

**List of Services:**

<b>Mental Health and Counselling:</b>	<b>For who?</b>	<b>Where?</b>	<b>Contact</b>
Children Adolescent Mental Health Service (CAMHS) NHS	Children and young people with a mental health condition	Torbay	Referral criteria <a href="https://www.torbayandsouthdevon.nhs.uk/uploads/camhs-referral-criteria.pdf">https://www.torbayandsouthdevon.nhs.uk/uploads/camhs-referral-criteria.pdf</a>
Centrepeace (adults)	Free counselling Informal emotional support Companionship and outreach	Torbay Based in Paignton 56 Palace Avenue, TQ3 2HF	01803 550720
Checkpoint	CBT for young people, free and confidential information, advice and support services to children and young people aged 8–17	Torquay	01803 200100
Depression Anxiety Service (DAS) NHS In Spring 2019 changing name to <b>TALKWORKS</b>	NHS talking therapy service for adults: These include: Cognitive Behavioural Therapy (CBT), Silvercloud (an online programme), Eye Movement Desensitisation and Reprocessing (EMDR), self-help management programmes, and mood management groups and courses.	Torbay	<a href="https://www.dpt.nhs.uk/our-services/depression-and-anxiety-das/accessing-our-service/self-referral">https://www.dpt.nhs.uk/our-services/depression-and-anxiety-das/accessing-our-service/self-referral</a> 01803 696600 Self-referral or referral by GP <a href="https://www.dpt.nhs.uk/our-services/depression-and-anxiety-das">https://www.dpt.nhs.uk/our-services/depression-and-anxiety-das</a>
(Mental) Health and Wellbeing Clinic NHS	Covers other mental health conditions not covered by DAS	Torbay	<b>Health and Wellbeing Clinic - Torbay</b> Torbay Hospital Haytor Unit Lowes Bridge Torquay TQ2 7AA Tel: 01803 397 444
Mental Health Drop in Centre	Open 7 days a week 6pm – 12 midnight. Support from trained professionals that can assist in crisis.	Croft Hall medical practice in Torquay	
Family Matters	Family Therapy Can only currently be referred by The Spires, CAMHS, Chelston Hall & Croft Hall	Torbay	<a href="http://www.familymatters-plymouth.co.uk/wp-site/">http://www.familymatters-plymouth.co.uk/wp-site/</a> <b>Telephone: 01752 606826</b>
RELATE	Relationship Counselling Sex Therapy Children and Young People's Counselling Family Counselling	Torbay	<a href="https://www.relateplymouth.co.uk/">https://www.relateplymouth.co.uk/</a> 01803 299 001
School counsellors			
Sheikinah	Adults Make amends restorative justice Mental health	Endeavour House Torquay	01803 203895

	Confidence Employability		
<b>Special educational needs and disabilities SEND:</b>	<b>For who?</b>	<b>Where?</b>	<b>Contact</b>
ASRUS	<p>A social and support group for children and young people on the Autism Spectrum Disorder (ASD) and their siblings (with or without formal diagnosis) supporting and signposting parents, reducing feelings of isolation.</p> <p>ASRUS a club for young people with ASD on Wednesdays 6.30 – 8.00pm in term time at YMCA, Dartmouth Road, Clennon Valley, Paignton TQ4 6NX £3.00 per child and accompanying adults <b>FREE</b></p> 	YMCA Paignton <b>every Wednesday, from 6.30pm to 8pm (school terms only)</b>	<b>01803 850157 or email <a href="mailto:admin@playtorbay.org.uk">admin@playtorbay.org.uk</a></b>
Come into Play	<p><b>Children with ASD Conditions and/or social emotional and mental health issues, who struggle with school and are often temporarily or permanently excluded.</b> The Project aims to develop a ‘community of practice’ where parents/ carers with shared experiences can talk, access support and specialist training and work together on projects that create tangible results.</p>	Play Torbay in Brixham initially	<a href="mailto:steve@playtorbay.org.uk">steve@playtorbay.org.uk</a> <a href="http://playtorbay.org.uk/come-into-play/">http://playtorbay.org.uk/come-into-play/</a> <b>Referrals through SENDIASS</b>
FIPCAN (Family Information and Play for Children with Additional Needs)	<p>This group provides parents and carers with emotional support, advice and sign posting from experienced and familiar staff. Whether or not your child already receives support for their additional need, or if you're just getting started, this group will offer you the chance to meet other families in a similar situation.</p> <p>Children with a disability, and their siblings, are provided with a positive, stimulating and sensory play environment to enjoy and explore, helping children achieve more.</p>	Torbay via Action for children	<u>01803 210200</u>
SENDIASS	Information, advice and support for young people & parents/carers of children with special educational needs and/or disabilities aged 0-25	Torbay	01803 212 638 <a href="mailto:info@sendsiasstorbay.org.uk">info@sendsiasstorbay.org.uk</a>
The Children's	Offers a specialist community	Torbay	Tel: 01803 656570



Tissues and Issues	Coffee mornings for families of children with additional needs/disabilities		<a href="http://fis.torbay.gov.uk/kb5/torbay/fsd/service.page?id=5hqTbkhVnKY07796470009">http://fis.torbay.gov.uk/kb5/torbay/fsd/service.page?id=5hqTbkhVnKY07796470009</a> Jackie
South West Autism service			<a href="https://www.southwestautismsupport.com/07582608641">https://www.southwestautismsupport.com/07582608641</a>
National Autistic Society			<a href="https://www.autism.org.uk/">https://www.autism.org.uk/</a>
DownSouth	Support group for children and adults with <u>Down's Syndrome</u> , their parents and carers and for professionals with an interest in Down's Syndrome in Torbay.	Torbay	<a href="http://fis.torbay.gov.uk/kb5/torbay/fsd/service.page?id=daOY2rfqWZo&amp;familychannel=27">http://fis.torbay.gov.uk/kb5/torbay/fsd/service.page?id=daOY2rfqWZo&amp;familychannel=27</a>
Donkey therapy Horse therapy			<a href="https://www.thedonkeysanctuary.org.uk/what-we-do/donkey-assisted-therapy">https://www.thedonkeysanctuary.org.uk/what-we-do/donkey-assisted-therapy</a> <a href="https://sironaequine.org.uk/">https://sironaequine.org.uk/</a>
<b>Baby groups:</b>	<b>For who?</b>	<b>Where?</b>	<b>Contact</b>
			<a href="http://fis.torbay.gov.uk/kb5/torbay/fsd/results.page?qt=&amp;term=&amp;familychannel=18">http://fis.torbay.gov.uk/kb5/torbay/fsd/results.page?qt=&amp;term=&amp;familychannel=18</a>
Action for Children	Children 0-5 and their parents. Groups. 1:1 support at level 3 to be accessed via Targeted Help referral	Torbay	Paignton Parkside, Victoria Park, Paignton, Devon, TQ4 5BW
<b>CSE and Youth Support</b>	<b>For who?</b>	<b>Where?</b>	<b>Contact</b>
<b>Turning Corners</b>	The Turning Corners Project will assess a young person's susceptibility to exploitation, following a referral from any agency. This will go to a panel to decide the best way to support the young person.	<b>Via Targeted Help referral</b>	
<b>IYSS</b>		<b>Via Targeted Help referral</b>	
<b>Youth groups/clubs</b>	<b>For who?</b>	<b>Where?</b>	<b>Contact</b>
Youth directory for Torquay Paignton and Brixham	Young people in Torbay aged 8 to 25 years for groups based in Torquay, Paignton and Brixham		<a href="https://www.torbay.gov.uk/children-and-families/services-and-support/youth-service/ysd/">https://www.torbay.gov.uk/children-and-families/services-and-support/youth-service/ysd/</a>  Email: <a href="mailto:youthservice@">youthservice@</a>

			<a href="http://torbay.gov.uk">torbay.gov.uk</a> Tel: <a href="tel:01803698900">01803 698900</a>
200 (Torquay) Squadron Air Training Corps	Air Cadets can join at the age of 12 from the start of school Year 8, or at the age of 13 regardless of your school year. The maximum joining age is on your 17th birthday. Air Cadets have the opportunity to experience flying, gliding, target shooting and adventure training, climbing, sailing, sports and participation in the Duke of Edinburgh Award.	Torquay Joint Cadet Centre Torquay Boys' Grammar School Shiphay Manor Drive Torquay Devon TQ2 7EL	<a href="https://www.200sqn.co.uk/">https://www.200sqn.co.uk/</a> Opening Times: Tuesdays and Thursdays 7.00pm to 9.00pm Address: Telephone: 01803 616568 E-Mail: Contact the Squadron
Sea Cadets	Sea Cadets (aged 12-18 years) Junior Sea Cadets (aged 10-12 years) Royal Marine Cadets (aged 13-18 years)  We offer a range of different activities from sailing, windsurfing and powerboating - to rock climbing, camping, and music - plus, so much more! At Torbay you are also able to gain different qualifications that you can take with you once you leave Sea Cadets!	Paignton  Sea Cadets Torbay Paignton Army Reserve Centre York Road Paignton Devon TQ4 5NJ	<b>Telephone:</b> Call, text or WhatsApp us at any time on our unit mobile: <b>07834 463975</b> (answerphone service available)  <b>01803 557634</b>  <b>Email:</b> <a href="mailto:unit@torbayseacadets.org">unit@torbayseacadets.org</a>
<b>Community groups</b>	<b>For who?</b>	<b>Where?</b>	<b>Contact</b>
Crafty Fox-foxhole	A place for friendship, information, support and encouragement. The Crafty Fox cafe offers hot and cold drinks as well as homemade cakes. The hub part of the Cafe is a place for information and advice, activities and services.	<b>Foxhole</b>	<a href="https://www.craftyfoxcafe.com/">https://www.craftyfoxcafe.com/</a> <b>01803 669005</b>

Brixham YES @ the Edge	We run activities, host clubs and groups, facilitate workshops and operate community outreach and intergenerational sessions including: Free music club for children and young people Counselling Advice and support with benefits and money Community café drop in	The Edge, Bolton Street Brixham, Devon TQ5 9DH	<a href="https://www.bxyes.org/w-hat-s-on">https://www.bxyes.org/w-hat-s-on</a> 01803 851414 Mon - Fri 11.00am-5.00pm
PlayTorbay	Our core activities are: Free holiday and half-term activity programmes Adventure Playgrounds – developments in Brixham: Indigos Go Wild, Paignton: Wild Fox and Torquay: Fort Apache Bay Play Rangers free sessions in parks and open spaces across the Bay	Indigos Go Wild Brixham next to Chestnut School  Fort Apache in front of Torquay Academy  Wild Fox next to King's Ash Academy	01803 850157 (office hours) or 07920 108095 (out of hours) or email admin@playtorbay.org.uk
Great Parks community Centre	<b>Monday</b> * Autism/ADHD Support Group 10 am-12 pm fortnightly - term time only * Keep Fit 12 am-1 pm - term time only * Healthy Eating 1pm-2pm - term time only * Yoga 6.30pm-7.30pm  <b>Tuesday</b> * Bambino's baby and toddler Group 11 am-1 pm - term time only * Devon Dog Training 7 pm - 9 pm  <b>Wednesday</b> * Crafty Cuppa 10am-12am * ROC Buddy Lunch Club (all ages welcome) 12 am - 2 pm - term time only  <b>Thursday</b> * MS Society 10am - 12.30pm * ROC Cafe youth group 6pm - 9pm - term time only	Paignton	<a href="https://www.google.com/url?sa=t&amp;rct=j&amp;q=&amp;esrc=s&amp;source=web&amp;cd=2&amp;cad=rja&amp;uact=8&amp;ved=2ahUKEwiCmq6aqMrhAhXJ8uAKHSPEC-TcQFjABegQIABAB&amp;url=https%3A%2F%2Fen-gb.facebook.com%2FGreatParksCC%2F&amp;usg=AOvVaw38TQInavvY8s1LeGg_JWja">https://www.google.com/url?sa=t&amp;rct=j&amp;q=&amp;esrc=s&amp;source=web&amp;cd=2&amp;cad=rja&amp;uact=8&amp;ved=2ahUKEwiCmq6aqMrhAhXJ8uAKHSPEC-TcQFjABegQIABAB&amp;url=https%3A%2F%2Fen-gb.facebook.com%2FGreatParksCC%2F&amp;usg=AOvVaw38TQInavvY8s1LeGg_JWja</a>
Windmill Centre		torquay	
<b>Health:</b>	<b>For who?</b>	<b>Where?</b>	<b>Contact</b>

Adult Social Care	This <b>service is</b> for older people, working age <b>adults</b> with a physical disability or learning disability. <b>Torbay</b> and Southern Devon Health and <b>Care NHS Trust is</b> responsible for providing health and <b>adult social care</b> for people in <b>Torbay</b> .	<b>Torbay</b>	This is a central contact point across Torbay adult services. Tel: 01803 219700.
School Nurse team	Bladder and bowel, health issues	Torbay	0300 333 5352
Speech and language therapy (SALT)	Children	Torbay	<a href="https://www.torbayandsouthdevon.nhs.uk/services/speech-and-language-therapy/childrens-speech-and-language-therapy/">https://www.torbayandsouthdevon.nhs.uk/services/speech-and-language-therapy/childrens-speech-and-language-therapy/</a>
ERIC- bladder and bowel			<a href="https://www.eric.org.uk/">https://www.eric.org.uk/</a>
Alcohol and Drugs	Walnut Lodge	Torbay	<a href="http://fis.torbay.gov.uk/kb5/torbay/fsd/results.page?familychannel=4_1">http://fis.torbay.gov.uk/kb5/torbay/fsd/results.page?familychannel=4_1</a>
Healthy Lifestyles Team	The Healthy Lifestyles team offer a wide range of free or subsidised healthy lifestyle information, advice and support. We can help people to quit smoking, get more active, eat more healthily, lose weight and improve wellbeing.	<b>Torbay</b>	<a href="https://www.torbayandsouthdevon.nhs.uk/services/healthy-lifestyles/contact/">https://www.torbayandsouthdevon.nhs.uk/services/healthy-lifestyles/contact/</a> <b>0300 456 1006</b>
Torbay Healthy Learning	A model for identifying, planning and delivering health & wellbeing work within settings for 2-19 year olds. It provides a framework through which campaigns, initiatives, information and resources can be delivered through child focussed settings (nurseries, schools & colleges). You can use all or some of the model, all or some of the time dependent on your needs.	<b>Online for schools</b>	<a href="http://www.healthylearningtorbay.co.uk">www.healthylearningtorbay.co.uk</a>
Sleep	Tips for helping children and adult sleep better including sleep diary	<b>Online</b>	<a href="https://sleepcouncil.org.uk/sleep-advice-scenarios/meet-daisy-sleep-advice-for-children/">https://sleepcouncil.org.uk/sleep-advice-scenarios/meet-daisy-sleep-advice-for-children/</a>
Eating disorders			<a href="http://fis.torbay.gov.uk/kb5/torbay/fsd/results.page?familychannel=4_2">http://fis.torbay.gov.uk/kb5/torbay/fsd/results.page?familychannel=4_2</a>
<b>Adult disability and support services</b>			
Carers Aid Torbay	A range of practical and emotional support services to ease the stresses of unpaid Carers across	<b>Torbay</b> Carers Aid Torbay The Olive Carers	<a href="https://www.carersaidtorbay.co.uk/">https://www.carersaidtorbay.co.uk/</a> Call: 01803 323510

	the Bay. We are dedicated to making it easier for Carers to cope.	Centre, Victoria Park Road, Torquay	
Torbay Carers Service	<p><b>The first step</b> is to identify yourself as a carer to the people working with the person for whom you care, whether that be a nurse, a community care worker, a GP, a receptionist or someone else.</p> <p><b>The second step if you care for someone who lives in Torbay</b>, join <a href="#">Torbay Carers</a> or contact Signposts for Carers on 01803 666620 or via our <a href="#">contact form</a>.</p> <p>All carers are entitled to a Carers Assessment to see what support is best for them. For more information see our Carers assessment leaflet, or read more here if you're interested in self-assessment.</p>	<b>Torbay</b>	<p>Torbay and South Devon NHS Foundation Trust Paignton Library Paignton TQ4 5AG</p> <p>Signposts for Carers: 01803 666620 Email: Signposts for Carers</p>
Disability Support Torbay (formerly Disability Coalition)	Information and support services to help people with disabilities, health and mental health issues and carers. We can help you fill in forms including benefits forms, look at housing options, apply for grants when you're setting up home. We also offer a counselling service as well Simply Money (Payroll and Managed Account services for people on Direct Payments and Personal Health Budgets).	<b>Torbay Disability Support Torbay, 1 Lymington Road, Torquay, Devon, TQ1 4BW</b>	01803 215871
Mencap	<p>A person with a learning disability has impaired intellectual ability. They may experience difficulty with everyday activities such as household tasks, socialising or managing money. A learning disability affects someone for their whole life.</p> <p>Learning disabilities range from 'mild' to 'profound' 'complex' and 'multiple'. Just like anyone else, people with learning disabilities may have other conditions – physical and/or sensory impairment, autism and/or mental health problems.</p>	<b>Torbay</b>	<p><a href="#">1 Midvale Road Paignton TQ4 5BD</a></p> <p><a href="mailto:enquiries@torbaymencap.co.uk">enquiries@torbaymencap.co.uk</a></p>
United Response	United Response provides a range of support services for adults and young people with learning		<p>0800 0884 377</p> <p><a href="mailto:get.support@unitedrespon">get.support@unitedrespon</a></p>

	disabilities, autism, mental health needs or physical disabilities		<a href="http://se.org.uk">se.org.uk</a>
<b>ROC</b>	<p><b>Aspects</b></p> <p>Aspects is a community-based learning centre based in Paignton. ROC Aspects offer a number of learning programmes for individuals age 16 years+ who could gain qualifications such as Personal Social Development, Functional Skills (Literacy and Numeracy) and Vocational Skills.</p> <p><b>ROC Active</b></p> <p>ROC Active provides a number of sporting activities such as volleyball, badminton, swimming and also provides tailor made gym sessions. ROC Active wants to encourage healthy and active lifestyles through embedding weekly sports routines.</p> <p><b>ROC Creative Torbay</b></p> <p>ROC Creative Torbay is one of the south west's leading arts projects. You will be taught by specialist practitioners with a wide range of arts interests and professional experience. You will be encouraged to keep individual production journals which will show your creative journey.</p> <p>There are also opportunities to work towards accredited learning qualifications in arts specialisms and personal and social development. ROC Creative provides an environment for you to be able to express yourself artistically, whatever your abilities or disabilities.</p>		<p>ROC Aspects Telephone: 01803 552955</p> <p>ROC Active Torbay Telephone: 01803 550018</p> <p>ROC Creative Telephone: 01803 526846</p> <p><a href="https://www.unitedresponse.org.uk/roc-wellbeing">https://www.unitedresponse.org.uk/roc-wellbeing</a></p>
<b>Legal services</b>	<b>For who?</b>	<b>Where?</b>	<b>Contact</b>
What's Your Problem	Discounted/ Free legal advice, Legal Disputes, Job Hunting and Applications, Consumer Disputes, Insurance Claims, Money Worries, Relationship Breakdowns	Torbay	<p><a href="https://www.whatsyourproblem.org.uk/">https://www.whatsyourproblem.org.uk/</a></p> <p>Tel: 01803 524 044</p> <p>Mob: 07710 119 457</p> <p>Belgrave House, Paignton TQ3 3BJ</p> <p><a href="mailto:info@whatsyourproblemtorbay.co.uk">info@whatsyourproblemtorbay.co.uk</a></p>

The Citizens Advice Bureau CAB	The Citizens Advice Bureau Service offers free, confidential, impartial and independent advice. The CAB helps solve problems which are central to people's lives, including debt and consumer issues, benefits, housing, legal matters, employment, and immigration.	Paignton	0300 3309026 (local call rate) between the hours of 9.30- 12.30 Monday to Friday (Closed on Wednesdays)
<b>Finances, money, debt and benefits:</b>	<b>For who?</b>	<b>Where?</b>	<b>Contact</b>
Food bank Paignton Community Larder	Torbay residents who have run out of essential food items due to limited funds	Torbay Road	07895925872
Crisis Support Torbay Council	To assist vulnerable people with essential items due to an emergency or crisis situation. Including Daily living expenses and rent in advance.	Torbay Council	0800 9176832 <a href="https://www.torbay.gov.uk/DA-Live/scripts/orev.wsc/ibxmplpr.p?docid=wa_application">https://www.torbay.gov.uk/DA-Live/scripts/orev.wsc/ibxmplpr.p?docid=wa_application</a>
Discretionary Housing Payments		Torbay council	<a href="https://www.torbay.gov.uk/benefits/other-help/dhp/">https://www.torbay.gov.uk/benefits/other-help/dhp/</a>
Deposit bond scheme		Torbay council	<a href="https://www.torbay.gov.uk/housing/renting/deposit-bond-scheme/">https://www.torbay.gov.uk/housing/renting/deposit-bond-scheme/</a>
Christians against poverty			<a href="https://capuk.org/">https://capuk.org/</a>
Torquay Citizens Advice	Torquay Citizens Advice Bureau is a Debt Advice Bureau only. The Debt Unit can help with a wide range of debt problems.	Torquay <b>11, Castle Road, Torquay, Devon, TQ1 3BB</b>	<b>01803 297803</b>
Homemaker			<a href="https://www.homemakersw.org.uk/">https://www.homemakersw.org.uk/</a>
Vicars Relief fund			<a href="https://www.smitfc.org/our-grants/">https://www.smitfc.org/our-grants/</a>
<b>Employment and skills support</b>	<b>For who?</b>	<b>Where?</b>	<b>Contact</b>
Paul Blake DWP	Benefits and employment advice for families that meet SF criteria (level 2+)	Torbay	Fill in supporting families nomination form
PLUSS	<b>PLUSS</b> can help you if you are not in work. You are eligible if you - <ul style="list-style-type: none"> <li>• Have a disability or mental health issue</li> <li>• Have a history of substance misuse</li> <li>• Are homeless</li> <li>• Are from a black or ethnic minority</li> <li>• Are over 50</li> <li>• Are a young person particularly if you are just</li> </ul>	Torbay	0800 334 5525 employment.bureau@pluss.org.uk

	leaving care		
Eat That Frog	Free and subsidised training to people on benefits	Torquay Paignton	
Read Easy	We match adults who want to learn to read with voluntary Coaches who want to teach them.	Torbay	<a href="https://readeasy.org.uk/groups/torbay/">https://readeasy.org.uk/groups/torbay/</a> Jane Macey Tel: 07593 223600 Email: jane@readeasy.org.uk
<b>NEET Not in Education Employment or Training</b>	<b>For who?</b>	<b>Where?</b>	<b>Contact</b>
Focus 5	Children and YP age 15-18 not accessing education or training	Torbay	<a href="https://www.cswfocus5.co.uk/">https://www.cswfocus5.co.uk/</a>
Eat That Frog			
Devon County Skills for Young People	18-24 year olds. Support to access training/employment	Torquay and Paignton	<a href="tel:01803551551">01803 551551</a>
Princes Trust	16-25 year olds. To give skills and confidence to succeed in life	Paignton	Kieran Duggan 01803 551 551 <a href="http://www.eatthatfrog.ac.uk">www.eatthatfrog.ac.uk</a>
Empowering Enterprise	Develop employability and life skills residential trip	Torbay and Teignbridge	<a href="mailto:Lucy.McGorian@eatthatfrog.ac.uk">Lucy McGorian 01803 551 551 info@eatthatfrog.ac.uk</a>
<b>Parenting courses</b>	<b>For who?</b>	<b>Where?</b>	<b>Contact</b>
Action for children	Parents and children up to age of 5	Torquay and Paignton	<a href="#">Referral via targeted help or walk in at</a>
Kids matter		Paignton families only, Paignton parish church)	
Young parents group	South Devon College		
Teen Triple P	Any parents of 11-17 year olds who are in need of support around their children's behaviours and whose children may be putting themselves at risk of offending	Parkfield House, Paignton	Jade Clementson Parenting Worker After Care /Youth Justice – YOT <a href="mailto:Jade.Clementson@torbay.gov.uk">Jade.Clementson@torbay.gov.uk</a> 07799880845
Parentalk	<b>Parentalk</b> This focuses on: <ul style="list-style-type: none"> <li>• It's not just me</li> <li>• Love them and let them know</li> <li>• It's good to talk</li> <li>• Boundaries and battles</li> <li>• Parenting with elastic</li> <li>• Create a sense of belonging</li> </ul>	Upton Vale Baptist Church Torquay	Ele Hine 01803 400 403

	<p><b>Parentalk – the teenage years</b> This focuses on:</p> <ul style="list-style-type: none"> <li>• Understanding your teenager</li> <li>• Staying connected</li> <li>• Identity</li> <li>• Communication and conflict</li> <li>• Big pressures, good choices</li> <li>• Letting go</li> </ul>		
<b>Family support</b>	<b>For who?</b>	<b>Where?</b>	<b>Contact</b>
Homestart	1:1 support in the home from parent volunteers. Offer befriending and parenting support.	Torbay	<a href="https://www.homestart.org.uk/">https://www.homestart.org.uk/</a>
Transforming lives for good – via Upton Vale	1:1 support in homes and schools for children at risk of permanent exclusion- in Cockington and Torre Academy at the moment, likely to expand based on results	Upton Vale Baptist Church St Marychurch Road Torquay TQ1 3HY	<a href="mailto:joel@uptonvale.org.uk">joel@uptonvale.org.uk</a> Rev Joel Ward Youth Pastor  01803 400403 <a href="http://www.uptonvale.org.uk">www.uptonvale.org.uk</a>
Single Parent Stress Management Programme	To qualify you must meet the following criteria: <ul style="list-style-type: none"> <li>• Live in Torbay</li> <li>• Be a single parent</li> <li>• Showing signs of anxiety/depression and/or stress</li> <li>• Be in financial hardship</li> </ul>	Paignton	<a href="http://www.devonclinic.co.uk/single-parent-stress-management-program/">http://www.devonclinic.co.uk/single-parent-stress-management-program/</a>  01803 500300  <a href="mailto:reception@devonclinic.co.uk">reception@devonclinic.co.uk</a>
Young Carers	For children and young people under 18 who look after a member of the family who is sick, disabled, has mental health problems or has a drugs or alcohol problem.	Torbay	01803 208657 <a href="mailto:youngcarers@torbay.gov.uk">youngcarers@torbay.gov.uk</a>  <a href="http://www.torbay.gov.uk/youngcarers">www.torbay.gov.uk/youngcarers</a>
<b>Domestic Abuse and Violence and Parental Conflict</b>	<b>For who?</b>	<b>Where?</b>	<b>Contact</b>
TDAS	<p>Courses</p> <ul style="list-style-type: none"> <li>• Choices Torbay is a programme for domestic violence perpetrators.</li> <li>• Confidence First is a six-week course to help rebuild your confidence and self-esteem after experiencing domestic abuse.</li> <li>• CRUSH is about helping young people make safe healthy relationships. It's a structured group programme of support and empowerment for young people 14-16yrs who have witnessed, experienced or are</li> </ul>	Torbay	<a href="tel:01803698869">01803 698 869</a>  <a href="mailto:tdas@sanctuary-housing.co.uk">tdas@sanctuary-housing.co.uk</a>  <a href="https://www.sanctuary-supported-living.co.uk/find-services/domestic-abuse/devon/torbay-domestic-abuse-service-tdas">https://www.sanctuary-supported-living.co.uk/find-services/domestic-abuse/devon/torbay-domestic-abuse-service-tdas</a>

	<p>at risk of domestic abuse.</p> <ul style="list-style-type: none"> <li>• Freedom is a 10-week course designed to educate and empower women experiencing, or at risk of experiencing, domestic abuse</li> <li>• RESPECT is a programme for young people aged 14 to 17 years old who have perpetrated, witnessed and/or experienced domestic abuse</li> <li>• Torbay LIGHT group aims to help people move forward in life after experiencing domestic abuse. It is a friendly group, providing social opportunities for people who are no longer in abusive relationships</li> </ul>		
Helping Hands	The Helping Hands programme provides support and guidance for children aged 7 to 11 who have witnessed domestic violence, to help them deal with their emotions and stay safe.	Torbay (delivered in schools)	<u><a href="#">Vicky Williams at TDAS</a></u> <b>01803 698 869</b>
Make Amends	Make Amends is a service that delivers a choice of restorative opportunities that seek to heal the harm caused by crime, conflict, anti-social behaviour and the harmful actions of others across Devon and Cornwall	Torbay	<u><a href="mailto:makeamends@shekinah.co.uk">makeamends@shekinah.co.uk</a></u> <u><a href="tel:01803222033">01803 222033</a></u>
Happy Families, Happy Futures	<p>Are you supporting a family who are struggling with their relationships?</p> <p>The Happy Families, Happy Futures programme is designed to improve communication and ease tension between parents or carers, supporting a happy environment for their children.</p> <p>The support is available for parents who are in a relationship or separated and includes step-parents, adoptive parents and those who have caring responsibilities for children e.g. grandparents and other individuals where there is a Residence Order. Expecting parents who are separated can also access support.</p> <p>We offer 4 types of different interventions depending on the</p>	Torbay	If you require further information contact Jenny and Kathryn, Referral Gateway Team on 01305 228460 or <u><a href="mailto:HappyFamiliesHappyFutures@dorsetcouncil.gov.uk">HappyFamiliesHappyFutures@dorsetcouncil.gov.uk</a></u>

	<p>family's individual circumstance:</p> <p><b>Family Transitions Triple P</b></p> <ul style="list-style-type: none"> <li>* Separated families or those going through divorce</li> <li>* Parents with children aged 0 – 18 years</li> <li>* Expecting parents</li> </ul> <p><b>Incredible Years Advance</b></p> <ul style="list-style-type: none"> <li>* Parents in a relationship</li> <li>* Parents with a child aged 4 – 12 years</li> </ul> <p><b>Within My Reach</b></p> <ul style="list-style-type: none"> <li>* Separated families</li> <li>* Parents with children aged 0 – 18 years</li> <li>* Expecting parents</li> </ul> <p><b>Family Check-Up – Available from October 2019</b></p> <ul style="list-style-type: none"> <li>* Parents in a relationship and separated parents</li> <li>* Parents with children aged 2 – 17 years</li> <li>* Available from October 19</li> </ul>		
<b>Bereavement</b>	<b>For who?</b>	<b>Where?</b>	<b>Contact</b>
Children and Families in Grief	We offer bereavement support through trained therapists to facilitate healthy grief. Weekend workshops help different age groups, through the shared experience, learn from one another and develop healthy responses to grief.		<p><b>Email:</b> <a href="mailto:info@childrenandfamiliesingrief.co.uk">info@childrenandfamiliesingrief.co.uk</a></p> <p><b>Telephone:</b> 01803 393917</p>

**Emotional Support:** [http://fis.torbay.gov.uk/kb5/torbay/fsd/results.page?familychannel=4\\_3](http://fis.torbay.gov.uk/kb5/torbay/fsd/results.page?familychannel=4_3)

**Pregnancy post & antenatal:** [http://fis.torbay.gov.uk/kb5/torbay/fsd/results.page?familychannel=4\\_6\\_2](http://fis.torbay.gov.uk/kb5/torbay/fsd/results.page?familychannel=4_6_2) ,  
[http://fis.torbay.gov.uk/kb5/torbay/fsd/results.page?familychannel=4\\_6\\_1](http://fis.torbay.gov.uk/kb5/torbay/fsd/results.page?familychannel=4_6_1)

**Self-harm:** [http://fis.torbay.gov.uk/kb5/torbay/fsd/results.page?familychannel=4\\_7](http://fis.torbay.gov.uk/kb5/torbay/fsd/results.page?familychannel=4_7)

**Sexual Health:** [http://fis.torbay.gov.uk/kb5/torbay/fsd/results.page?familychannel=4\\_8](http://fis.torbay.gov.uk/kb5/torbay/fsd/results.page?familychannel=4_8)

: [http://fis.torbay.gov.uk/kb5/torbay/fsd/results.page?familychannel=2\\_1](http://fis.torbay.gov.uk/kb5/torbay/fsd/results.page?familychannel=2_1)

**Bullying:** [http://fis.torbay.gov.uk/kb5/torbay/fsd/results.page?familychannel=2\\_2](http://fis.torbay.gov.uk/kb5/torbay/fsd/results.page?familychannel=2_2)

**Caring;** [http://fis.torbay.gov.uk/kb5/torbay/fsd/results.page?familychannel=2\\_9](http://fis.torbay.gov.uk/kb5/torbay/fsd/results.page?familychannel=2_9)

**Domestic abuse & violence:** [http://fis.torbay.gov.uk/kb5/torbay/fsd/results.page?familychannel=2\\_5](http://fis.torbay.gov.uk/kb5/torbay/fsd/results.page?familychannel=2_5)

**Fostering & adoption:** [http://fis.torbay.gov.uk/kb5/torbay/fsd/results.page?familychannel=2\\_6](http://fis.torbay.gov.uk/kb5/torbay/fsd/results.page?familychannel=2_6)

**Housing services:** [http://fis.torbay.gov.uk/kb5/torbay/fsd/results.page?familychannel=2\\_4\\_4](http://fis.torbay.gov.uk/kb5/torbay/fsd/results.page?familychannel=2_4_4)

**Legal services:**

- [http://fis.torbay.gov.uk/kb5/torbay/fsd/results.page?familychannel=2\\_4\\_3](http://fis.torbay.gov.uk/kb5/torbay/fsd/results.page?familychannel=2_4_3)

**Separated families:**

- <https://www.separatedfamilies.info/>
- **Gingerbread single parent groups:** <https://www.gingerbread.org.uk/>
- **Sorting out separation:** <https://www.cmoptions.org/en/toolbox/index.asp>

[outwardbound.org.uk](http://outwardbound.org.uk)

The Adventure Fund: <https://www.outwardbound.org.uk/courses/summer-adventures/funding-your-adventure/>

The Sir Francis Chichester Trust: <http://chichestertrust.org/>