



Devon
**Signposting
manual**

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National signposting

Diabetes UK

<https://www.diabetes.org.uk/preventing-type-2-diabetes>

Healthy Weight

<https://www.nhs.uk/live-well/healthy-weight/>

Healthy Lifestyles

<https://www.nhs.uk/live-well/healthy-body/>

Smoking

<https://www.nhs.uk/live-well/quit-smoking/>

Nutrition

<https://www.nhs.uk/live-well/eat-well/>

Physical Activity Guidelines

<https://www.nhs.uk/live-well/exercise/>

Active10

<https://www.nhs.uk/oneyou/active10/home>

Sleep

<https://www.nhs.uk/live-well/sleep-and-tiredness/>

Alcohol Consumption

<https://www.nhs.uk/live-well/alcohol-support/>

Mood

<https://www.nhs.uk/conditions/stress-anxiety-depression/>

Change4Life

www.nhs.uk/Change4Life/

Online resources about living a healthier lifestyle.

Smoking cessation

Torbay

Your Health Torbay

01803 422 422

www.yourhealthtorbay.co.uk

Your Health Torbay offers a wide range of information, advice and support. We support people to quit smoking, get more active, eat more healthily, lose weight and improve their overall wellbeing.

Devon County Council

Stop For Life

0800 122 3866

Stopforlifedevon.org

stopforlife.devon@nhs.net

Plymouth

One You Plymouth

01752 537177

oneyouplymouth.co.uk

Oneyou.plymouth@nhs.net

Weight management, nutrition, and general wellbeing

NHS Digital Weight Management Programme

england.nhs.uk/wp-content/uploads/2021/06/digital-weight-management-patient-leaflet-a5.pdf

If your Body Mass Index (BMI) is 30 and over and have high blood pressure (hypertension), you could ask your GP to be referred to free NHS Digital Weight Management Programme

ORCHA

devon.orchha.co.uk

Your Health App finder in NHS Devon

NHS Better Health

nhs.uk/better-health

For Losing weight, stop smoking, get active and drinking less information and tips.

Age UK Devon

0333 241 2340

<https://www.ageuk.org.uk/devon/>

Age UK Devon has several facilities across Devon and runs a wide range of services including social groups, exercise classes, health checks, information and support, advice and warm spaces.

Torbay

Your Health Torbay

01803 422 422

www.yourhealthtorbay.co.uk

Your Health Torbay offers a wide range of information, advice and support. We support people to quit smoking, get more active, eat more healthily, lose weight and improve their overall wellbeing.

Plymouth

One You Plymouth

01752 537177

oneyouplymouth.co.uk

Oneyou.plymouth@nhs.net

Plymouth One You offer a FREE support with making lifestyle changes such as losing weight, getting more active or stopping smoking

Food is Fun

07818 450968

foodisfun.org.uk

info@foodisfun.org.uk

Food is Fun run a range of free cookery classes and workshops to suit all ages and groups across Plymouth.

For people with long term conditions

Hope Programme

01803 320600

myhealth-devon.nhs.uk/local-services/hope-programme/the-hope-programme

A support Programme for people with long-term condition. The course is free to attend and it takes place at various times and locations throughout Devon. A typical course is 6 weekly sessions, that lasts for 2 hours and 30 minutes. A warm, friendly atmosphere, Support when you need it, General small group discussions on topics such as: Managing fatigue, Getting more active, Feeling good, Goal setting, Gratitude Diary, Managing stress and Communication

Physical activity

Devon

Active Devon

01392 925 150

hello@activedevon.org

activedevon.org

Whether a complete beginner or a competition sports person, Devon has a spectacular array of natural and community resources for getting and staying active and healthy.

Explore our range of tools and features designed to offer fun, healthy and connected ways to get and stay active. Whether sport, leisure or restorative activity, there's something for everyone.

There is also an activity finder, A-Z directory and activity event which may interest you to get active.

Fusion Lifestyle Leisure Centre

fusion-lifestyle.com

Meet regularly with an exercise referral expert at your local Fusion Lifestyle Leisure Centre, which has centres in Ivybridge, Totnes, Dartmouth, Kingsbridge, Okehampton and Tavistock. Your coach will offer an assessment as well as regular ongoing reviews throughout your journey. They will signpost you to a variety of different activities that will suit your lifestyle and best support your wellbeing goals. The exercise referral program is heavily subsidised at just £25 per month which includes meeting the fitness professional as well as use of the facility in accordance with your recommendations.

Charterlands United Walking Football Club

07871310987

steve888804@outlook.com

If you live in the South Hams area Charterlands United Walking Football Club invites all over 50 to turn up and play walking football. It's played on a smaller pitch and there's no running, physical contact or headers and the ball has to stay below head height. It's a great way to get active in a social and fun way. Sessions take place every week.

Mental health services

For everyone in Devon

Qwell

qwell.io

A new free and confidential digital mental health and wellbeing service for adults is now available across Devon, Plymouth and Torbay.

Qwell offers a safe online space for adults to access therapeutic activities and content including a peer support community. This includes self-help articles, forums, and discussion boards that are moderated by qualified practitioners.

Devon and Torbay

Talkworks

talkworks.dpt.nhs.uk

A free, confidential, NHS talking therapy service, part of IAPT (Improving Access to Psychological Therapies), for people (aged 18+) in Devon (excluding Plymouth), helping you to feel better and giving you the tools and techniques to improve your mental and physical wellbeing.

You can also call us on 0300 555 3344 to speak to a member of the team, email us on dpt.talkworks@nhs.net or self-refer online

Recovery Devon

07824 161192

recoverydevon@gmail.com

We believe that with the right support and help people with mental health issues can and do recover and live meaningful and purposeful lives of their own choosing. Since 2003 we have actively promoted this idea and sought to put recovery and wellbeing at the heart of mental health provision.

Devon Mind

01752 512 280

devonmind.com

Fighting for better mental health in Devon for over 35 years with our campaigning and support services.

Plymouth

Livewell Plymouth Options

livewellsouthwest.co.uk/plymouth-options

NHS Talking Therapies service for Plymouth, for anxiety and depression

01752 435419

plymouthoptions@nhs.net

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

We are a free confidential, NHS talking therapy service for people (aged 16+) in Plymouth. Plymouth Options is part of NHS Talking Therapies, helping you to feel better and giving you the tools and techniques to improve your mental and physical wellbeing.

Head Space Plymouth

01752 205210

Head Space is Plymouth's new drop-in service for people approaching a mental health crisis, providing a safe, non-clinical, welcoming space to take time out, talk to someone or get involved in activities to help people deal with their situation

Plymouth Healthy Futures Social Prescribing Service - Wolseley Trust

07305 492 193

wolseley-trust.org

The Healthy Futures Social Prescribing Service works with GP practices in Plymouth to support patients who would like support to access activities and services in the community to improve their health and wellbeing.

You're Not Alone, Plymouth

07761 505403

yourenotaloneplymouth@outlook.com

You're Not Alone is a mental health support for people aged 18+.

The Service provides support and advice for transgender and non-binary people in Plymouth.

Alcohol and drugs

Devon County Council

EDP

0800 233 5444

<https://www.edp.org.uk/together-drug-alcohol-service/>

Together Drug and Alcohol Service offers support to those over 18 who wish to address their drug and alcohol use.

Adfam

07442 137421 / 07552986887

admin@adfam.org.uk

adfam.org.uk

Adfam is the only national charity tackling the effects of alcohol, drug use or gambling on family members and friends. We improve life for thousands of people.

Drink Wise Age Well

0808 801 0750

drinkwiseagewell.org.uk

The Drink Wise, Age Well programme supported people to make healthier choices about alcohol as they age.

Torbay

Torbay and South Devon NHS

01803 604330

torbayandsouthdevon.nhs.uk/services/drug-and-alcohol-service

Plymouth

One You

01752 437177

oneyouplymouth.co.uk

ONEYOU.PLYMOUTH@NHS.NET

Alcohol and drug support

Harbour

01752 434343

harbourcentre@harbour.org.uk

harbour.org.uk

Substance misuse charity

Voluntary sectors

Exeter

Wellbeing Exeter

wellbeingexeter.co.uk

Wellbeing Exeter is a partnership of public, voluntary and community sector organisations who have come together to explore better ways of supporting the 40% of patients who visit their GP with socially based rather than medical problems. Our particular approach offers **social prescribing**, for young people and adults *in combination* with **asset-based community development** to provide firm foundations to enable individuals and communities to improve and promote their own health and wellbeing

NDVS (North Devon Voluntary Service)

01271 866300

ndvs.org.uk

admin@ndvs.org.uk

Range of support services for new and existing voluntary and community groups, including help with funding and governance. Proactive support for volunteers looking for placements and for organizations with finding and placing volunteers.

Torbay

Torbay Community Development Trust

01803 212638

info@torbaycdt.org.uk

torbaycdt.org.uk

The overall aim of the Torbay Community Development Trust is to create better communication across the Bay, actively encouraging local involvement and decision making in improving the region, as well as developing and supporting volunteering opportunities of the highest standards.

Warm spaces

Plymouth Warm, Welcoming Spaces

01752 668000

plymouth.gov.uk/warm-welcoming-spaces

Warm, safe spaces across Plymouth

Torbay Warm Spaces

01803 201201

torbay.gov.uk/benefits/cost-of-living/warm-spaces/find-a-warm-space/

Warm spaces for you to visit across Torbay

East Devon Warm Hubs

01404 515 616

eastdevon.gov.uk/housing-and-homelessness/information-about-the-housing-service/warm-hubs/

Warm spaces to visit across the East Devon area

Warm Spaces in North Devon

01271 327711

northdevon.gov.uk/cost-of-living-help-and-advice/warm-spaces-in-north-devon/

Warm spaces across North Devon

Warm Spaces in West Devon

01822 813600

westdevon.gov.uk/article/9368/Warm-Spaces

Warm spaces to visit in West Devon