



Devon & Cornwall Service Directory – Groups, Courses & Workshops June 2024

An extensive directory of services, resources, groups, and workshops offered across the Plymouth, Devon, Cornwall, and wider UK areas, for professionals and individuals. East Devon included in 'Devon & Cornwall' due to service scarcity. Categorised by area and by type of service. Some services cross over and so these may have been placed under multiple categories/areas. This list is not exhaustive. Please contact devonandcornwalldirectory@hotmail.com regarding any queries/enquiries.

GROUPS, COURSES, AND WORKSHOPS

Age UK Plymouth Groups

www.ageuk.org.uk/plymouth/activities-and-events

Community Cuppa: A weekly group every Friday (10-12), that allows people to get together and chat. Held at The William & Patricia Venton Centre, Mount Gold, PL4 9RD. Costs £2 per session, no need to book. Call 01752 256020 or email enquiries@ageukplymouth.org.uk

Jolly Elders Club: For people aged 50+, who want to socialise and meet new people; this group offers different themes and activities each week. Meet every Mon & Fri for 2 hours. Booking in advance is recommended. 1:1 sessions offered for those unable to attend the group. Costs £5 per session. Locations – Central Park Community Hub (Monday); Manadon Sports & Community Hub (Friday). Call 01752 256020 or email activeliving@ageukplymouth.org.uk

Jolly Elders Lunch Club: A group held every Tuesday 1-3pm, that offers hot meals (please contact in advance with any dietary requirements). Costs £8 per person (inclusive of hot meal). Held at The William and Patricia Venton Centre, Mount Gold. Call them on 01752 256020 or email activeliving@ageukplymouth.org.uk

Anxiety UK Clubs & Groups

All information available here: (updated weekly) <https://www.anxietyuk.org.uk/>

Call 03444 775 774 or email admin@anxietyuk.org.uk for more information.

Argyle Community Trust Groups/Activities

All information available here: <https://argylecommunitytrust.co.uk/>

Adult Ability Counts: Football sessions for those aged 16+ with a disability (physical, learning, or mental). Provides a fun and friendly environment for all needs and abilities. No need to book, just turn up and play. Costs £3 per session. Every Wednesday 7.30-9pm at Manadon Sports Hub. Contact alice.young@pafc.co.uk

Junior Ability Counts: Football sessions in a fun and inclusive environment for children aged 5-16 with a disability. Open to all abilities. Costs £4 per session. Every Monday 5-6pm (term time) at Manadon Sports Hub. Contact alice.young@pafc.co.uk

Art Craft & Giggles CIC

CraftyBags: They send out CraftyBags each week that contain a project i.e. macrame, punch needle embroidery, sockie sausage dog making & then arrange zoom calls so attendees can all craft together. Runs every Wednesday online, 7-9pm → Call 07880 327 022 or for more information visit <https://www.artcraftandgiggles.co.uk/>



Weekly Group Sessions: Art Craft & Giggles run 2 art and craft workshops per week for adults living in the Plymouth area, who struggle with their mental health or those feeling lonely/isolated → Call 07880 327 022 or visit <https://www.artcraftandgiggles.co.uk/> for more information.

Workshops & Drop-ins: Runs drop-ins and activities for adults with learning disabilities on Tuesdays and Thursdays, 10am-4pm, and a mental health and well-being drop-in on Wednesdays and Fridays, 10am-4pm. Based at 6 Shelley Way, St Budeaux, Plymouth PL5 1QF → Call 07880 327 022 or visit <https://www.artcraftandgiggles.co.uk/> for more information.

Autism-Friendly Groups

Oasis Café: A social group dedicated to providing an environment where autistic adults in Plymouth are able to feel accepted, respected, safe, and understood. Their social group is held every Tuesday 2-4pm, offering board games and card games. Email contact@aaiplymouth.org.uk or <https://aaiplymouth.org.uk/what-we-do/>

Big Sis CIC Groups & Workshops

Runs several different community groups and activities for female and non-binary children who need support for their mental health and other issues → <https://big-sis.co/confidence-club-plymouth>

Bipolar Support Groups

Bipolar Support Group: Open to all individuals with experience of bipolar disorder, either through personal experience or as a partner/friend/carer of someone who has bipolar disorder. Held every 1st and 3rd Thursday of the month, from 11am. <https://www.devonmind.com/find-help/groups>

Bipolar UK (Torbay Support Group): Free to attend, and open to anyone affected by bipolar, including family, friends, and carers. Meets on the first Thursday of every month, 7-9pm. Call 07490 183404 or email Torbay@bipolarukgroups.org or <https://www.bipolaruk.org/torbay-support-group>

Chronic Pain Coaching CIC Groups & Events

Chronic Pain Coaching CIC: Provides support to those who are disabled with chronic pain within Plymouth and surrounding areas, using local Wellbeing Hubs. They also run events, groups, and workshops through Plymouth's Wellbeing Hub Network. Based at 42 Compass Drive, Plymouth, PL7 5DX. Website currently being updated → Call 07842 614419 or email chronicpaincoachinguk@gmail.com or visit https://www.facebook.com/profile.php?id=61550247069150&locale=hi_IN&paipv=0&eav=AfYBeRfbuoM7J5yT9CxdltvQIIF5EHl5eEaEkjvXn0NDYpuq4Vh60V_7WNw_0HktGC0

Colourful Horizons Workshops

Contact via <https://colourfulhorizons.co.uk/contact-me>

Adult workshops: <https://colourfulhorizons.co.uk/adults-1>

Children's workshops: <https://colourfulhorizons.co.uk/children>

Devon Mind Support Groups

<https://www.devonmind.com/find-help/groups>

Anxiety Support Group: Join others who share their experiences and have found a variety of ways to deal with their anxiety; held every 2nd Wednesday of the month, from 1.30pm.



Bipolar Support Group: Open to all individuals with experience of bipolar disorder, either through personal experience or as a partner/friend/carer of someone who has bipolar disorder; held every 1st and 3rd Thursday of the month, from 11am.

Depression Support Group: Supports people to develop ways of coping with their depression through shared experiences. Currently operating 2 separate groups. One group held on 1st Wednesday of every month from 1.30pm; other on 3rd Wednesday of every month from 1.30pm.

Hearing Voices Support Group: Offers an opportunity for people to discuss how they can live with their experiences, in a way that gives them more control over their lives. Held on 2nd Friday of every month from 1.30pm.

Men's Support Group: A safe space for anyone who identifies as male to share their experiences, support one another, and explore personal challenges (including mental health problems) in a non-judgemental way. Held every 1st and 3rd Friday of the month from 1.30pm.

OCD Support Group: This group provides a safe space for people with OCD to share their experiences, thoughts, and feelings with others who are experiencing similar issue. Held the last Wednesday of every month.

Devon Mind Workshops

<https://www.devonmind.com/find-help/courses>

Motivate Your Mind: Functional Imagery Training (2 separate groups). Weekly course run by Devon Mind at Mannamead House. 4 weeks (1 session per week) + 1 follow-up session 3 weeks later. More info: <https://www.devonmind.com/find-help/courses/motivate-your-mind-functional-imagery-training>

Devon Recovery Learning Community Courses

Offers a wide range of courses (both in-person and online), activities, and drop-ins across the majority of Devon (including North Devon, Exmoor, Exeter, South Hams, Torbay, and West Devon) → <https://devonrlc.co.uk/course-search/> or call 01392 677067 or email dpn-tr.drlc@nhs.net

Devon Wellbeing Hub Workshops

Devon Wellbeing Hub: A service that helps people with any aspect of their wellbeing at all, by providing a wide range of free wellbeing workshops, on topics such as stress management, setting healthy boundaries, Based in Plymouth but anyone in Devon or Cornwall are welcome to attend their workshops, which are free → Call 0300 3035455 or email dpt.devonwellbeing@nhs.net or visit <https://www.devonwellbeinghub.nhs.uk/> or visit <https://www.eventbrite.co.uk/o/devon-wellbeing-hub-59258354003>

Families in Grief Groups

Families in Grief: FIG help bereaved children, young people, and their families & carers, living in North Devon and the Torridge area, to feel better and less alone in their grief. Provides a wide range of support, resources, and signposting. Also provides support for teachers and professionals → Call 01271 447960 or email info@familiesingrief.org or visit <https://familiesingrief.org/how-we-help/support-for-parents>

Food is Fun CIC Workshops and Classes

Food Is Fun CIC: A social enterprise based in Plymouth promoting healthy eating through exploring food in an exciting and fun way. Offers community support, activities, workshops, and cookery



courses → Call 07818 450968 or email tami@foodisfun.org.uk or visit <https://foodisfun.org.uk/cookery-classes/>

Georgia's Voice Groups

Georgia's Voice: An organisation set up in honour of Georgia Lee Gallaway, who took her own life on July 6th 2020. Through the passion and hard work of the amazing team behind Georgia's Voice, the team hopes to reduce the rate of suicide in young women (aged 18-25) in Cornwall, by helping them realise they are not alone, and that this is not the only option. Georgia's Voice offers a wide range of support groups. Groups are searchable by areas in Cornwall → Contact the team via <https://georgiasvoice.co.uk/contact-us/> or for more information <https://georgiasvoice.co.uk/help-and-support/groups/>

Hidden Lives Counselling and Support Hub Support Groups

<https://www.hiddenlivessupport.org/what-we-offer> or <https://www.hiddenlivessupport.org/> under 'Group Sessions'

Chronic condition and Mental Health: Mondays, 9.30am

BPD Support: Tuesdays, 9.30am

Art from the heart (Emotions through art): Tuesdays, 12pm

Chronic Condition Support: Tuesdays, 6pm

Long Covid Support: Wednesdays, 5.30pm

Virtual Chronic Pain Support: Times vary; further info on their website.

Home Start (South and West Devon) Courses

<https://homestart-southandwestdevon.org.uk/current-services/>

Own My Life: An innovative, creative, educational 12-week course (via Zoom) for women who have experienced domestic abuse, using a trauma-informed approach. This course is followed by a 6-week facilitated Own My Group add on, to encourage peer support networks.

Reducing Parental Conflict (Courses for Families): Parents must complete the necessary questionnaire before accessing this course, to determine if they are eligible for an intervention, and which intervention they are able to access. Some of the courses available to families with a child up to 18 (or 24 if the child has a learning disability).

Triple P – Family Transitions: This course offers support and guidance to deflect the pressure of divorce/separation away from the children. It supports parents to focus on developing communication and problem-solving skills and to manage emotions. Delivered primarily via Zoom.

Within My Reach: A programme (via Zoom) that helps people improve their relationships by looking at family backgrounds and hidden issues. Aims to understand and address negative relationship patterns and improve communication. Available for single/non-single people.

Home Start (South and West Devon) Groups

Mellow Mums: A Zoom group for mums with children under two, experiencing low mood and/or feeling isolated. A rolling programme that consists of 1 session per week over 8 weeks, it is an informal, facilitated group that aims to bring mums together to chat and make connections.



Keyham Green Places Groups/Activities

Monthly calendar of all events: https://cropskgp.org.uk/#What_is_on

All courses are free for those who meet eligibility criteria. Email plymouthtogether@plymouth.gov.uk for more information.

LGBTQ+ Groups

Come Out: An LGBTQ+ group that runs social events and activities for members of the LGBTQ+ community, such as walks, days out, and workshops. Meets every Thursday at 10.30am at Sunrise Community Centre in North Devon. Call 01271 328915 or email admin@sunrisediversity.org.uk

LGB Transaction: Coffee evenings held once a week in Exeter (2nd Sunday of each month 4-9pm) and Torbay (3rd Wednesday of each month 7.30-10pm), aimed at bringing people together. Email info@lbctransaction.org

Out Youth Group: This group (part of PCC) provides a safe and welcoming environment for LGBTQ+ young people in Plymouth (and surrounding area), that offers opportunities to make new friends, explore their identity, access support, build supportive networks, celebrate, and have fun. Meets Tuesdays 5.30-7pm (ages 11-15), and 7-8.30pm (ages 15-19; 19-24 for those with additional needs). Call 07774 336616 or email outyouth@plymouth.gov.uk

Livewell Courses

Psychoeducational Courses: Typically 4 x 2-hour sessions; courses offered include Depression Management, Anxiety Management, Stress Control, and CBT. Call 01752 435502 or email plymouthoptions@nhs.net

Silver Cloud: An 8-week online CBT course. Call 01752 435502 or email plymouthoptions@nhs.net

Live Well in Braunton

Live Well in Braunton: Offers a wide range of activities, groups, workshops, and clubs across Devon. Email support@livewellinbraunton.co.uk or visit <https://livewellinbraunton.co.uk/in-your-local-area> for activities/clubs in your local area. Visit <https://livewellinbraunton.co.uk/community-diary> for the community diary of all events and workshops, which is updated weekly.

Magic Carpet Arts For Health Groups (EXETER)

<https://www.magiccarpet-arts.co.uk/Pages/Category/our-regular-groups>

Inky Fingers: A repurposing project with high environmental and social values, which makes notebooks from old hardback books and gift tags from post-consumer office surplus. Tasks involve measuring, cutting, binding and gluing, using a variety of machines and tools. Held every Tuesday 1.30-4pm at St Sidwell's Centre, Exeter. Email sgc@magiccarpet-arts.co.uk

Open Studios: This group offers a friendly space where people can paint, draw, or create without pressure. Aimed at people who are experiencing social isolation or mental health difficulties, this group is very sociable and supportive. Suitable for all abilities. Held every Thursday 2-4pm in Exeter. Email allie@magiccarpet-arts.co.uk

Thurspians and Thurspians Too: These are two Exeter-based drama groups, which encourage people to work and have fun together, with an emphasis on developing communication skills, improving social skills, and increasing self-confidence. Held every Thursday 10am-12pm. Email allie@magiccarpet-arts.co.uk



Mindful Art Club Groups & Workshops

<https://mindfulartclub.co.uk/classes/>

Their weekly groups offer coffee, creativity, and company online, in cafes and within community support services around Plymouth, Devon. They help to combat social isolation and offer peer support for anxiety and depression.

Groups offered include an 8-week Wellbeing Course and Mindfulness.

Moondogz Groups & Workshops

Moondogz runs a variety of mental health and wellbeing workshops as well as a mental health support kayaking group. For more information on times and availability, call 07579 778664 or email contact@moondogzmentalhealth.co.uk or visit <https://www.plymouthonlinedirectory.com/article/3552/MoonDogz-Mental-Health-Kayaking-Support-Group>

Moments Café and Memory Matters Hubs

<https://moments-cafe.com/hub/>

Runs various workshops, groups, and activities for those living with dementia (and loved ones), as well as any individuals seeking support/guidance and community support.

Narcotics Anonymous Groups

<https://meetings.ukna.org/> (Search for Plymouth/specific area) or email meetings@ukna.org

A Vision of Hope Women's Meeting: Meets in person every Saturday 10.45-11.55am at Armada Way, Plymouth.

Friday Solution Meeting Group: Meets in person every Friday 7-8.30pm at St Paul's & St Peter's Church Hall in Stonehouse.

The Greatest Gift: Meets in person every Wednesday 7-8.30pm at Shekinah on Bath Street. Open to all on request. Different topics covered in each meeting.

The Journey Continues: Meets in person every Sunday 12.30-2pm at Union Corner in Stonehouse, Plymouth.

National Childbirth Trust

National Childbirth Trust: A membership charity that aims to connect, inform, and support parents through a wide range of support, guidance, activities, and resources, including antenatal and postnatal courses, classes, workshops, and community events. Local activities and meet-ups range from feeding support groups, nearly new sales, baby first aid, parent and baby groups, and community support groups. Also offer a wide range of antenatal and postnatal classes and workshops. Devon branches based in Plymouth and West Devon → Call 0300 330 0700 or contact via <https://www.nct.org.uk/about-us/contact-us> or visit <https://www.nct.org.uk/local-activities-meet-ups> for activities and <https://www.nct.org.uk/courses-workshops> for antenatal and postnatal classes

Navigate Workshops & Events

Navigate: (Part of the Wis£r money partnership) Navigate aims to bring an end to financial hardship, by offering those in need the right support to help build their confidence, knowledge, and skills for long-term money management. They also provide community events & workshops. Professionals can



refer clients here: <https://www.navigatecharity.org.uk/referring-a-client-to-navigate/> → Call 01823 299050 or email enquiries@navigatecharity.org.uk or visit <https://www.navigatecharity.org.uk/whats-on/> to see all events and workshops.

Pegasus - Men's Wellbeing Centre CIC

Pegasus - Men's Wellbeing Centre CIC: A safe and supportive space dedicated to helping men overcome life's challenges, build resilience, and achieve emotional wellbeing. Runs workshops and training → Call 01209 205785 or email them via beata@pegasusmenswellbeing.co.uk or contact via <https://pegasusmenswellbeing.co.uk/contact-us/> or visit <https://pegasusmenswellbeing.co.uk/training-workshops/>

Plymouth Highbury Trust Groups/Clubs

<http://www.plymouthhighburytrust.org.uk/social-clubs/>

The Orbit Club: A Day club for people with learning disabilities, every Monday and Thursday, 10.30am-2.30pm (except Bank Holidays). Activities include live music sessions, bingo, table games (skittles, darts, pool), as well as individual activities such as drawing and puzzle games. Costs £6 per half day; £12 per full day. People attending need to bring a packed lunch; tea and biscuits available. Call 01752 773333 or email admin@plymouthhighburytrust.org.uk

The Social Club: An evening club for people with learning disabilities, every Tuesday and Friday, between 6.15 and 8.30pm. The current admission charge is £3.50, which includes a disco and a tuck shop. Ask for Stuart Domeney if interested. Call 01752 773333 or email admin@plymouthhighburytrust.org.uk

Plymouth Music Zone Workshops

Plymouth Music Zone: An award-winning community music charity that believes passionately in the power of music to reach out and bring people together – music for everyone, whoever they are and whatever they're going through. Runs a wide variety of music and singing groups throughout the week for people of all ages and abilities, including the elderly, people with learning and physical disabilities, and those with special education needs → Visit <https://www.plymouthmusiczone.org.uk/> or visit here for their workshops <https://www.plymouthmusiczone.org.uk/what-we-do/>

Plymouth REG Workshops

Plymouth REG: (Plymouth Mental Health Recovery and Empowerment Group) a CIC that promotes mental health recovery and empowerment through mental health advocacy and free, open access workshops. Their workshops aim to provide anyone affected by a mental health difficulty with the knowledge and resources they need in order to live a meaningful, productive, and fulfilling life. Based in Plymouth but open to anyone → Contact <https://plymouthreg.com/contact> or for more information visit <https://plymouthreg.com>

Pregnancy Crisis Care Groups

Pregnancy Crisis Care: A Plymouth-based charity aimed at helping women and their partners with any pregnancy-related crisis (including unplanned pregnancies and abortions), by providing a wide range of support, including support groups. Covers South-east Cornwall also → Call 01752 246788 or email them via contact@pregnancycrisiscare.co.uk or <https://pregnancycrisiscare.org.uk/pregnancy-crisis-care-services/>

Samaritans Groups



In partnership with Cruse Bereavement Care. Visit <https://www.samaritans.org/how-we-can-help/if-youre-having-difficult-time/support-groups-people-bereaved-suicide/>

Facing the Future: A programme that aims to support those (aged 18+) bereaved by suicide, by giving them the opportunity to meet others who have lost someone to suicide, and to share their experiences. Support groups are free, and run in 90-minute sessions, for 6 consecutive weeks. Maximum 8 people per group. Run by 2 volunteer facilitators from Samaritans and Cruse Bereavement Care.

Step One Online Courses

<https://www.steponecharity.co.uk/bewellstepone-online-courses>

Beating Depression - An Outside-In Approach: This 4-week course offers the benefits of group support and the development of behavioural strategies that can help increase your activity levels in the right areas, helping to break the cycle of depression. Visit <https://www.steponecharity.co.uk/beating-depression-an-outside-in-approach>

Braving Bereavement: A 4-week online course allowing you to explore your grief and encourage you not to 'let go' of the person you have lost, but to find a way to move forward and carry their memory with you. Visit <https://www.steponecharity.co.uk/braving-bereavement>

H.O.P.E (Helping Overcome Problems Effectively): A 6-week online course developed by Torbay and South Devon NHS Trust designed to help people to cope better with their long-term health conditions. Visit <https://www.steponecharity.co.uk/the-h-o-p-e-course>

Managing Your Anger: A 4-week course that will help you understand the anger emotion, teach you how to identify and deal with personal anger triggers and how to effectively deal with others when anger arises. Visit <https://www.steponecharity.co.uk/managing-your-anger>

Wellbeing and Resilience: This 4-week online course will look at ways you can become more resilient and help you to recognise the strengths that you already have so that you can take better care of yourself. Visit <https://www.steponecharity.co.uk/wellbeing-and-resilience>

Step One Workshops

<https://www.steponecharity.co.uk/bewellstepone-online-courses>

Changing Negative Self-Talk: This workshop will help you to challenge that voice and consider alternative possibilities to make your inner voice more positive. Delivered via Zoom. Visit <https://www.steponecharity.co.uk/changing-negative-self-talk>

Food and Mood: Learn new skills and gain knowledge about what we are putting in our bodies and how it can affect our mental health (monthly via Zoom). Visit <https://www.steponecharity.co.uk/food-and-mood>

Understanding Depression: This course will help you to explore why we may be experiencing depression, and what coping techniques can be used to help you lift our mood.

Step One Courses

<https://www.steponecharity.co.uk/bewell-peer-support-groups>

Run by two of our course trainers, our online and in-person peer support groups offer you an opportunity to meet others, share your experiences, discuss the techniques learnt in our courses, and develop self-management techniques to maintain good mental health.



All Welcome Wellbeing Group: Will help you develop a better understanding of your own mental health in a safe, supportive environment. Takes place on Zoom every Tuesday, 2-3.30pm.

Continued H.O.P.E Peer Support Group: Open to individuals who have completed Be Well@ Step One's H.O.P.E course, as it will allow you to further develop these skills. Takes place on Zoom every Thursday, 2-4pm.

Tuesday Peer Support Group: Focused on crafts; allows people to get creative and put their artistic skills to the test & create something. Perfect for meeting others who can personally relate to their experiences. Meet face-to-face in Paignton, 10am-1pm.

Thursday Peer Support Group: Allows people to meet with others, learn new skills, and develop a sense of belonging. Includes different activities to help people feel comfortable and develop confidence. Meet face-to-face in Paignton, 10am-12pm.

TALKWORKS Courses & Workshops (DEVON, exc. PLYMOUTH)

<https://www.talkworks.dpt.nhs.uk/workshops>

Call 0300 555 3344 or email dpt.talkworks@nhs.net

Stress Less with TALKWORKS: A 2-hour workshop for anyone aged 18+ who may be struggling with stress, worry, managing routines and sleep, or for those who want to learn about basic CBT techniques. Range of times and dates available.

TALKWORKS for Talking Health Workshop: A free 2-hour workshop which aims to introduce people to a range of techniques to help them, or someone they love, manage living with a long-term health condition, such as by looking at the links between body and mind, and practical tools and techniques to improve wellbeing.

The Bridge Collective Groups & Activities (EXETER)

<https://www.bridgecollective.org.uk/activities-and-groups/>

Call 01392 433358 or email info@bridgecollective.org.uk

Art at the Bridge: An online art group (twice monthly on Mondays 1.30-3pm). Open to all. A time to get together and share ideas of art to do at home and to join in a relaxed, enjoyable art activity together online.

Experts by Experience: Mental health awareness workshop team, that aims to share peoples' lived experiences in an environment of peer support to promote public awareness, increase confidence in talking about mental health, improve mental health services, and increase understanding of mental health. Monthly meeting is held 11am-1pm on the 1st Tuesday of each month. Development Meeting is held 11am-12.30pm on the 3rd Tuesday of each month. Email ebye@bridgecollective.org.uk

Open Minds: A peer support group for people who see, hear, or sense things other people don't (sometimes labelled 'psychosis'). Currently meeting online via Zoom every 2nd Wednesday of the month (1-2pm). Allows people to get together for a chat, support, sharing ideas, and general discussion. Email openminds@bridgecollective.org.uk

Timebank Southwest Groups

<https://www.timebanksw.org/events/>

For more information call 01752 875930 or email info@timebanksw.org



Tiny Stars Playgroup

Runs a free play group with activities, toys, and sensory play, every Tuesday 10.30am until 12pm (including term-time). Based at Rediscover Church, Northernhay Street, Exeter, EX4 3ER → Call 01392 425070 or email office@rediscoverchurch.com or visit <https://www.rediscoverchurch.com/tinystars>

TOP UK Groups

<https://www.topuk.org/about-top-uk/>

All groups are currently meeting virtually on Zoom or Skype, due to Covid restrictions (usually there are specific geographical groups as well as virtual groups).

The aim of the groups is to make people feel welcomed, less alone, and less judged, and allows people to share their experiences with others. The groups create a safe space for people to talk openly and honestly about their problems, and improve their social skills.

Trauma Informed Plymouth Network

Details about all of TIPN's upcoming courses/training can be found here <https://traumainformedplymouth.org/courses/>

Wander Women North Devon

Wander Women North Devon: An inspirational meet-up group that offers free group walks all across North Devon on selected Sundays and summer evenings. WWND aims to encourage women to come together to create a safe space to walk and enjoy the freedom of being outdoors. There are plenty of walks and activities to join in with → For more info visit https://www.meetup.com/wander-women-north-devon/?fbclid=IwAR28Oa_Xv3qbaJdWgMPkkVhoZyQcDfeLsvP5-HY6JvBjLJdyDulDrc2QA2g

WayMakers Devon

The AFAB Group: Run by WayMakers Devon, this small social group is open to 14-19 year-olds whose assigned gender at birth was female. It offers weekly peer support, fun activities, social connections, visiting speakers with lived experience, and occasional outings. Also runs adult groups, such as Board Games Group and Outdoor Adult Group, intermittently → Call 07309 563563 or email alex@waymakers.co.uk or visit <https://waymakers.co.uk/>

Wisermoney Workshops & Events

Wisermoney: (Also known as Wisermoney) A partnership project between Navigate CIO and Encompass Southwest, that was formed in 2012 and currently delivers a number of financial inclusion services across Devon, and operates under a formal partnership agreement. Wisermoney are funded through charitable grants, donations and contracts → Email wisermoney@navigatecharity.org.uk or visit <https://www.bpag-encompass.org.uk/projects/wisermoney/>

Your Voice Cornwall

Your Voice Cornwall: An organisation that offers a support network for women affected by mental health, across Cornwall. Offers a wide range of support, including peer support groups, and activities → Call 07702 993601 or email yourvoicecornwall@outlook.com or for more information visit <https://yourvoicecornwall.org.uk/peer-support-groups/current-groups> (groups searchable by area).