday and Thursday
14.00 - 18.00 Friday
10.00 - 12.30 Saturday

www.ipplepen.wix.com/ipplepen-hub

University of the 3rd Age

Retired and semi-retired people coming together to learn - not for qualifications but for its own reward.

Use the website to find your nearest branch.

www.u3a.org/uk

The Women's Institute

Tel: 020 7371 9300

The WI has branches throughout the country and can be a good way to meet new people and provides a chance to get involved in social events. To find out about your nearest branch phone their main office or go into their website and enter your postcode in the branch finder section.

www.thewi.org.uk

WALKING GROUPS

Devon Rambling Clubs

The website lists walking groups throughout Devon

www.ramblingclubs.com

Walk and Talk

Organised and graded walks ranging from wheelchair accessible walks up to walks of around 3 miles. Available across Devon - enter your postcode into the website's search box to find your local scheme.

www.walkingforhealth.org.uk

Ramblers

Tel: 01803 297474

Lists 12 walking groups in Devon

www.ramblers.org.uk

VOLUNTEERING

Community Development Trust Tel: 01803 212638

4-8 Temperance Street, Torquay, TQ2 5PU

Supports the voluntary, community and social enterprise sector in Torbay

www.torbaycdt.org.uk

Assist Teignbridge

The Manor, Old Town Street, Dawlish, EX7 9AW
Mon to Fri 9a.m. to 5p.m

www.assist-teignbridge.co.uk

Rowcroft Hospice

Tel: 01803 210852

Avenue Road, Torquay, TQ2 5LS

Telephone the Volunteer Co-ordinator or check the website for current vacancies

www.rowcrofthospice.org.uk

South Hams Community and Voluntary Service

Tel: 01803 862266

The Cottage, Follaton House, Plymouth Road,
Totnes, TQ9 5NE

www.southhamscvs.org.uk

Teignbridge Community and Voluntary Service

Tel: 01626 326120

36-38 Market Walk, Newton Abbot, TQ12 2RX

www.teigncvs.org.uk

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