

A. Additional Organisations

Organisation	Contact Details
<p>Beyond Limits (Plymouth) Limited Domiciliary Support to people with learning difficulties and mental health needs</p>	<p>Contact: Sam Sly Address: The Business Centre, 2 Cattedown Road, Cattedown, Plymouth, PL4 0EG Tel: 01752 264424 Email: jo@beyondlimits-uk.org Website: www.beyondlimits-uk.org</p>
<p>Peninsula Care Devon Domiciliary care: providing support to enable vulnerable adults to remain in their homes. We assist with personal care, shopping, domestic, medication</p>	<p>Contact: Roger Felipe Address: Airport Business Centre, Thornbury Road, Estover, Plymouth, PL6 7PP Tel: 01752 695448 Email: www.peninsulacaredevon@btconnect.com Website: www.peninsulacaredevon.co.uk</p>
<p>Assistants at Hand Domiciliary home care service situated in Plymouth providing the support needed for adults to remain independent in your own home.</p>	<p>Contact: Lisa Battershill Address: 117 Beaumont Road, St Judes, Plymouth, PL4 9EF Tel: 01752 254312 Email: lisab@assistantsathand.com Website: www.assistantsathand.com</p>
<p>1st Stop We can help you with:</p> <ul style="list-style-type: none"> • Council Tax questions and advice • Housing Benefit and Housing Options questions and advice • General customer services such as bus passes, parking permits and other Council Information • Free public Wi-Fi <p>Computers are available to access council services and information with members of staff on hand to help.</p>	<p>Address: 1st Stop, 71 George Street, Plymouth, PL1 2AA Tel: 01752 668000 Email: enquiries@plymouth.gov.uk</p>
<p>Age UK Plymouth Age UK offers help to carers. Please contact for more information.</p>	<p>Age UK Plymouth For more information, please contact: 01752 256020 enquiries@ageukplymouth.org.uk Mon – Fri 9am – 5pm</p>
<p>Age UK Plymouth Community Support Services offer support for:</p> <ul style="list-style-type: none"> • support in attending appointments • Assistance with shopping trips • One-to-one support • Sitting Service 	<p>Plymouth Contact: Home Care Tel: 01752 831989 Cornwall Contact: Home Care Tel: 01872 266388</p>
<p>Salvation Army Various services provided:</p> <p>Church</p> <p>Charity Shop</p> <p>Homeless Service</p> <p>Employment Service</p>	<p>Salvation Army</p> <p>Plymouth Congress Hall Salvation Army, Armada Way, Plymouth, PL1 1LD Tel: 01752 668454</p> <p>Devonport Morice Town Charity Shop, 132B Albert Road, Devonport Morice Town, PL2 1AQ Tel: 01752 563896</p> <p>Devonport House, 24 Park Avenue, Devonport, Plymouth, PL1 4BA Tel: 01752 562170</p> <p>Plymouth Whitleigh Employment Service, Whitleigh Court, Lancaster Gardens, Plymouth, PL5 4AA Tel: 01752 767534</p>

A. Additional Organisations continued

Organisation	Contact Details
<p>Livewell SouthWest Anxiety and depression service offers a range of free 1 hour workshops to help improve your mental health and wellbeing</p>	<p>To book a place on any of the 1 hour workshops please call: Tel: 01752 435419 or Email: plymouthoptions@nhs.net</p>
<p>Social Services – Adult Social Care Assessment of need is carried out to assess the level of care required</p>	<p>Contact Centre – Customer Services Plymouth City Council, Plymouth, PL1 2AA 01752 668000 Cornwall County Council Website: www.cornwall.gov.uk/health-and-social-care Tel: 0300 1234 131 Devon County Council Website: new.devon.gov.uk/adultsocialcareandhealth Tel: 0345 1551 007</p>
<p>Plymouth Befriending Consortium Activities and support for older people in Plymouth who face social isolation, depression and loneliness. Offers 1-to-1 support and lunch clubs.</p>	<p>Guildhall, Armada Way, Plymouth, PL1 2EQ 01752 604455 befriendingpcbc@btconnect.com</p>
<p>The Elder Tree Befriending Service & Weekly Activities for vulnerable adults over 50 in the Plymouth area</p>	<p>Referral needed to access the service. Referral can be made by yourself or healthcare professional Tel: 01752 227447 www.eldertreeplymouth.co.uk</p>
<p>Centre for Clinical Interventions—resource handouts For issues around a variety of mental health concerns including:</p> <ul style="list-style-type: none"> • Improving your assertiveness • Facing your feelings • Mastering your worries 	<p>www.cci.health.wa.gov.au</p>
<p>Memory Cafe The Memory Cafe in Plymouth, is open to anyone worried about their memory, worried about someone else’s memory or affected by dementia.</p>	<p>The group meets fortnightly at 2.00pm – 4.00pm on Wednesday at Crownhill Methodist Church, Crownhill PL5 2HD 01752 608900 Meets 2nd and 4th Saturdays of the month, 10.30am – 12.00pm at The Woolwell Centre 01752 923706 Derriford Hospital every Wednesday between 2.00pm and 4.00pm The Restaurant, Level 7 Derriford Hospital</p>
<p>Pauls Place B&B in North Devon for young adults bereaved, life limiting illness or carer. Parents of a child with terminal or life threatening illness, needing fulltime care or have lost a child. The grant from Pauls Place can cover the cost of accommodation for up to a week.</p>	<p>Pauls Place enquiries: Tel: 01271 891076/07793 980760 Applications must be made by a Health Care Professional</p>

A. Additional Organisations continued

<p>Mummys Star Mummy's Star is the only charity in the UK and Ireland dedicated to women and their families affected by cancer during pregnancy shortly after a birth. Our aim is to support pregnancy through cancer and beyond. More specifically the charity focuses on supporting women and families where the:</p> <ul style="list-style-type: none"> - woman is diagnosed or treated for cancer during their pregnancy - woman is diagnosed or treated for cancer within a year of her giving birth - family in the first year of a birth lose their female partner as a result of cancer 	<p>Contact can be made in the first instance by email: info@mummysstar.org</p>
<p>THRIVE Cancer Support Trekstock unique online cancer support platform THRIVE provides information and support specifically to help you thrive through and beyond your cancer journey</p>	<p>www.trekstock.com/thrivecancersupport 0207 4398607</p>
<p>Hope Support for young people when a close family member is diagnosed with a life-threatening illness. Safe, monitored facebook group to meet peers in similar situations. Secure online one-to-one support sessions using skype or facebook</p>	<p>www.hopesupport.org.uk</p>
<p>Brentor & Moor Compassionate Neighbours Support those with long term conditions, a life-limiting illness, or approaching the end of life. Help people maintain independence for as long as possible, remaining in their home if that is what they wish. Support families in their role as carers. Act as extra eyes and ears for the Primary Care Teams. Identify current service and network gaps. Help individuals to clarify priorities and to liaise with voluntary/health/social care agencies to achieve these. Support the right of those nearing the end of life to be cared for in a setting of their own choice.</p>	<p>www.bmcneighbours.org Tel: 01822 860799 Email: bmcneighbours@gmail.com</p>