



Devon & Cornwall Service Directory – Plymouth – July 2026

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 or visit www.devoncornwalldirectory.com regarding any queries/enquiries.

APPENDIX (by type of service)

Activities & Community; Advocacy; Alcohol Misuse; Anxiety; Asylum Seekers & Refugees; Autism & ADHD; Benefits; Bereavement & Loss; Bipolar Disorder; Brain Injury; Carers; Children & Young People (0-16); Counselling Services; Criminal Justice; Crisis Support; Debt & Money Management; Dementia; Depression; Domestic & Sexual Abuse; Eating Disorders; Elderly Adult Support; Employment, Education & Training; Families; Food Support (e.g. Foodbanks); Gambling; Health & Wellbeing; Housing & Homelessness; Learning Disabilities & SEN; Legal Aid; LGBTQ+; Marriage & Relationships; Mental Health; Men's Services; Parents & Pregnancy; Personality Disorders; Physical Disabilities; Psychosis; PTSD; Self-Harm & Suicide; Sexual Health; Substance Misuse; Trauma; Women's Services; Young Adult Support (16+)

****Please use the search function to find specific services/specific support.**



PLYMOUTH

Activities & Community

Active Devon: A community-focused, non-profit organisation with a vision of everyone in Devon active for life. Their mission is to unlock the ability of movement to change lives for the better. Active Devon works together with communities and partners to connect, advocate, and enable people to move more, in order to help reduce inequalities and deliver huge value in their communities. Offers a wide range of activities, clubs, events, resources, and programmes, including Movement with Communities, and Movement for Health and Wellbeing (click 'Connect with Us' on their website). Based in Exeter but open to all of Devon, including Plymouth → Call 01392 925 150 or email hello@activedevon.org or contact via <https://activedevon.org/contact-us/> or <https://activedevon.org>

Active For All: (Part of Improving Lives Plymouth) A service which supports and promotes physical activity for adults (aged 18+) with disabilities and long-term health conditions. Activities offered include football, boccia, and walking → Call 01752 201891 (M-F 9-5) or more information www.improvinglivesplymouth.org/better-futures-learning-disability-support-advice/active-for-all

Active Men: (Part of Elder Tree Befriending) aims to provide activities for men who are lonely, socially isolated, and lack activity/social interaction, such as sports sessions, walking groups, bowling, games, quizzes, and groups → Call 01752 227 447 or email activemen@eldertreebefriending.co.uk or visit <https://eldertreeplymouth.co.uk/pages/active-men/114>

Age UK Plymouth: Offers a range of different activities and events across Plymouth, including Veterans Brunch Club, Community Cuppa, and Gentle Mobility Movement Class, plus much more. Courses/groups are all at a low cost → Call 01752 256020 or email enquiries@ageukplymouth.org.uk to book your space or more information <https://www.ageuk.org.uk/plymouth/activities-and-events/>

Argyle Community Trust: The official charity for Plymouth Argyle Football Club which uses the prestige of football and the reach of the club to inspire, engage, and help people of all ages achieve their full potential. ACT has a clear vision, along with their national partners, to be an active, inspirational and inclusive community hub for the Southwest → Call 01752 562561 (ext 6) or email community@paafc.co.uk or more information: <https://argylecommunitytrust.co.uk/>

Art Craft & Laughter: Their passion for 'Art as therapy' aims to provide art, crafts, and giggles for those in Plymouth over the age of 18, as well as anyone who may be struggling with mental health issues, wellbeing, isolation, or loneliness. They pride themselves on running art & craft sessions in a safe place where people can come to breathe and just be themselves for a while. Their studio provides a safe and friendly environment to all. Offers lots of groups, workshops, and activities, Monday to Friday. Located at 6 Shelley Way, St Budeaux, Plymouth PL5 1QF → Call 07880 327 022 or contact via <https://www.artcraftandgiggles.co.uk/contact> or <https://www.artcraftandgiggles.co.uk>

Barne Barton & St Budeaux Wellbeing Hub: Part of Plymouth's Wellbeing Hub Network, Barne Barton hub was launched in partnership with PCC, NHS Devon Clinical Commissioning Group, and Colebrook Southwest. These hubs aim to support people in their local communities through a wide range of support and services, in order to encourage people to make life choices that will support their health and wellbeing. Amongst many other things, Barne Barton hub provides a wide range of (peer and support) activities, workshops, and events, all year round. Based in William Sutton Memorial Hall, 6 Shelly Way, St Budeaux, Plymouth, PL5 1QF → Call them on 07890 257649, or email wellbeinghub@colebrooksw.org or visit <https://williamsuttonhubs.org/wellbeing-hub/>

Belong in Plymouth: The BIP network is a space to listen and learn from each other about how to tackle some of the overwhelming problems around social isolation and collaborate around creating a



city where no one feels forgotten. Their aim is to make Plymouth a city where health, statutory services, the voluntary and community sector, and those who live and work in Plymouth can feel more connected, and make a positive difference in the work they do with and for others. Runs events and projects throughout the year → Visit <https://belonginplymouth.org.uk/upcoming-events>

Better Futures: (Part of Improving Lives Plymouth) Provides support for adults aged 18+ with autism and learning disabilities/difficulties. Offers a wide range of groups, activities, and workshops in order to help vulnerable adults develop skills for independence, to meet new people, and to improve their wellbeing. Based at Mannamead Wellbeing Hub, 156 Mannamead Road, Plymouth, PL3 5QL → Call 01752 776775 or 07305 065521 (M-F 10-3) or email betterfutures@improvinglivesplymouth.org.uk or visit <https://www.improvinglivesplymouth.org.uk/better-futures-learning-disability-support-advice>

Big Sis CIC: A South-West UK based social enterprise that operates across Plymouth, that aims to support young girl's and non-binary children's mental health, through impactful programmes in schools and the community. Big Sis also provides upskilling for their immediate support networks: parents, carers, youth leaders and teachers to offer improved quality of care. Also provides community support on a wide range of topics and issues, including self-esteem & confidence, puberty and boundaries & relationships → Contact via <https://big-sis.co/contact> or for more information visit <https://big-sis.co/youthandcommunitywork>

By the Horns Theatre Company: A Plymouth-based theatre company that aims to collaborate with local and national charities, social enterprises, and organisations, in order to spread their message of mental health awareness through their production, Collateral Cubicle → Call 07497 019597 or email bythehornstheatrecompany@gmail.com or visit <https://www.facebook.com/bythehornstheatre/>

Caring for Carers: (Part of Improving Lives Plymouth) Offers a range of different activities and workshops for carers, including walks and reflexology. Unless otherwise stated, activities must be booked in advance → Call 01752 201890 or visit www.improvinglivesplymouth.org.uk/caring-for-carers

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 pain cafes to connect people, provide peer support, and give people skills to self-manage their chronic pain condition, and encourage exercise as part of improving lifestyle, alongside local instructors. Based at 42 Compass Drive, Plymouth, PL7 5DX → Call 07842 614419 or email chronicpaincoachinguk@gmail.com or https://www.facebook.com/profile.php?id=61550247069150&locale=hi_IN&paipv=0&eav=AFYBeRfbuoM7J5yT9CxdltvQIIF5EHI5eEaEkjvXn0NDYpuq4Vh60V_7WNw_0HktGCo

Citizen's Advice Plymouth: Runs a Community Support Project within hubs across Plymouth, that delivers advice on finances, benefits, employment, housing, and more. Trained volunteers as 'first responders' are able to support anyone referred. Self-referrals accepted → Call 01752 982896, email CDP@CitizensAdvicePlymouth.org.uk visit <https://citizensadviceplymouth.org.uk/community-support-project/>

Cliik Community: A community business that improves the lives of existing and future residents of North Stonehouse, economically, socially, and environmentally. Also provides signposting and information around local activities, events, volunteering opportunities, and local news. Based at The Talk Shop, 3 Wyndham Place, Plymouth → Email connect@cliik.community or visit their Facebook <https://www.facebook.com/CliikCommunityPlymouth/>

Clip'N Climb: A rock climbing centre that, every Sunday morning at 9am, holds autism and SEN-friendly sessions, providing children with additional needs the opportunity to enjoy the facilities in a quieter, calmer environment and meet other families in similar circumstances. Recommended to book in advance to avoid disappointment → Call 01752 717567 or visit <https://plymouth.clipnclimb.co.uk/>



Club Kombat: A Plymouth-based fitness club that runs different fitness classes at Revolutions. Club Kombat offers a dynamic and intense workout that engages all major muscle groups, helping participants achieve a well-rounded and balanced level of fitness. The high-energy kickboxing routines provide an excellent cardiovascular workout, improving heart health and endurance over time. Taster sessions available. Fitness sessions typically run for 50 minutes → Email info@clubkombat.com or visit <https://www.clubkombat.com/>

Colebrook Southwest: Offers support services, community engagement, and other help/advice. Their aim is to inspire and empower people and communities to achieve their independence and aspirations → Call 01752 205210 or email enquiries@colebrooksw.org or www.colebrooksw.org

Colourful Horizons: A Plymouth-based arts and crafts enterprise that are committed to encouraging everyone to realise their own creative skills and to have fun whilst doing it. We offer a wide range of regular evening adult art workshops, daytime children's art classes and tailor-made activities for businesses in the area → Contact via <https://colourfulhorizons.co.uk/contact-me> or visit their website <https://colourfulhorizons.co.uk>

Community Fridge Network: Coordinated by Hubbub (which brings together all UK-based groups running a community fridge) and aims to provide spaces that bring people together to share food, meet up, learn new skills, and prevent fresh food from going to waste. The community fridges are open to all and anyone can share or take food, including surplus from supermarkets, local food businesses, households, and gardens. The network offers free, comprehensive guidance on how to set up a fridge as well as tools covering everything you need, from posters to health and safety templates and more. Has community fridges throughout all of Devon, including Plymouth → Call 020 3701 7543, email hello@hubbub.org.uk or visit <https://hubbub.org.uk/community-fridge-network>

Connecting Youth CIC: (Previously Barefoot) A not-for-profit set up in April 2023, aimed at providing a wide range of support to all young people aged 10-19 years old within the communities of St Budeaux, Ernesettle, and Whiteleigh. Offers support and guidance around many issues, including lack of confidence, poverty, poor diet, criminal exploitation, antisocial behaviour, unhealthy relationships, and poor sexual and mental health. Also offers numerous different activities and events, including free, out of area activities such as kayaking, surfing, paddle boarding, and supporting young people to develop their own activities and projects, based on their interests and passions → Call 07549 157992 or email jondingle.cyuk@gmail.com or visit <http://connectingyouthcic.co.uk/>

Crafty Pals: A social group for anyone who enjoys crafts of any sort. Meets at the Rees Centre in Plympton every Tuesday evening → Call 07870 897510 or email trudyfuller@yahoo.co.uk or <https://co-operate.coop.co.uk/events/crafty-pals/>

Creative Health Southwest: Formerly Pets & Picasso CIC. Embraces a holistic approach to health and wellbeing, where creativity, fun and play are at the heart of everything they do. Provides a wide range of activities, groups, and events. Our mission is to support individual of all ages and backgrounds in their journey towards improved physical and mental health through engaging and creative activities. → Email them at hello@creativehealthsouthwest.com or visit <https://creativehealthsouthwest.com/>

Crossroads Fun and Friendship Centre: Offers several activity groups for anyone aged 18+ struggling with their mental health, including a keep fit group, a mosaic group, and an art group → Call 01752 367880 or email info@crossroadsfafc.co.uk or visit <https://crossroadsfafc.co.uk>

Devon Access Taxis: A premium wheelchair taxi service in Plymouth, providing reliable, hassle-free and accessible travel, which was started because people needed a reliable, comfortable and on time wheelchair taxi service in Plymouth. Most Taxi companies in the area 'say' they offer a full and proper disabled service but the truth is they don't and more often than not, clients end up compromising on



comfort, price and worse still safety. They have 8 specialist cars available. Also offers day out packages for individuals with mobility needs → Call 01752 222 220 or email hello@devonaccesstaxis.co.uk or visit <https://devonaccesstaxis.co.uk/>

Eat That Frog: A Community Interest Company that supports people to contribute to the local community. Works with employers and other organisations to develop sustainable employment opportunities, and to help people develop new skills and find employment → Call 01803 551551 or email info@eatthatfrog.ac.uk or more information <https://www.eatthatfrog.ac.uk>

Efford Community Network Plymouth: A network of local organisations and residents working together for the local community. Runs different activities and events → Visit https://www.facebook.com/EffordCommunityNetwork/?paipv=0&eav=AfbtENELAzMeSd7-d43JcPgq-Q_4MqcoUFcKtTdauhtlx5Bx29jiNzwiGtSbt-yDJtQ&_rdr

Efford Youth & Community Centre: Works with young people with physical and/or learning disabilities, who are aged 11-25 years old. Runs a variety of activities and sessions. Based at Blandford Road, Plymouth, PL3 6HU → Call 01752 776853 or email efford.youth@plymouth.gov.uk or visit <https://www.plymouthonlinedirectory.com/article/1676/Efford-Youth-Centre>

EM-Magination Craft: Founded and created by Emma, EM-Magination provides craft sessions, creative experiences, activities, messy play, parties, and events, for children of all ages, families, adults, and care homes. All sessions take place at the Rees Centre and Wellbeing Hub → Call 07776 141293 or email emmaginationcraft@yahoo.com or visit <https://emmaginationcraft.co.uk/>

Every Man Matters: A free, twice-weekly men's mental health support group where you can share, talk, and gain some comfort that you are not alone and that you do matter. Groups are every Wednesday 6-8pm and every Sunday 1-3pm at the YMCA Plymouth, PL5 3NG → Call 01752 201 918 or email everymanmattershelp@gmail.com or visit <https://www.facebook.com/everymanmatters>

Family Hubs: A place for families, parents, carers, and young people in Plymouth to find support and advice. Each Family Hub will provide support for families with children aged 0-19, or up to age 25, for young people with special educational needs. The Hubs provide a welcoming, safe, and secure space. Also provides activities and groups for families → Email familyhubs@plymouth.gov.uk or <https://www.plymouthonlinedirectory.com/childrenandfamilies/childrenscentres> for a list of hubs, or visit <https://plymouthonlinedirectory.com/article/3808/Family-Hubs-in-Plymouth> for more information

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 for more information visit <https://www.facebook.com/foodisfun/>

Four Greens Community Trust: Part of Plymouth's Wellbeing Hub Network, FGCT works in partnership with the local community to develop a diverse range of quality services and opportunities that promote economic regeneration and reduce social and health inequalities and isolation. Provides a wide range of services and support, including activities, workshops, events, clubs, and projects. Based at 15 Whitleigh Green, Plymouth, PL5 4DD → Call 01752 875916 or email facilities@fgct.co.uk or visit www.fourgreenscommunitytrust.co.uk

Fun and Freedom Club: Runs a fun and freedom club that meets one Saturday a month during term time and once a week during school holidays for young carers under 18 that offers support, a chance to meet other young carers, make friends, and trips and activity weekends. Based at The Virginia House Centre, Peacock Lane, PL4 0DQ → 01752 204369 or email info@friendsandfamilies.org.uk or visit www.friendsandfamilies.org.uk/activities/fun-and-freedom



Gamblers Anonymous: Provides community support for men and women who have joined together to do something about their gambling problem, and to help other gamblers do the same. Meets every Monday, 7-9pm, in Mutley → Call 0330 0940322 or email plymouthgamblersanon@gmail.com or <https://gamblersanonymous.org.uk/meeting>

Girl Guiding Devon: A leading charity for girls and young women in the UK, which aims to give girls and young women a space where they can be themselves, have fun, build friendships, gain valuable life skills and make a positive difference to their lives and their communities. Offers a wealth of opportunities all over Devon (17 regions), including activity days, social evenings, and much more → More information <https://devonguides.org.uk/>

Hamoaze House: A drug and alcohol day service that, as part of its services, offers a targeted set of positive activities, workshops, and informal social education experiences, that aim to engage young people on all levels, helping them to empower themselves as individuals and make positive contributions to their communities & their own lives. Also provides groups and clubs for people battling drug/alcohol addiction (& affected others) → Call 01752 566100 or contact via <https://hamoazehouse.org.uk/contact/> or <https://hamoazehouse.org.uk>

Headway Plymouth: An independent, non-profit charity with over 35 years of experience in supporting individuals, families and carers affected by acquired brain injury (and the professionals who work with them). Their mission is to help survivors regain independence and improve their quality of life through specialist social and cognitive rehabilitation and re-enablement. They provide tailored support for adults with brain injuries, as well as respite and guidance for their families and carers. Our services include centre-based rehabilitation, group programmes and one-to-one outreach support – all designed to promote independence, self-esteem and overall well-being → Call 01752 550 559 or email enquiries@headwayplymouth.org.uk or visit <https://headwayplymouth.org.uk/>

Hidden Lives Counselling and Support Hub: Runs different activities and groups, such as an art group, and different workshops → Call 07305 945643 or email hiddenlivesplymouth@gmail.com

Home Start (South and West Devon): As part of their services, Home Start offers community support by way of volunteers, support groups, and opportunities for parents to widen their links with the local community → Call 01752 892455 or email homestart.shpt@gmail.com or visit <https://homestart-southandwestdevon.org.uk/our-services/>

Hope for the Homeless - Garage Café: A cafe on Union Street, Plymouth that offers hot meals and drinks as well as clothing sleeping bags and toiletries to the homeless vulnerable and people who are going through hard times. Open 7-8pm Mon-Sat → For more information visit <https://www.facebook.com/HopeForTheHomelessPlymouth/>

Hope in the Heart CIC: A UK-based social enterprise that seeks to improve mental health and wellbeing and inspire positive change in individuals, communities and the wider world through creative workshops, training, resources and events. They value the expertise gained through lived experience, and the importance of prioritising relationships over systems. All of Hope in the Heart's staff and directors have lived experience of mental health and associated issues, and this informs all areas of their work. Based in Plymouth → Call 07792 604132 or email tam@hopeintheheart.org ; to see workshops: <http://www.hopeintheheart.org/workshop-dates.html> or <http://www.hopeintheheart.org>

It Takes A Village: Aims to give families access to quality support and affordable and sustainable clothes and goods they need, and to provide a space where families and communities can connect through STEAM (science, technology, engineering, art, and math) activities. Their vision is to provide creative, sustainable and supportive family hubs → Email hello.takesavillageplymouth@gmail.com or visit <https://www.takesavillageplymouth.com/>



Keyham Green Places: As part of its services, Keyham Green Places runs lots of different activities, clubs, and groups, most of which are free (some cost £5). Some of the activities/clubs provided include Zumba, Bingo, Pilates, Computing and Gadget Club, and Adult Yoga → All times, prices, and dates can be found here: https://cropskgp.org.uk/#What_is_on or email info@cropskgp.org.uk

Little Sanctuary: A brand-new (as of June 2026) trauma-informed, safe, and protected space/ service for women who have experienced or faced addiction, childhood trauma, domestic abuse, and homelessness. Little Sanctuary is unique in that it is open to women who other services may deem 'too complex', or who may otherwise be excluded from existing services. Little Sanctuary is based at Greenspace on Mutley Plain and has been developed through a partnership between Transforming Plymouth Together, Greenhouse Community Project CIC, and community leader, Norma Mullaniff. Little Sanctuary aims to provide a warm and relational space where women can feel safe, build trusting relationships, and heal from trauma at their own pace → Email fiona@greenspacehub.co.uk or visit www.transformingplymouthtogether.org.uk/little-sanctuary

Livewell Southwest: A hub of information, guidance, and resources for different types of community support – community hospitals, community learning disabilities, community nursing, and community therapies → More information can be found at www.livewellsouthwest.co.uk under the 'Community Care' tab.

Making Carers Count: (Part of Improving Lives Plymouth) Provides a wide range of support for carers aged between 18-25. In this instance, a 'carer' is anyone providing unpaid care to a family member or friend with an illness, disability, or addiction. MCC runs a friendly and supportive network which enables Young Adult Carers to socialise with others in a similar situation. Types of support provided include free monthly activities and events → Call 01752 201766 or email ilp@improvinglivesplymouth.org.uk (Ask for Nicolle or Anna) or for more information visit <https://www.improvinglivesplymouth.org.uk/about-young-adult-carers>

Manadon Sports and Community Hub: A venue based in North Plymouth where academic achievement, sports participation, social interaction, and community cohesion all go hand in hand, creating a vibrant and inclusive environment suitable for all. Manadon Sports Hub offers outstanding facilities for all types of events including an FA standard third generation (3G) artificial playing pitch, adult and junior grass sports pitches, an artificial cricket wicket and grass wickets, two lane cricket practice nets, a meeting room and a large multi-purpose function suite. In collaboration with local organisations, charities, sports clubs and community groups, they offer a comprehensive community activities programme that has something for everyone to try! Also offers a room large enough to facilitate up to 100 people for social events, community activities, and charitable events → Call 01752 522202 or email manadon@pafc.co.uk or visit <https://www.manadonsportshub.co.uk>

Mannamead Wellbeing Hub: Part of Plymouth's Wellbeing Hub Network, Mannamead Wellbeing Hub is overseen by Improving Lives Plymouth, and provides a wide range of support, services, and advice, including a vast range of activities and clubs. They offer Arts and Crafts (for those with autism/ADHD), a Book Club (provided by Better Futures), Crafternoon, Gentle Tai Chi, Buggy Walks, and the Gardening & Social Group (provided by Better Futures for those with autism/ADHD), plus many more. Based at 156 Mannamead Road, Plymouth, PL3 5QL → Call Better 01752 776775 (Better Futures); 01752 717567 (Mannamead) or email danny.phillips@improvinglivesplymouth.org.uk or visit <https://www.plymouthonlinedirectory.com/article/168/Mannamead-Wellbeing-Hub>

Mindful Art Club: Is an organisation that aims to improve mental health and reduce social isolation using creativity and conversation. They empower people to make positive changes in their lives. They meet in various community services and venues around Plympton and Plymouth (however sessions



are open to anyone who wants to attend). Runs various groups, activities, and workshops, both online and face-to-face → Contact via <https://mindfulartclub.co.uk/contact/> or visit <https://mindfulartclub.co.uk>

Moments Café and Memory Matters Hub: A Social Enterprise based in the heart of Plymouth City Centre, offering a safe environment for people to meet, eat, and socialise. Memory Matters Hub (MMH) (on the first floor) offers workshops, respite, and activity sessions for people living with dementia. Other groups and workshops offered by local services and organisations → **Moments Café contact details:** 01752 219810 or moments@memorymatters.org.uk **MMH contact details:** 01752 243333 or cyana@memorymatters.org.uk **Website:** <https://moments-cafe.com/>

Moondogz: A non-judgemental, genuine support group that offer a life jacket whenever needed. They aim to benefit Plymouth and its wider community by providing a kayaking mental health support group. Provides lots of other services, support, and signposting. Open to anyone aged over 18 → Call 07579 778664 or email contact@moondogzmentalhealth.co.uk or for more information visit the POD website <https://www.plymouthonlinedirectory.com/article/3552/MoonDogz-Mental-Health-Kayaking-Support-Group>

MoorVision: Provides support, activities and shared experiences for families of children and young people (aged 0-29) with vision impairment, including those with additional needs, across Plymouth. The activities offered include the child with vision impairment along with the whole family. Also runs residential trips, parent/carers training and other support sessions. They have a database of useful resources and a very busy Facebook page. They can provide advice on all aspects of your vision impaired child's care or signpost you to relevant organisations for further help → Call 01752 891934 or email info@moorvision.org or visit <https://www.moorvision.org>

Mount Gould Wellbeing Hub: (Run by Age UK Plymouth) Part of Plymouth's Wellbeing Hub Network, Mount Gould Wellbeing Hub is dedicated to improving access to services for the community, in order to improve health and wellbeing outcomes for local people, and to reduce inequalities in health and wellbeing. Offers a wide range of support and services, including activities, events, and workshops. Based at The William and Patricia Venton Centre, Astor Drive, Plymouth, Devon, PL4 9RD → Call 01752 256020 or email community@ageukplymouth.org.uk or for more information visit their website <https://www.ageuk.org.uk/plymouth/our-services/wellbeing-hub-c386b0aa-673a-ed11-97b0-0003ff4b081d/> - events and activities for each month available under '**Wellbeing Hub Timetable**'

Music Makers Plymouth: A care home entertainer that provides music-related activities around Plymouth for children, families, the elderly, and care home residents → Call 07748 303517 or email musickmakersplymouth@yahoo.com or visit <https://www.facebook.com/katysmusicmakersplymouth/>

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 visit www.nct.org.uk/local-activities/meet-ups/plymouth-and-west-devon

Nature Plymouth: Aims to engage people with wildlife and the outdoors in Plymouth and its surroundings. Offers activities, events, crafts, litter picks, wildlife walks, physical activities, advice and information → Visit www.plymouth.gov.uk/parksnatureandgreenspaces

Not Alone: Runs peer and support groups for transgender and non-binary people (aged 16+), as well as for their families, partners, and allies, in Plymouth. Any and all transgender and non-binary people



are welcome to join. Meet Tuesdays 7-9pm in Plymouth → Email contact@notaloneplymouth.co.uk or more information <http://www.notaloneplymouth.co.uk>

Operation Emotion: A Plymouth-based charity that offers community support, such as programmes and peer-led groups (e.g. Education Recovery), for men who have experienced sexual abuse. Covers other regions of Devon for those willing to travel → Call 07539 810096 or 07837 321514 or email opem@pm.me or visit <https://operationemotion.co.uk/weekly-support>

Out Youth Group: A group (part of PCC) that provides a safe and welcoming environment for LGBTQ+ young people in Plymouth (and surrounding area) aged 11-19 (Ages 19-25 for those with additional needs). It aims to create opportunities to meet new people, explore their identity, access support, build supportive networks, and have fun → Call 07774 336616 or email outyouth@plymouth.gov.uk or www.intercomtrust.org.uk/directory/listing/out-of-the-can

PADS (Plymouth, Anxiety, Depression Support): An informal mental health support group run by adults with mental health issues, including depression and anxiety, for adults with mental health issues. Provides a safe space for them to meet and talk about their issues → Call 07902 528562 or email kerrymcmanus78@yahoo.co.uk

Plymotion: A Plymouth City Council-led initiative that aims to make it easier for you to get around Plymouth by bike, on foot and by bus. Provides information and signposting on walking and cycling activities, and travel routes around Plymouth → Visit <https://www.plymouth.gov.uk/plymotion>

Plymouth & Devon Racial Equality Council: As part of their services, PDREC runs several different activities and groups, which vary, but in the past have included the following groups: South Asian Society, Arabic Language School, and Syrian Community → Call 01752 224555 or <https://www.plymouthanddevonrec.org.uk/community-support-plymouth-devon-racial-equality-council-exeter-torbay.html>

Plymouth and Devon Schools' Sailing Association Sailability (PDSSA): A local sailing charity that provides opportunities for all to access the water, regardless of age or ability. Located at Commercial Wharf, PDSSA provides sailing and powerboat sessions for the local community with their fleet of vessels → Email info@pdssa.org or visit <https://pdssa.org/>

Plymouth Arts Cinema: Plymouth's only independent cinema. They are passionate about films, and they want as many people as possible to experience cinema and feel inspired, challenged and thrilled by what they watch. Plymouth Arts Cinema screen the best new and independent cinema, with film festivals, special events and more, in a friendly and inclusive space. Tickets from £4. Run different events throughout the year. Also offer lots of different inclusive screenings, such as those for the elderly, carers, babies and young children, and those with additional needs. Based at Arts University Plymouth, Tavistock Place, Plymouth, PL4 8AT → Call 01752 206114 or email info@plymouthartscinema.org or visit <https://plymouthartscinema.org/>

Plymouth Arts Club: The oldest arts club in Plymouth and probably the UK, having had its first meeting in 1865. The club is essentially for people at all levels of proficiency, that like to paint/draw without instruction (unless the session is a demo/workshop), but enjoy working to improve their art. Painting in any media is encouraged. Plymouth Arts Club meets on Wednesday evenings at The Church of the Ascension's church hall, Crownhill, Plymouth → Call Mike (Club Secretary) on 07307 893945 or email pac@plymouthartsclub.co.uk or visit <https://www.plymouthartsclub.co.uk/>

Plymouth Baby Bank: A local organisation that provides support to families in need, including pre-loved baby essentials for children under 12 months old. Commissioned through Southway Community Group. Based at Southway Youth and Community Centre, Hendwell Close → Call 01752 703 581 or



email info@southwaycommunityhub.co.uk or visit <https://www.southwaycommunitygroup.co.uk/baby-bank.html>

Plymouth Community Builder for Men: Works at a neighbourhood and grassroots level to build confident, thriving, connected communities for men across Plymouth. Provides a wide range of advice, information, signposting, groups, events, & community support → Call 07496474214, email martin.jared-davis@fgct.co.uk or visit <https://www.fourgreenscommunitytrust.co.uk/menscommunitybuilder>

Plymouth Community Heritage Network: Celebrates the history of Plymouth by bringing together community and heritage organisations to exchange ideas and experiences. Around 75 groups interested in heritage are currently part of this network, and it builds upon the work of the Heritage Consortium put together several years ago to help facilitate the formation of The Box → Email alan.butler@plymheritagenetwork.org.uk or visit <https://www.plymouthoctopus.org/network/heritage-network/>

Plymouth Community Homes: As part of its Learn for Free programme, PCH runs a number of free drop-in groups and clubs, such as: craft, computer club, photography and history. Courses are popular, so you must book a place to avoid disappointment. Fuel or bus fare will also be refunded on arrival, as long as you have a valid bus ticket, and a taxi can be provided if a bus is not suitable → Call 0808 230 6500 (general enquiries, 8.30-5 M-T, 8.30-4.30 F) or for more information visit their website <https://www.plymouthcommunityhomes.co.uk/our-community/learn-for-free/>

Plymouth Dolphins RFC: The City of Plymouth's only fully inclusive LGBQ+ rugby club, that was founded in late 2021. Aims to provide a safe space for the LGBTQ+ community and allies to come together and learn a new sport, by providing fun and welcoming training. PDRFC are registered members of the IGR, and are open for anyone to join their club regardless of experience, ability, age, ethnicity, religion, or sexuality. PDRFC plays up to 10 matches a year, from local friendlies, home & away games, and tournaments. Also runs activities and social events throughout the year → Call 07961 630503 or email plymdolphinsrfc@gmail.com or visit <https://www.plymouthdolphinsrfc.co.uk/>

Plymouth Food Aid Network: A collaboration of food support providers, local growers, distributors, retailers and organisations all seeking to end food insecurity across the city. The PFAN began in 2018, and actively seeks to offer fair access to healthy and appropriate food support across Plymouth communities. Also provides support to community food groups. Also has a community food access map → Visit <https://www.pfan.org.uk/foodaccess>

Plymouth Highbury Trust: As part of its services and programme, PHT runs a number of different groups and activities every week; the Social Club (an evening club for people with varying degrees of learning disabilities) and the Orbit club (a day club for people with varying degrees of learning disabilities) → Call 01752 773333 or email admin@plymouthhighburytrust.org.uk or more information <http://www.plymouthhighburytrust.org.uk/social-clubs/>

Plymouth Hope Football Club: A charitable organisation run by inspiring and dedicated volunteers from all walks of life who all believe in social equality and equity. They recognise the social and health benefits of well-being and work hard to ensure that children and young people have no barriers to access. Where necessary they provide advocacy and advocate on behalf of the voiceless to get the basic support they need to live with dignity → Call 07712 418206 or email info@plymouthhope.org.uk or visit <https://plymouthhope.com/>

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 → Visit <https://www.plymouthmusiczone.org.uk/> or visit here for their workshops <https://www.plymouthmusiczone.org.uk/what-we-do/>

Plymouth Play Scrapstore: An arts & crafts shop that encourages people to be creative, make things, and be part of their local community. A large scrap store that offers loads of materials, arts, and crafts, that are donated to the Scrapstore by members of the local community. Often runs activities, events, and workshops. Based in Plymouth but open to all. Based at Union Street, Plymouth → Call 01752 256633 or email admin@plymouthplay.org or visit <https://www.facebook.com/plymouthscrapstore/>

Plymouth Soup Run: Delivers food and hot drinks to the homeless and vulnerable 7 days a week. 4 different location stops in Plymouth – please check the website for more information. Also runs a Saturday Soup Kitchen on Saturday mornings for those who are street homeless → Email info@plymouthsoupun.org.uk or more information available <http://www.plymouthsoupun.org.uk/>

Plympton Wonderers: A Plympton-based walking group that meets every Thursday at 1.30pm, at Rees Wellbeing Centre, for slow walks that last around an hour. All abilities welcome → Visit www.facebook.com/share/1ERw5XXJr5/

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/>

Red Velvet Cinema: A cinema based in Devonport that offers fortnightly community cinema events for older adults. The events consist of watching a classic film and time and a space for participants to bond and build relationships, reducing social isolation and bringing people together → Visit https://www.facebook.com/redvelvetcinema/?locale=en_GB

Rees Centre Wellbeing Hub: Part of Plymouth's Wellbeing Hub Network, the Rees Centre provides is aimed at improving health and wellbeing outcomes for the local community, and at reducing isolation. The Rees Centre provides a wide range of services and support, including activities, events, and workshops. Based at Mudge Way, Plympton, Plymouth, PL7 2PS → Call 01752 340550 or email rcwbh@barnados.org.uk or visit www.barnados.org.uk/get-support/services/rees-wellbeing-hub

Rethink Mental Illness (Plymouth): Plymouth's community mental health service, aimed at helping those affected by mental illness to achieve their full potential & recover a better quality of life, through support groups and local services → Call 01752 251072 (M-F 9-5) or www.rethink.org/help-in-your-area/services/community-support/plymouth-community-mental-health-service

Rock Choir: The UK's original and award-winning, local, contemporary choir experience. Allows members to build new friendships and experience unique events. Also provides opportunities to engage with your local community and support local & national charities. Open to people of all ages → For your nearest Rock Choir in Plymouth, visit <https://rockchoir.com/locations-choir-leaders/> or call 01252 714 276 or email office@rockchoir.com for more info visit <https://rockchoir.com/>

RockFit with Julie: The fastest growing exercise class in the UK, RockFit with Julie offers a combination of cardio, dancing, and toning, all to a rock and metal soundtrack. Promotes inclusivity and a sense of community. Runs classes all over the UK, including Plymouth. Sessions cost £5 per person. Plymouth sessions run every Monday (6-7pm & 7-8pm), Tuesday (7-8pm), Wednesday (7-8pm), Thursday (7-8pm), and Saturday (10-11am) → Email rockfit@gmx.co.uk or for full range of classes visit <https://rockfit.org.uk/live-classes/> or for more info visit <https://rockfit.org.uk>



Rotary Club of Plympton: A non-profit organisation that plans, delivers, and supports projects which help the local community and communities around the world, while at the same time having fun and making new friends & networks. Holds weekly meetings, one business meeting a month where they discuss upcoming projects, regular social events, and a wide range of activities such as dinner dances, themed evenings, gardening, and helping in the community (see 'Meetings & Events') → Email plymptonrotary@outlook.com or visit <https://rotary-ribi.org/clubs/homepage.php?ClubID=1055>

Sailing Tectona: Provides sail training opportunities for people of all ages and all backgrounds onboard Tectona, a traditional wooden sailing boat. Sailing Tectona inspires positive change in people's lives, and specifically work with young people as well as adults in recovery from mental health issues and addiction. Their voyages allow individuals to develop themselves as well as operate as part of a team? Communication and resilience are all developed daily whilst hoisting sails, navigating, and living on board. These skills often enable people to make positive changes in their lives after the voyage. Supports individuals and groups with funding for voyages where possible, and may be able to help with your voyage fees. Based in Wembury but is open to all → Call 01752 916015 or email info@sailingtectona.co.uk or visit <https://www.sailingtectona.co.uk/>

She Hikes (South Devon): A women-only hiking community based in Plymouth, Dartmoor, and the surrounding areas. Created to help women build confidence outdoors, make new friends, and explore some of the most beautiful places in Devon. Women of all abilities and experiences welcome. She Hikes hosts a free community walk each month (tickets are released through the Facebook group) → Visit www.facebook.com/share/g/1GqZsYmz6h/

Skills Launchpad Plymouth: Although primarily a service that helps vulnerable people to find employment, SLP also runs and promotes various community events and workshops → More information <https://www.skillslaunchpadplym.co.uk/news-and-events>

Soul Singers CIC: A Plymouth-based community interest company that organises group singing sessions dedicated to having fun, making friends, and promoting the mental benefits of having a good old sing along. Soul Singers provides fun, dynamic, and personalised singing sessions to lift your soul. No auditions, all voices welcome. Currently runs several Mums singing sessions across Plymouth, and a Community session at Moments Café → Call 07834 270504 or email hi@soulsingerscic.com or visit <https://soulsingerscic.com/>

Southway Community Group: Set up to respond to the needs of the 13,000 people living in Southway and the immediately surrounding areas. Aims to create a community hub that enables local people to come together as a community, enjoy activities, develop friendships, and increase inclusion. Provides activities and events for people of all ages. Some of the support offered includes a community café, community activities, and community events → Call 07704 668537 or email southwaycgc@outlook.com or visit <https://www.southwaycommunitygroup.co.uk/>

Stitch & Splodge: A Plymouth-based arts and crafts enterprise that offers creative crochet and block printing workshops, 1-1 tutorials, parties, and group events. They believe that connecting with like-minded people and taking time to be creative provides a sense of calmness and an opportunity to switch off from our busy lives → Contact via <https://stitchandsplodge.co.uk/contact/> or visit their website for more information <https://stitchandsplodge.co.uk>

Stoke Village Hub: A Charitable Community Benefit Society, run for charitable purposes, by its members who live and work in the Electoral Wards of Stoke and Devonport in Plymouth, and overseen by its directors. Their mission is to build on existing community spirit, working with local people to provide support and enrich their lives, through learning, signposting, cultural activities, and having fun. Runs a range of activities and events. Open M-Th 10am-12pm; F 10am-12pm & 1-6pm. Based at 67



Devonport Road, PL3 4DL → Call 07859 955 349 or email hello@thevillagehub.org.uk or visit <https://www.thevillagehub.org.uk/>

Stonehouse Community Fridge: Part of the Kintsugi Project, provides a community fridge for all to use, encouraging people to take what they need and share what they can to help reduce food waste in Plymouth. The community fridge and larder is at the heart of the community space, helping to connect the community and reduce food waste. Also hosts activities and events in the local community. Based at Rendle Street, Plymouth, United Kingdom → Email stonehousefridge@kintsugiproject.org or visit <https://www.facebook.com/stonehousecommunityfridge/>

Tales To Live By: A collaboration between Crazy Beautiful World CIC and Care Nest Plymouth CIC. It is made up of three creative practitioners who have come together to explore how storytelling, art and togetherness can grow healthy, supportive communities, where we can all thrive. Provides community support and events through their Living Room sessions, which are cosy, comfortable and convivial spaces for people to gather, relax, meet new people and experience the beauty and talent of the people we share our city with → Email talestoliveby@gmail.com or visit www.facebook.com/talestoliveby/

Tamar View Community Centre: A community hub that provides a range of services, the founding trustees' main vision is to provide a quality family service for the local community → Call 01752 365904 or email pat@tamarview.co.uk (website is currently being updated).

The Hub Plympton: A service that collaborates with the community & other agencies to support families in Plympton through different challenges, providing free support in areas where there is currently nothing available → Call 01752 340550 or email enquiries@plymptonhub.org or more information www.plymptonhub.org

The Jan Cutting Healthy Living Centre Wellbeing Hub: Part of Plymouth's Wellbeing Hub Network, the Healthy Living Centre is owned and operated by Wolseley Trust, and provides a meeting place and centre for community focus. Facilities provided include computer and Internet access, a multi-purpose hall and meeting rooms, and a community café. Provides a wide range of support including activities, workshops, and events. Based in Beacon Park Road, Plymouth, PL2 2PQ → Call 01752 203670 or email nickichinnock@wolseley-trust.org or visit <https://www.wolseley-trust.org>

The Pioneers Project: Provides community work and support (including a community café and allotment project) for people of all ages across Devon. Aims to provide services that benefit everyone, reduce isolation, improve community connectedness, and to help create lasting connections between service users → Call 01752 916016 or email info@thepioneersproject.co.uk or more information <https://thepioneersproject.co.uk/community-work>

The View: (formally Plymouth Parent Advocacy Project). Amongst other services, The View offers 3 peer support groups – WISER Life, Birth Parent Support, and their Parent consultation focus group, which aims to bring men and women with an LD together to promote a sense of community, connect with shared experiences, and to provide valuable feedback of services and agencies. The View aims to provide a safe and supportive space for parents with LDs, and to experience being part of a likeminded community → Call 01752 773 333, email admin@plymouthhighburytrust.org.uk or visit www.plymouthhighburytrust.org.uk/advocacy/the-view/

Timebank SouthWest: An organisation that promotes community development, skills and relationship building by promoting the principles and benefits of Timebanking. Also co-designs and pilots new projects that support the principles of Timebanking, increasing health and wellbeing, and strengthens community cohesion. Available in Plymouth, and the wider D&C area → Call 01752 875930 or email info@timebanksw.org or visit <https://www.timebanksw.org/contact/>



Transforming Plymouth Together: A joint venture between Church Urban Fund and the Diocese of Exeter, TPT is also part of the Together Network. Aims to provide information on activities and events for the people of Plymouth and beyond → Email hello@transformingplymouthtogether.org.uk or visit their Facebook page <https://www.facebook.com/TransformingPlymouthTogether>

Trauma Informed Plymouth Network: TIPN is a collaborative, community network that welcomes all individuals who have experienced childhood/late life adversity, and/or trauma. Anyone affected by adversity or trauma, can join the TIPN as a member, and/or access support, resources, and attend events, all of which aim to help make Plymouth a trauma-informed city. Based in Plymouth but open to anyone → Email info@tipn.org or contact them here <https://traumainformedplymouth.org/contact-us/> or visit <https://traumainformedplymouth.org/>

Wellbeing Hubs: (Part of Livewell Southwest) These hubs aim to improve the health and wellbeing outcomes for local people, and to reduce health and wellbeing inequalities. Aims to improve sustainability of the health and wellbeing system. Provides signposting to voluntary and community sector activities for local people → Call 01752 434400 (Cumberland Centre) for more information, or head to their website for further info <https://www.livewellsouthwest.co.uk/wellbeing-hub>

Whiz Kids: A training provider based in Plymouth (but covers Devon & Cornwall) that provides career workshops, activities, careers workshops & events, holiday clubs, children's parties, training opportunities, 1-1 advisor sessions, plus much more → Call 01752 560360 or email info@wkuk.org or visit <https://www.wkuk.org/>

William Sutton Hubs: Runs and oversees a variety of hubs across Plymouth, including Shelley Way Hub, Miles Mitchell Hub, Virtual Hubs, and Wellbeing Hubs, all of which offer a wide range of activities, events, and community-based support. Their hubs are run for people living in St Budeaux, Barne Barton neighbourhoods, and the wider Plymouth area. They run over 50+ different types of classes, from fitness to arts and crafts, meaning there is something for everyone. William Sutton Hub is based at 6 Shelley Way, St Budeaux, Plymouth, PL5 1QF → Call 01752 211247 or visit www.williamsuttonhubs.org

Wolseley Trust: A Community Economic Development Trust with a local membership of over 600 local residents, that aims to bring local services, organisations, individuals, and communities together, and to involve the community in fully managing and assisting with the economic and community regeneration of Plymouth. Also provides a wide range of community-based support, activities, events, as well as signposting to a wide range of services through the Jan Cutting Healthy Living Centre Wellbeing Hub → Call 01752 607449 or contact them through their form https://www.wolseley-trust.org/index.php?option=com_contact&view=contact&id=9 or visit their site <https://www.wolseley-trust.org/index.php>

YMCA Plymouth: An education, health, and families charity that aims to support people in the local community through a wide range of services including indoor and outdoor activities, fitness classes, sports, clubs, and events → Call 01752 201 918 (M-F 6.30am-9pm; Sa 8am-4pm; Su 9am-2pm) or email info@ymcaplymouth.org.uk or visit <https://www.ymcaplymouth.org.uk/>

Zebra Collective: A project committed to a sustainable society, through their work in culture change, community development, and reflective practice and training. Their core value is social and environmental justice, which is reflected in all that they do → Email info@zebra.coop or more information: <https://www.zebra.coop>

Advocacy

Barne Barton & St Budeaux Wellbeing Hub: Part of Plymouth's Wellbeing Hub Network, Barne Barton hub was launched in partnership with PCC, NHS Devon Clinical Commissioning Group, and



Colebrook Southwest. These hubs aim to support people in their local communities through a wide range of support and services, in order to encourage people to make life choices that will support their health and wellbeing. Amongst many other things, Barne Barton hub provides information, support, and advice for anyone needing advocacy support. Based in William Sutton Memorial Hall, 6 Shelly Way, St Budeaux, Plymouth, PL5 1QF → Call their mobile number 07890 257649, or email wellbeinghub@colebrooksw.org or <https://williamsuttonhubs.org/wellbeing-hub/>

Citizen's Advice Plymouth: Provides free, confidential, advice for adults on any issue, including debt and employment, consumer rights, housing, benefits, plus everything in between. Provides advice and advocacy people need for the problems they face and improve the policies and practices that affect their lives. Value diversity, promote equality, and challenge discrimination. Not currently operating face-to-face → Call 0808 278 7910 (all other advice queries), or call 08082 787 910 (AdviceLine, M-T 9-5; F 9-4.30) or more information <https://citizensadviceplymouth.org.uk/>

Four Greens Community Trust: Part of Plymouth's Wellbeing Hub Network, FGCT works in partnership with the local community to develop a diverse range of quality services and opportunities that promote economic regeneration and reduce social and health inequalities and isolation. Provides a wide range of services and support, including advocacy support and signposting. Based at 15 Whitleigh Green, Plymouth, PL5 4DD → Call 01752 875916 or email facilities@fgct.co.uk or visit <https://www.fourgreenscommunitytrust.co.uk/advice-information>

Healthwatch Plymouth: The independent consumer champion for people using local health and social care services in Plymouth. Their work covers all areas of health and adult social care, including but not limited to: GPs, hospitals, dentists, care homes, pharmacies, and opticians. They listen to local residents' feedback about the healthcare services they use and make sure they are heard by the people in charge who have the power to improve available services. The more people share their ideas, experiences, and concerns about their NHS and social care, the more services can understand what works, what doesn't, and what people want from care in the future → Call 0800 520 0640 (M-F, 10-4) or email info@healthwatchplymouth.co.uk or visit www.healthwatchplymouth.co.uk

Mount Gould Wellbeing Hub: (Run by Age UK Plymouth) Part of Plymouth's Wellbeing Hub Network, Mount Gould Wellbeing Hub is dedicated to improving access to services for the community, in order to improve health and wellbeing outcomes for local people, and to reduce inequalities in health and wellbeing. Offers a wide range of support and services, including health advocacy through social prescribing. Based at The William and Patricia Venton Centre, Astor Drive, Plymouth, Devon, PL4 9RD → Call 01752 256020 or email community@ageukplymouth.org.uk or for more information <https://www.ageuk.org.uk/plymouth/our-services/wellbeing-hub-c386b0aa-673a-ed11-97b0-0003ff4b081d/>

Not Alone: Provides support, advice, and advocacy for transgender and non-binary people (aged 16+) in Plymouth, as well as for their families, partners, and allies. Aims to provide a safe place for sharing thoughts and feelings for those who need it → Email contact@notaloneplymouth.co.uk or more information <http://www.notaloneplymouth.co.uk>

One Stop Advocacy: Provides help and advice on a wide range of issues, including but not limited to: benefits and forms, appeals, tribunals, debt advice, making a complaint, and house moving and checking. Operates Mon, Wed, and Fri (9-4). Assists those who are overwhelmed by paperwork and forms, worried about attending assessments, or needing help with correspondence. Reasonable rates offered → Call 07464 106903 or visit <https://gazelle-endive-y7hc.squarespace.com/>

Plymouth & Devon Racial Equality Council: Offers and advocates for equality and diversity in the workplace, and works in partnership with individuals & organisations committed to race equality. Their aim is to build a just and fair society where everyone has equal opportunities to live and learn free from



prejudice, discrimination, and racism → Call 01752 224 555 or contact via <https://www.plymouthanddevonrec.org.uk/contact.html> or <https://www.plymouthanddevonrec.org.uk/> (based in Plymouth, Exeter, and Torbay)

Plymouth Highbury Trust: Provides representational advocacy for individuals with learning disabilities, in order to support them to make decisions and choices, to be involved in assessments and reviews of their care, and to be informed of their rights. Self-referrals accepted → Call 0300 3435719 or more information <http://www.plymouthhighburytrust.org.uk/advocacy/representational-advocacy/>

Plymouth Hope Football Club: A charitable organisation run by inspiring and dedicated volunteers from all walks of life who all believe in social equality and equity. They recognise the social and health benefits of well-being and work hard to ensure that children and young people have no barriers to access. Where necessary they provide advocacy and advocate on behalf of the voiceless to get the basic support they need to live with dignity → Call 07712 418206 or email info@plymouthhope.org.uk or visit <https://plymouthhope.com/>

Rees Centre Wellbeing Hub: Part of Plymouth's Wellbeing Hub Network, the Rees Centre provides is aimed at improving health and wellbeing outcomes for the local community, and at reducing isolation. The Rees Centre provides a wide range of services and support, including advocacy for health issues. Based at Mudge Way, Plympton, Plymouth, PL7 2PS → Call 01752 340550 or email rcwbh@barnados.org.uk or visit www.barnados.org.uk/get-support/services/rees-wellbeing-hub

The Jan Cutting Healthy Living Centre Wellbeing Hub: Part of Plymouth's Wellbeing Hub Network, the Healthy Living Centre is owned and operated by Wolseley Trust, and provides a meeting place and centre for community focus. Facilities provided include computer and Internet access, a multi-purpose hall and meeting rooms, and a community café. Provides a wide range of support including advocacy support, signposting, and services. Based in Beacon Park Road, Plymouth, PL2 2PQ → Call 01752 203670 or email nickichinnock@wolseley-trust.org or visit <https://www.wolseley-trust.org>

The View: (formally Plymouth Parent Advocacy Project). Offers 4 services to adults with a learning disability in Plymouth – The WISER programme (6-week course for women with LDs to learn about the signs of domestic abuse); 3 peer support groups, an easy read information service (for professionals), and support from volunteers. Their primary aim is to provide a safe and supportive space to learn for parents and men/women with LDs, to feel empowered and included and to experience being part of a likeminded community that promotes change → Call 01752 773 333, email the team at admin@plymouthhighburytrust.org.uk or visit www.plymouthhighburytrust.org.uk/advocacy/the-view/

The Zebra Collective: A project committed to a sustainable society, through their work in culture change, community development, and reflective practice and training. Their core value is social and environmental justice, which is reflected in all that they do → Email info@zebra.coop or more information: <https://www.zebra.coop>

Trauma Informed Plymouth Network: TIPN envisions a transformative approach that enables its people, its communities and its services to come together, to innovate and create a truly compassionate city; provides a platform and a voice for anyone who has experienced trauma and adversity → Email info@tipn.org or more information <https://traumainformedplymouth.org/>

Wellbeing Hubs: (Part of Livewell Southwest) These hubs aim to improve the health and wellbeing outcomes for local people, as well as to reduce inequalities in health and wellbeing. The wellbeing hubs also aim to improve the sustainability of the health and wellbeing system. Amongst other services, the wellbeing hubs provide support around health advocacy for local people → Call 01752 434400 (Cumberland Centre), or further information <https://www.livewellsouthwest.co.uk/wellbeing-hub>



WISER: Women in Safe and Empowering Relationships: A service provided by Plymouth Highbury Trust, WISER provides advocacy for women in Plymouth with learning disabilities, or borderline learning disabilities who are affected by domestic abuse. Professionals can fill out referral forms for female clients → Call 01752 773333, email abi.dart@plymouthhighburytrust.org.uk or for more information visit <https://plymouthhighburytrust.org.uk/advocacy/the-view/wiser/>

Alcohol Misuse

Alcoholics Anonymous (Plymouth Intergroup): A directory of AA meetings in and around Plymouth; all set on different days, times, and locations → Email help@aamail.org or the full directory is available: <https://www.alcoholics-anonymous.org.uk/Members/Regional-&-Local-Websites/south-west-region/plymouth-intergroup>

Hamoaze House: A Day-support centre that offers rehabilitation facilities for people in the community affected by problematic alcohol use, as well as for their families & affected others. Support offered includes advice and information, groups and workshops, and counselling services → Call 01752 566100 or contact via <https://hamoazehouse.org.uk/contact/> or visit <https://hamoazehouse.org.uk>

Harbour Centre: A service designed to support individuals (and affected others) struggling with alcohol dependency/misuse, including assessments, 1:1 support, and peer support groups → Call 01752 434343 or email harbourcentre@harbour.org.uk or www.harbour.org.uk

Little Sanctuary: A brand-new (as of June 2026) trauma-informed, safe, and protected space/ service for women who have experienced or faced addiction, childhood trauma, domestic abuse, and homelessness. Little Sanctuary is unique in that it is open to women who other services may deem 'too complex', or who may otherwise be excluded from existing services. Little Sanctuary is based at Greenspace on Mutley Plain and has been developed through a partnership between Transforming Plymouth Together, Greenhouse Community Project CIC, and community leader, Norma Mullaniff. Little Sanctuary aims to provide a warm and relational space where women can feel safe, build trusting relationships, and heal from trauma at their own pace → Email fiona@greenspacehub.co.uk or visit www.transformingplymouthtogether.org.uk/little-sanctuary

Plymouth Specialist Addiction Service (PSAS): (Part of Livewell Southwest) A service that evolved from the integration of the primary and secondary addiction services in 2010. PSAS work in partnership with Harbour, to help anyone (including family and friends) affected by alcohol misuse, and has close links with the Complex Needs Team and all Harbour teams → Call 01752 435222 or more information <https://www.livewellsouthwest.co.uk/project/plymouth-specialist-addiction-service-2>

Recovery Art Club: A free, weekly support group for people experiencing difficulties with alcohol misuse. Tuesdays at 1.30-3pm at Moments Café, 69A New George Street, PL1 1RJ → Call 07877 290961 or www.mindfulartclub.co.uk/classes

Rehab 4 Addiction: Offers various drug and alcohol addiction treatment options in Devon/the wider Southwest of England. Support offered includes a confidential helpline, and mental health support. R4A specialises in 'making sense' of the complex nature of seeking out professional help for these issues → Call 0800 140 4690 or email info@rehab4addiction.co.uk or for more information <https://www.rehab4addiction.co.uk>

Personal & Relationship Counselling: A private practice with almost 3 decades of experience in providing counselling and psychotherapy (using multiple approaches) for a wide range of issues, including addictions. Can also provide support via Zoom if required. Sessions cost £50 per 60-minute sessions (some discounts available) → Call 01752 262000 or email plymouthcounselling@gmail.com or more information <https://plymouthcounselling.com>



Sailing Tectona: Provides sail training opportunities for people of all ages and all backgrounds onboard Tectona, a traditional wooden sailing boat. Sailing Tectona inspires positive change in people's lives, and specifically work with young people as well as adults in recovery from mental health issues and addiction. Their voyages allow individuals to develop themselves as well as operate as part of a team? Communication and resilience are all developed daily whilst hoisting sails, navigating, and living on board. These skills often enable people to make positive changes in their lives after the voyage. Supports individuals and groups with funding for voyages where possible, and may be able to help with your voyage fees. Based in Wembury but is open to all → Call 01752 916015 or email info@sailingtectona.co.uk or visit <https://www.sailingtectona.co.uk/>

The Jan Cutting Healthy Living Centre Wellbeing Hub: Part of Plymouth's Wellbeing Hub Network, the Healthy Living Centre is owned and operated by Wolseley Trust, and provides a meeting place and centre for community focus. Facilities provided include computer and Internet access, a multi-purpose hall and meeting rooms, and a community café. Provides support, signposting, and services for alcohol misuse. Based in Beacon Park Road, Plymouth, PL2 2PQ → Call 01752 203670 or email nickichinnock@wolseley-trust.org or visit <https://www.wolseley-trust.org>

Trevi House: A nationally award-winning women's and children's charity that provides safe and nurturing spaces for women in recovery (from substance and alcohol misuse) to heal, grow, and thrive. Also offers training and education opportunities for women accessing their services. Provides different services that offer a range of support, depending on women's needs (Sunflower Women's Centre, Jasmine Mother's Recovery, and Daffodil Family Centre) → Call 01752 255758 or email office@trevi.org.uk or more information <https://trevi.org.uk/>

Anxiety

Anxiety Support Group: Facilitated by Devon Mind. An opportunity to join others who share their experiences and have found a variety of ways to deal with their anxiety. Runs on the 2nd Wednesday of every month, from 1.30pm → More information <https://www.devonmind.com/find-help/groups>

Big Sis CIC: A South-West UK based social enterprise that operates across Plymouth, that aims to support young girl's and non-binary children's mental health, including anxiety issues, through impactful programmes in schools and the community. Big Sis also provides upskilling for their immediate support networks: parents, carers, youth leaders and teachers to offer improved quality of care. Also provides community support on a wide range of topics and issues, including self-esteem & confidence, puberty and boundaries & relationships → Contact via <https://big-sis.co/contact> or for more information visit <https://big-sis.co/youthandcommunitywork>

CYP Neurodiversity Wellbeing Team: A confidential, free advice line available to all children, young people, and their families who are on the Neurodiversity Pathway within Plymouth. Offers a wide range of support and advice on many aspects, including anxiety → Call 01752 435 404 (M-F 9-11am; 2-4pm) or email livewell.cypfneurohub@nhs.net

Heal Your Confidence CIC: Provides holistic and personalised online support for neurodivergent adults, both diagnosed and suspected/undiagnosed, with conditions such as ADHD, autism, dyslexia, and dyspraxia. HYC offers screenings, 1-1 support sessions, and coaching. Also offers group and leadership support, and support around anxiety. Covers Plymouth, Devon, Cornwall, and the UK → Call 07476 946 303 or email hello@healyourconfidence.com or visit www.healyourconfidence.com

Livewell Southwest: Provides integrated health and social care services for people across Plymouth (and other areas). Offers a wide range of services, support, and resources, such as information for carers, info and advice around physical and mental health, and adult social care → Call 01752 435502



or email pchcic.plymouthoptions@nhs.net (depression and anxiety) or visit their website for more info <https://www.livewellsouthwest.co.uk/>

Marbles Lost and Found: A CIC that offers mental health support and awareness, peer support groups, information, and resources on a wide range of conditions/disorders, including anxiety/ anxiety disorders. Search for services in your area using the 'Local Services' tab → Email enquiries@marbleslostandfound.co.uk or contact via <https://www.marbleslostandfound.co.uk/contact-us> or more information <https://www.marbleslostandfound.co.uk/>

New Hope Counselling: A BACP Accredited counselling service that offers online, telephone, and in-person counselling on a wide range of issues and difficulties, including anxiety. Types of counselling offered include talking therapy and EMDR therapy. Initial free 15-minute telephone consultation offered. Counselling sessions typically last 60 minutes; first session costs £25; sessions after this cost £45. Some discounts offered. Based in Plymouth but online sessions open to anyone → Call 07429 317775 or contact via <https://newhopecounselling.co.uk/contact/> or <https://newhopecounselling.co.uk>

One You Plymouth: (Part of Livewell Southwest) offers a wide range of services for both physical and mental health, including the 'Every Mind Matters' campaign, which encourages adults to be more aware of their mental health and to take simple steps to look after their mental wellbeing. Includes advice, information, and resources for anxiety (and stress) → Call 01752 437117 (M-F 9-5) or email oneyou.plymouth@nhs.net or more information <https://www.oneyouplymouth.co.uk/contact>

PADS (Plymouth, Anxiety, Depression Support): An informal mental health support group run by adults with mental health issues, including depression and anxiety, for adults with mental health issues. Provides a safe space for them to meet and talk about their issues → Call 07902 528562 or email kerrymcmanus78@yahoo.co.uk

Personal & Relationship Counselling: A private practice with almost 3 decades of experience in providing counselling and psychotherapy (using multiple approaches) for a wide range of issues, including anxiety. Can also provide support via Zoom if required. Sessions cost £50 per 60-minute sessions (some discounts available) → Call 01752 262000 or email plymouthcounselling@gmail.com or more information <https://plymouthcounselling.com>

Red Rock Counselling: Offers 1-1 in person and online counselling for anyone over 18 (across Plymouth, Dawlish, & Paignton), for a wide range of issues, including anxiety. Paige is an accredited member of the National Counselling and Psychotherapy Society. Offers a wide range of availability for online sessions Monday-Saturday. In-person sessions in Plymouth are available Mon 6-9pm, Weds 10am-12pm, and Fri 10am-2pm, at Stitch and Splodge, 32 Devonport Road, Stoke Plymouth, PL3 4DH → Call 07447 914 631, email paige.rideout20@gmail.com or visit www.redrockcounselling.co.uk

Rehab 4 Addiction: Although primarily a drug and alcohol treatment service, R4A also provides extensive information, advice, and support for those with any type of anxiety disorder. Also provides information on types of anxiety, symptoms, and treatment options available. Operates all across Devon → Call 0800 140 4690 or email info@rehab4addiction.co.uk or more information available <https://www.rehab4addiction.co.uk/mental-health/anxiety-disorder-treatment>

Simply Counselling CIC: Offers BACP Accredited counselling, both face-to-face and online, for a wide range of issues, including anxiety. Provides low-cost, affordable counselling thanks to funding and bursaries. Some people may be eligible for free counselling. Based in Plymouth but online sessions open to all. Sessions start at £35 per hour → Call 01752 560900 or 07568 323363 (Open Mon-Fri 9am-7pm and Saturdays 10am-2pm) or email simplycounsellingcic@gmail.com or visit their website for more information <https://www.simplycounselling.org/>



Trauma Informed Plymouth Network: TIPN is a collaborative, community network that welcomes all individuals who have experienced childhood/late life adversity, and/or trauma. Anyone affected by adversity or trauma, including those with anxiety, can join the TIPN as a member, and/or access support, resources, and attend events, all of which aim to help make Plymouth a trauma-informed city. Based in Plymouth but open to anyone → Email info@tipn.org or contact them here <https://traumainformedplymouth.org/contact-us/> or visit <https://traumainformedplymouth.org/>

Asylum Seekers & Refugees

Amber Initiatives: Provides practical assistance to migrant workers from EU countries, helping them to comply with the UK legislation and solve their complex problems → Call 07873 738 828 or email amber.public@gmail.com or more information <https://www.amber-initiatives.co.uk/>

Asylum Seekers and Refugees: (Part of Livewell Southwest) Works with asylum seekers and refugees in order to promote social inclusion and fair access to health services. Based in Mount Gould hospital → Call 01752 268011 or email customerservicespch@nhs.net or more information <https://www.livewellsouthwest.co.uk/project/asylum-seekers-refugees-mental-health-team>

Baby Basics: A volunteer-led project aiming to support new mothers and families who are struggling to meet the financial and practical burden of looking after a new baby. There is an ever-increasing network of Baby Basics centres across the country each staffed by a committed team of volunteers. Baby Basics provides much needed essentials and equipment to mothers and families who are unable to provide these items for themselves; including but not limited to teenage mums, people seeking asylum and women fleeing domestic abuse and trafficking → Call 07598 214530 or email babybasicsplymouth@gmail.com or visit <https://baby-basics.org.uk/>

Devon and Cornwall Refugee Support: A service that provides advice, support, education, IT facilities and a friendly communal space for asylum seekers in the region. Their vision is to have a fair, humane and safe asylum experience for all. DCRS has a dedicated team of co-ordinators, caseworkers, over 45 volunteers, and a Board of Trustees, who ensure that asylum seekers can seek sanctuary whilst the UK government decides on their claim. → Call 07823 495931 or email hub@dcrs-plymouth.org or more information <https://dcrs-plymouth.org>

Ethnic Minority Achievement Team: Ensures equal opportunities for all children, by supporting new arrivals to the UK who are learning English as an Additional Language (EAL), and those seeking asylum/refuge. The Ethnic Minority Achievement Team (EMAT) offers specialist support in these areas → Email Lucinda.ross@plymouth.gov.uk or for more information visit their website <https://www.plymouthonlinedirectory.com/covid19/emtseptguidanceforschools>

Open Doors International Language School (ODILS): Helps people of other languages in the community to fulfil their potential in work, study and their communities by opening the doors to learn English in a supportive Christian environment → Call 01752 258770 or email english@odils.com or more information <https://odils.com/>

OHOB (Open Hearts Open Borders): A voluntary humanitarian aid charity that provides practical resettlement support to refugees and asylum seekers, and household support to others who experience disadvantages due to socio-economic status or circumstance → Email info@ohob.org.uk or more information <https://ohob.org.uk>

PATH - Plymouth Access to Housing: Provides assistance to those in housing need, in order to help prevent and reduce homelessness → Call 01752 255889 or email info@pathdevon.org or more information <https://www.pathdevon.org/>



Plymouth District Racial Equality Council: Provides a safe and respectful environment for BAME clients to enable them to feel that they are listened to and believed, so that they can safely voice their experiences → Call 01752 224555 or email enquiries@plymouthrec.org or more information <http://www.plymouthrec.org/>

Students and Refugees Together (START): Offers practical, social, and emotional support. Provides information, advocacy and advice. Also helps refugees to settle in Plymouth and the far southwest. Provides innovative placement opportunities for students → Call 07841 985252 or email info@startsw.co.uk or more information <http://www.studentsandrefugeestogether.com>

Autism & ADHD

Autistic Adults in Plymouth: Previously known as the 'Autism Hub'; reopened in 2019 as AAP. Provides a safe space for adults with autism to socialise in a calm and respected setting, offering them different activities, such as board games, or drawing → Email contact@aapiplymouth.org.uk or more information <https://aapiplymouth.org.uk/>

Better Futures: (Part of Improving Lives Plymouth) Provides support for adults aged 18+ with autism and learning disabilities/difficulties. Offers a wide range of groups, activities, and workshops in order to help vulnerable adults develop skills for independence, to meet new people, and to improve their wellbeing. Also offers a friendly social hub, as well as advice on health & wellness, bills, and much more → Call 01752 776775 or email betterfutures@improvinglivesplymouth.org.uk or for more info visit <https://www.improvinglivesplymouth.org.uk/better-futures-learning-disability-support-advice>

CYP Neurodiversity Wellbeing Team: A confidential, free advice line available to all children, young people, and their families who are on the Neurodiversity Pathway within Plymouth. Offers a wide range of support and advice on many aspects, including sleep, diet, anxiety, friendships, school difficulties, and positive support strategies → Call 01752 435 404 (M-F 9-11am; 2-4pm) or email livewell.cypneurohub@nhs.net

Clip'N Climb: A rock-climbing centre that, every Sunday morning at 9am, holds autism and SEN-friendly session, providing children with additional needs the opportunity to enjoy the facilities in a quieter, calmer environment and meet other families in similar circumstances. Recommended to book in advance to avoid disappointment → Call 01752 717567 or visit <https://plymouth.clipnclimb.co.uk/>

eLIVEate: Provides creative and dynamic person-centred support for people with learning disabilities who are living, or wish to live, in Plymouth/Southwest Devon. Assist people to live the life they choose and to become active citizens within their communities → Call 01752 936358 or email info@eliveate.co.uk or visit <https://eliveatesupport.co.uk/>

Heal Your Confidence CIC: Provides holistic and personalised online support for neurodivergent adults, both diagnosed and suspected/undiagnosed, with conditions such as ADHD, autism, dyslexia, and dyspraxia. HYC offers screenings, 1-1 support sessions, and coaching. Also offers group and leadership support. Covers Plymouth, Devon, Cornwall, and the UK → Call 07476 946 303 or email hello@healyourconfidence.com or visit www.healyourconfidence.com

Mannamead Wellbeing Hub: Part of Plymouth's Wellbeing Hub Network, Mannamead Wellbeing Hub is overseen by Improving Lives Plymouth, and provides a wide range of support, services, and advice to those with autism & ADHD, through their Better Futures programme/service, including activities such as Arts and Crafts, and Book Club. Sessions for those wishing to attend may be funded by Adult Social Care or self-funded at £20 a session. Based at 156 Mannamead Road, Plymouth, PL3 5QL → Call 01752 717567, email danny.phillips@improvinglivesplymouth.org.uk or for more information visit <https://www.plymouthonlinedirectory.com/article/168/Mannamead-Wellbeing-Hub>



Marbles Lost and Found: A CIC that offers mental health support and awareness, peer support groups, information, and resources on a wide range of conditions/disorders, including autism and ADHD. Search for services in your area using the 'Local Services' tab → Email enquiries@marbleslostandfound.co.uk or contact via <https://www.marbleslostandfound.co.uk/contact-us> or more information <https://www.marbleslostandfound.co.uk/>

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

Pluss: (Part of Seetec Pluss). Offers 1:1 support to help people with autism (of all ages) build their confidence and succeed in the career of their choice, by helping them to build employability skills → Visit <https://seetec.co.uk/programme/plymouth-learning-disability-employment-service/>

Plymouth Autism Spectrum Service: (Part of Livewell Southwest) P.A.S.S. intends to provide a service that is strengths-based, person-centred, holistic, time-sensitive, accessible, appropriate, dynamic and responsive. The aim is to promote and provide pro-active strategies to support adults with autism to live their lives as they want and to prevent the number of crises that they may experience. The Plymouth Autism Spectrum Service (P.A.S.S.) has been developed to provide a dedicated and specialist service for adults with autism, their families, health and social care services and to collaborate with community organisations within Plymouth. Services provided include an Autism Assessment, an advice service, and a training & consultation service → Call 01752 434034 or email livewell.pass@nhs.net or visit <https://www.livewellsouthwest.co.uk/plymouth-autism-spectrum-service>

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 those with autism, ADHD, and special education needs → Visit <https://www.plymouthmusiczone.org.uk/> or visit <https://www.plymouthmusiczone.org.uk/what-we-do/> for their workshops.

Quiet at the Aquarium: The National Marine Aquarium on the Barbican holds special events for those with sensory needs at least twice a year, and tend to be 2 hours long. Allows families and individuals to enjoy the exhibits without too much noise or distraction → Call 0844 893 7938

Tracy Ede Counselling: Tracy has over 30 years' experience in the field of health, welfare and social care. She works flexibly with clients with neurodiversity, and couples in crisis. Tracy is BACP Accredited. As an integrative therapist Tracy draws on different approaches in response to client needs. She always sees your wellbeing in a holistic way, paying attention to the many components that make up who you are, learning what help you need to rebalance your world. Based at Unit 4, Lynher House, Bush Park, Plymouth, PL6 7RG → Call 07976 195133 or email tracyedecounselling@gmail.com or visit <https://www.counselling-directory.org.uk/counsellors/tracy-ed>

Trauma Informed Plymouth Network: TIPN is a collaborative, community network that welcomes all individuals who have experienced childhood/late life adversity, and/or trauma. Anyone affected by adversity or trauma, including those with autism/ADHD, can join the TIPN as a member, and/or access support, resources, and attend events, all of which aim to help make Plymouth a trauma-informed city. Based in Plymouth but open to anyone → Email info@tipn.org or contact them here <https://traumainformedplymouth.org/contact-us/> or visit <https://traumainformedplymouth.org/>



Benefits

Advice Plymouth: Works in partnership with Citizen's Advice Plymouth to provide information and signposting for a variety of issues, such as benefits and debt. Provide specialist benefits information, advice, and support. Drop-in service operates M-F 9-4.15 → Call 01752 201 766 or email advice@improvinglivesplymouth.org.uk or visit <https://www.improvinglivesplymouth.org.uk/our-services/adviceplymouth>

Barne Barton & St Budeaux Wellbeing Hub: Part of Plymouth's Wellbeing Hub Network, Barne Barton hub was launched in partnership with PCC, NHS Devon Clinical Commissioning Group, and Colebrook Southwest. These hubs aim to support people in their local communities through a wide range of support and services, in order to encourage people to make life choices that will support their health and wellbeing. Amongst many other things, Barne Barton hub provides information, signposting, and support for those on or seeking benefits. Based in William Sutton Memorial Hall, 6 Shelly Way, St Budeaux, Plymouth, PL5 1QF → Call them on 07890 257649, or email wellbeinghub@colebrooksw.org or visit <https://williamsuttonhubs.org/wellbeing-hub/>

CASS+: A charity that provides information, advice, and support for a wide range of issues for those going through the criminal justice system, including benefits → Call 01752 601153 or 01752 206187 (M-F 9.30-4.30) or <https://www.cassplus.org/about-us/> or contact via <https://www.cassplus.org/contact-us/>

Citizens Advice Plymouth: Offers help/advice with benefit claims/queries (such as UC). May also be able to assist with online application forms/providing evidence for applications (e.g. childcare costs). Help is tailored to individuals, and is available face-to-face/via telephone. Based at 32 Mayflower Street, Plymouth, PL1 1QX → Call 0808 278 7910 or more information <https://citizensadviceplymouth.org.uk> or UC applications <https://www.citizensadvice.org.uk/helpclaim>

Energy Redress: A project run by Citizens Advice Plymouth, in partnership with Plymouth Energy Community, that aims to support anyone referred with debt, money issues, and benefits. Most referrals received through adult social care → email Julie.Jackson@CitizensAdvicePlymouth.org.uk or visit <https://citizensadviceplymouth.org.uk/energy-redress/>

Four Greens Community Trust: Part of Plymouth's Wellbeing Hub Network, FGCT works in partnership with the local community to develop a diverse range of quality services and opportunities that promote economic regeneration and reduce social and health inequalities and isolation. Provides a wide range of services and support, including benefit support and signposting. Based at 15 Whiteleigh Green, Plymouth, PL5 4DD → Call 01752 875916 or email facilities@fgct.co.uk or visit <https://www.fourgreenscommunitytrust.co.uk/advice-information>

Macmillan Welfare Benefits Project: Citizens Advice Torridge, North, Mid & West Devon have a specialist Welfare Benefits Team funded by Macmillan Cancer Support and we have recently expanded our service to cover the whole of Devon in partnership with Citizens Advice Exeter, Citizens Advice Plymouth and Citizens Advice Torbay. Their expert team of advisors can support clients with life limiting illnesses and can assist with benefit and grant applications, form filling and referrals to other trusted partner agencies → Call 0808 175 4505, make a referral: <https://citizensadvicetnmwd.org.uk/macmillan/> or visit <https://citizensadvicetnmwd.org.uk/our-projects/>

Making Carers Count: (Part of Improving Lives Plymouth) Provides a wide range of support for carers aged between 18-25. In this instance, a 'carer' is anyone providing unpaid care to a family member or friend with an illness, disability, or addiction. MCC runs a friendly and supportive network which enables Young Adult Carers to socialise with others in a similar situation. Types of support provided include support and guidance with benefits → Call 01752 201766 or email ilp@improvinglivesplymouth.org.uk



(Ask for Nicolle or Anna) or for more information visit <https://www.improvinglivesplymouth.org.uk/about-young-adult-carers>

Mount Gould Wellbeing Hub: (Run by Age UK Plymouth) Part of Plymouth's Wellbeing Hub Network, Mount Gould Wellbeing Hub is dedicated to improving access to services for the community, in order to improve health and wellbeing outcomes for local people, and to reduce inequalities in health and wellbeing. Offers a wide range of support and services, including advice and support with welfare benefits through the Information and Advice Team. Based at The William and Patricia Venton Centre, Astor Drive, Plymouth, Devon, PL4 9RD → Call 01752 256020 or email community@ageukplymouth.org.uk or via <https://www.ageuk.org.uk/plymouth/our-services/wellbeing-hub-c386b0aa-673a-ed11-97b0-0003ff4b081d/>

One Stop Advocacy: Provides help and assistance with correspondence/assessments relating to benefits, and benefit forms. Operates Mon, Wed, and Fri (9-4). Reasonable rates offered → Call 07464 106 903 or visit <https://gazelle-endive-y7hc.squarespace.com/>

Pluss: (Part of Seetec Pluss). Offers 1:1 support to help people with autism (of all ages) build their confidence and succeed in the career of their choice, by helping them to build employability skills. Also provides benefits advice → Visit <https://seetec.co.uk/programme/plymouth-learning-disability-employment-service/>

Rees Centre Wellbeing Hub: Part of Plymouth's Wellbeing Hub Network, the Rees Centre provides is aimed at improving health and wellbeing outcomes for the local community, and at reducing isolation. The Rees Centre provides a wide range of services and support, including signposting and advice for benefits. Based at Mudge Way, Plympton, Plymouth, PL7 2PS → Call 01752 340550 or email rcwbh@barnados.org.uk or visit www.barnardos.org.uk/get-support/services/rees-wellbeing-hub

Seetec Pluss: Offers a wide range of support, training, resources, and signposting for those based in Plymouth looking to get back into employment. Helps with job applications, CVs, interview skills, support with learning and managing your new work routine, in-work support for both you and your employer (including advice and funding towards workplace adjustments), and benefits and money advice, plus much more. Runs several different employability programmes – including the Work and Health Programme, and the Pioneer Programme → Call 0800 334 5525 or email customer.admin@seetecpluss.co.uk or visit <https://seetec.co.uk/>

Utility Warehouse Project: (Part of Citizens Advice Bureau) Supports those experiencing, or at risk of, fuel poverty, or financial hardship. Through advisers and caseworkers, provide holistic debt advice, including budgeting, benefit eligibility, and energy efficiency. Can also support people with the £150 finance scheme or debt write-off through their Customer Support Scheme → Call 0333 7770777 or visit <https://citizensadviceplymouth.org.uk/our-services/> (under 'Utilities Support').

Bereavement & Loss

Bereavement Counselling Service: A specialist service for those who have suffered a traumatic bereavement or complex grief. Accepts referrals for those whose grief has not been resolved within a reasonable time, resulting in significant problems, or whose bereavement has been particularly distressing/traumatic → Call 01752 349769 or email enquiries@bcsplymouth.com or more information <https://www.bcsplymouth.co.uk>

Horizon Counselling Services: Offers talking therapy & counselling for those struggling with bereavement; £50 per session, 10% discount available for certain groups → Call 01752 221119 or email info@horizonplymouth.co.uk or <https://www.horizonplymouth.co.uk/>



Jeremiah's Journey: A Plymouth-based charity that provides free support to children, young people, parents and carers, who have experienced/about to experience a bereavement. Aims to ensure they are properly supported during this difficult experience → Call 01752 424348 or more information <https://jeremiahsjourney.org.uk/> **support for children:** <https://jeremiahsjourney.org.uk/about-us/what-we-do/children/> **teenagers:** <https://jeremiahsjourney.org.uk/about-us/what-we-do/teenagers/>

New Hope Counselling: A BACP Accredited counselling service that offers online, telephone, and in-person counselling on a wide range of issues and difficulties, including bereavement and loss. Types of counselling offered include talking therapy and EMDR therapy. Initial free 15-minute telephone consultation offered. Counselling sessions typically last 60 minutes; first session costs £25; sessions after this cost £45. Some discounts offered. Based in Plymouth but online sessions open to anyone → Call 07429 317775 or contact via <https://newhopecounselling.co.uk/contact/> or for more info <https://newhopecounselling.co.uk>

Personal & Relationship Counselling: A private practice with almost 3 decades of experience in providing counselling and psychotherapy (using multiple approaches) for a wide range of issues, including bereavement. Can also provide support via Zoom if required. Costs £50 per 60-minute sessions (discounts available) → Call 01752 262000 or email plymouthcounselling@gmail.com or visit <https://plymouthcounselling.com>

Pete's Dragons: Offers bereavement support for anyone affected by suicide, regardless of their relationship with the person, or how long ago loss occurred. Provides resource packs tailored to individual needs, emotional support (face-to-face/telephone/email), practical advice, signposting to other services, and children & family fun days. Self-referrals accepted. Based in North/South/East Devon, but open to all Devon residents → https://www.petesdragons.org.uk/Contact_730.aspx or more information https://www.petesdragons.org.uk/Home_341.aspx

Red Rock Counselling: Offers 1-1 in person and online counselling for anyone over 18 (across Plymouth, Dawlish, & Paignton), for a wide range of issues, including bereavement. Paige is an accredited member of the National Counselling and Psychotherapy Society. Offers a wide range of availability for online sessions Monday-Saturday. In-person sessions in Plymouth are available Mon 6-9pm, Weds 10am-12pm, and Fri 10am-12pm, at Stitch and Splodge, 32 Devonport Road, Stoke, PL3 4DH → Call 07447 914 631, email paige.rideout20@gmail.com or visit www.redrockcounselling.co.uk

Rehab 4 Addiction: Although primarily a drug and alcohol treatment service, R4A also provides extensive information, advice, and support for those experiencing grief, loss, or bereavement. Includes signs and types of loss, and signposting to other support, such as bereavement counselling. Operates all across Devon → Call 0800 140 4690 or email info@rehab4addiction.co.uk or visit <https://www.rehab4addiction.co.uk/mental-health/bereavement-counselling>

Simply Counselling CIC: Offers BACP Accredited counselling, both face-to-face and online, for a wide range of issues, including bereavement. Provides low-cost, affordable counselling thanks to funding and bursaries. Some people may be eligible for free counselling. Based in Plymouth but online sessions open to all. Sessions start at £35 per hour → Call 01752 560900 or 07568 323363 (Open Mon-Fri 9am-7pm and Saturdays 10am-2pm) or email simplycounsellingcic@gmail.com or visit their website <https://www.simplycounselling.org/>

Survivors of Bereavement by Suicide: Aims to help (and provide peer-to-peer support to) those aged 18+ overcome their isolation resulting from bereavement by suicide, in a safe and confidential environment. Also strive to improve public awareness. Services provided include peer-led support groups, online/virtual support groups, a national helpline, an online community forum, and email support → Call 0300 111 5065 (M+Tu 9-5) or email email.support@uksobs.org or more information <https://uksobs.org/>



The Compassionate Friends: A charitable organisation of bereaved parents, siblings and grandparents dedicated to the support and care of other similarly bereaved family members who have suffered the death of a child or children of any age and from any cause → Call 0345 1232304 or email helpline@tcf.org.uk or <https://www.tcf.org.uk>

University of Plymouth: Provides advice, information, and support for students experiencing bereavement and loss, including signposting and professional help (if required) → More information <https://www.plymouth.ac.uk/student-life/services/student-services/shine/loss>

Qwell: As part of its services, Qwell offers support, advice, guidance, resources, and much more, for those experiencing bereavement, grief, or loss. Requires a login to gain full access to services/support → More information <https://www.qwell.io/>

Bipolar Disorder

Bipolar Disorder Counselling in Plymouth: A directory of counsellors in the Plymouth area that offer therapy/counselling for bipolar disorder, including types of therapy offered, addresses, and availability → <https://www.psychologytoday.com/gb/counselling/eng/plymouth?category=bipolar-disorder>

Bipolar Support Group: (run by Devon Mind) A twice-monthly Bipolar Support Group that is open to all individuals with experience of bipolar disorder, either through personal experience or as a partner, friend or carer of someone who lives with Bipolar → Call 01752 512 280 or email hello@devonmind.com or <https://www.devonmind.com/find-help/groups/bipolar-support>

Bipolar UK (Plymouth): This group is re-starting in person in May 2023, in Devonport. It is free and open to anyone affected by bipolar. Provides signposting to other services for bipolar disorder → More information <https://www.bipolaruk.org/plymouth-support-group>

eCommunity: A safe and secure space where people can discuss the challenges they face, ask questions and share their experiences about bipolar. To keep the eCommunity safe, everyone who joins agrees to abide by the House Rules, and their team of moderators keep things running smoothly → More information <https://www.bipolaruk.org/ecommunity>

Marbles Lost and Found: A CIC that offers mental health support and awareness, peer support groups, information, and resources on a wide range of conditions/disorders, including bipolar disorder. Search for services in your area using the 'Local Services' tab → Email enquiries@marbleslostandfound.co.uk or contact via <https://www.marbleslostandfound.co.uk/contact-us> or more information <https://www.marbleslostandfound.co.uk/>

Rehab 4 Addiction: Although primarily a drug and alcohol treatment service, R4A also provides extensive information, advice, and support for those any type of bipolar disorder. Provides information on causes, symptoms, treatment options, and signposting to services for bipolar disorder. Operates all across Devon → Call 0800 140 4690 or email info@rehab4addiction.co.uk or more information <https://www.rehab4addiction.co.uk/mental-health/bipolar-disorder-treatment>

Trauma Informed Plymouth Network: TIPN is a collaborative, community network that welcomes all individuals who have experienced childhood/late life adversity, and/or trauma. Anyone affected by adversity or trauma, including those with bipolar disorder, can join the TIPN as a member, and/or access support, resources, and attend events, all of which aim to help make Plymouth a trauma-informed city. Based in Plymouth but open to anyone → Email info@tipn.org or contact them here <https://traumainformedplymouth.org/contact-us/> or visit <https://traumainformedplymouth.org/>



Brain Injury

Headway Plymouth: An independent, non-profit charity with over 35 years of experience in supporting individuals, families and carers affected by acquired brain injury (and the professionals who work with them). Their mission is to help survivors regain independence and improve their quality of life through specialist social and cognitive rehabilitation and re-enablement. They provide tailored support for adults with brain injuries, as well as respite and guidance for their families and carers. Our services include centre-based rehabilitation, group programmes and one-to-one outreach support – all designed to promote independence, self-esteem and overall well-being → Call 01752 550 559 or email enquiries@headwayplymouth.org.uk or visit <https://headwayplymouth.org.uk/>

Carers

Age UK Plymouth: Provides support, advice, and information for carers looking after a family member, friend, or loved one. Also signposts to drop-in services for carers in Plymouth → Call 01752 256 020 or <https://www.ageuk.org.uk/plymouth/activities-and-events/carer-support/>

Barnardo's Plymouth: Provides specialist support through multiagency teams for young carers, focusing on those at risk of social exclusion and academic underachievement. Also aims to reduce the caring demands of young carers → Call 01752 256339 or email bycs@barnardos.org.uk or visit <https://www.barnardos.org.uk/what-we-do/services/young-carers-plymouth>

Barne Barton & St Budeaux Wellbeing Hub: Part of Plymouth's Wellbeing Hub Network, Barne Barton hub was launched in partnership with PCC, NHS Devon Clinical Commissioning Group, and Colebrook Southwest. These hubs aim to support people in their local communities through a wide range of support and services, in order to encourage people to make life choices that will support their health and wellbeing. Amongst many other things, Barne Barton hub provides advocacy support for carers. Based in William Sutton Memorial Hall, 6 Shelly Way, St Budeaux, Plymouth, PL5 1QF → Call 07890 257649, email wellbeinghub@colebrooksw.org or visit <https://williamsuttonhubs.org/wellbeing-hub/>

Big Sis CIC: A South-West UK based social enterprise that operates across Plymouth, that aims to support young girl's and non-binary children's mental health, through impactful programmes in schools and the community. Big Sis also provides upskilling for their immediate support networks: parents, carers, youth leaders and teachers to offer improved quality of care. Also provides community support on a wide range of topics and issues, including self-esteem & confidence, puberty and boundaries & relationships → Contact via <https://big-sis.co/contact> or for more information visit <https://big-sis.co/youthandcommunitywork>

Caring for Carers: (part of Improving Lives Plymouth); based at Mannamead Wellbeing Hub) A service aimed at helping carers aged 18+ that provides carer's assessments, as well as information, advice, drop-ins, support groups, activities, workshops, and more. Also runs the Learning Disability and Autism Carers Support Group at Mannamead Wellbeing Hub, for unpaid carers looking after someone with a learning disability, or autism, on the first Tuesday of every month, 10-12, and a support group for male carers the 2nd Tuesday every month, 10-11.30am → Call 01752 201890 (M-F 9-5), email caringforcarers@improvinglivesplymouth.org.uk or email lee.sewrey@improvinglivesplymouth.org.uk or visit www.improvinglivesplymouth.org.uk/caring-for-carers

Family Hubs: A place for families, parents, carers, and young people in Plymouth to find support and advice. Each Family Hub will provide support for families with children aged 0-19, or up to age 25, for young people with special educational needs. The Hubs provide a welcoming, safe, and secure space. Also provides activities and groups for families → Email familyhubs@plymouth.gov.uk or



<https://www.plymouthonlinedirectory.com/childrenandfamilies/childrenscentres> for a list of hubs, or visit <https://plymouthonlinedirectory.com/article/3808/Family-Hubs-in-Plymouth> for more information

Livewell Southwest (Community Learning Disability): Provides advice, support, and information, as well as workshops and training, for carers of adults with learning disabilities (in Plymouth). Intervention provided by a large multidisciplinary team. Self-referrals accepted → Call 01752 434033 (Referral Coordinator) or email livewell.cldreferrals@nhs.net or for more information visit their website <https://www.livewellsouthwest.co.uk/community-care/learning-and-disability>

Livewell Southwest: Provides a hub of information and resources for carers in Plymouth (+ surrounding areas), including young carers, as well as 'a practical guide to healthy caring' → More info <https://www.livewellsouthwest.co.uk/contact/service-user-carer-forum>

Making Carers Count: (Part of Improving Lives Plymouth) Provides a wide range of support for carers aged between 18-25. In this instance, a 'carer' is anyone providing unpaid care to a family member or friend with an illness, disability, or addiction. MCC runs a friendly and supportive network which enables Young Adult Carers to socialise with others in a similar situation. Types of support provided include 2 drop-in sessions per month, 1-1 support including carer's assessments, free monthly activities, and support with employability & education, and benefits → Call 01752 201766 or email ilp@improvinglivesplymouth.org.uk (Ask for Nicolle or Anna) or for more info visit <https://www.improvinglivesplymouth.org.uk/about-young-adult-carers>

Marbles Lost and Found: A CIC that offers support and awareness, peer support groups, information, and resources for carers. Search for services in your area using the 'Local Services' tab → Email enquiries@marbleslostandfound.co.uk or <https://www.marbleslostandfound.co.uk/contact-us> or more information <https://www.marbleslostandfound.co.uk/>

Mount Gould Wellbeing Hub: (Run by Age UK Plymouth) Part of Plymouth's Wellbeing Hub Network, Mount Gould Wellbeing Hub is dedicated to improving access to services for the community, in order to improve health and wellbeing outcomes for local people, and to reduce inequalities in health and wellbeing. Offers a wide range of services including support for carers alongside Improving Lives Plymouth, including. Based at The William and Patricia Venton Centre, Astor Drive, Plymouth, Devon, PL4 9RD → Call 01752 256020 or email community@ageukplymouth.org.uk or for more information visit their website <https://www.ageuk.org.uk/plymouth/our-services/wellbeing-hub-c386b0aa-673a-ed11-97b0-0003ff4b081d/>

Music Makers Plymouth: A care home entertainer that provides music-related activities around Plymouth for carers, families, the elderly, and care home residents → Call 07748 303517 or email musicismakersplymouth@yahoo.com or visit <https://www.facebook.com/katysmusicmakersplymouth/>

Plymouth Online Directory: Provides information, resources, and signposting for carers aged 18+, as well as links to carer's assessments → <https://www.plymouthonlinedirectory.com/adultsocialcare/caringforotherpeople/plymouthcarers>

Plymouth Parent Carer Voice: Aims to bring together parents and carers of children and young people with SEND and learning difficulties. Enables families to have a voice and to be part of the SEND process. Together PPCV work in partnership with their local authority, to help shape and improve the range of services in education, health and social care for families in the Plymouth area → Call 07954 048017 or email info@plymouthpcv.co.uk or visit <https://www.plymouthpcv.co.uk/>

Plymouth Young Carers Support Hub: Provides useful information and links to help Young Carers (under 18) provide amazing support to their friends, family and relatives → More information <https://www.plymouthonlinedirectory.com/childrenandfamilies/plymouthyoungcarers>



Rees Centre Wellbeing Hub: Part of Plymouth's Wellbeing Hub Network, the Rees Centre provides is aimed at improving health and wellbeing outcomes for the local community, and at reducing isolation. The Rees Centre provides a wide range of services, including advice, support, and signposting for carers. Based at Mudge Way, Plympton, Plymouth, PL7 2PS → Call 01752 340550 or email rcwbh@barnados.org.uk or visit www.barnardos.org.uk/get-support/services/rees-wellbeing-hub

Simply Counselling CIC: Offers BACP Accredited counselling, both face-to-face and online, for carers experiencing issues such as anger, anxiety, bereavement, domestic abuse, and trauma (amongst other issues). Provides low-cost, affordable counselling thanks to funding and bursaries. Some people may be eligible for free counselling. Based in Plymouth but online sessions open to all. Sessions start at £35 per hour → Call 01752 560900 or 07568 323363 (Open Mon-Fri 9am-7pm and Sat 10am-2pm) or email simplycounsellingcic@gmail.com or visit <https://www.simplycounselling.org/>

Time 4U: A service for young carers aged 18 or under, delivered collectively by Hamoaze House, Plymouth City Council, and Barnardo's, that provides direct support to Young Carers and their families. Aims to streamline existing services, reduce duplication, combine and utilise skills & experience, and ensure even more children, young people, and families benefit from a service. Open to anyone under 18 who is looking after a family member or friend who is ill, disabled, or is misusing drugs or alcohol. A trained person from the council or other linked organisation will talk you through your options, and how being a carer affects your life and wellbeing, your education, training, or work, and your physical, mental, and emotional health. Referrals for all 3 services are done through the Early Help Assessment Tool. Linked to Caring for Carers at Improving Lives Plymouth. Also runs a monthly fun and freedom club → Call 01752 668000 or visit <https://www.plymouthonlinedirectory.com/article/1815/Time-4-U>

University Hospitals Plymouth: Provides support, advice, and guidance for carers in Plymouth, including Carers Support Coordinators (Derriford Hospital, Tues & Fri, 10-4) who offer advice & signposting for unpaid carers who look after a family member/friend in hospital, or for carers admitted to hospital (and need support for the person they're caring for) → more information <https://www.plymouthhospitals.nhs.uk/carers>

University Hospitals Plymouth (Learning Disabilities): Provides information, advice, and resources for carers of individuals with learning disabilities in Plymouth → For more information visit their website <https://www.plymouthhospitals.nhs.uk/ld-for-carers>

Children & Young People (0-16)

Active Devon: A community-focused, non-profit organisation with a vision of everyone in Devon active for life. Their mission is to unlock the ability of movement to change lives for the better. Active Devon works together with communities and partners to connect, advocate, and enable people to move more, in order to help reduce inequalities and deliver huge value in their communities. Offers a wide range of activities, clubs, events, resources, and programmes for children of all ages, including Movement in Early Life (click 'Connect with Us' on their website). Based in Exeter but open to all of Devon, including → Call 01392 925 150 or email hello@activedevon.org or <https://activedevon.org/contact-us/> or visit <https://activedevon.org>

Argyle Community Trust: Offers lots of activities and groups for children and teenagers of all ages, of all abilities, as well as support and programmes in schools → Call 01752 562561 or email community@paafc.co.uk or more information <https://argylecommunitytrust.co.uk/>

Barnardo's Plymouth: Provides specialist support through multiagency teams for young carers, focusing on those at risk of social exclusion and academic underachievement. Also aims to reduce the caring demands of young carers → Call 01752 256339 or email bycs@barnardos.org.uk or visit <https://www.barnardos.org.uk/what-we-do/services/young-carers-plymouth>



Barne Barton & St Budeaux Wellbeing Hub: Part of Plymouth's Wellbeing Hub Network, Barne Barton hub was launched in partnership with PCC, NHS Devon Clinical Commissioning Group, and Colebrook Southwest. These hubs aim to support people in their local communities through a wide range of support and services, in order to encourage people to make life choices that will support their health and wellbeing. Amongst many other things, Barne Barton hub provides a wide range of support and services for children and young people. Based in William Sutton Memorial Hall, 6 Shelly Way, St Budeaux, Plymouth, PL5 1QF → Call 07890 257649, or email wellbeinghub@colebrooksw.org or visit <https://williamsuttonhubs.org/wellbeing-hub/>

Big Sis CIC: A South-West UK based social enterprise that operates across Plymouth, that aims to support young girl's and non-binary children's mental health, through impactful programmes in schools and the community. Big Sis also provides upskilling for their immediate support networks: parents, carers, youth leaders and teachers to offer improved quality of care. Also provides community support on a wide range of topics and issues, including self-esteem & confidence, puberty and boundaries & relationships → Contact via <https://big-sis.co/contact> or for more information visit <https://big-sis.co/youthandcommunitywork>

ChatHealth: (Part of Livewell Southwest) A texting service offering support for families and young people in Plymouth, that can also be used to make an appointment with a health visitor/school nurse, and for signposting → Available M-F, 9-5 on 07480635188 (0-5 years parents' service); 0707480635189 (5-10 years parents service); 07480635198 (11-19 years young peoples' service) or more information <https://www.healthforkids.co.uk/plymouth/chathealth-launched-at-livewell/>

CityCare Southwest: A service that provides care at home, and respite, for children and young people in care. They are passionate about providing the highest quality care and support, from their highly skilled, friendly, staff. They offer support with a range of tasks and activities, including meal preparation, medication, and personal care. Based at Studio 1, Plumer House, Tailyour Road, PL6 5DH → Call 01752 545122 (M-F, 9-5, & out of hours), or email office@citycaresw.co.uk or visit their website <https://www.citycaresw.co.uk/>

Colourful Horizons: A Plymouth-based arts and crafts enterprise that are committed to encouraging everyone to realise their own creative skills and to have fun whilst doing it. We offer a wide range of regular children's workshops, and daytime children's art classes → Contact them via their contact form <https://colourfulhorizons.co.uk/contact-me> or visit their website <https://colourfulhorizons.co.uk>

Connecting Youth CIC: (Previously Barefoot) A not-for-profit set up in April 2023, aimed at providing a wide range of support to all young people aged 10-19 years old within the communities of St Budeaux, Ernesettle, and Whiteleigh. Offers support and guidance around many issues, including lack of confidence, poverty, poor diet, criminal exploitation, antisocial behaviour, unhealthy relationships, and poor sexual and mental health. Also offers numerous different activities and events, including free, out of area activities such as kayaking, surfing, paddle boarding, and supporting young people to develop their own activities and projects, based on their interests and passions → Call 07549 157992 or email jondingle.cyuk@gmail.com or visit <http://connectingyouthcic.co.uk/>

Creative Health Southwest: Formerly Pets & Picasso CIC. Embraces a holistic approach to health and wellbeing, where creativity, fun and play are at the heart of everything they do. Provides a wide range of activities, groups, and events. Our mission is to support individual of all ages, including children, and backgrounds in their journey towards improved physical and mental health through engaging and creative activities. → Email them at hello@creativehealthsouthwest.com or visit their website <https://creativehealthsouthwest.com/>

CYP Neurodiversity Wellbeing Team: A confidential, free advice line available to all children, young people, and their families who are on the Neurodiversity Pathway within Plymouth. Offers a wide range



of support and advice on many aspects, including sleep, diet, anxiety, friendships, school difficulties, and positive support strategies → Call 01752 435 404 (M-F 9-11am; 2-4pm) or email livewell.cypfneurohub@nhs.net

Efford Youth & Community Centre: Works with young people with physical and/or learning disabilities, who are aged 11-25 years old. Runs a variety of activities and sessions. Based at Blandford Road, Plymouth, PL3 6HU → Call 01752 776853 or email efford.youth@plymouth.gov.uk or visit <https://www.plymouthonlinedirectory.com/article/1676/Efford-Youth-Centre>

EM-Magination Craft: Founded and created by Emma, EM-Magination provides craft sessions, creative experiences, activities, messy play, parties, and events, for children of all ages, from newborns to toddlers, to older children. All sessions take place at the Rees Centre and Wellbeing Hub → Call 07776 141293 or email emmaginationcraft@yahoo.com or <https://emmaginationcraft.co.uk/>

Family Hubs: A place for families, parents, carers, and young people in Plymouth to find support and advice. Each Family Hub will provide support for families with children aged 0-19, or up to age 25, for young people with special educational needs. The Hubs provide a welcoming, safe, and secure space. Also provides activities and groups for families → Email familyhubs@plymouth.gov.uk or <https://www.plymouthonlinedirectory.com/childrenandfamilies/childrenscentres> for a list of hubs, or visit <https://plymouthonlinedirectory.com/article/3808/Family-Hubs-in-Plymouth> for more information

Family Nurse Partnership: (Part of Livewell Southwest) An intensive support programme for girls and women (up to age 19) who are pregnant, and who may be facing a range of difficult circumstances, such as homelessness, social isolation, mental health issues, or unhealthy relationships → Call 01752 434314 or email livewell.FNP@nhs.net or <https://www.livewellsouthwest.co.uk/project/family-nurse-partnership>

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, including for children and their families → Call 07818 450968 or email tami@foodisfun.org.uk or visit <https://www.facebook.com/foodisfun/>

Four Greens Community Trust: Part of Plymouth's Wellbeing Hub Network, FGCT works in partnership with the local community to develop a diverse range of quality services and opportunities that promote economic regeneration and reduce social and health inequalities and isolation. Provides a wide range of services and support, including for children and young people. Based at 15 Whitleigh Green, Plymouth, PL5 4DD → Call 01752 875916 or email facilities@fgct.co.uk or visit <https://www.fourgreenscommunitytrust.co.uk/advice-information>

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, including for children and their families → Call 07818 450968 or email tami@foodisfun.org.uk or visit <https://www.facebook.com/foodisfun/>

Fun and Freedom Club: Runs a fun and freedom club that meets one Saturday a month during term time and once a week during school holidays for young carers under 18 that offers support, a chance to meet other young carers, make friends, and trips and activities. Based at The Virginia House Centre, Peacock Lane, PL4 0DQ → Call 01752 204369 or email info@friendsandfamilies.org.uk or visit www.friendsandfamilies.org.uk/activities/fun-and-freedom

GamCare (Plymouth): Provides a range of support for people under 18 who are struggling with the impact of gambling on their lives (telephone, online, and face-to-face support offered). Their treatment is free, flexible, and confidential → Call 07931 548622 or email southwest@gamcare.org.uk or more information <https://www.gamcare.org.uk/get-support/find-local-treatment/>



Girl Guiding Devon: A leading charity for girls/young women in the UK aiming to give them a safe space to be themselves, have fun, build friendships, gain valuable life skills, and make a positive difference to their lives & communities. Offers services all across Devon, including meetings, holidays, activity days, and social evenings → More information <https://devonguides.org.uk/>

Hamoaze House: Runs a youth programme in Seymour House as part of their services, which aims to provide alternative education for young people (across the whole academic year) who have struggled to engage with the mainstream education system. Also offers activities and workshops → Call 01752 566100 or <https://hamoazehouse.org.uk/contact/> or visit <https://hamoazehouse.org.uk>

Health for Kids: (Part of LWSW) A website providing clear and concise health information for primary-school children, such as about healthy minds & bodies, and signposting to professional help and support from local services. Also provides info & advice for parents → Contact options available here <https://www.healthforkids.co.uk/contact-us/> or more information <https://www.healthforkids.co.uk>

Health for Teens: A website (designed by school nurses & health/wellbeing professionals) for those aged 11-19 that encourages them to learn about their health, by providing info and advice on topics like healthy eating, body image, managing stress, relationship advice, puberty, sexuality, and much more. Also provides movie clips, quizzes, links, and signposting to other services, including specialist services (for more serious illnesses) → Visit <https://www.healthforteens.co.uk/?location=Plymouth>

Hidden Lives Counselling and Support Hub: One of their main causes is Feeding Children; a lot of time and resources are spent on trying to tackle this problem → Call 07305 945643 or email hiddenlivesplymouth@gmail.com

Jeremiah's Journey: A Plymouth-based charity that provides free support to children, young people, parents and carers, who have experienced/about to experience a bereavement. Aims to ensure they are properly supported during this difficult experience → Call 01752 424348 or more information <https://jeremiahsjourney.org.uk/> **support for children:** <https://jeremiahsjourney.org.uk/about-us/what-we-do/children/> **teenagers:** <https://jeremiahsjourney.org.uk/about-us/what-we-do/teenagers/>

Junior Ability Counts: (Run by Argle Community Trust). Football sessions in a fun and inclusive environment for children aged 5-16 with any disability. Open to all abilities. Costs £4 per session. Every Monday 5-6pm (term time) at Manadon Sports Hub, Plymouth → Call 01752 562561 or email alice.young@pafc.co.uk or <https://argylecommunitytrust.co.uk/what-we-do/football/disability-football/>

Livewell Southwest: Provides information, support and signposting to further resources for children and teenagers on their physical and mental wellbeing → <https://www.livewellsouthwest.co.uk/health-for-kids> or <https://www.livewellsouthwest.co.uk/health-for-teens> or www.livewellsouthwest.co.uk under the 'Children & Young People' tab.

MoorVision: Provides support, activities and shared experiences for families of children and young people (aged 0-29) with vision impairment, including those with additional needs, across Plymouth. The activities offered include the child with vision impairment along with the whole family. Also runs residential trips, parent/carers training and other support sessions. They have a database of useful resources and a very busy Facebook page. They can provide advice on all aspects of your vision impaired child's care or signpost you to relevant organisations for further help → Call 01752 891934 or email info@moorvision.org or visit <https://www.moorvision.org>

Music Makers Plymouth: A care home entertainer that provides music activities around Plymouth for babies, toddlers, & children → Call 07748 303517 or email musicmakersplymouth@yahoo.com or visit <https://www.facebook.com/katysmusicmakersplymouth/>



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. Provides lots of information and research on health, child development, and caring for your child, as well as peer support programmes. Devon branches based in Plymouth and West Devon → Call 0300 330 0700 or visit <https://www.nct.org.uk/local-activities-meet-ups/plymouth-and-west-devon>

Not Alone: Provides support and advice for transgender and non-binary people aged 16+ in Plymouth. Aims to provide a safe place for sharing thoughts and feelings for those who need it. Any and all transgender and non-binary people welcome to join. Meet on Tuesday evenings 7-9pm in Plymouth → Email contact@notaloneplymouth.co.uk or visit <http://www.notaloneplymouth.co.uk>

Out Youth Group: A group (part of PCC) that provides a safe and welcoming environment for LGBTQ+ young people in Plymouth (and surrounding area) aged 11-19. It aims to create opportunities to meet new people, explore their identity, access support, build supportive networks, and have fun → Call 07774 336616 or email outyouth@plymouth.gov.uk or www.intercomtrust.org.uk/directory/listing/out-of-the-can

Plymouth Advocacy and Independent Visitor Service: (Part of Barnardo's): Provides advocates and Independent Visitors for children & young people aged 6-24 who are in care, have a disability, or are in vulnerable situations. Provides them with 1:1 support, and a voice in any meetings about them/their life → Call 01752 256339 or plymouthadvocacy@barnardos.org.uk or for more information visit here <https://www.barnardos.org.uk/what-we-do/services/plymouth-advocacy-and-independent-visitor-service>

Plymouth Sexual Assault Children's Referral Centre: A dedicated children's service for children up to 18 years old who have been sexually assaulted. Any child in Plymouth who has experienced sexual assault will be seen in their specialist paediatric service in Exeter. Every referral is reviewed by the clinical team, to make sure all health needs are addressed. They consider a broad range of support services for children and ensure appropriate onward referrals to relevant services. The process followed and support offered is dependent upon whether the assault took place more (non-recent) or less (recent) than 10 days ago. Those who have experienced recent assaults will receive urgent medical care, a forensic medical assessment, and emergency contraception if required → Call 0300 303 4626 or visit <https://sarchelp.co.uk/childrens-service/>

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 children of all ages and abilities → Visit <https://www.plymouthmusiczone.org.uk/> or visit here for their workshops <https://www.plymouthmusiczone.org.uk/what-we-do/>

Plymouth Young Carers Support Hub: Provides useful information and links to help Young Carers (under 18) provide amazing support to their friends, family and relatives → More information <https://www.plymouthonlinedirectory.com/childrenandfamilies/plymouthyoungcarers>

Rees Centre Wellbeing Hub: Part of Plymouth's Wellbeing Hub Network, the Rees Centre provides is aimed at improving health and wellbeing outcomes for the local community, and at reducing isolation. The Rees Centre provides a wide range of services and support, including activities, events, and workshops for children and young people. Based at Mudge Way, Plympton, Plymouth, PL7 2PS → Call 01752 340550 or email rcwbh@barnados.org.uk or visit www.barnardos.org.uk/get-support/services/rees-wellbeing-hub



Relate: Offers counselling for children & young people in Plymouth, which aims to support them with a range of problems and challenges, in a supportive way → Call 01752 213131 or email relateplymouth@googlemail.com or visit <https://www.relate.org.uk/what-we-do/counselling-services>

Sailing Tectona: Provides sail training opportunities for people of all ages and all backgrounds onboard Tectona, a traditional wooden sailing boat. Sailing Tectona inspires positive change in people's lives, and specifically work with young people as well as adults in recovery from mental health issues and addiction. Their voyages allow individuals to develop themselves as well as operate as part of a team? Communication and resilience are all developed daily whilst hoisting sails, navigating, and living on board. These skills often enable people to make positive changes in their lives after the voyage. Supports individuals and groups with funding for voyages where possible, and may be able to help with your voyage fees. Based in Wembury but is open to all → Call 01752 916015 or email info@sailingtectona.co.uk or visit <https://www.sailingtectona.co.uk/>

Simply Counselling CIC: Offers BACP Accredited counselling, both face-to-face and online, for children and young people experiencing issues such as anger, anxiety, bereavement, domestic abuse, and trauma (amongst other issues). Provides low-cost, affordable counselling thanks to funding and bursaries. Some people may be eligible for free counselling. Based in Plymouth but online sessions open to all. Sessions start at £35 per hour → Call 01752 560900 or 07568 323363 (Open Mon-Fri 9am-7pm and Sat 10am-2pm) or email simplycounsellingcic@gmail.com or for more information visit <https://www.simplycounselling.org/>

Southway Community Group: Set up to respond to the needs of the 13,000 people living in Southway and the immediately surrounding areas. Aims to create a community hub that enables local people to come together as a community, enjoy activities, develop friendships, and increase inclusion. Provides activities and events for people of all ages, including children and young people → Call 07704 668537 or email southwaycgc@outlook.com or visit <https://www.southwaycommunitygroup.co.uk/>

Stitch & Splodge: A Plymouth-based arts and crafts enterprise that offers children's parties, amongst other workshops and activities → Contact via <https://stitchandsplodge.co.uk/contact/> or visit <https://stitchandsplodge.co.uk>

The Jan Cutting Healthy Living Centre Wellbeing Hub: Part of Plymouth's Wellbeing Hub Network, the Healthy Living Centre is owned and operated by Wolseley Trust, and provides a meeting place and centre for community focus. Facilities provided include computer and Internet access, a multi-purpose hall and meeting rooms, and a community café. Provides a wide range of support aimed at children and young people. Based in Beacon Park Road, Plymouth, PL2 2PQ → Call 01752 203670 or email nickichinnock@wolseley-trust.org or visit <http://www.wolseley-trust.org>

The Pioneers Project: Aims to work with and support children & young people in Devon who are struggling with their social, emotional, and mental health, by giving them the opportunity to step out of their comfort zone in a safe manner, and help them to engage in interests and find hope → Call 01752 916016 or email info@thepioneersproject.co.uk or <https://thepioneersproject.co.uk/>

Time 4U: A service for young carers aged 18 or under, delivered by Hamoaze House, Plymouth City Council, and Barnardo's, that provides direct support to Young Carers and their families. Aims to streamline existing services, reduce duplication, combine and utilise skills & experience, and ensure even more children and young people benefit from a service. Open to anyone under 18 who is looking after a family member/friend who is ill, disabled, or is misusing drugs or alcohol. A trained person from the council or other linked organisation will talk you through your options, and how being a carer affects your life and wellbeing and your physical, mental, and emotional health. The referral process for all 3 services takes place through the Early Help Assessment Tool, with representatives from all 3 organisations assessing referrals. Linked to Caring for Carers at Improving Lives Plymouth. Also runs



a monthly fun and freedom club → Call 01752 668000 or email any of the following: Kerry.powell-tuckett@plymouth.gov.uk (Plymouth City Council); nicki.honey@barnados.org.uk (Barnardo's); projectworker@hamoazehouse.org.uk (Hamoaze House); gateway@plymouth.gov.uk (referrals) or visit <https://www.plymouthonlinedirectory.com/article/1815/Time-4-U>

Together For Childhood: An innovative, long-term project commissioned by NSPCC, that works with local communities and partnership organisations to prevent and tackle child abuse. TFC works collaboratively with a wide range of organisations, such as social care services, schools, and community groups, in order to provide evidence-based interventions for children and families facing adversity, and to achieve their goals of raising awareness of, and preventing, child (and domestic) abuse → Call 01752 422577 or visit <https://learning.nspcc.org.uk/services-children-families/together-for-childhood/>

Tracy Ede Counselling: Tracy has over 30 years' experience in the field of health, welfare and social care. She works flexibly with families including children & young people and is BACP Accredited. As an integrative therapist Tracy draws on different approaches in response to client needs. She always sees your wellbeing in a holistic way, paying attention to the many components that make up who you are, learning what help you need to rebalance your world. Tracy is also a Children's Accelerated Trauma Technique (CATT) Practitioner. Based at Unit 4, Lynher House, Bush Park, Plymouth, PL6 7RG → Call 07976 195133 or email tracyedecounselling@gmail.com or for more info visit <https://www.counselling-directory.org.uk/counsellors/tracy-edel>

Whiz Kids: A training provider based in Plymouth (but covers Devon & Cornwall) that provides activities, parties, and special celebration events for children and families → Call 01752 560360 or email info@wkuk.org or visit <https://www.wkuk.org/childrens-parties>

YMCA Plymouth: An education, health, and families charity that aims to support people in the local community through a wide range of activities and clubs for children and young people, including holiday clubs, sports clubs and activities, soft play, plus much more → Call 01752 201 918 (M-F 6.30am-9pm; Sa 8am-4pm; Su 9am-2pm) or email info@ymcaplymouth.org.uk or for more information visit <https://www.ymcaplymouth.org.uk/>

Youth Ascends: A service comprising children aged 9-25 years old with special education needs and disabilities, that acts to ensure young peoples' views are taken into account within strategic planning provision in Plymouth → Call 01752 258933 or email YPForum@plymouth.gov.uk or visit <https://www.plymouthias.org.uk/young-people-support/youth-ascends/>

Counselling Services

Barne Barton & St Budeaux Wellbeing Hub: Part of Plymouth's Wellbeing Hub Network, Barne Barton hub was launched in partnership with PCC, NHS Devon Clinical Commissioning Group, and Colebrook Southwest. These hubs aim to support people in their local communities through a wide range of support and services, in order to encourage people to make life choices that will support their health and wellbeing. Amongst many other things, Barne Barton hub provides counselling support and services. Based in William Sutton Memorial Hall, 6 Shelly Way, St Budeaux, Plymouth, PL5 1QF → Call 07890 257649, or email wellbeinghub@colebrooksw.org or for more information visit <https://williamsuttonhubs.org/wellbeing-hub/>

Bereavement Counselling Service: A specialist service for those people who have suffered a traumatic bereavement or who are suffering with complex grief. Accepts referrals for those whose grief has not been resolved in a reasonable period of time, and those whose bereavement is particularly distressing/traumatic → Call 01752 349769 or enquiries@bcsplymouth.com or more information <https://www.bcsplymouth.co.uk>



Breathe and Believe: A mental health service that offers several types of counselling and therapy, including Hypnotherapy, Psychotherapy, meditation, and life coaching. The individual running Breathe and Believe, Agnieszka, is a member of the National Council for Hypnotherapy, and the National Board for Modern Psychotherapy, and is also fully insured and enhanced DBS checked. Provides services in English and Polish → Call 07460 936330, email Agnieszka.breatheandbelieve@gmail.com or visit <https://www.facebook.com/profile.php?id=100085930926248>

Colin Davey Counselling: Provides online, ACCPH-Accredited counselling on a wide range of issues and difficulties. Their online therapy services provide a safe and nurturing space for you to explore, heal, and grow, and ensure that people accessing their services feel relaxed, reassured, and comfortable every step of the way. Sessions are 60 minutes and cost £55 → Call 07411 202027 or email hello@talktocolin.co.uk or visit <https://www.talktocolin.co.uk/>

Counselling Directory: A free directory of all available counselling services and therapists in Plymouth → Visit <https://www.counselling-directory.org.uk/search.php?search=Plymouth>

Hamoaze House: Offers counselling as part of its services, for anyone struggling with alcohol and/or substance misuse → Call 01752 566100 or contact via <https://hamoazehouse.org.uk/contact/> or <https://hamoazehouse.org.uk>

Hidden Lives Counselling and Support Hub: A counselling service for those with hidden disabilities, chronic illnesses, and chronic pain conditions. Sessions priced between £15 and £25. Offers a non-judgemental, safe space for clients, and allows them to express their feelings and fears → Call 07305 945643 or email hiddenlivesplymouth@gmail.com

Horizon Counselling Services: Offers talking therapy & counselling for under 18s, bereavement, anxiety, and depression, amongst other issues. £50 per session; 10% discount for armed forces, emergency services personnel, NHS staff, and uni staff & students → Call 01752 221119 or email info@horizonplymouth.co.uk or <https://www.horizonplymouth.co.uk/>

Livewell Southwest: Livewell's integrated community therapy teams provide therapy for adults in the community; offers to see people at their home (or care setting). Types of professionals within this service include occupational therapists, speech and language therapists, physios, and therapy support workers → <https://www.livewellsouthwest.co.uk/community-care/community-therapies>

Marriage Care: Offers relationship counselling and more, Marriage Care specialises in helping couples build and sustain strong, fulfilling, healthy relationships, and providing support for relationship difficulties. 50 minute sessions, either online or via telephone. £15 registration fee. Counselling sessions are paid for by donations → Call 0800 3893801 (Relationship Counselling helpline M-Th 9am-6pm) or email appointments@marriagecare.org.uk or <https://www.marriagecare.org.uk/how-we-help/relationship-counselling/>

New Hope Counselling: A BACP Accredited counselling service that offers online, telephone, and in-person counselling on a wide range of issues and difficulties, including but not limited to anxiety, bereavement, loss, trauma, abuse, disability, serious illness, and relationship difficulties. Types of counselling offered include talking therapy and EMDR therapy. Initial free 15-minute telephone consultation offered. Counselling sessions typically last 60 minutes; first session costs £25; sessions after this cost £45. Some discounts offered. Based in Plymouth but online sessions open to anyone → Call 07429 317775 or contact via <https://newhopecounselling.co.uk/contact/> or for more information <https://newhopecounselling.co.uk>

Personal & Relationship Counselling: A private practice with almost 3 decades of experience in providing counselling and psychotherapy (using multiple approaches) for a wide range of issues, for both individuals and couples. Can also provide support via Zoom if required. Sessions cost £50 per 60-



miniute session (individuals), or £65 per 60-minute session (couples) (some discounts available) → Call 01752 262000 or email plymouthcounselling@gmail.com or <https://plymouthcounselling.com>

Plymouth Options: (Part of Livewell Southwest) A free, confidential, NHS talking therapy service for people aged 16+ in Plymouth, as part of the IAPT programme. Aims to give people the tools and techniques to improve their mental and physical wellbeing. Accepts self-referrals → Call 01752 435419 or email livewell.plymouthoptions@nhs.net or <https://www.livewellsouthwest.co.uk/plymouth-options>

Plymouth Sexual Assault Referral Centre: A service whose staff are specially trained to support anyone who has been sexually assaulted, whether recently or in the past. Provides a wide range of support to men and women of any age, including counselling services for victims of sexual assault. Based at a safe location in Estover → Call 0300 303 4626 or visit <https://sarchelp.co.uk/plymouth-sarc/>

Plymouth Wellbeing Centre: Plymouth Wellbeing Centre is a one stop shop for all things holistic, self-care & wellbeing. PWC are a group of self-employed therapists who take pride in their work and their centre. Services offered include BACP-Accredited counselling services. Based at Units 3 & 4, Lynher House, Bush Park, Plymouth, PL6 7RG → Call 07525 930067 or email hello@wellbeingplymouth.co.uk or visit <https://wellbeingplymouth.co.uk/counselling>

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 counselling on a wide range of issues, such as pregnancy choices counselling, post-abortion counselling, and baby loss counselling. 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/>

Red Rock Counselling: Offers 1-1 in person and online counselling for anyone over 18 (across Plymouth, Dawlish, & Paignton), for a wide range of issues, including anxiety, bereavement, and depression. Paige is an accredited member of the National Counselling and Psychotherapy Society. Offers a wide range of availability for online sessions Monday-Saturday. In-person sessions in Plymouth are available Mon 6-9pm, Weds 10am-12pm, and Fri 10am-12pm, at Stitch and Splodge, 32 Devonport Road, Stoke Plymouth, PL3 4DH → Call 07447 914 631, email paige.rideout20@gmail.com or visit www.redrockcounselling.co.uk

Rehab 4 Addiction: Although primarily a drug and alcohol treatment service, R4A also provides an extensive list of counselling and different types of therapy for a wide range of issues, including alcohol/substance misuse, eating disorders, and mental illness. Operates all across Devon → Call 0800 140 4690 or email info@rehab4addiction.co.uk or <https://www.rehab4addiction.co.uk/addiction-treatment>

Relate: Provides an affordable range of counselling services across Plymouth (including relationship/family difficulties). Relies on client contributions to fund services. Average length of sessions is 6-8 weeks. No tie-in period or minimum number of sessions required. Booking initial consultation recommended → Call 01752 213131 or email relateplymouth@googlemail.com or visit <https://www.relate.org.uk/what-we-do/counselling-services>

SALT (Sexual Abuse Listening Therapy): A service based in Plymouth that provides therapy for individuals, couples, carers, and families for childhood & sexual abuse. Any adult who has experienced childhood sexual abuse can self-refer (don't accept referrals from third parties) → Call 01752 600599 or email email@saltsouthwest.co.uk or www.saltsouthwest.co.uk

Surviving Abuse Northern Devon (SAND): (Previously Survivors Alliance North Devon) A confidential, low-cost specialist counselling & support service in Barnstaple, for adults who have experienced historical or recent sexual abuse. This service is also available to friends and family



members who are in a supporting role for the individual. They take referrals directly from clients and/or support working or referring agencies → For referrals, contact Sarah on 07763 617693 or email referrals@survivingabuse.org.uk or visit <https://www.survivingabuse.org.uk/>

Simply Counselling CIC: Offers BACP Accredited counselling, both face-to-face and online, for a wide range of issues, including but not limited to: anger management, anxiety, bereavement, domestic abuse, health and wellness, relationships, sexual abuse, and trauma. Provides low-cost, affordable counselling thanks to funding and bursaries. Some people may be eligible for free counselling. Based in Plymouth but online sessions open to all. Sessions start at £35 per hour → Call 01752 560900 or 07568 323363 (Open Mon-Fri 9am-7pm and Saturdays 10am-2pm) or email them at simplycounsellingcic@gmail.com or visit <https://www.simplycounselling.org/>

The Jan Cutting Healthy Living Centre Wellbeing Hub: Part of Plymouth's Wellbeing Hub Network, the Healthy Living Centre is owned and operated by Wolseley Trust, and provides a meeting place and centre for community focus. Facilities provided include computer and Internet access, a multi-purpose hall and meeting rooms, and a community café. Provides a wide range of support, including counselling services. Based in Beacon Park Road, Plymouth, PL2 2PQ → Call 01752 203670 or email nickichinnock@wolseley-trust.org or visit <http://www.wolseley-trust.org>

The Loss Counsellor Plymouth: An online counselling service for teenagers and adults across Plymouth (and surrounding areas), that specialises in bereavement and loss (amongst other issues such as anxiety and trauma). Sessions run on Mondays + Tuesdays, costs £35 per session → Call 07510 367296 or email thelosscounsellor@gmail.com or www.thelosscounsellorplymouth.com

Tracy Ede Counselling: Tracy has over 30 years' experience in the field of health, welfare and social care. She works flexibly with families including children & young people, clients with neurodiversity, and couples in crisis. Tracy is BACP Accredited. As an integrative therapist Tracy draws on different approaches in response to client needs. She always sees your wellbeing in a holistic way, paying attention to the many components that make up who you are, learning what help you need to rebalance your world. Based at Unit 4, Lynher House, Bush Park, PL6 7RG → Call 07976 195133 or email tracyedecounselling@gmail.com or visit <https://www.counselling-directory.org.uk/counsellors/tracy-ed>

Criminal Justice

CASS+: Offers free advice and support to anyone going through the courts in Devon & Cornwall (including Plymouth), including to vulnerable people at risk of, or have been processed through, the Criminal Justice System (CJS) (especially those not eligible for Legal Aid). Open to both victims and offenders, and to individuals or their loved ones seeking advice → Call 01752 601153 or 01752 206187 (M-F 9.30-4.30) or <https://www.cassplus.org/> or contact via <https://www.cassplus.org/contact-us/>

Prisoners' Families Helpline: Provides advice and information to those across England and Wales who have a family member in contact with the CJS; operated by Prison Advice and Care Trust. All calls are free, from landlines and mobiles, and are confidential → Call 0800 8082003 or email info@prisonersfamilies.org or <https://www.prisonersfamilies.org>

University of Plymouth: The Community and Primary Care Research Group at Plymouth Uni are substantially invested in research related to the offender population. They aim to help people in prison about to be/following release(d), in order to design and trial new interventions, and conduct service evaluations, in order to reduce their access to the CJS, and improving outcomes → <https://www.plymouth.ac.uk/research/primarycare/criminal-justice>

Crisis Support



First Response: A 24/7 crisis line providing advice, support and signposting for people experiencing mental health difficulties (available to anyone in Plymouth) → Call 111 (mental health option) or visit <https://www.livewellsouthwest.co.uk/inpatient-mental-health-neurology/first-response-24-7-helpline>

Headspace: An out-of-hours service for those in/approaching a mental health crisis (provides non-clinical settings), across different hubs in Plymouth. Not open to those experiencing acute mental ill health/psychotic episode, or anyone exhibiting aggressive/violent behaviour → Call 07890 257614 or email headspace@colebrooksw.org or <https://www.colebrooksw.org/head-space/>

Heal Your Confidence CIC: Provides holistic and personalised online support for neurodivergent adults, both diagnosed and suspected/undiagnosed, with conditions such as ADHD, autism, dyslexia, and dyspraxia. HYC offers screenings, 1-1 support sessions, and coaching. Also offers group and leadership support, and crisis support. Covers Plymouth, Devon, Cornwall, and the UK → Call 07476 946 303 or email hello@healyourconfidence.com or visit www.healyourconfidence.com

Marriage Care: Provides information, advice, and signposting to other services for people who may be experiencing a crisis (women, domestic abuse victims, young people, people with poor mental health) → More information <https://www.marriagecare.org.uk/crisis-support/>

Plymouth Foodbank: (Part of Trussell Trust) Provides three days' nutritionally balanced emergency food and support to local people who are referred to them in crisis. Part of a nationwide network of foodbanks, supported by The Trussell Trust, working to combat poverty and hunger across the UK → Call 01752 254981 or email info@plymouth.foodbank.org.uk or <https://plymouth.foodbank.org.uk/>

Plymouth Sexual Assault Referral Centre: A service whose staff are specially trained to support anyone who has been sexually assaulted, whether recently or in the past. Provides a wide range of support to men and women of any age, including crisis support for victims of sexual assault. Based at a safe location in Estover → Call 0300 303 4626 or visit <https://sarchelp.co.uk/plymouth-sarc/>

Pregnancy Crisis Care: A Plymouth-based charity that aims to help women and their partners with any pregnancy-related crisis, by providing free, confidential, impartial support, and counselling. Services are free and provided in line with BACP code of ethics and practice → Call 01752 246788 or email contact@pregnancycrisiscare.org.uk or <https://www.pregnancycrisiscare.org.uk/>

Debt & Money Management

Barne Barton & St Budeaux Wellbeing Hub: Part of Plymouth's Wellbeing Hubs Network, Barne Barton hub was launched in partnership with PCC, NHS Devon Clinical Commissioning Group, and Colebrook Southwest. These hubs aim to support people in their local communities through a wide range of support and services, in order to encourage people to make life choices that will support their health and wellbeing. Amongst many other things, Barne Barton hub provides support and guidance for debt and financial issues. Based in William Sutton Memorial Hall, 6 Shelly Way, St Budeaux, Plymouth, PL5 1QF → Call 07890 257649, or email wellbeinghub@colebrooksw.org or for more information <https://williamsuttonhubs.org/wellbeing-hub/>

Better Futures: (Part of Improving Lives Plymouth) Amongst other services, Better Futures offers support with bills (including help with letters and form filling) for adults aged 18+ with autism or learning disabilities, as well as a workshop based in Mannamead Wellbeing Hub, aimed at helping people to improve their money management. Based at 156 Mannamead Road, Plymouth, PL3 5QL → Call Better Futures on 01752 776775 or email betterfutures@improvinglivesplymouth.org.uk or for more information visit <https://www.improvinglivesplymouth.org.uk/better-futures-learning-disability-support-advice>



Citizens Advice Plymouth: As part of its services, CAP offers a range of free, impartial information, advice, and resources relating to debt and money management, including campaigns such as Pension Wise and the Utility Warehouse project → Call 0808 278 7910 (advice queries) or 0800 138 2944 (Pension Wise enquiries) or more information <https://citizensadviceplymouth.org.uk/our-services/>

Four Greens Community Trust: Part of Plymouth's Wellbeing Hub Network, FGCT works in partnership with the local community to develop a diverse range of quality services and opportunities that promote economic regeneration and reduce social and health inequalities and isolation. Provides a wide range of services, including advice and support around debt and finances. Based at 15 Whitleigh Green, Plymouth, PL5 4DD → Call 01752 875916 or email facilities@fgct.co.uk or visit <https://www.fourgreenscommunitytrust.co.uk/advice-information>

One Stop Advocacy: Provides advice and assistance with relating to debt, including correspondence and assessments. Operates Mon, Wed, and Fri (9-4). Reasonable rates offered → Call 07464 106903 or visit <https://gazelle-endive-y7hc.squarespace.com/>

Pension Wise: A service from Citizens Advice Plymouth (one of 50 PW delivery centres), that offers face-to-face guidance, choice, and freedom for people wanting to make sense of their pension choices → Call 0800 138 2944 or more information <https://citizensadviceplymouth.org.uk/pension-wise/>

Plymouth Food Aid Network: A collaboration of food support providers, local growers, distributors, retailers and organisations all seeking to end food insecurity across the city. The PFAN began in 2018, and actively seeks to offer fair access to healthy and appropriate food support across Plymouth communities. Also provides info and support around the cost-of-living crisis → Visit www.pfan.org/support

Rees Centre Wellbeing Hub: Part of Plymouth's Wellbeing Hub Network, the Rees Centre provides is aimed at improving health and wellbeing outcomes for the local community, and at reducing isolation. The Rees Centre provides a wide range of services, including debt and money advice and signposting. Based at Mudge Way, Plympton, Plymouth, PL7 2PS → Call 01752 340550 or email rcwbh@barnados.org.uk or visit www.barnados.org.uk/get-support/services/rees-wellbeing-hub

Seetec Pluss: Offers a wide range of support, training, resources, and signposting for those based in Plymouth looking to get back into employment. Helps with job applications, CVs, interview skills, support with learning and managing your new work routine, in-work support for both you and your employer (including advice and funding towards workplace adjustments), and benefits and money advice, plus much more. Runs several different employability programmes – including the Work and Health Programme, and the Pioneer Programme → Call 0800 334 5525 or email customer.admin@seetecpluss.co.uk or visit <https://seetec.co.uk/>

The Village Hub: A Charitable Community Benefit Society, run for charitable purposes, by its members who live and work in the Electoral Wards of Stoke & Devonport, and overseen by its directors. Their mission is to build on existing community spirit, working with local people to provide them with plentiful opportunities to connect through learning, signposting, cultural activities, and having fun and safe environment. Offers a wide range of support, including support and drop-ins for money/financial issues → Call 07859 955349 or email hello@thevillagehub.org.uk or for information on drop-ins <https://www.thevillagehub.org.uk/signposting/> or more info www.thevillagehub.org.uk

Utility Warehouse Project: (Part of Citizens Advice Bureau) Supports those experiencing, or at risk of, fuel poverty, or financial hardship. Through advisers and caseworkers, provide holistic debt advice, including budgeting, benefit eligibility, and energy efficiency. Can also support people with the £150 finance scheme or debt write-off through their Customer Support Scheme → Call 0333 7770777 or visit <https://citizensadviceplymouth.org.uk/our-services/> (under 'Utilities Support').



Wellbeing Hubs: (Part of Livewell Southwest) Aim to improve the health and wellbeing outcomes for local people, and to reduce inequalities in health and wellbeing, inclusive of debt and money advice → Call 01752 434400 (Cumberland Centre), or <https://www.livewellsouthwest.co.uk/wellbeing-hub>

Dementia

Active Men: (Part of Elder Tree) A service that supports and engages with men who have limited access to social activities, or who may be living with Dementia and other long-term conditions. Offers sports-based social sessions, and activities (such as walking groups & games) that encourage men to build friendships and socialise with others. Self-referrals accepted → Call 01752 227447 or email admin@eldertreebefriending.co.uk or <https://eldertreeplymouth.co.uk/pages/active-men/114>

Age Positive: A project facilitated by Improving Lives Plymouth and based in Mannamead Wellbeing Hub, Age Positive is aimed at over 65's to reduce frailty/fatigue and social isolation through activities, clubs, meet-ups, and support & guidance. Activities offered includes a Gentle Tai Chi class, and dementia courses → Call 07305 006511 or email danny.phillips@improvinglivesplymouth.org.uk or visit www.improvinglivesplymouth.org.uk/age-positive

Edgcombe Unit: (Mount Gould Hospital) Offers a safe and secure environment for those at the most vulnerable stages of dementia/cognitive impairment, providing personalised care based on thorough and continuous assessment of individual needs as part of the Dementia Pathway → Call 01752 4355502 or <https://www.livewellsouthwest.co.uk/inpatient-mental-health-neurology/edgcombe>

Elder Tree Befriending: A service that supports those aged 50+ living in Plymouth to live full and independent lives in their homes. Provide over 90 innovative health and social engagement activities, and volunteers for those who are especially vulnerable/isolated. Also provides support for dementia-related illnesses. Self-referral, family referral, and organisational referral all accepted → Call 01752 227447 or email admin@eldertreebefriending.co.uk or <https://eldertreeplymouth.co.uk/>

Helping Hands Plymouth: One of the UK's top providers for elderly care at home, HHP aims to work with people and their family to provide person-centred care to individuals living with dementia, Alzheimer's, or those who have suffered a spinal injury or stroke. Also offer home visits → Call 01752 424406 or <https://www.helpinghandshomecare.co.uk/our-locations/plymouth/>

Moments Café and Memory Matters Hub: A Social Enterprise based in the heart of Plymouth City Centre, offering a safe environment for people to meet, eat, and socialise. Memory Matters Hub (MMH) (on the first floor) offers workshops, respite, and activity sessions for people living with dementia. Other groups and workshops offered by local services and organisations → **Moments Café contact details:** 01752 219810 or moments@memorymatters.org.uk **MMH contact details:** 01752 243333 or cyana@memorymatters.org.uk **Website:** <https://moments-cafe.com/>

Depression

Devon Mind: Runs a depression support group, that helps people to develop ways of coping with their depression through shared experiences. Currently operating two separate groups, one on the 1st Wednesday of each month from 1.30pm, the other on the 3rd Wednesday of every month from 1.30pm (TBC) → Call 01752 512280 or email hello@devonmind.com or for more information <https://www.devonmind.com/find-help/groups>

Heal Your Confidence CIC: Provides holistic and personalised online support for neurodivergent adults, both diagnosed and suspected/undiagnosed, with conditions such as ADHD, autism, dyslexia, and dyspraxia. HYC offers screenings, 1-1 support sessions, and coaching. Also offers group and



leadership support, and support around depression. Covers Plymouth, Devon, Cornwall, and the UK → Call 07476 946 303 or email hello@healyourconfidence.com or visit www.healyourconfidence.com

Livewell Southwest: Offers different support and resources for people experiencing depression, including crisis helplines (First Response), counselling (Plymouth Options), and other services → Call 01752 435502 or visit <https://www.livewellsouthwest.co.uk/inpatient-mental-health-neurology>

Marbles Lost and Found: A CIC that offers mental health support and awareness, peer support groups, information, and resources on a wide range of conditions/disorders, including depression. Search for services in your area using the 'Local Services' tab → Email Nicky at enquiries@marbleslostandfound.co.uk or contact via <https://www.marbleslostandfound.co.uk/contact-us> or more information <https://www.marbleslostandfound.co.uk/>

New Hope Counselling: A BACP Accredited counselling service that offers online, telephone, and in-person counselling on a wide range of issues and difficulties, including depression and low mood. Types of counselling offered include talking therapy and EMDR therapy. Initial free 15-minute telephone consultation offered. Counselling sessions typically last 60 minutes; first session costs £25; sessions after this cost £45. Some discounts offered. Based in Plymouth but online sessions open to anyone → Call 07429 317775 or contact via <https://newhopecounselling.co.uk/contact/> or visit their website <https://newhopecounselling.co.uk>

PADS (Plymouth, Anxiety, Depression Support): An informal mental health support group run by adults with mental health issues, including depression and anxiety, for adults with mental health issues. Provides a safe space for them to meet and talk about their issues → Call 07902 528562 or email kerrymcmanus78@yahoo.co.uk

Personal & Relationship Counselling: A private practice with almost 3 decades of experience in providing counselling and psychotherapy (using multiple approaches) for a wide range of issues, including depression. Can also provide support via Zoom if required. Sessions cost £50 per 60-minute session (some discounts available) → Call 01752 262000 or email plymouthcounselling@gmail.com or more information <https://plymouthcounselling.com>

Red Rock Counselling: Offers 1-1 in person and online counselling for anyone over 18 (across Plymouth, Dawlish, & Paignton), for a wide range of issues, including issues around depression. Paige is an accredited member of the National Counselling and Psychotherapy Society. Offers a wide range of availability for online sessions Monday-Saturday. In-person sessions in Plymouth are available Mon 6-9pm, Weds 10am-12pm, and Fri 10am-12pm, at Stitch and Splodge, 32 Devonport Road, Stoke, PL3 4DH → Call 07447 914 631, email paige.rideout20@gmail.com or visit www.redrockcounselling.co.uk

Rehab 4 Addiction: Although primarily a drug and alcohol treatment service, R4A also provides extensive information, advice, and support for anyone experiencing depression/a depressive disorder. Includes information on causes, symptoms, types of depression, and signposting to sources of support. Operates all across Devon → Call 0800 140 4690 or email info@rehab4addiction.co.uk or <https://www.rehab4addiction.co.uk/mental-health/depression-rehab>

Simply Counselling CIC: Offers BACP Accredited counselling, both face-to-face and online, for a wide range of issues, including depression. Provides low-cost, affordable counselling thanks to funding and bursaries. Some people may be eligible for free counselling. Based in Plymouth but online sessions open to all. Sessions start at £35 per hour → Call 01752 560900 or 07568 323363 (Open Mon-Fri 9am-7pm and Saturdays 10am-2pm) or email simplycounsellingcic@gmail.com or visit their website <https://www.simplycounselling.org/>

Trauma Informed Plymouth Network: TIPN is a collaborative, community network that welcomes all individuals who have experienced childhood/late life adversity, and/or trauma. Anyone affected by



adversity or trauma, including those with depression, can join the TIPN as a member, and/or access support, resources, and attend events, all of which aim to help make Plymouth a trauma-informed city. Based in Plymouth but open to anyone → Email info@tipn.org or contact them here <https://traumainformedplymouth.org/contact-us/> or visit <https://traumainformedplymouth.org/>

Domestic & Sexual Abuse

Ahimsa: Offers a programme (including in-depth counselling, safety advice, and information) to perpetrators of domestic abuse/violence across Devon & Cornwall; open to any adult who wants to change their abusive behaviour and is able to engage in the programme. Also provides emotional support, information, and safety advice to the partners and ex-partners of those on the programme → Call 01752 21353 (M, T, W 9-5; T + F 9-2), email enquiries@ahimsa.org.uk or more information <https://www.ahimsa.org.uk/>

Baby Basics: A volunteer-led project aiming to support new mothers and families who are struggling to meet the financial and practical burden of looking after a new baby. There is an ever-increasing network of Baby Basics centres across the country each staffed by a committed team of volunteers. Baby Basics provides much needed essentials and equipment to mothers and families who are unable to provide these items for themselves; including but not limited to teenage mums, people seeking asylum and women fleeing domestic abuse and trafficking → Call 07598 214530 or email babybasicsplymouth@gmail.com or visit <https://baby-basics.org.uk/>

CASS+: A charity that provides information, advice, and support for a wide range of issues for those facing the criminal justice system, including domestic abuse → Call 01752 601153 or 01752 206187 (M-F 9-4.30) or visit <https://www.cassplus.org/about-us/> or contact <https://www.cassplus.org/contact-us/>

First Light: A collective hub of services aimed at supporting victims of sexual abuse/harm across Devon and Cornwall (and other Southwest areas). Self-referral only. All services offered can be found here <https://www.firstlight.org.uk/make-a-referral/>

Home Start (South & West Devon): Primarily supports families with young children/children under 18 across Devon (including Plymouth). Also offers a 12-week 'Own My Life' course for women who have suffered domestic abuse, using a trauma-informed approach, and a 6 week Own My Life group add-on, to encourage peer support networks. A rolling programme, delivered via Zoom → Call 07307 873163 or email homestart.shpt@gmail.com or <https://homestart-southandwestdevon.org.uk/our-services/>

Little Sanctuary: A brand-new (as of June 2026) trauma-informed, safe, and protected space/ service for women who have experienced or faced addiction, childhood trauma, domestic abuse, and homelessness. Little Sanctuary is unique in that it is open to women who other services may deem 'too complex', or who may otherwise be excluded from existing services. Little Sanctuary is based at Greenspace on Mutley Plain and has been developed through a partnership between Transforming Plymouth Together, Greenhouse Community Project CIC, and community leader, Norma Mullaniff. Little Sanctuary aims to provide a warm and relational space where women can feel safe, build trusting relationships, and heal from trauma at their own pace → Email fiona@greenspacehub.co.uk or visit www.transformingplymouthtogether.org.uk/little-sanctuary

Marbles Lost and Found: A CIC that offers support and awareness, peer support groups, information, and resources on a wide range of difficulties, including domestic abuse. Search for services in your area using the 'Local Services' tab → Email enquiries@marbleslostandfound.co.uk or contact via <https://www.marbleslostandfound.co.uk/contact-us> or more information <https://www.marbleslostandfound.co.uk/>



New Hope Counselling: A BACP Accredited counselling service that offers online, telephone, and in-person counselling on a wide range of issues and difficulties, including domestic abuse. Types of counselling offered include talking therapy and EMDR therapy. Initial free 15-minute telephone consultation offered. Counselling sessions typically last 60 minutes; first session costs £25; sessions after this cost £45. Some discounts offered. Based in Plymouth but online sessions open to anyone → Call 07429 317775 or <https://newhopecounselling.co.uk/contact/> or <https://newhopecounselling.co.uk>

Operation Emotion: A Plymouth based charity that provides services for adult male survivors of sexual abuse (across Devon & Cornwall), linking with specialist organisations where appropriate and using a trauma-informed approach. They do not work with perpetrators of sexual abuse. Provides a range of services and programmes, including peer-led groups and educational opportunities → Call 07539 810096 or 07837 321514 or email opem@pm.me or <https://operationemotion.co.uk/contact>

PDAS (Plymouth Domestic Abuse Services): Provides practical, non-judgemental support, advice, and protection for all victims of domestic abuse (individuals and families) in the Plymouth area, including confidential advice, 1-1 and group support sessions → Call 01752 562289 (M-F 9-5) or more information <https://www.sanctuary-supported-living.co.uk/find-services/domestic-abuse/devon/plymouth-domestic-abuse-services-pdas>

PLYMOUTH.GOV: Provides information, support, and advice, and signposting to other services, for victims of domestic abuse → More information available <https://new.plymouth.gov.uk/domestic-abuse>

Plymouth Sexual Assault Referral Centre: A service whose staff are specially trained to support anyone who has been sexually assaulted, whether recently or in the past. Provides a wide range of support to men and women of any age, including crisis support for victims of sexual assault. Based at a safe location in Estover → Call 0300 303 4626 or visit <https://sarchelp.co.uk/plymouth-sarc/>

Plymouth Sexual Assault Children's Referral Centre: A dedicated children's service for children up to 18 years old who have been sexually assaulted. Any child in Plymouth who has experienced sexual assault will be seen in their specialist paediatric service in Exeter. Every referral is reviewed by the clinical team, to make sure all health needs are addressed. They consider a broad range of support services for children and ensure appropriate onward referrals to relevant services. The process followed and support offered is dependent upon whether the assault took place more (non-recent) or less (recent) than 10 days ago. Those who have experienced recent assaults will receive urgent medical care, a forensic medical assessment, and emergency contraception if required → Call 0300 303 4626 or visit <https://sarchelp.co.uk/childrens-service/>

SALT (Sexual Abuse Listening Therapy) Southwest: A Plymouth-based charity that supports adult survivors of childhood sexual abuse, and offers a small number of sessions to 'significant others' (partners/close friends/supporters). Committed to supporting the lived experience of healing from trauma. Self-referrals accepted (any adult who has experienced childhood sexual abuse before age 16) → Call 01752 600599 or text 07469 200256 (referrals) or email@saltsouthwest.co.uk or <https://www.saltsouthwest.co.uk/>

Simply Counselling CIC: Offers BACP Accredited counselling, both face-to-face and online, for a wide range of issues, including domestic and sexual abuse. Provides low-cost, affordable counselling thanks to funding and bursaries. Some people may be eligible for free counselling. Based in Plymouth but online sessions open to all. Sessions start at £35 per hour → Call 01752 560900 or 07568 323363 (Open Mon-Fri 9am-7pm and Saturdays 10am-2pm) or email simplycounsellingcic@gmail.com or visit <https://www.simplycounselling.org/>

Together For Childhood: An innovative, long-term project commissioned by NSPCC, that works with local communities and partnership organisations to prevent and tackle domestic (and other types of)



abuse. TFC works collaboratively with a wide range of organisations, such as social care services, schools, and community groups, in order to provide evidence-based interventions for children and families facing adversity, and to achieve their goals of raising awareness of, and preventing, child (and domestic) abuse → Call 01752 422577 or visit <https://learning.nspcc.org.uk/services-children-families/together-for-childhood/>

WISER: Women in Safe and Empowering Relationships: A service provided by Plymouth Highbury Trust, WISER provides advocacy for women in Plymouth with learning disabilities, or borderline learning disabilities who are affected by domestic abuse. Professionals can fill out referral forms for women wishing to access their service → Call 01752 773333, email abi.dart@plymouthhighburytrust.org.uk or visit <https://plymouthhighburytrust.org.uk/advocacy/the-view/wiser/>

Eating Disorders

Eating Disorder Service Plymouth: Offers advice and or support to professionals via phone or email, who wish to make a referral to their service on a client's behalf (covers Plymouth and West Devon) - Call 01752 228027 or email general.admin@eatingdisorderserviceplymouth.co.uk or more information <https://www.eatingdisorderserviceplymouth.co.uk/>

Heal Your Confidence CIC: Provides holistic and personalised online support for neurodivergent adults, both diagnosed and suspected/undiagnosed, with conditions such as ADHD, autism, dyslexia, and dyspraxia. HYC offers screenings, 1-1 support sessions, and coaching. Also offers group and leadership support, and support around eating disorders. Covers Plymouth, Devon, Cornwall, and the UK → Call 07476 946 303 or email hello@healyourconfidence.com or visit their website www.healyourconfidence.com

Rehab 4 Addiction: Although primarily a drug and alcohol treatment service, R4A also provides extensive information, advice, and support for anyone with an eating disorder (including anorexia and bulimia). This includes information on causes, symptoms, types of EDs, and available treatment options. Operates all across Devon → Call 0800 140 4690 or email info@rehab4addiction.co.uk or <https://www.rehab4addiction.co.uk/mental-health/eating-disorder-rehab>

Qwell: Provides information, resources, and signposting for eating disorder sufferers. Requires a log in to access this support → More information <https://www.qwell.io/>

Trauma Informed Plymouth Network: TIPN is a collaborative, community network that welcomes all individuals who have experienced childhood/late life adversity, and/or trauma. Anyone affected by adversity or trauma, including those with eating disorders, can join the TIPN as a member, and/or access support, resources, and attend events, all of which aim to help make Plymouth a trauma-informed city. Based in Plymouth but open to anyone. Not a crisis service → Email info@tipn.org or contact <https://traumainformedplymouth.org/contact-us/> or visit <https://traumainformedplymouth.org/>

Elderly Adult Support

Age Positive: A project facilitated by Improving Lives Plymouth and based in Mannamead Wellbeing Hub, Age Positive is aimed at over 65's to reduce frailty/fatigue and social isolation through activities, clubs, meet-ups, and support & guidance. Activities offered includes a Gentle Tai Chi class, and dementia courses → Call 07305 006511 or email danny.phillips@improvinglivesplymouth.org.uk or visit www.improvinglivesplymouth.org.uk/age-positive

CityCare Southwest: A service that provides care at home, and respite, for the elderly. They are passionate about providing the highest quality care and support, from their highly skilled, friendly, staff. They offer support with a range of tasks and activities, including meal preparation, medication, and



personal care. Based at Studio 1, Plumer House, Tailyour Road, PL6 5DH → Call 01752 545122 (M-F, 9-5, & out of hours), or email office@citycaresw.co.uk or visit <https://www.citycaresw.co.uk/>

Cothele Unit: (Part of Livewell Southwest) an inpatient care service for people, mainly over the age of 65, who have functional mental health issues (e.g. depression, schizophrenia, anxiety) and are experiencing the worst phase of their illness. Their multidisciplinary team offer daily support and therapeutic activities aimed at boosting peoples' independence and self-esteem → Call 01752 435502 or visit www.livewellsouthwest.co.uk/inpatient-mental-health-neurology/cothele

Edgcumbe Unit: (Mount Gould Hospital) Offers a safe and secure environment for those at the most vulnerable stages of dementia/cognitive impairment, providing personalised care based on thorough and continuous assessment of individual needs as part of the Dementia Pathway → Call 01752 4355502 or <https://www.livewellsouthwest.co.uk/inpatient-mental-health-neurology/edgcumbe>

Elder Tree Befriending: A service that supports those aged 50+ living in Plymouth to live full and independent lives in their homes. Provide over 90 innovative health and social engagement activities, and volunteers for those who are especially vulnerable/isolated. Also provides support for dementia-related illnesses. Self-referral, family referral, and organisational referral all accepted → Call 01752 227447 or email admin@eldertreebefriending.co.uk or <https://eldertreeplymouth.co.uk/>

Four Greens Community Trust: Part of Plymouth's Wellbeing Hub Network, FGCT works in partnership with the local community to develop a diverse range of quality services and opportunities that promote economic regeneration and reduce social and health inequalities and isolation. Provides a wide range of community support and services, such as activities, clubs, courses, volunteering opportunities, and workshops for people of all ages, including elderly adults. Also offers support around energy bills for over 65s. Based at 15 Whiteleigh Green, Plymouth, PL5 4DD → Call 01752 875916 or email facilities@fgct.co.uk or visit <https://www.fourgreenscommunitytrust.co.uk/advice-information>

Helping Hands Plymouth: One of the UK's top providers for elderly care at home, HHP aims to work with people and their family to provide person-centred care to individuals living with dementia, Alzheimer's, or those who have suffered a spinal injury or stroke. Also offer home visits → Call 01752 424406 or <https://www.helpinghandshomecare.co.uk/our-locations/plymouth/>

Jolly Elders Club: (Part of Age UK Plymouth) A group for people aged 50+, who want to meet new people. Offer different themes and activities each week. Meet every Monday and Friday; booking in advance recommended. 1-to-1 sessions also offered for those who can't attend group sessions → Call 01752 256020 or activeliving@ageukplymouth.org.uk or <https://www.ageuk.org.uk/plymouth/activities-and-events/jolly-elders/>

Livewell Southwest: Offers resources, services, advice, and support for elderly adults across Plymouth (& surrounding areas), such as the Cothele inpatient service, and support groups → Call 01752 435502 or more information <https://www.livewellsouthwest.co.uk>

Moments Café and Memory Matters Hub: A Social Enterprise based in the heart of Plymouth City Centre, offering a safe environment for people to meet, eat, and socialise. Memory Matters Hub (MMH) (on the first floor) offers workshops, respite, and activity sessions for people living with dementia. Other groups and workshops offered by local services and organisations. MMH also provides guidance, advice, and support for those with diagnosed/undiagnosed dementia, and loved ones → **Moments Café contact details:** 01752 219810 or moments@memorymatters.org.uk **MMH contact details:** 01752 243333 or cyana@memorymatters.org.uk **Website:** <https://moments-cafe.com/>

Mount Gould Wellbeing Hub: (Run by Age UK Plymouth) Part of Plymouth's Wellbeing Hub Network, Mount Gould Wellbeing Hub is dedicated to improving access to services for the community, in order to improve health and wellbeing outcomes for local people, and to reduce inequalities in health and



wellbeing. Offers a wide range of services, including support and activities for elderly adults (such as the dedicated befriending and phone friend service), through Age UK Plymouth. Based at The William and Patricia Venton Centre, Astor Drive, Plymouth, Devon, PL4 9RD → Call 01752 256020 or email community@ageukplymouth.org.uk or see <https://www.ageuk.org.uk/plymouth/our-services/wellbeing-hub-c386b0aa-673a-ed11-97b0-0003ff4b081d/>

Music Makers Plymouth: A care home entertainer that provides music-related activities around Plymouth for the elderly, carers, and care home residents → Call 07748 303517 or email musicmakersplymouth@yahoo.com or visit <https://www.facebook.com/katysmusicmakersplymouth/>

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 → Visit <https://www.plymouthmusiczone.org.uk/> or visit <https://www.plymouthmusiczone.org.uk/what-we-do/>

Red Velvet Cinema: A cinema based in Devonport that offers fortnightly community cinema events for older adults. The events consist of watching a classic film and time and a space for participants to bond and build relationships, reducing social isolation and bringing people together → Visit https://www.facebook.com/redvelvetcinema/?locale=en_GB

Rees Centre Wellbeing Hub: Part of Plymouth's Wellbeing Hub Network, the Rees Centre provides is aimed at improving health and wellbeing outcomes for the local community, and at reducing isolation. The Rees Centre provides a wide range of services and support, including activities, events, and workshops, open to people of all ages, including elderly adults. Based at Mudge Way, Plympton, Plymouth, PL7 2PS → Call 01752 340550 or email rcwbh@barnados.org.uk or visit www.barnados.org.uk/get-support/services/rees-wellbeing-hub

The Jan Cutting Healthy Living Centre Wellbeing Hub: Part of Plymouth's Wellbeing Hub Network, the Healthy Living Centre is owned and operated by Wolseley Trust, and provides a meeting place and centre for community focus. Facilities provided include computer and Internet access, a multi-purpose hall and meeting rooms, and a community café. Provides a wide range of services including support and signposting for elderly adults. Based in Beacon Park Road, Plymouth, PL2 2PQ → Call 01752 203670 or email nickichinnock@wolseley-trust.org or visit <http://www.wolseley-trust.org>

YMCA Plymouth: An education, health, and families charity that aims to support people in the local community through a wide range of services including a mental health support group for over 65s → Call 01752 201 918 (M-F 6.30am-9pm; Sa 8am-4pm; Su 9am-2pm) or email info@ymcaplymouth.org.uk or visit <https://www.ymcaplymouth.org.uk/>

Employment, Education & Training

Barne Barton & St Budeaux Wellbeing Hub: Part of Plymouth's Wellbeing Hubs Network, Barne Barton hub was launched in partnership with PCC, NHS Devon Clinical Commissioning Group, and Colebrook Southwest. These hubs aim to support people in their local communities through a wide range of support and services, in order to encourage people to make life choices that will support their health and wellbeing. Amongst many other things, Barne Barton hub provides employment, volunteering, training, and education opportunities and support. Based in William Sutton Memorial Hall, 6 Shelly Way, St Budeaux, Plymouth, PL5 1QF → Call 07890 257649, or email wellbeinghub@colebrooksw.org or visit <https://williamsuttonhubs.org/wellbeing-hub/>

BCHA: Provides continuous support and opportunities for people through a wide variety of programmes. Enables people to attain qualifications, build skills, and provides employment and



volunteering opportunities. Based in South UK; main office in Plymouth → Call 01202 410 500 or email enquiries@bcha.org.uk or <https://www.bcha.org.uk/our-services/employability-skills/>

Better Futures: (Part of Improving Lives Plymouth) Amongst other services & support, Better Futures offers volunteering and employment opportunities for adults aged 18+ with autism and/or learning disabilities, at Mannamead Wellbeing Hub. Based at 156 Mannamead Road, Plymouth, PL3 5QL → Call Better Futures on 01752 776 775 or email betterfutures@improvinglivesplymouth.org.uk or visit <https://www.improvinglivesplymouth.org.uk/better-futures-learning-disability-support-advice>

Caring Plymouth: Provided by Skills Launchpad Plymouth, Caring Plymouth is a city-wide partnership that is working together on skills, training, education, careers, and jobs in the health and social care sector. Their Health Coordinator supports people to find the opportunity that best fits them, their lifestyle, and their experience. Caring Plymouth also supports those already in the sector to ensure they are connected and aware of the support, training, and awards available to them → Email Jack at caringplymouth@plymouth.gov.uk or <https://www.skillslaunchpadplym.co.uk/caringplymouth>

CASS+: Provides information, advice, and support for a wide range of issues for those in the criminal justice system, including employment and education → Call 01752 601153 or 01752 206187 (M-F 9-4.30) or <https://www.cassplus.org/about-us/> or contact via <https://www.cassplus.org/contact-us/>

Crossroads Fun and Friendship Centre: Provides educational opportunities for adults aged 18+ with mental health support needs → Call 01752 367880 or email info@crossroadsfafc.co.uk or visit <https://crossroadsfafc.co.uk>

Discovery College: Delivers accredited vocational courses for young people aged 16-19. They combine high teaching standards with a truly supportive and inclusive college environment. Based at Kitto Centre, Honicknowle Lane, Plymouth, PL5 3NG → Call 01752 761 011 or email enquiries@discoverycollege.org.uk or visit <https://discoverycollege.co.uk/>

Eat That Frog: A Community Interest Company that helps people unlock their potential to contribute to the local community. Works with employers and other partner organisations to develop sustainable employment opportunities, and help people to develop new skills and gain paid employment → Call 01803 551551 or email info@eatthatfrog.ac.uk or more information <https://www.eatthatfrog.ac.uk>

Four Greens Community Trust: Part of Plymouth's Wellbeing Hub Network, FGCT works in partnership with the local community to develop a diverse range of quality services and opportunities that promote economic regeneration and reduce social and health inequalities and isolation. Provides a wide range of services, including volunteering opportunities, courses, and advice and support around employment. Based at 15 Whitleigh Green, Plymouth, PL5 4DD → Call 01752 875916 or email facilities@fgct.co.uk or visit <https://www.fourgreenscommunitytrust.co.uk/advice-information>

Gifted Women: Offers an employability programme that links up with local employers to women based in Tavistock, which aims to provide them with meaningful work experience placements tailored to women's strengths and ambitions → Email info@giftedwomen.co.uk or for more information visit www.giftedwomen.co.uk

Hamoaze House: Runs a youth programme in Seymour House as part of their services, which aims to provide alternative education for young people (across the whole academic year) who have struggled to engage with the mainstream education system → Call 01752 566100 or contact via <https://hamoazehouse.org.uk/contact/> or more information: <https://hamoazehouse.org.uk>

Heal Your Confidence CIC: Provides holistic and personalised online support for neurodivergent adults, both diagnosed and suspected/undiagnosed, with conditions such as ADHD, autism, dyslexia, and dyspraxia. HVC offers screenings, 1-1 support sessions, and coaching. Also offers group and



leadership support, and support around employment and education. Covers Plymouth, Devon, Cornwall, and the UK → Call 07476 946 303 or email hello@healyourconfidence.com or visit www.healyourconfidence.com

Hidden Lives Counselling and Support Hub: Provides help and advice for finding employment for their clients, working hard with them to find flexible employment that suits clients' needs → Call 07305 945643 or email hiddenlivesplymouth@gmail.com

Individual Patient and Support (IPS) Employment Support Service: Works with people receiving secondary mental health treatment to support them to find the right work for them, helping them to live independently. They connect employers, job centres, and local & national charities to ensure there are no barriers to finding employment. People can be referred into the Livewell IPS Employment Specialist Team via email from a secondary mental health service → Email ewa.kalend@nhs.net or visit <https://www.livewellsouthwest.co.uk/news/2020/07/30/livewell-southwest-launches-new-service-to-support-people-receiving-mental-health-care-to-find-and-keep-the-right-work-opportunity>

Making Carers Count: (Part of Improving Lives Plymouth) Provides a wide range of support for carers aged between 18-25. In this instance, a 'carer' is anyone providing unpaid care to a family member or friend with an illness, disability, or addiction. MCC runs a friendly and supportive network which enables Young Adult Carers to socialise with others in a similar situation. Types of support provided include help with employability & education → Call ILP on 01752 201766 or email Anna or Nicole on ilp@improvinglivesplymouth.org.uk or visit <https://www.improvinglivesplymouth.org.uk/about-young-adult-carers>

On Course South West: Provides an adult education service for Plymouth & the surrounding area. Their mission is to provide a diverse range of learning and development opportunities to improve the lives of their learners. Around 2000 adult learners enrol with them every year. ProvideS training opportunities, skills development, and courses. Based at First Floor, Coburg House, Mayflower Street, PL1 1QX → 01752 660713, info@oncoursesouthwest.co.uk or <https://www.oncoursesouthwest.co.uk>

Pluss: (Part of Seetec Pluss). Offers 1:1 support to help people with autism, learning disabilities, and physical disabilities (of all ages) build their confidence and succeed in the career of their choice, by helping them to build employability skills → Visit <https://seetec.co.uk/programme/plymouth-learning-disability-employment-service/>

Plymouth Community Homes: Runs a free training programme for PCH residents called 'Learn for Free'; open to tenants, household members and leaseholders living in PCH properties. This training programme may be shared with other Housing Associations, and comprises different skills, qualifications, and hobbies → Call 0808 230 6500 (general enquiries, 8.30-5 M-T, 8.30-4.30 F) or more info <https://www.plymouthcommunityhomes.co.uk/our-community/learn-for-free/>

Plymouth Learning Partnership: A cooperative, community interest organisation that provides school services across Plymouth (and surrounding districts), including supply teachers and HR advice → Call 01752 788076 or email admin@plpcic.co.uk or <https://plpcic.co.uk/>

Rees Centre Wellbeing Hub: Part of Plymouth's Wellbeing Hub Network, the Rees Centre provides is aimed at improving health and wellbeing outcomes for the local community, and at reducing isolation. The Rees Centre provides a wide range of services, including employment & education signposting and advice. Based at Mudge Way, Plympton, Plymouth, PL7 2PS → Call 01752 340550 or email rcwbh@barnados.org.uk or visit www.barnados.org.uk/get-support/services/rees-wellbeing-hub

Seetec: Offers a wide range of support, training, resources, and signposting for those looking to get back into employment. Helps with job applications, CVs, interview skills, support with learning and managing your new work routine, in-work support for both you and your employer (including advice and



funding towards workplace adjustments), and benefits and money advice, plus much more. Runs several employability programmes → Call 0800 334 5525 or visit www.seetec.co.uk

Skills Launchpad Plymouth: Supports those seeking work, facing redundancy, or changing careers, through the Adult Hub (for those aged 25+). Also offers targeted support for people aged 16-24 seeking employment, including those with additional needs. Aims to put the individual at the heart and to enable everyone to access this free help. Drop-ins and booked appointments welcome → More information <https://www.skillslaunchpadplym.co.uk/>

The Jan Cutting Healthy Living Centre Wellbeing Hub: Part of Plymouth's Wellbeing Hub Network, the Healthy Living Centre is owned and operated by Wolseley Trust, and provides a meeting place and centre for community focus. Facilities provided include computer and Internet access, a multi-purpose hall and meeting rooms, and a community café. Provides a wide range of services, including education, training, and employment support and opportunities. Based in Beacon Park Road, Plymouth, PL2 2PQ → Call 01752 203670 or email nickichinnock@wolseley-trust.org or visit <http://www.wolseley-trust.org>

The Village Hub: A Charitable Community Benefit Society, run for charitable purposes, by its members who live and work in the Electoral Wards of Stoke & Devonport, and overseen by its directors. Their mission is to build on existing community spirit, working with local people to provide them with plentiful opportunities to connect through learning, signposting, cultural activities, and having fun and safe environment. Offers a wide range of support, including drop-ins for IT skills → Call 07859 955349, email hello@thevillagehub.org.uk or <https://www.thevillagehub.org.uk/signposting/>

Trevi House: A nationally award-winning women's and children's charity that provides safe and nurturing spaces for women in recovery (from substance and alcohol misuse) to heal, grow, and thrive. Offers training and education opportunities for women accessing their services (Sunflower Women's Centre, Jasmine Mother's Recovery, and Daffodil Family Centre) → Call 01752 255758 or email office@trevi.org.uk or more information <https://trevi.org.uk>

Whiz Kids: A training provider based in Plymouth (but covers Devon & Cornwall) that provides career workshops, activities, careers workshops & events, training opportunities, 1-1 advisor sessions, plus much more → Call 01752 560360 or email info@wkuk.org or visit <https://www.wkuk.org/>

YMCA Plymouth: An education, health, and families charity that aims to support people in the local community through a wide range of services including support and guidance around education → Call 01752 201 918 (M-F 6.30am-9pm; Sa 8am-4pm; Su 9am-2pm) or email info@ymcaplymouth.org.uk or visit <https://www.ymcaplymouth.org.uk/>

Young Carers Education Support Team: A service from the Plymouth Young Carers Support Hub; YCEST is a joint collaboration between 3 schools and PCC. Aims to support professionals in a Plymouth school working with young carers. Recognises the impact of being a young carer on education. offers support and advice, training around how to support young carers, and opportunities for young carers to participate in events and projects → <https://www.plymouthonlinedirectory.com/childrenandfamilies/plymouthyoungcarers/educationemployment>

Families

Baby Basics: A volunteer-led project aiming to support new mothers and families who are struggling to meet the financial and practical burden of looking after a new baby. There is an ever-increasing network of Baby Basics centres across the country each staffed by a committed team of volunteers. Baby Basics provides much needed essentials and equipment to mothers and families who are unable to provide these items for themselves; including but not limited to teenage mums, people seeking



asylum and women fleeing domestic abuse and trafficking → Call 07598 214530 or email babybasicsplymouth@gmail.com or visit <https://baby-basics.org.uk/>

Big Sis CIC: A South-West UK based social enterprise that operates across Plymouth, that aims to support young girl's and non-binary children's mental health, through impactful programmes in schools and the community. Big Sis also provides upskilling for their immediate support networks: parents, carers, youth leaders and teachers to offer improved quality of care. Also provides community support on a wide range of topics and issues, including self-esteem & confidence, puberty and boundaries & relationships → Contact via <https://big-sis.co/contact> or for more information visit <https://big-sis.co/youthandcommunitywork>

CASS+: A charity that provides information, advice, and support for a wide range of issues, including family matters → Call 01752 601153 or 01752 206187 (M-F 9.30-4.30) or more information available <https://www.cassplus.org/about-us/> or contact via <https://www.cassplus.org/contact-us/>

CYP Neurodiversity Wellbeing Team: A confidential, free advice line available to all children, young people, and their families who are on the Neurodiversity Pathway within Plymouth. Offers a wide range of support and advice on many aspects, including sleep, diet, anxiety, friendships, school difficulties, and positive support strategies → Call 01752 435 404 (M-F 9-11am; 2-4pm) or email livewell.cypneurohub@nhs.net

Daffodil Family Centre: (Part of Trevi House) A national parenting assessment centre which provides focused, purposeful, time-limited residential assessments, thereby enabling parenting capacity to be assessed whilst children remain in their parent's care. Ensures the best outcomes for children, using a trauma-informed approach, with a view to facilitate care planning for the child's longer-term future → Call 01752 255 758 or email office@trevi.org.uk or for more information visit <https://trevi.org.uk/services/daffodil-family-centre/>

EM-Magination Craft: Founded and created by Emma, EM-Magination provides craft sessions, creative experiences, activities, messy play, parties, and events, for children of all ages and their families. All sessions take place at the Rees Centre and Wellbeing Hub → Call 07776 141293 or email emmaginationcraft@yahoo.com or visit <https://emmaginationcraft.co.uk/>

Family Hubs: A place for families, parents, carers, and young people in Plymouth to find support and advice. Each Family Hub will provide support for families with children aged 0-19, or up to age 25, for young people with special educational needs. The Hubs provide a welcoming, safe, and secure space. Also provides activities and groups for families → Email familyhubs@plymouth.gov.uk or <https://www.plymouthonlinedirectory.com/childrenandfamilies/childrenscentres> for a list of hubs, or visit <https://plymouthonlinedirectory.com/article/3808/Family-Hubs-in-Plymouth> for more information

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, including for children and their families → Call 07818 450968 or email tami@foodisfun.org.uk or visit <https://www.facebook.com/foodisfun/>

Four Greens Community Trust: Part of Plymouth's Wellbeing Hub Network, FGCT works in partnership with the local community to develop a diverse range of quality services and opportunities that promote economic regeneration and reduce social and health inequalities and isolation. Provides a wide range of services, including family support through the Barnardo's Family Support Team, and activities for the whole family. Based at 15 Whitleigh Green, Plymouth, PL5 4DD → Call 01752 875916 or email facilities@fgct.co.uk or visit <https://www.fourgreenscommunitytrust.co.uk/advice-information>

Home Start (South & West Devon): A leading family support charity across Plymouth, Torbay, South Hams, and West Devon, aiming to support families with young children with the challenges they face,



to help them create the best outcomes for their children. Offers a range of parent support services, including peer support → Call 07307 873163 or email homestart.shpt@gmail.com or www.homestart-southandwestdevon.org.uk

It Takes A Village: Aims to give families access to quality support and affordable and sustainable clothes and goods they need, and to provide a space where families can connect through STEAM (science, technology, engineering, art, and math) activities. Their vision is to provide creative, sustainable and supportive family hubs → Email hello.takesavillageplymouth@gmail.com or visit <https://www.takesavillageplymouth.com/>

Jeremiah's Journey: Plymouth-based charity providing free support to children, young people, and parents/carers who have/are about to experience bereavement of a loved one. Aims to ensure service users in Ivybridge & immediate surrounding areas are supported → Call 01752 424348 or more information <https://jeremiahsjourney.org.uk/> **children:** <https://jeremiahsjourney.org.uk/about-us/what-we-do/children/> **teenagers:** <https://jeremiahsjourney.org.uk/about-us/what-we-do/teenagers/> **parents:** <https://jeremiahsjourney.org.uk/about-us/what-we-do/parents/>

Livewell Southwest (Community Learning Disability): Provides advice, support, and information, workshops and training, for families of those with learning disabilities (in Plymouth). Intervention provided by a large multidisciplinary team. Self-referrals accepted → Call 01752 434033 (Referral Coordinator) or email livewell.cldreferrals@nhs.net or <https://www.livewellsouthwest.co.uk/community-care/learning-and-disability>

Memory Matters Hub: (Part of Moments Café) Provides guidance, advice, and support for loved ones/family members of those living with diagnosed/undiagnosed dementia → Call 01752 243333 or email cyana@memorymatters.org.uk or visit <https://moments-cafe.com/hub/>

MoorVision: Provides support, activities and shared experiences for families of children and young people (aged 0-29) with vision impairment, including those with additional needs, across Plymouth. The activities offered include the child with vision impairment along with the whole family. Also runs residential trips, parent/carer training and other support sessions. They have a database of useful resources and a very busy Facebook page. They can provide advice on all aspects of your vision impaired child's care or signpost you to relevant organisations for further help → Call 01752 891934 or email info@moorvision.org or visit <https://www.moorvision.org>

Music Makers Plymouth: A care home entertainer that provides music-related activities around Plymouth for children, families, the elderly, and care home residents → Call 07748 303517 or email musicmakersplymouth@yahoo.com or visit <https://www.facebook.com/katysmusicmakersplymouth/>

Not Alone: Provides support and advice for the families of transgender and non-binary people (aged 16+) in Plymouth. Aims to provide a safe place for sharing thoughts and feelings for those who need it → Email contact@notaloneplymouth.co.uk or more information <http://www.notaloneplymouth.co.uk>

Plymouth Arts Cinema: Plymouth's only independent cinema. They are passionate about films, and they want as many people as possible to experience cinema and feel inspired, challenged and thrilled by what they watch. Plymouth Arts Cinema screen the best new and independent cinema, with film festivals, special events and more, in a friendly and inclusive space. Tickets from £4. Offer family-friendly workshops, screenings, and events. Based at Arts University Plymouth, Tavistock Place, Plymouth, PL4 8AT → Call 01752 206114 or email info@plymouthartscinema.org or visit <https://plymouthartscinema.org/event-attribute/family-friendly/>

Plymouth Baby Bank: A local organisation that provides support to families in need, including pre-loved baby essentials for children under 12 months old. Commissioned through Southway Community Group. Based at Southway Youth and Community Centre, Hendwell Close → Call 01752 703 581 or



email info@southwaycommunityhub.co.uk or visit <https://www.southwaycommunitygroup.co.uk/baby-bank.html>

Plymouth Highbury Trust: Aims to provide support, guidance, and resources to parents with a learning disability, enabling them to have a choice, a voice, to understand, and to feel empowered during difficult times → Call 01752 773333, or email admin@plymouthhighburytrust.org.uk more information <http://www.plymouthhighburytrust.org.uk/advocacy/plymouth-parent-advocacy-project/>

Plymouth Hospitals Charity: Their Keep Me Close Appeal, launched in 2005, provides a home from home experience for families of sick and premature babies requiring neonatal intensive care. Also provides other services → Visit <https://www.plymouthhospitalscharity.org/>

Plymouth Parent Carer Voice: Aims to bring together parents and carers of children and young people with SEND and learning difficulties. Enables families to have a voice and to be part of the SEND process. Together PPCV work in partnership with their local authority, to help shape and improve the range of services in education, health and social care for families in the Plymouth area → Call 07954 048017 or email info@plymouthpcv.co.uk or visit <https://www.plymouthpcv.co.uk/>

Plymouth Sling Library CIC: Offers support and advice with using a variety of slings, carriers and reusable nappies. Wherever you are on your journey from bump to preschool, they can help you and your little one. Located at the Crownhill Family Centre, and run their Sling Library Sessions on the 1st and 3rd Friday of every month between 09:30-11:30am; no need to book. Have a large range of slings and carriers to suit everybody's needs; there is a hire fee of £15 for one month or £25 for two months. If you are bringing your own sling/carrier and want support with that there is a £5 fee → Email info@plymouthslinglibrary.co.uk or visit <https://www.plymouthslinglibrary.co.uk/>

Rees Centre Wellbeing Hub: Part of Plymouth's Wellbeing Hub Network, the Rees Centre provides is aimed at improving health and wellbeing outcomes for the local community, and at reducing isolation. The Rees Centre provides a wide range of services and support, including activities, events, and workshops for families to enjoy together. Based at Mudge Way, Plympton, Plymouth, PL7 2PS → Call 01752 340550 or email rcwbh@barnados.org.uk or visit www.barnados.org.uk/get-support/services/rees-wellbeing-hub

Relate: Provides affordable counselling (donations-based), in a safe + calm environment, across 6-8 sessions for families in Plymouth who are experiencing difficulties, and strains in their relationships with each other. Available to parents & children, families, siblings, extended families, as well as support around divorce. Typically fortnightly sessions → Call 01752 213131 or email them at relateplymouth@googlemail.com or visit <https://www.relate.org.uk/what-we-do/counselling-services>

Simply Counselling CIC: Offers BACP Accredited counselling, both face-to-face and online, for families experiencing a wide range of issues, including anger, anxiety, domestic abuse, relationship difficulties, and trauma. Provides low-cost, affordable counselling thanks to funding and bursaries. Some people may be eligible for free counselling. Based in Plymouth but online sessions open to all. Sessions start at £35 per hour → Call 01752 560900 or 07568 323363 (Open Mon-Fri 9am-7pm and Sat 10am-2pm) or email simplycounsellingcic@gmail.com or visit <https://www.simplycounselling.org/>

Southway Community Group: Set up to respond to the needs of the 13,000 people living in Southway and the immediately surrounding areas. Aims to create a community hub that enables local people to come together as a community, enjoy activities, develop friendships, and increase inclusion. Provides activities and events for people of all ages, including families and children → Call 07704 668537 or email southwaycgc@outlook.com or visit <https://www.southwaycommunitygroup.co.uk/>



Tamar View Community Centre: A community hub that provides a range of services, the founding trustees' main vision is to provide a quality family service for the local community → Call 01752 365904 or email pat@tamarview.co.uk (website is currently being updated).

The Compassionate Friends: A charitable organisation of bereaved parents, siblings and grandparents dedicated to the support and care of other similarly bereaved family members who have suffered the death of a child or children of any age and from any cause → Call 0345 1232304 or email helpline@tcf.org.uk or <https://www.tcf.org.uk>

The Pioneers Project: Aspires to reach whole families across Plymouth and surrounding areas, as a positive way of shaping a more hopeful future for children and young people. Aim to create lasting and meaningful change as service users grow in their purpose and identity → Call 01752 916016 or email info@thepioneersproject.co.uk or more information <https://thepioneersproject.co.uk/what-we-do/>

Time 4U: A service for carers under 18 delivered collectively by Hamoaze House, Plymouth City Council, and Barnardo's that provides direct support to Young Carers and their families, with the aim of streamlining existing services and ensure even more children, young people and families benefit from support. A trained person from the council or other linked organisation will talk the carer and their family through their options, and what kind of support is available to each family. Linked to Caring for Carers at Improving Lives Plymouth. Also runs a monthly fun and freedom club → Call 01752 668000 or visit <https://www.plymouthonlinedirectory.com/article/1815/Time-4-U>

Together For Childhood: An innovative, long-term project commissioned by NSPCC, that works with local communities and partnership organisations to prevent and tackle child abuse. TFC works collaboratively with a wide range of organisations, such as social care services, schools, and community groups, in order to provide evidence-based interventions for children and families facing adversity, and to achieve their goals of raising awareness of, and preventing, child (and domestic) abuse → Call 01752 422577 or visit <https://learning.nspcc.org.uk/services-children-families/together-for-childhood/>

Tracy Ede Counselling: Tracy has over 30 years' experience in the field of health, welfare and social care. She works flexibly with families including children & young people. Tracy is BACP Accredited. As an integrative therapist Tracy draws on different approaches in response to client needs. She always sees your wellbeing in a holistic way, paying attention to the many components that make up who you are, learning what help you need to rebalance your world. Unit 4, Lynher House, Bush Park, PL6 7RG → Call 07976 195133 or email tracyedecounselling@gmail.com or visit <https://www.counselling-directory.org.uk/counsellors/tracy-edede>

YMCA Plymouth: An education, health, and families charity that aims to support people in the local community through a wide range of support for families, including soft play, holiday club, a welcome space, and activities for families → Call 01752 201 918 (M-F 6.30am-9pm; Sa 8am-4pm; Su 9am-2pm) or email info@ymcaplymouth.org.uk or visit <https://www.ymcaplymouth.org.uk/>

Food Support (e.g. Food Banks)

Café Connect @ The Barn: (Part of The Pioneers Project) A community café delivered in partnership with Barnardo's (supported by Starbucks, M&S, Tesco, and Lidl). Open every Wednesday, 10-11.30am at The Barn Children's Centre in Barne Barton, to everyone in the community. A donations-based, pay what you feel café, which offers hot drinks and food. Works in partnership with the free waste schemes with M&S, Tesco, and Lidl, who provide a table of surplus food available for anyone attending to take home → Call 01752 916 016 or email info@thepioneersproject.co.uk or for more information visit <https://thepioneersproject.co.uk>



Community Fridge Network: Coordinated by Hubbub (which brings together all UK-based groups running a community fridge) and aims to provide spaces that bring people together to share food, meet up, learn new skills, and prevent fresh food from going to waste. The community fridges are open to all and anyone can share or take food, including surplus from supermarkets, local food businesses, households, and gardens. The network offers free, comprehensive guidance on how to set up a fridge as well as tools covering everything you need, from posters to health and safety templates and more. Has community fridges throughout all of Devon, including Plymouth. To find your nearest Community Fridge visit <https://www.communityfridgemap.org.uk/map?lat=50.387103&lon=-4.066576> → Call 020 3701 7543 or email hello@hubbub.org.uk or visit <https://hubbub.org.uk/community-fridge-network>

Devon & Cornwall Food Action: A registered charity, run almost entirely by a brilliant volunteer workforce, that strives to eradicate food poverty in Plymouth, Devon and Cornwall. DCFA is not a foodbank; they work with food producers and supermarkets to redistribute surplus food to those in need. They supply a number of services, community organisations and groups → Call 07510 779235 or email info@devonandcornwallfoodaction.org or <https://devonandcornwallfoodaction.org/>

Feeding Devon: A partnership project engaging county-wide with innovative stakeholder organisations – from national and local government initiatives to community fridges and voluntary kitchens – all working to find sustainable solutions to help Devon people in need out of food and fuel poverty. Feeding Devon is a passionate and dedicated network of more than 30 organisations – including food banks, food aid charities, community groups and voluntary organisations – committed to ending hunger in their local communities. Based in Newton Abbot, but provides food banks all across Devon, including Sherford, Plymouth → Call 01224 433 361 or 07850 587 424 or email info@feedingdevon.org.uk or visit <https://feedingdevon.org.uk/>

Food Plymouth: Part of the Food Plymouth CIC umbrella, Food Plymouth is a central connecting hub for all food-related matters in Plymouth. Founded in 2010, Food Plymouth is a multi-sector, award-winning partnership that comprises a diverse mix of agencies, organisations, businesses, community groups and individual citizens, all working together to actively promote and lobby for healthy, sustainable and affordable food as a driver for positive change. The Food Plymouth partnership and network is facilitated and resourced by Food Plymouth CIC. Offers lots of information, support, advice, and signposting → Contact via <https://foodplymouth.org/contact/> or visit <https://foodplymouth.org>

Four Greens Community Trust: FGCT is working in partnership with Whitleigh Big Local, St Chads Church, and the Salvation Army, to provide an emergency response service to their local communities across Honicknowle, Whitleigh, Ernesettle, and Manadon. This community response includes a prescription and food pick up service, and help with the cost of energy for those most in need for the delivery of food parcels. FGCT is currently delivering over 90 food parcels a week. Accepts referrals from a wide range of services, including PCC, The Salvation Army, Barnados, Livewell, and local organisations. Based at 15 Whitleigh Green, Plymouth, PL5 4DD → Call 01752 or email facilities@fgct.co.uk or visit www.fourgreenscommunitytrust.co.uk/food-bank

Hope for the Homeless - Garage Café: A cafe on Union Street, Plymouth that offers hot meals and drinks as well as clothing sleeping bags and toiletries to the homeless vulnerable and people who are going through hard times. Open 7-8pm Mon-Sat → For more information visit <https://www.facebook.com/HopeForTheHomelessPlymouth/>

Keyham Green Places: Provides food parcels to those in need, which are available directly, or via a referral, on Mondays and Thursdays 9am-2pm; 163 Renown Street, Plymouth, PL2 2DT. Also runs a service where people can come in for some food and a chat, 12pm Mondays at Keyham Green Places marquee → Call 01752 569340 or text 07594 484428 (M-F 11-4) or more information <https://cropskgp.org.uk/> or email info@cropskgp.org.uk



North Plymouth Foodbank: (Part of Trussell Trust) Provides three days' nutritionally balanced emergency food and support to local people who are referred to them in crisis. Part of a nationwide network of foodbanks, supported by The Trussell Trust, working to combat poverty and hunger across the UK. Based in Estover → Call 07759 258889 or email info@northplymouth.foodbank.org.uk or more information <https://northplymouth.foodbank.org.uk/>

Plymouth City Council: Provides a food voucher for people who aren't able to afford food → Call 01752 668000 (option 1, then option 3) to discuss.

Plymouth Food Aid Network: A collaboration of food support providers, local growers, distributors, retailers and organisations all seeking to end food insecurity across the City. The PFAN began in 2018, and actively seeks to offer fair access to healthy and appropriate food support across Plymouth communities. Also provides support to community food groups. Also has a community food access map → Visit <https://www.pfan.org.uk/foodaccess>

Plymouth Foodbank: (Part of Trussell Trust) Provides three days' nutritionally balanced emergency food and support to local people who are referred to them in crisis. Part of a nationwide network of foodbanks, supported by The Trussell Trust, working to combat poverty and hunger across the UK → Call 01752 254981 or email info@plymouth.foodbank.org.uk or <https://plymouth.foodbank.org.uk/>

Plymouth Food Cooperative: Starting back in November 2022, Kelly has since set up 4 food co-ops based in North Prospect, Southway, Cattedown, and Plymouth University. The food co-ops are where 20 people join as members and come together in a community location (e.g., schools/churches), and will all donate the same amount of money to buy food and surplus fruit and veg. Provided in partnership with Millfields Trust, Four Greens, and Plymouth City Council → For more information visit their webpage <https://www.plymouth.gov.uk/food-cooperatives>

Plymouth Soup Run: Delivers food and hot drinks to the homeless and vulnerable 7 days a week. 4 different location stops in Plymouth – please check the website for more information → Email info@plymouthsoup.run.org.uk or more information available <http://www.plymouthsoup.run.org.uk/>

Plympton Foodbank: (Part of Trussell Trust) Provides three days' nutritionally balanced emergency food and support to local people who are referred to them in crisis. Part of a nationwide network of foodbanks, supported by The Trussell Trust, working to combat poverty and hunger across the UK → Call 07922 808086 or email info@plympton.foodbank.org.uk or <https://plympton.foodbank.org.uk/>

Provide Devon: A Christian charity providing food and other essentials to local people at crisis point. Using a combination of fresh produce and donated food from retailers, businesses and the local community, a food parcel can be provided to referral agents within hours. Their aim is to give individuals, the majority of which are children and young people, immediate relief from hunger when they have no other options available. Can also provide other items, such as toiletries, upon request. Cannot self-refer; one of the partnership agencies PD works with needs to complete a referral form for the person in need → Call 07928 670 704 or email info@providedevon.org.uk or visit www.providedevon.org.uk

Shekinah Mission: As part of their service, Shekinah facilitates hot and cold meal signposting for drug and alcohol recovery, one of the food deliveries they run is the Sunday Evening Soup Kitchen at Shekinah Mission (8:15-9:45pm) Stonehouse, Bath Street → Call 01752 203480 or more information <https://shekinah.co.uk/>

Stonehouse Community Fridge: Part of the Kintsugi Project, provides a community fridge for all to use, encouraging people to take what they need and share what they can to help reduce food waste in Plymouth. The community fridge and larder is at the heart of the community space, helping to connect the community and reduce food waste. Also hosts activities and events in the local community. Based



at Rendle Street, Plymouth, United Kingdom → Email stonehousefridge@kintsugiproject.org or visit <https://www.facebook.com/stonehousecommunityfridge/>

St Matts Plymouth: Provides food parcels, as well as some capacity for food deliveries. Available hours are Tuesday 6-8pm, and Friday 12-2pm → Call 01752 569340 or <https://stmplymouth.org.uk/>

Tamar View Community Centre: A community service that provides food parcels to those in need (available directly), available Mon-Fri, 10am-12pm (except bank holidays). Located at Tamar View Community Centre, Plymouth, PL5 1DJ → Call 01752 365904 or email pat@tamarview.co.uk (website is currently being updated).

The Food Poverty Project: (Part of Citizens Advice Plymouth) A service that allows food network agencies can directly refer clients in need of advice or in need of a food parcel. Looking to set up advice surgeries in the future, to help people in their own communities. Self-referrals accepted → Email FoodSupportAdviceService@citizensadviceplymouth.org.uk or for more information visit their website <https://citizensadviceplymouth.org.uk/food-poverty-project/>

The Village Hub: A Charitable Community Benefit Society, run for charitable purposes, by its members who live and work in the Electoral Wards of Stoke & Devonport, and overseen by its directors. Their mission is to build on existing community spirit, working with local people to provide them with plentiful opportunities to connect through learning, signposting, cultural activities, and having fun and safe environment. Offers a wide range of support, including support and advice around food and healthy eating → Call 07859 955349 or email hello@thevillagehub.org.uk or for more info visit www.thevillagehub.org.uk/food

Gambling

Gamblers Anonymous: A fellowship of men and women who have joined together to do something about their own gambling problem, and to help other gamblers do the same. Meets every Monday, 7-9pm, in Mutley → Call 0330 0940322 or email plymouthgamblersanon@gmail.com or visit <https://gamblersanonymous.org.uk/meeting>

GamCare (Plymouth): Provides a range of support for people struggling with the impact of gambling on their lives (telephone, online, and face-to-face support offered). Also supports people under 18 with gambling issues. Their treatment is free, flexible, and confidential → Call 07931 548622 or email southwest@gamcare.org.uk or more information <https://www.gamcare.org.uk/get-support/find-local-treatment/>

Rehab 4 Addiction: Although primarily a drug and alcohol treatment service, R4A also provides information, advice, and support with anyone who is addicted/potentially addicted to gambling. Includes information of signs of gambling, common myths about gambling, and signposting to further support. Operates all across Devon → Call 0800 140 4690 or email info@rehab4addiction.co.uk or <https://www.rehab4addiction.co.uk/addictions/gambling-addiction>

The South West Gambling Service: Open to anyone living in the South West and registered with a GP, SWGS provides free confidential support to those affected by gambling addiction. People can refer themselves directly to the service → Call 0330 022 3175 (M-F 9am-7pm) or fill out the referral form https://sw-gambling.cogassess.co.uk/pages/SW_Self_Referral_Start or for more information visit their website <https://www.awp.nhs.uk/our-services/az-services/south-west-gambling-service>



Health & Wellbeing

Active Devon: A community-focused, non-profit organisation with a vision of everyone in Devon active for life. Their mission is to unlock the ability of movement to change lives for the better. Active Devon works together with communities and partners to connect, advocate, and enable people to move more, in order to help reduce inequalities and deliver huge value in their communities. Offers a wide range of activities, clubs, events, resources, and programmes (click 'Connect with Us' on their website). Based in Exeter but open to all of Devon, including Plymouth → Call 01392 925 150 or email hello@activedevon.org or contact via <https://activedevon.org/contact-us/> or visit their website <https://activedevon.org>

Active For All: (Part of Improving Lives Plymouth) Supports and promotes physical activity for those aged 18+ with disabilities and long-term health conditions, and mental health support needs. The aim of AFA is to improve health and wellbeing by helping people to stay regularly active → Call 01752 201891 or for more info visit www.improvinglivesplymouth.org/better-futures-learning-disability-support-advice/active-for-all

Argyle Community Trust: Runs several different health & wellness programmes and campaigns across different areas of Plymouth, such as Active Through Football, Argyle FIT (fans in training), as well as other city-wide campaigns. Run different activities and clubs for people of all ages and genders → more information available <https://argylecommunitytrust.co.uk/> (under 'What we do' → Health'). Active through football: <https://argylecommunitytrust.co.uk/what-we-do/health/active-through-football/> Argyle FIT: <https://argylecommunitytrust.co.uk/what-we-do/health/man-v-weight/>

Barne Barton & St Budeaux Wellbeing Hub: Part of Plymouth's Wellbeing Hubs Network, Barne Barton hub was launched in partnership with PCC, NHS Devon Clinical Commissioning Group, and Colebrook Southwest. These hubs aim to support people in their local communities through a wide range of support and services, in order to encourage people to make life choices that will support their health and wellbeing. Amongst many other things, Barne Barton hub provides support and signposting for healthy living and wellness. Based in William Sutton Memorial Hall, 6 Shelly Way, St Budeaux, Plymouth, PL5 1QF → Call 07890 257649, or email wellbeinghub@colebrooksw.org or for more information <https://williamsuttonhubs.org/wellbeing-hub/>

Better Futures: (Part of Improving Lives Plymouth) Actively supports its members to consider a healthier lifestyle, and provides guidance on healthy eating, weight, exercise, and awareness sessions on health & staying safe → Call 01752 776775 or 07305 065521 (available M-F 10-3), or email betterfutures@improvinglivesplymouth.org.uk or for more information visit their website <https://www.improvinglivesplymouth.org.uk/better-futures-learning-disability-support-advice>

Big Sis CIC: A South-West UK based social enterprise that operates across Plymouth, that aims to support young girl's and non-binary children's health and wellness, through impactful programmes in schools and the community. Big Sis also provides upskilling for their immediate support networks: parents, carers, youth leaders and teachers to offer improved quality of care. Also provides community support on a wide range of topics and issues, including self-esteem & confidence, puberty and boundaries & relationships → Contact via <https://big-sis.co/contact> or for more information visit <https://big-sis.co/youthandcommunitywork>

CASS+: A charity that provides information, advice, and support for a wide range of issues for those in the criminal justice system, including health and wellness → Call 01752 601153 or 01752 206187 (M-F 9.30-4.30) or visit <https://www.cassplus.org/about-us/> or contact <https://www.cassplus.org/contact-us/>

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 pain cafes to connect



people, provide peer support, and give people skills to self-manage their chronic pain condition, and encourage exercise as part of improving lifestyle, alongside local instructors. 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=AFYBeRfbuoM7J5yT9CxdltvQIIF5EHI5eEaEkjvXn0NDYpuq4Vh60V_7WNw_0HktGCo

Club Kombat: A Plymouth-based fitness club that runs different fitness classes at Revolutions. Club Kombat offers a dynamic and intense workout that engages all major muscle groups, helping participants achieve a well-rounded and balanced level of fitness. The high-energy kickboxing routines provide an excellent cardiovascular workout, improving heart health and endurance over time. Taster sessions available. Fitness sessions typically run for 50 minutes → Email info@clubkombat.com or visit <https://www.clubkombat.com/>

Creative Health Southwest: Formerly Pets & Picasso CIC. Embraces a holistic approach to health and wellbeing, where creativity, fun and play are at the heart of everything they do. Provides a wide range of activities, groups, and events. Our mission is to support individual of all ages and backgrounds in their journey towards improved physical and mental health through engaging and creative activities. → Email them at hello@creativehealthsouthwest.com or visit their website <https://creativehealthsouthwest.com/>

Four Greens Community Trust: Part of Plymouth's Wellbeing Hub Network, FGCT works in partnership with the local community to develop a diverse range of quality services and opportunities that promote economic regeneration and reduce social and health inequalities and isolation. Provides a wide range of support and services for health and wellness, including fitness classes, diabetes support courses, and Livewell courses on healthy living. The Livewell Health Improvement Team also provides advice and guidance. Based at 15 Whiteleigh Green, Plymouth, PL5 4DD → Call 01752 875916 or email facilities@fgct.co.uk or visit <https://www.fourgreenscommunitytrust.co.uk/advice-information/health-improvement>

Healthwatch Plymouth: The independent consumer champion for people using local health and social care services in Plymouth. Their work covers all areas of health and adult social care, including but not limited to: GPs, hospitals, dentists, care homes, pharmacies, and opticians. They listen to local residents' feedback about the healthcare services they use and make sure they are heard by the people in charge who have the power to improve available services. The more people share their ideas, experiences, and concerns about their NHS and social care, the more services can understand what works, what doesn't, and what people want from care in the future → Call 0800 520 0640 (M-F, 10-4) or email info@healthwatchplymouth.co.uk or visit www.healthwatchplymouth.co.uk

Heal Your Confidence CIC: Provides holistic and personalised online support for neurodivergent adults, both diagnosed and suspected/undiagnosed, with conditions such as ADHD, autism, dyslexia, and dyspraxia. HYC offers screenings, 1-1 support sessions, and coaching. Also offers group and leadership support, and support around health and wellness. Covers Plymouth, Devon, Cornwall, and the UK → Call 07476 946 303 or email hello@healyourconfidence.com or visit their website www.healyourconfidence.com

Manadon Sports and Community Hub: A community and sports venue based in North Plymouth that values sports participation, social interaction, and physical activity and wellbeing. Provides facilities for football, cricket, and other sports and fitness activities, with the provision of an artificial playing pitch, adult and junior grass sports pitches, and cricket wickets → Call 01752 522202 for more info or email manadon@pafc.co.uk or visit <https://www.manadonsportshub.co.uk>



Mannamead Wellbeing Hub: Part of Plymouth's Wellbeing Hub Network, Mannamead Wellbeing Hub is overseen by Improving Lives Plymouth, and provides a wide range of support, services, and advice, including a vast range of activities, clubs, and courses aimed at improving health and wellbeing. Such clubs/courses include My Health, My Way (Long-Term Condition Self-Management (ran monthly over 4 consecutive weeks) and Move and Groove Exercise Group (Better Futures). Based at 156 Mannamead Road, Plymouth, PL3 5QL → Call them on their main phone line 07305 006511, or email selfmanagement@improvinglivesplymouth.org for info on Long-Term Condition Self-Management activities or email danny.phillips@improvinglivesplymouth.org.uk or visit <https://www.plymouthonlinedirectory.com/article/168/Mannamead-Wellbeing-Hub>

Mount Gould Wellbeing Hub: (Run by Age UK Plymouth) Part of Plymouth's Wellbeing Hub Network, Mount Gould Wellbeing Hub is dedicated to improving access to services for the community, in order to improve health and wellbeing outcomes for local people, and to reduce inequalities in health and wellbeing. Offers a wide range of services, including health advocacy and support, signposting for health services, activities, drop-ins, and advice with managing long term health conditions. Based at The William and Patricia Venton Centre, Astor Drive, Plymouth, Devon, PL4 9RD → Call 01752 256020 or email community@ageukplymouth.org.uk or visit <https://www.ageuk.org.uk/plymouth/our-services/wellbeing-hub-c386b0aa-673a-ed11-97b0-0003ff4b081d/>

My Health, My Way: (Part of Improving Lives Plymouth) A service which supports anyone aged over 18 with a long-term physical or mild-to-moderate health condition to develop knowledge, skills, and confidence to self-manage the challenges of living with a health condition, through delivering free workshops → Call 07305 006522 or email management@improvinglivesplymouth.org.uk or visit <https://www.improvinglivesplymouth.org.uk/about-us/long-term-condition-self-management-homepage/long-term-condition-self-management-courses>

Nature Plymouth: Aims to engage people with wildlife and the outdoors in Plymouth and its surroundings. Offers activities, events, crafts, litter picks, wildlife walks, physical activities, advice and information → Visit www.plymouth.gov.uk/parksnatureandgreenspaces

One You Plymouth: (Part of Livewell Southwest) Offers loads of advice, tips, resources, and support around healthy eating, physical fitness, physical wellness, smoking cessation, and sleep hygiene → <https://www.oneyouplymouth.co.uk/healthy-weight> or visit <https://www.oneyouplymouth.co.uk/stop-smoking> or <https://www.oneyouplymouth.co.uk/about/meet-the-team> Specific contact details on each page.

Plymotion: A Plymouth City Council-led initiative that aims to make it easier for you to get around Plymouth by bike, on foot and by bus. Provides information and signposting on walking and cycling activities, and travel routes around Plymouth → Visit <https://www.plymouth.gov.uk/plymotion>

Plymouth Dolphins RFC: The City of Plymouth's only fully inclusive LGBQ+ rugby club, that was founded in late 2021. Aims to provide a safe space for the LGBTQ+ community and allies to come together and learn a new sport, by providing fun and welcoming training. PDRFC are registered members of the IGR, and are open for anyone to join their club regardless of experience, ability, age, ethnicity, religion, or sexuality. PDRFC plays up to 10 matches a year, from local friendlies, home & away games, and tournaments. Also runs activities and social events throughout the year → Call 07961 630503 or email plymdolphinsrfc@gmail.com or visit <https://www.plymouthdolphinsrfc.co.uk/>

Plymouth Hope Football Club: A charitable organisation run by inspiring and dedicated volunteers from all walks of life who all believe in social equality and equity. They recognise the social and health benefits of well-being and work hard to ensure that children and young people have no barriers to access. Where necessary they provide advocacy and advocate on behalf of the voiceless to get the



basic support they need to live with dignity → Call 07712 418206 or email info@plymouthhope.org.uk or visit <https://plymouthhope.com/>

Plymouth Wellbeing Centre: Plymouth Wellbeing Centre is a one stop shop for all things holistic, self-care & wellbeing. PWC are a group of self-employed therapists who take pride in their work and their centre. Services offered include but are not limited to counselling, hypnotherapy, and relaxation sessions, holistic therapies, reflexology sessions, and yoga and meditation classes. Based at Units 3 & 4, Lynher House, Bush Park, Plymouth, PL6 7RG → Call 07525 930067 or email hello@wellbeingplymouth.co.uk or visit <https://wellbeingplymouth.co.uk/>

Plymouth Young Carers Support Hub: As part of its services, PYCSH provides a range of information, support, and resources for carers' health and wellbeing, including mental wellness, and how to care for someone safely at home → More information is available on their website: <https://www.plymouthonlinedirectory.com/childrenandfamilies/plymouthyoungcarers/health>

Plympton Wonderers: A Plympton-based walking group that meets every Thursday at 1.30pm, at Rees Wellbeing Centre, for slow walks that last around an hour. All abilities welcome → Visit www.facebook.com/share/1ERw5XXJr5/

Red Rock Counselling: Offers 1-1 in person and online counselling for anyone over 18 (across Plymouth, Dawlish, & Paignton), for a wide range of issues, including issues around health and wellness. Paige is an accredited member of the National Counselling and Psychotherapy Society. Offers a wide range of availability for online sessions Monday-Saturday. In-person sessions in Plymouth are available Mon 6-9pm, Weds 10am-12pm, and Fri 10am-12pm, at Stitch and Splodge, 32 Devonport Road, Stoke, PL3 4DH → Call 07447 914 631, email paige.rideout20@gmail.com or visit www.redrockcounselling.co.uk

Rees Centre Wellbeing Hub: Part of Plymouth's Wellbeing Hub Network, the Rees Centre provides is aimed at improving health and wellbeing outcomes for the local community, and at reducing isolation. The Rees Centre provides a wide range of services, including health and wellness activities, events, and signposting. Based at Mudge Way, Plympton, Plymouth, PL7 2PS → Call 01752 340550 or email rcwbh@barnados.org.uk or visit www.barnados.org.uk/get-support/services/rees-wellbeing-hub

RockFit with Julie: The fastest growing exercise class in the UK, RockFit with Julie offers a combination of cardio, dancing, and toning, all to a rock and metal soundtrack. Promotes inclusivity and a sense of community. Runs classes all over the UK, including Plymouth. Sessions cost £5 per person. Plymouth sessions run every Monday (6-7pm & 7-8pm), Tuesday (7-8pm), Wednesday (7-8pm), Thursday (7-8pm), and Saturday (10-11am) → Email rockfit@gmx.co.uk or for full range of classes visit <https://rockfit.org.uk/live-classes/> or for more info visit <https://rockfit.org.uk>

She Hikes (South Devon): A women-only hiking community based in Plymouth, Dartmoor, and the surrounding areas. Created to help women build confidence outdoors, make new friends, and explore some of the most beautiful places in Devon. Women of all abilities and experiences welcome. She Hikes hosts a free community walk each month (tickets are released through the Facebook group) → Visit www.facebook.com/share/g/1GqZsYmz6h/

Simply Counselling CIC: Offers BACP Accredited counselling, both face-to-face and online, for a wide range of issues, including health difficulties. Provides low-cost, affordable counselling thanks to funding and bursaries. Some people may be eligible for free counselling. Based in Plymouth but online sessions open to all. Sessions start at £35 per hour → Call 01752 560900 or 07568 323363 (Open Mon-Fri 9am-7pm and Saturdays 10am-2pm) or email simplycounsellingcic@gmail.com or visit their website for more information <https://www.simplycounselling.org/>



The Jan Cutting Healthy Living Centre Wellbeing Hub: Part of Plymouth's Wellbeing Hub Network, the Healthy Living Centre is owned and operated by Wolseley Trust, and provides a meeting place and centre for community focus. Facilities provided include computer and Internet access, a multi-purpose hall and meeting rooms, and a community café. Provides a wide range of services, including signposting and support for health and wellness, such as exercise classes. Based in Beacon Park Road, Plymouth, PL2 2PQ → Call 01752 203670 or email nickichinnock@wolseley-trust.org or visit <http://www.wolseley-trust.org>

Wellbeing At Work: (Part of Livewell Southwest) Aims to increase awareness of, and improve, health and wellbeing in Plymouth-based work places, through different programmes such as the Wellbeing at Work Awards programme, the Wellbeing Champion programme, and Wellbeing Training. Using the framework from Public Health England and other toolkits and resources, Wellbeing at Work aims to look at a wide range of health and wellness initiatives, including mental health, physical activity, healthy eating, musculoskeletal health, sleep, and recovery → Call 01752 437177 or email wellbeingatwork@nhs.net or for more info visit <https://www.livewellsouthwest.co.uk/community-care/wellbeing-at-work>

Wellbeing Hubs: (Part of Livewell Southwest) Amongst other services, Wellbeing Hubs provide health advocacy, debt advice, volunteering opportunities, and signposting of local/citywide providers of health services and voluntary/community sector activities. Self-referrals accepted → Call 01752 434400 (Cumberland Centre) for more information, or <https://www.livewellsouthwest.co.uk/wellbeing-hub>

Wolseley Trust: A Community Economic Development Trust with a local membership of over 600 local residents, that aims to bring local services, organisations, individuals, and communities together, and to involve the community in fully managing and assisting with the economic and community regeneration of Plymouth. Also provides a wide range of health and wellbeing support and services → Call 01752 607449 or contact via https://www.wolseley-trust.org/index.php?option=com_contact&view=contact&id=9 or visit their site <https://www.wolseley-trust.org/index.php> ('Health and Wellbeing Services').

YMCA Plymouth: An education, health, and families charity that aims to support people in the local community through a wide range of health and wellness services including indoor and outdoor sports, fitness classes, and other fitness activities → Call 01752 201 918 (M-F 6.30am-9pm; Sa 8am-4pm; Su 9am-2pm) or email info@ymcaplymouth.org.uk or visit <https://www.ymcaplymouth.org.uk/>

Housing & Homelessness

Barne Barton & St Budeaux Wellbeing Hub: Part of Plymouth's Wellbeing Hub Network, Barne Barton hub was launched in partnership with PCC, NHS Devon Clinical Commissioning Group, and Colebrook Southwest. These hubs aim to support people in their local communities through a wide range of support and services, in order to encourage people to make life choices that will support their health and wellbeing. Amongst many other things, Barne Barton hub provides support and signposting for housing issues. Based in William Sutton Memorial Hall, 6 Shelly Way, St Budeaux, Plymouth, PL5 1QF → Call 07890 257649, or email wellbeinghub@colebrooksw.org or for more information <https://williamsuttonhubs.org/wellbeing-hub/>

BCHA: Charitable housing organisation based in the Southwest; their mission is to meet housing needs and end homelessness, through the building and provision of affordable + secure homes, and by supporting individuals to take control and lead independent, fulfilled lives. Also run different programmes. Open to everyone; offices across UK but Plymouth is one of main branches → call 01202 410500 (M-F 9-5) or email enquiries@bcha.org.uk or www.bcha.org.uk



CASS+: A charity that provides information, advice, and support for a wide range of issues for those in the criminal justice system, including housing and homelessness → Call 01752 601153 or 01752 206187 (M-F 9.30-4.30) or <https://www.cassplus.org/about-us/> or <https://www.cassplus.org/contact-us/>

Devon Home Choice (Plymouth): A service that allows Devon residents to search and apply for council and housing association homes across Devon → Call 01752 305496 or email them on CommunityConnections@plymouth.gov.uk or more info <https://www.devonhomechoice.com/how-it-works>

Family Nurse Partnership: (Part of Livewell Southwest) An intensive support programme for girls and women (up to age 19) who are pregnant, and who may be facing a range of difficult circumstances, such as homelessness → Call 01752 434314 or email livewell.FNP@nhs.net or visit <https://www.livewellsouthwest.co.uk/project/family-nurse-partnership>

Hope for the Homeless - Garage Café: A cafe on Union Street, Plymouth that offers hot meals and drinks as well as clothing sleeping bags and toiletries to the homeless vulnerable and people who are going through hard times. Open 7-8pm Mon-Sat → For more information visit <https://www.facebook.com/HopeForTheHomelessPlymouth/>

Hidden Lives Counselling and Support Hub: Runs a project called Housing the Homeless; a lot of time and resources have been dedicated to this cause → Call 07305 945643 or email hiddenlivesplymouth@gmail.com

Little Sanctuary: A brand-new (as of June 2026) trauma-informed, safe, and protected space/ service for women who have experienced or faced addiction, childhood trauma, domestic abuse, and homelessness. Little Sanctuary is unique in that it is open to women who other services may deem 'too complex', or who may otherwise be excluded from existing services. Little Sanctuary is based at Greenspace on Mutley Plain and has been developed through a partnership between Transforming Plymouth Together, Greenhouse Community Project CIC, and community leader, Norma Mullaniff. Little Sanctuary aims to provide a warm and relational space where women can feel safe, build trusting relationships, and heal from trauma at their own pace → Email fiona@greenspacehub.co.uk or visit www.transformingplymouthtogether.org.uk/little-sanctuary

Mount Gould Wellbeing Hub: (Run by Age UK Plymouth) Part of Plymouth's Wellbeing Hub Network, Mount Gould Wellbeing Hub is dedicated to improving access to services for the community, in order to improve health and wellbeing outcomes for local people, and to reduce inequalities in health and wellbeing. Offers a wide range of services, including housing advice and information. Based at The William and Patricia Venton Centre, Astor Drive, Plymouth, Devon, PL4 9RD → Call 01752 256020 or email community@ageukplymouth.org.uk or for more info <https://www.ageuk.org.uk/plymouth/our-services/wellbeing-hub-c386b0aa-673a-ed11-97b0-0003ff4b081d/>

One Stop Advocacy: Provides advice and assistance with relating to housing (e.g. moving, checking, and clearance), including correspondence and assessments. Operates Mon, Wed, and Fri (9-4). Reasonable rates offered → Call 07464 106903 or visit <https://gazelle-endive-y7hc.squarespace.com/>

PATH - Plymouth Access to Housing: Provides assistance to those in housing need, so to help prevent and reduce homelessness → Call 01752 255889 or email info@pathdevon.org or more information <https://www.pathdevon.org/>

Plymouth Community Homes: Aims to improve lives by providing affordable homes, great services and supporting communities across Plymouth. An effective housing business focused on providing good quality homes and services. They also offer shared ownership homes → Call 0808 230 6500 (general enquiries, 8.30-5 M-T, 8.30-4.30 F) or <https://www.plymouthcommunityhomes.co.uk/>



Rees Centre Wellbeing Hub: Part of Plymouth's Wellbeing Hub Network, the Rees Centre provides is aimed at improving health and wellbeing outcomes for the local community, and at reducing isolation. The Rees Centre provides a wide range of services, including housing advice, and signposting. Based at Mudge Way, Plympton, Plymouth, PL7 2PS → Call 01752 340550 or email rcwbh@barnados.org.uk or visit www.barnados.org.uk/get-support/services/rees-wellbeing-hub

Shelter (Plymouth and Devon): A charity that exists to defend the right to a safe home. They provide housing advice, legal aid, support with housing issues and homelessness. They also run campaigns and research around different areas. Are predominantly providing online and telephone support at present → Call 03301 755 121 (free advice line), or call 0808 800 444 (urgent housing advice, open M-F 8am-8pm & Sat and Sun 9am-5pm) or email info@shelter.org.uk or for more info https://england.shelter.org.uk/get_help/local_services/devon

Learning Disabilities & SEN

Active For All: (Part of Improving Lives Plymouth) Supports and promotes physical activity for those aged 18+ with disabilities and long-term health conditions, and mental health support needs. The aim of AFA is to improve health and wellbeing by helping people to stay regularly active → Call 01752 201891 or visit <https://www.improvinglivesplymouth.org.uk/our-services/active-for-all>

Adult Ability Counts: (Run by Argyle Community Trust) 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 → Call 01752 562561 or email alice.young@paafc.co.uk or more information <https://argylecommunitytrust.co.uk/what-we-do/football/disability-football/>

Art Craft & Laughter: Their passion for 'Art as therapy' aims to provide art, crafts, and giggles for those in Plymouth over the age of 18, as well as anyone who may be struggling with mental health issues, wellbeing, isolation, or loneliness. They pride themselves on running art & craft sessions in a safe place where people can come to breathe and just be themselves for a while. Their studio provides a safe and friendly environment to all. Amongst other support, offers workshops and activities for people with learning disabilities, Tuesdays & Thursdays, 10-4. Located at 6 Shelley Way, St Budeaux, Plymouth PL5 1QF → Call 07880 327 022 or contact via <https://www.artcraftandgiggles.co.uk/contact> or visit <https://www.artcraftandgiggles.co.uk/learning-disabilities>

Barne Barton & St Budeaux Wellbeing Hub: Part of Plymouth's Wellbeing Hubs Network, Barne Barton hub was launched in partnership with PCC, NHS Devon Clinical Commissioning Group, and Colebrook Southwest. These hubs aim to support people in their local communities through a wide range of support and services, in order to encourage people to make life choices that will support their health and wellbeing. Amongst many other things, Barne Barton hub provides a wide range of support and signposting to those with learning disabilities and special education needs. Based in William Sutton Memorial Hall, 6 Shelly Way, St Budeaux, Plymouth, PL5 1QF → Call 07890 257649, or email wellbeinghub@colebrooksw.org or visit <https://williamsuttonhubs.org/wellbeing-hub/>

Better Futures: (Part of Improving Lives Plymouth) Supports adults aged 18+ with autism and learning disabilities/difficulties. Offer information and advice on day-to-day issues, help with developing skills for independence (e.g. groups/workshops/activities), a friendly community hub, as well as advice on health & wellbeing, courses, activities, and support. Based at Mannamead Wellbeing Hub, 156 Mannamead Road, Plymouth, PL3 5QL → Call 01752 776775 or email betterfutures@improvinglivesplymouth.org.uk or visit <https://www.improvinglivesplymouth.org.uk/better-futures-learning-disability-support-advice>

Clip'N Climb: A rock climbing centre that, every Sunday morning at 9am, holds autism and SEN-friendly session, providing children with additional needs the opportunity to enjoy the facilities in a



quieter, calmer environment and meet other families in similar circumstances. Recommended to book in advance to avoid disappointment → Call 01752 717567 or email info@clipnclimbplymouth.co.uk or more information <https://plymouth.clipnclimb.co.uk/>

Efford Youth & Community Centre: Works with young people with physical and/or learning disabilities, who are aged 11-25 years old. Runs a variety of activities and sessions. Based at Blandford Road, Plymouth, PL3 6HU → Call 01752 776853 or email efford.youth@plymouth.gov.uk or visit <https://www.plymouthonlinedirectory.com/article/1676/Efford-Youth-Centre>

eLIVEate: Provides creative and dynamic person-centred support for people with learning disabilities who are living, or wish to live, in Plymouth/Southwest Devon. Assist people to live the life they choose and to become active citizens within their communities → Call 01752 936358 or email info@eliveate.co.uk or visit <https://eliveatesupport.co.uk/>

Family Hubs: A place for families, parents, carers, and young people in Plymouth to find support and advice. Each Family Hub will provide support for families with children aged 0-19, or up to age 25, for young people with special educational needs. The Hubs provide a welcoming, safe, and secure space. Also provides activities and groups for families → Email familyhubs@plymouth.gov.uk or <https://www.plymouthonlinedirectory.com/childrenandfamilies/childrenscentres> for a list of hubs, or visit <https://plymouthonlinedirectory.com/article/3808/Family-Hubs-in-Plymouth> for more information

Heal Your Confidence CIC: Provides holistic and personalised online support for learning difficulties such as dyslexia and dyspraxia. Support offered includes screenings, 1-1 support sessions, and coaching → Call 07476 946 303 or email hello@healyourconfidence.com or visit www.healyourconfidence.com

Junior Ability Counts: (Run by Argle Community Trust). Football sessions in a fun and inclusive environment for children aged 5-16 with any disability. Open to all abilities. Costs £4 per session. Every Monday 5-6pm (term time) at Manadon Sports Hub, Plymouth → Call 01752 562561 or email alice.young@pafc.co.uk or <https://argylecommunitytrust.co.uk/what-we-do/football/disability-football/>

Livewell Southwest: Provides a specialist community learning disability (LD) service for adults in Plymouth with LDs, which includes specialist assessment and intervention to support peoples' health-related needs. Consists of a vast multidisciplinary team including nurses and OTs. Also provides support to families and carers of people with LDs, in addition to workshops and training. Self-referrals accepted → Call 01752 434033 (Referral Coordinator) or email livewell.cldreferrals@nhs.net or more information <https://www.livewellsouthwest.co.uk/community-care/learning-and-disability>

MoorVision: Provides support, activities and shared experiences for families of children and young people (aged 0-29) with vision impairment, including those with additional needs, across Plymouth. The activities offered include the child with vision impairment along with the whole family. Also runs residential trips, parent/carers training and other support sessions. They have a database of useful resources and a very busy Facebook page. They can provide advice on all aspects of your vision impaired child's care or signpost you to relevant organisations for further help → Call 01752 891934 or email info@moorvision.org or visit <https://www.moorvision.org>

Pluss: (Part of Seetec Pluss). Offers 1:1 support to help people with learning disabilities (of all ages) build their confidence and succeed in the career of their choice, by helping them to build employability skills → Visit <https://seetec.co.uk/programme/plymouth-learning-disability-employment-service/>

Plymouth Highbury Trust: Aims to provide support, resources, tool kits, and advice to people with learning disabilities, as well as activities and social clubs. Enables people with LDs to have a choice, a voice, and to feel empowered during difficult times → Call 01752 773333 or email admin@plymouthhighburytrust.org.uk or <http://www.plymouthhighburytrust.org.uk/>



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 those with learning disabilities, special education needs, neurological disorders, and brain injuries → Visit <https://www.plymouthmusiczone.org.uk/> or visit here for their workshops <https://www.plymouthmusiczone.org.uk/what-we-do/>

Plymouth Parent Carer Voice: Aims to bring together parents and carers of children and young people with SEND and learning difficulties. Enables families to have a voice and to be part of the SEND process. Together PPCV work in partnership with their local authority, to help shape and improve the range of services in education, health and social care for families in the Plymouth area → Call 07954 048017 or email info@plymouthpcv.co.uk or visit <https://www.plymouthpcv.co.uk/>

The View: (formally Plymouth Parent Advocacy Project). Offers 4 services to adults with a learning disability in Plymouth – The WISER programme (6-week course for women with LDs to learn about the signs of domestic abuse); 3 peer support groups, an easy read information service (for professionals), and support from volunteers. Their primary aim is to provide a safe & supportive space to learn for parents and men/women with LDs, to feel empowered & included → Call 01752 773 333, email admin@plymouthhighburytrust.org.uk or www.plymouthhighburytrust.org.uk/advocacy/the-view/

Trauma Informed Plymouth Network: TIPN is a collaborative, community network that welcomes all individuals who have experienced childhood/late life adversity, and/or trauma. Anyone affected by adversity or trauma, including those with learning disabilities, can join the TIPN as a member, and/or access support, resources, and attend events, all of which aim to help make Plymouth a trauma-informed city. Based in Plymouth but open to anyone → Email info@tipn.org or contact them here <https://traumainformedplymouth.org/contact-us/> or visit <https://traumainformedplymouth.org/>

University Hospitals Plymouth: A website that provides information for individuals for learning disabilities, carers, and professionals, as well as information about the LD Team at Derriford, and signposting to other services and resources → **patients:** <https://www.plymouthhospitals.nhs.uk/ld-for-patients> **information for carers:** <https://www.plymouthhospitals.nhs.uk/ld-for-carers>

Whiz Kids: A training provider based in Plymouth (but covers Devon & Cornwall) that provides career workshops, activities, careers workshops & events, holiday clubs, children's parties, training opportunities, 1-1 advisor sessions, plus much more, for children, families, and people with learning disabilities → Call 01752 560360 or email info@wkuk.org or visit <https://www.wkuk.org/>

WISER: Women in Safe and Empowering Relationships: A service provided by Plymouth Highbury Trust, WISER provides advocacy for women in Plymouth with learning disabilities, or borderline learning disabilities who are affected by domestic abuse. Professionals can fill out referral forms for women wishing to access their service → Call 01752 773333 or email abi.dart@plymouthhighburytrust.org.uk or visit <https://plymouthhighbury.org.uk/advocacy/the-view/wiser>

Youth Ascends: A service made up of children aged 9-25 with special education needs and disabilities, that acts to ensure young peoples' views are taken into account within strategic planning provision in Plymouth → Call 01752 258933 or email YPForum@plymouth.gov.uk or for more information visit <https://www.plymouthias.org.uk/young-people-support/youth-ascends/>

Legal Aid

CASS+: A charity that provides legal aid and free advice to both victims and offenders in the Plymouth area, with the aim of offering respect and fairness to vulnerable people who are at risk of, or have been



processed through, the Criminal Justice System → Call 01752 601153 or 01752 206187 (M-F 9.30-4.30) or <https://www.cassplus.org/> or contact via <https://www.cassplus.org/contact-us/>

Legal Advice Centre: (Part of Citizens Advice Plymouth): Offers free legal advice for litigants in person, on topics such as family law, employment, or housing. Unable to advise clients who are already instructing a solicitor or represent clients in court. In partnership with University House Law Centre, LAC offers a one-off 45-minute consultation with a solicitor (conducted remotely – family and employment law only). Also have in-house legal advisers who can provide advice & case support for clients. Self-referrals accepted → More information <https://citizensadviceplymouth.org.uk/legal-advice-centre/>

Shelter (Plymouth and Devon): As part of its service, Shelter provides legal aid, for those who may need to go to court about a housing problem or to challenge a council's homelessness decision. To speak to their legal team, an appointment is needed → Call 0344 5151 880 (M-F 9-5) or email info@shelter.org.uk or more info https://england.shelter.org.uk/get_help/local_services/devon

University of Plymouth Law Clinic: Offers real advice and assistance to clients in the Plymouth community, across a range of legal areas, including family, refugee, employment, and tenancy law. The Law Clinic is coordinated by law students and supervised by staff, and aims to provide a vital service to the local community → Call 01752 600600 or for more information visit <https://www.plymouth.ac.uk/courses/undergraduate/lb-law/plymouth-law-clinic>

LGBTQ+

Big Sis CIC: A South-West UK based social enterprise that operates across Plymouth, that aims to support young girl's and non-binary children's mental health, through impactful programmes in schools and the community. Big Sis also provides upskilling for their immediate support networks: parents, carers, youth leaders and teachers to offer improved quality of care. Also provides community support on a wide range of topics and issues, including self-esteem & confidence, puberty and boundaries & relationships → Contact via <https://big-sis.co/contact> or for more information visit <https://big-sis.co/youthandcommunitywork>

Colin Davey Counselling: Provides online, ACCPH-Accredited counselling on a wide range of issues and difficulties, including those experienced by LGBTQIA+ individuals. Their online therapy services provide a safe and nurturing space for you to explore, heal, and grow, and ensure inclusivity for all. Sessions are 60 minutes and cost £55 → Call 07411 202027 or email hello@talktocolin.co.uk or visit <https://www.talktocolin.co.uk/lgbtqia-and-trans-voices>

Intercom Trust: A LGBTQ+ charity working across Devon that aims to provide support and advice, support groups, and events to the LGBTQ+ community → Call 0800 6123010 (general helpline), or email office@intercomtrust.org.uk or more information www.intercomtrust.org.uk

Not Alone: Provides support, advice, and a safe space for transgender and non-binary people in Plymouth, a space for sharing thoughts and feelings for those who need it. Any and all transgender and non-binary people welcome to join, as well as their family, partners and allies (age limit 16+). Meet on Tuesday evenings 7-9pm in Plymouth → Email contact@notaloneplymouth.co.uk or more information <http://www.notaloneplymouth.co.uk>

Out Youth Group: (Part of PCC's Community Connections Youth Service), OYG provides a safe, welcoming environment for LGBTQ+ individuals in Plymouth and the surrounding area. Aims to create opportunities for making friends, exploring identity, accessing support, and building supportive networks → Call 07774 336 616 or email outyouth@plymouth.gov.uk or for more information visit www.intercomtrust.org.uk/directory/listing/out-of-the-can



Plymouth Dolphins RFC: The City of Plymouth's only fully inclusive LGBTQ+ rugby club, that was founded in late 2021. Aims to provide a safe space for the LGBTQ+ community and allies to come together and learn a new sport, by providing fun and welcoming training. PDRFC are registered members of the IGR, and are open for anyone to join their club regardless of experience, ability, age, ethnicity, religion, or sexuality. PDRFC plays up to 10 matches a year, from local friendlies, home & away games, and tournaments. Also runs activities and social events throughout the year → Call 07961 630503 or email plymdolphinsrfc@gmail.com or visit <https://www.plymouthdolphinsrfc.co.uk/>

Pride in Plymouth: A non-profit community organisation that brings people and groups together to celebrate and promote the diversity that exists within the LGBTQ+ communities in Plymouth. Aim to help advance community education and eliminate discrimination in relation to the LGBTQ+ community → Call 07935 306029 or info@prideinplymouth.org.uk or <https://prideinplymouth.org.uk/> (currently being updated)

Proud2Be: A grassroots user-led social enterprise that supports all LGBTQ+ (lesbian, gay, bisexual, trans, questioning, queer, intersex, asexual, pansexual, non-binary + more) people in Plymouth, to lead empowered, fulfilled and authentic lives → Call 0333 7721187 or email hello@proud2be.org.uk or <https://www.proud2be.org.uk/>

Trauma Informed Plymouth Network: TIPN is a collaborative, community network that welcomes all individuals who have experienced childhood/late life adversity, and/or trauma. Anyone affected by adversity or trauma, including those within the LGBTQ+ community, can join the TIPN as a member, and/or access support, resources, and attend events, all of which aim to help make Plymouth a trauma-informed city. Based in Plymouth but open to anyone → Email info@tipn.org or contact them here <https://traumainformedplymouth.org/contact-us/> or visit <https://traumainformedplymouth.org/>

Marriage & Relationships

Marriage Care: Offers marriage preparation, relationship counselling, and more. Specialise in helping couples build and sustain strong, fulfilling relationships, and also providing support for relationship difficulty. Charges initial £15 registration fee. Sessions typically 50 minutes. Operates across different areas ('Get Involved' → 'Find a Centre') → Call 0800 3893801 (Relationship Counselling helpline M-Th 9am-6pm) or email appointments@marriagecare.org.uk or <https://www.marriagecare.org.uk/> contact form: <https://www.marriagecare.org.uk/contact-2/>

New Hope Counselling: A BACP Accredited counselling service that offers online, telephone, and in-person counselling on a wide range of issues including relationship difficulties. Types of counselling offered include talking therapy and EMDR therapy. Initial free 15-minute telephone consultation offered. Counselling sessions typically last 60 minutes; first session costs £25; sessions after this cost £45. Some discounts offered. Based in Plymouth but online sessions open to anyone → Call 07429 317775 or contact via <https://newhopecounselling.co.uk/contact/> or <https://newhopecounselling.co.uk>

Personal & Relationship Counselling: A private practice with almost 3 decades of experience in providing couples counselling and psychotherapy in Plymouth (and wider Devon/Cornwall area). Their team of specialists use different approaches to adapt to people's situations. Offer support on a wide range of issues. Can provide Zoom/face-to-face support. Individual sessions cost £50; couples sessions cost £65. Some discounts available → Call 01752 266000 or email plymouthcounselling@gmail.com or more information <https://plymouthcounselling.com/>

Relate: Provides (donations-based) relationship counselling in Plymouth for anyone over 16, regardless of relationship status (married, cohabiting, single, or looking to divorce/separate), and aims to help people work through the problems with their partner, in a caring and supportive environment → Call



01752 213131 or email relateplymouth@googlemail.com or visit <https://www.relate.org.uk/what-we-do/counselling-services>

Simply Counselling CIC: Offers BACP Accredited counselling, both face-to-face and online, for a wide range of issues, including relationship difficulties. Provides low-cost, affordable counselling thanks to funding and bursaries. Some people may be eligible for free counselling. Based in Plymouth but online sessions open to all. Sessions start at £35 per hour → Call 01752 560900 or 07568 323363 (Open Mon-Fri 9am-7pm and Saturdays 10am-2pm) or email simplycounsellingcic@gmail.com or visit <https://www.simplycounselling.org/>

Tracy Ede Counselling: Tracy has over 30 years' experience in the field of health, welfare and social care. She works flexibly with couples in crisis. Tracy is BACP Accredited. As an integrative therapist Tracy draws on different approaches in response to client needs. She always sees your wellbeing in a holistic way, paying attention to the many components that make up who you are, learning what help you need to rebalance your world. Based at Unit 4, Lynher House, Bush Park, Plymouth, PL6 7RG → Call 07976 195133 or email tracyedecounselling@gmail.com or visit <https://www.counselling-directory.org.uk/counsellors/tracy-ed>

Mental Health

Art Craft & Laughter: Their passion for 'Art as therapy' aims to provide art, crafts, and giggles for those in Plymouth over the age of 18, as well as anyone who may be struggling with mental health issues, wellbeing, isolation, or loneliness. They pride themselves on running art & craft sessions in a safe place where people can come to breathe and just be themselves for a while. Their studio provides a safe and friendly environment to all. Offers mental health and wellbeing drop-ins on Wednesday and Fridays, 10am-4pm. Located at 6 Shelley Way, St Budeaux, Plymouth PL5 1QF → Call 07880 327 022 or contact via <https://www.artcraftandgiggles.co.uk/contact> or visit <https://www.artcraftandgiggles.co.uk>

Barne Barton & St Budeaux Wellbeing Hub: Part of Plymouth's Wellbeing Hubs Network, Barne Barton hub was launched in partnership with PCC, NHS Devon Clinical Commissioning Group, and Colebrook Southwest. These hubs aim to support people in their local communities through a wide range of support and services, in order to encourage people to make life choices that will support their health and wellbeing. Amongst many other things, Barne Barton hub provides a wide range of support for mental health and wellness. Based in William Sutton Memorial Hall, 6 Shelly Way, St Budeaux, Plymouth, PL5 1QF → Call 07890 257649, or email wellbeinghub@colebrooksw.org or for more information <https://williamsuttonhubs.org/wellbeing-hub/>

Big Sis CIC: A South-West UK based social enterprise that operates across Plymouth, that aims to support young girl's and non-binary children's mental health, through impactful programmes in schools and the community. Big Sis also provides upskilling for their immediate support networks: parents, carers, youth leaders and teachers to offer improved quality of care. Also provides community support on a wide range of topics and issues, including self-esteem & confidence, puberty and boundaries & relationships → Contact via <https://big-sis.co/contact> or for more information visit <https://big-sis.co/youthandcommunitywork>

By the Horns Theatre Company: A Plymouth-based theatre company that aims to collaborate with local and national charities, social enterprises, and organisations, in order to spread their message of mental health awareness through their production, Collateral Cubicle → Call 07497 019597 or email bythehornstheatrecompany@gmail.com or visit <https://www.facebook.com/bythehornstheatre/>

CASS+: A charity that provides information, advice, and support for a wide range of issues for those in the criminal justice system, including mental health → Call 01752 601153 or 01752 206187 (M-F 9.30-4.30) or visit <https://www.cassplus.org/about-us/> or contact <https://www.cassplus.org/contact-us/>



Caring for Carers: (Part of Improving Lives Plymouth) Every third Thursday of the month, from 10 til 12, Caring for Carers runs a Mental Health Support Group for carers, which includes information on a variety of topics, from understanding mental health conditions, to the Mental Health Act. The group runs at Mannamead Wellbeing Hub, 156 Mannamead Road, Plymouth, PL3 5QL → Call 01752 201890 or email caringforcarers@improvinglivesplymouth.org.uk or www.improvinglivesplymouth.org.uk/caring-for-carers

Connecting Youth CIC: (Previously Barefoot) A not-for-profit set up in April 2023, aimed at providing a wide range of support to all young people aged 10-19 years old within the communities of St Budeaux, Ernesettle, and Whitleigh. Offers support and guidance around many issues, including mental health difficulties and challenges in young people → Call 07549 157992 or email jondingle.cyuk@gmail.com or visit <http://connectingyouthcic.co.uk/>

Creative Health Southwest: Formerly Pets & Picasso CIC. Embraces a holistic approach to health and wellbeing, where creativity, fun and play are at the heart of everything they do. Provides a wide range of activities, groups, and events. Our mission is to support individual of all ages and backgrounds in their journey towards improved mental health through engaging and creative activities. → Email hello@creativehealthsouthwest.com or visit <https://creativehealthsouthwest.com/>

Crossroads Fun and Friendship Centre: Provides support to adults aged 18+ with mental health support needs, offering a wide variety of recreational, leisure, and educational opportunities. The aim of fun and friendship is at their core → Call 01752 367880 or email info@crossroadsfafc.co.uk or visit <https://crossroadsfafc.co.uk>

Every Man Matters: A free, twice-weekly men's mental health support group where you can share, talk, and gain some comfort that you are not alone and that you do matter. Groups are every Wednesday 6-8pm and every Sunday 1-3pm at the YMCA Plymouth, PL5 3NG → Call 01752 201 918 or email everymanmattershelp@gmail.com or visit <https://www.facebook.com/everymanmatters>

Family Nurse Partnership: (Part of Livewell Southwest) An intensive support programme for girls and women (up to age 19) who are pregnant, and who may be facing a range of difficult circumstances, such as mental health issues → Call 01752 434314 or email livewell.FNP@nhs.net or visit <https://www.livewellsouthwest.co.uk/project/family-nurse-partnership>

Four Greens Community Trust: Part of Plymouth's Wellbeing Hub Network, FGCT works in partnership with the local community to develop a diverse range of quality services and opportunities that promote economic regeneration and reduce social and health inequalities and isolation. Provides a wide range of services, including mental health advice, support, and signposting. Based at 15 Whitleigh Green, Plymouth, PL5 4DD → Call 01752 875916 or email facilities@fgct.co.uk or visit <https://www.fourgreenscommunitytrust.co.uk/advice-information>

Heal Your Confidence CIC: Provides holistic and personalised online support for neurodivergent adults, both diagnosed and suspected/undiagnosed, with conditions such as ADHD, autism, dyslexia, and dyspraxia. HYC offers screenings, 1-1 support sessions, and coaching. Also offers group and leadership support, and support around mental health. Covers Plymouth, Devon, Cornwall, and the UK → Call 07476 946 303 or email hello@healyourconfidence.com or visit their website www.healyourconfidence.com

Hidden Lives Counselling and Support Hub: Provides mental health support and advice for individuals, families, and communities that are struggling with their mental wellbeing → Call 07305 945643 or email hiddenlivesplymouth@gmail.com

Hope in the Heart CIC: A UK-based social enterprise that seeks to improve mental health and wellbeing and inspire positive change in individuals, communities and the wider world through creative



workshops, training, resources and events. Their workshops aim to create a safe, empathetic space for all individuals with lived experience of all kinds to make connections and explore the strengths and skills challenges of lived experience of mental health can bring, in order to facilitate improved mental and emotional wellbeing. Based in Plymouth → Call 07792 604132 or email tam@hopeintheheart.org ; to see workshops: <http://www.hopeintheheart.org/workshop-dates.html> or <http://www.hopeintheheart.org>

Liaison Psychiatry Team: (Part of LSW) An urgent and emergency (specialist) mental health service for people aged 18+ based at Derriford Hospital, which aims to support DH clinicians 24/7. Enables the Emergency Department & wards to assess and manage patients' presenting mental health problems. Comprises senior & junior doctors, experienced mental health practitioners, nurses, social workers, and physiotherapists. Referrals through Derriford staff, and through people self-presenting to the ED. Most service-users are discharged home following a professional discussion about their needs/safety → More information <https://www.livewellsouthwest.co.uk/liaison-psychiatry>

Little Sanctuary: A brand-new (as of June 2026) trauma-informed, safe, and protected space/ service for women who have experienced or faced addiction, childhood trauma, domestic abuse, and homelessness. Little Sanctuary is unique in that it is open to women who other services may deem 'too complex', or who may otherwise be excluded from existing services. Little Sanctuary is based at Greenspace on Mutley Plain and has been developed through a partnership between Transforming Plymouth Together, Greenhouse Community Project CIC, and community leader, Norma Mullaniff. Little Sanctuary aims to provide a warm and relational space where women can feel safe, build trusting relationships, and heal from trauma at their own pace → Email fiona@greenspacehub.co.uk or visit www.transformingplymouthtogether.org.uk/little-sanctuary

Livewell Southwest: Provides services, resources, and support for different mental illnesses, including anxiety, depression, bipolar, eating disorders, and community mental health services → Call 01752 435502 or more information <https://www.livewellsouthwest.co.uk/inpatient-mental-health-neurology>

Livewell Southwest Perinatal Team: Works to prevent, detect, and manage mental health problems that can be complicated by pregnancy and the postpartum period. The overriding goal is to promote maternal wellbeing and in turn bond and attachment with infant at the earliest opportunity, improving short- and long-term outcomes for both. We aim to prevent admissions to acute mental health wards by working alongside women, families and other professionals with care and support to keep people safe, well and at home. Referrals can be made by any professionals or services within Plymouth, who are supporting women around the time of childbirth where there are concerns about their mental wellbeing → Call 01752 431 607 or visit <https://www.livewellsouthwest.co.uk/project/perinatal-mental-health-team>

Mannamead Wellbeing Hub: Part of Plymouth's Wellbeing Hub Network, Mannamead Wellbeing Hub provides a wide range of support and services, including mental health support, guidance, and signposting. 156 Mannamead Road, PL3 5QL → Call 01752 717567, email dannyphillips@improvinglivesplymouth.org.uk or for more information visit <https://www.plymouthonlinedirectory.com/article/168/Mannamead-Wellbeing-Hub>

Mental Health Exeter and Devon Support Group: An online support group for all people with all sorts of mental health conditions of depression bpd (borderline personality disorder), OCD, anxiety, and other mental health disorders, across different regions of Devon (and the wider UK) → More information <https://www.facebook.com/groups/1463070880667609/>

Mindful Art Club: Is an organisation that aims to improve mental health and reduce social isolation using creativity and conversation. They empower people to make positive changes in their lives. They meet in various community services and venues around Plympton and Plymouth (however sessions



are open to anyone who wants to attend). Runs various groups, activities, and workshops, both online and face-to-face → Contact via <https://mindfulartclub.co.uk/contact/> or visit <https://mindfulartclub.co.uk>

Moondogz: A non-judgemental, genuine support group that offer a life jacket whenever needed. They aim to benefit Plymouth and its wider community by providing a kayaking mental health support group. Provides lots of other services, support, and signposting, including a 24/7 support line, mental health wellbeing workshops, and a 1-1 support buddy system. Open to anyone aged over 18 → Call 07579 778664 or email contact@moondogzmentalhealth.co.uk or for more information visit <https://www.plymouthonlinedirectory.com/article/3552/MoonDogz-Mental-Health-Kayaking-Support-Group>

Mount Gould Wellbeing Hub: (Run by Age UK Plymouth) Part of Plymouth's Wellbeing Hub Network, Mount Gould Wellbeing Hub is dedicated to improving access to services for the community, in order to improve health and wellbeing outcomes for local people, and to reduce inequalities in health and wellbeing. Offers a wide range of services, including mental health advice, support, and signposting. Based at The William and Patricia Venton Centre, Astor Drive, Plymouth, Devon, PL4 9RD → Call 01752 256020 or email community@ageukplymouth.org.uk or for more information visit <https://www.ageuk.org.uk/plymouth/our-services/wellbeing-hub-c386b0aa-673a-ed11-97b0-0003ff4b081d/>

New Hope Counselling: A BACP Accredited counselling service that offers online, telephone, and in-person counselling on a wide range of issues, including mental health difficulties. Types of counselling offered include talking therapy and EMDR therapy. Initial free 15-minute telephone consultation offered. Counselling sessions typically last 60 minutes; first session costs £25; sessions after this cost £45. Some discounts offered. Based in Plymouth but online sessions open to anyone → Call 07429 317775 or contact via <https://newhopecounselling.co.uk/contact/> or <https://newhopecounselling.co.uk>

One You Plymouth: (Part of Livewell Southwest) Offers free support, advice, and tools on different mental health issues (such as anxiety and stress), as well as mental wellness in general. Also runs the 'Every Mind Matters' campaign, that encourages adults to be more aware of their mental health and to take simple steps to look after their mental wellbeing → Call 01752 437117 or email oneyou.plymouth@nhs.net or visit <https://www.oneyouplymouth.co.uk/stress-less>

PADS (Plymouth, Anxiety, Depression Support): An informal mental health support group run by adults with mental health issues, including depression and anxiety, for adults with mental health issues. Provides a safe space for them to meet and talk about their issues → Call 07902 528562 or email kerrymcmanus78@yahoo.co.uk

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. Their mission is to inspire, empower, and educate anyone in Plymouth who wants to improve their wellbeing and learn more about mental health. Based in Plymouth but open to anyone → Contact <https://plymouthreg.com/contact> or visit <https://plymouthreg.com>

Red Rock Counselling: Offers 1-1 in person and online counselling for anyone over 18 (across Plymouth, Dawlish, & Paignton), for a wide range of issues, including mental health difficulties. Paige is an accredited member of the National Counselling and Psychotherapy Society. Offers a wide range of availability for online sessions Monday-Saturday. In-person sessions in Plymouth are available Mon 6-9pm, Weds 10am-12pm, and Fri 10am-12pm, at Stitch and Splodge, 32 Devonport Road, Stoke, PL3 4DH → Call 07447 914 631, email paige.rideout20@gmail.com or visit www.redrockcounselling.co.uk



Rees Centre Wellbeing Hub: Part of Plymouth's Wellbeing Hub Network, the Rees Centre provides is aimed at improving health and wellbeing outcomes for the local community, and at reducing isolation. The Rees Centre provides a wide range of mental health support, advice, and signposting. Based at Mudge Way, Plympton, Plymouth, PL7 2PS → Call 01752 340550 or email rcwbh@barnados.org.uk or visit www.barnardos.org.uk/get-support/services/rees-wellbeing-hub

Rehab 4 Addiction: Although primarily a drug and alcohol treatment service, R4A also provides information, advice, and support for anyone struggling with poor mental health. This includes signs and symptoms, causes, and signposting to further support. Operates all across Devon → Call 0800 140 4690 or email info@rehab4addiction.co.uk or <https://www.rehab4addiction.co.uk/mental-health>

Sailing Tectona: Provides sail training opportunities for people of all ages and all backgrounds onboard Tectona, a traditional wooden sailing boat. Sailing Tectona inspires positive change in people's lives, and specifically work with young people as well as adults in recovery from mental health issues and addiction. Their voyages allow individuals to develop themselves as well as operate as part of a team? Communication and resilience are all developed daily whilst hoisting sails, navigating, and living on board. These skills often enable people to make positive changes in their lives after the voyage. Supports individuals and groups with funding for voyages where possible, and may be able to help with your voyage fees. Based in Wembury but is open to all → Call 01752 916015 or email info@sailingtectona.co.uk or visit <https://www.sailingtectona.co.uk/>

Simply Counselling CIC: Offers BACP Accredited counselling, both face-to-face and online, for a wide range of issues, including mental health issues. Provides low-cost, affordable counselling thanks to funding and bursaries. Some people may be eligible for free counselling. Based in Plymouth but online sessions open to all. Sessions start at £35 per hour → Call 01752 560900 or 07568 323363 (Open Mon-Fri 9am-7pm and Saturdays 10am-2pm) or email simplycounsellingcic@gmail.com or visit <https://www.simplycounselling.org/>

The Jan Cutting Healthy Living Centre Wellbeing Hub: Part of Plymouth's Wellbeing Hub Network, the Healthy Living Centre is owned and operated by Wolseley Trust, and provides a meeting place and centre for community focus. Facilities provided include computer and Internet access, a multi-purpose hall and meeting rooms, and a community café. Provides a wide range of services, including a wide range of mental health support and services. Based in Beacon Park Road, Plymouth, PL2 2PQ → Call 01752 203670 or email nickichinnock@wolseley-trust.org or visit <http://www.wolseley-trust.org>

Trauma Informed Plymouth Network: TIPN is a collaborative, community network that welcomes all individuals who have experienced childhood/late life adversity, and/or trauma. Anyone affected by adversity or trauma, including those with mental health difficulties, can join the TIPN as a member, and/or access support, resources, and attend events, all of which aim to help make Plymouth a trauma-informed city. Based in Plymouth but open to anyone → Email info@tipn.org or contact them here <https://traumainformedplymouth.org/contact-us/> or visit <https://traumainformedplymouth.org/>

Wellbeing Hubs: (Part of Livewell Southwest) These hubs aim to improve the health and wellbeing outcomes for local people, and to reduce health and wellbeing inequalities. Aims to improve sustainability of the health and wellbeing system. Provides signposting to voluntary and community sector activities for local people → Call 01752 434400 (Cumberland Centre) for more information, or head to their website for further info <https://www.livewellsouthwest.co.uk/wellbeing-hub>

YMCA Plymouth: An education, health, and families charity that aims to support people in the local community through a wide range of services including mental health support → Call 01752 201 918 (M-F 6.30am-9pm; Sa 8am-4pm; Su 9am-2pm) or email info@ymcaplymouth.org.uk or visit <https://www.ymcaplymouth.org.uk/>



Men's Services

Active Men: (Part of Elder Tree) Focuses on supporting and engaging with men who have limited access to social activities, as well as those living with Dementia, Mild Cognitive Impairment, and long-term conditions. Support offered includes sports-based social sessions and activities (especially for older men, e.g. walking groups, games, and brunch clubs). Encourages men to build friendships and socialise with others. Self-referrals accepted → Call 01752 227447 or email them on admin@eldertreebefriending.co.uk or <https://eldertreeplymouth.co.uk/pages/active-men/114>

Andy's Man Club: A men's suicide prevention charity that runs support groups for men going through emotional difficulties or having difficulty managing their mood/mental health. It's a group where men don't have to battle to be heard or listened to, but where they can join the fight against reducing the rate of suicide in men → Email info@andysmanclub.co.uk or visit <https://andysmanclub.co.uk>

Caring for Carers: (Part of Improving Lives Plymouth) Every second Tuesday of the month from 10 until 11.30am, Caring for Carers runs a Male Carers Support Group at Mannamead Wellbeing Hub. Provides support, guidance, and advice. Based at 156 Mannamead Road, Plymouth, PL3 5QL → Call 01752 201890 or email caringforcarers@improvinglivesplymouth.org.uk or for more information visit www.improvinglivesplymouth.org.uk/caring-for-carers

Every Man Matters: A free, twice-weekly men's mental health support group where you can share, talk, and gain some comfort that you are not alone and that you do matter. Groups are every Wednesday 6-8pm and every Sunday 1-3pm at the YMCA Plymouth, PL5 3NG → Call 01752 201 918 or email everymanmattershelp@gmail.com or visit <https://www.facebook.com/everymanmatters>

Family Hubs: A place for families, parents, carers, and young people in Plymouth to find support and advice. Each Family Hub will provide support for families with children aged 0-19, or up to age 25, for young people with special educational needs. The Hubs provide a welcoming, safe, and secure space. Also provides support groups for dads of SEND CYP → Email familyhubs@plymouth.gov.uk or <https://www.plymouthonlinedirectory.com/childrenandfamilies/childrenscentres> for a list of hubs, or visit <https://plymouthonlinedirectory.com/article/3808/Family-Hubs-in-Plymouth> for more information

Men's Support Group: (Part of Devon Mind) Aims to give anyone who identifies as male a safe space to share, support, and explore personal challenges (including mental health problems) with other men, in a non-judgemental way → Call 01752 512280 or email hello@devonmind.com or visit <https://www.devonmind.com/find-help/groups/mens-support>

Operation Emotion: A Plymouth based charity that provides services for adult male survivors of sexual abuse (across Devon & Cornwall), linking with specialist organisations where appropriate. They do not work with perpetrators of sexual abuse. Provides a range of services and programmes, including peer-led groups and educational opportunities → Call 07539 810096 or 07837 321514 or email opem@pm.me or more information <https://operationemotion.co.uk/contact>

Plymouth Community Builder for Men: Works at a neighbourhood and grassroots level to build confident, thriving, connected communities for men across Plymouth. Provides a wide range of advice, information, signposting, groups, events, & community support → Call 07496474214, email martin.jared-davis@fqct.co.uk or visit <https://www.fourgreenscommunitytrust.co.uk/menscommunitybuilder>

Plymouth Counselling for Men: Offers a supportive space for men dealing with stress, anxiety, anger, relationship challenges, or feeling stuck. PCFM offers practical, straightforward counselling to help you make sense of things and move forward. Covers Plymouth, Devon, Saltash, Cornwall, Ivybridge, and



Torpoint. Based at Dragonfly Wellbeing Centre, 34 Mannamead Road, PL4 7LF → Call 07795 842 077 or email plymouthcounsellingformen@outlook.com

Red Rock Counselling: Offers 1-1 in person and online counselling for anyone over 18 (across Plymouth, Dawlish, & Paignton), for a wide range of issues, including issues affecting men. Paige is an accredited member of the National Counselling and Psychotherapy Society. Offers a wide range of availability for online sessions Monday-Saturday. In-person sessions in Plymouth are available Mon 6-9pm, Weds 10am-12pm, and Fri 10am-12pm, at Stitch and Splodge, 32 Devonport Road, Stoke, PL3 4DH → Call 07447 914 631, email paige.rideout20@gmail.com or visit www.redrockcounselling.co.uk

YMCA Plymouth: An education, health, and families charity that aims to support people in the local community through a wide range of services including a support group for men with mental health difficulties → Call 01752 201 918 (M-F 6.30am-9pm; Sa 8am-4pm; Su 9am-2pm) or email info@ymcaplymouth.org.uk or visit <https://www.ymcaplymouth.org.uk/>

Parents & Pregnancy

Baby Basics: A volunteer-led project aiming to support new mothers and families who are struggling to meet the financial and practical burden of looking after a new baby. There is an ever-increasing network of Baby Basics centres across the country each staffed by a committed team of volunteers. Baby Basics provides much needed essentials and equipment to mothers and families who are unable to provide these items for themselves; including but not limited to teenage mums, people seeking asylum and women fleeing domestic abuse and trafficking → Call 07598 214530 or email babybasicsplymouth@gmail.com or visit <https://baby-basics.org.uk/>

Daffodil Family Centre: (Part of Trevi House) A national parenting assessment centre which provides focused, purposeful, time-limited residential assessments, thereby enabling parenting capacity to be assessed whilst children remain in their parent's care. Ensures the best outcomes for children, using a trauma-informed approach, with a view to facilitate care planning for the child's longer-term future → Call 01752 255 758 or email office@trevi.org.uk or visit <https://trevi.org.uk/services/daffodil-family-centre/>

EM-Magination Craft: Founded and created by Emma, EM-Magination provides craft sessions, creative experiences, activities, messy play, parties, and events, for children of all ages, including newborns, and their parents. All sessions take place at the Rees Centre and Wellbeing Hub → Call 07776 141293 or email emmaginationcraft@yahoo.com or visit <https://emmaginationcraft.co.uk/>

Family Hubs: Amongst other support, provides antenatal classes, play sessions, parenting programmes, breast feeding and infant feeding support, and face-to-face support for parents of children with SEND and learning difficulties → Email them at familyhubs@plymouth.gov.uk or visit <https://www.plymouthonlinedirectory.com/childrenandfamilies/childrenscentres> for a list of hubs, or visit <https://plymouthonlinedirectory.com/article/3808/Family-Hubs-in-Plymouth> for more information

Livewell Southwest Perinatal Team: Works to prevent, detect, and manage mental health problems that can be complicated by pregnancy and the postpartum period. The overriding goal is to promote maternal wellbeing and in turn bond and attachment with infant at the earliest opportunity, improving short- and long-term outcomes for both. We aim to prevent admissions to acute mental health wards by working alongside women, families and other professionals with care and support to keep people safe, well and at home. Referrals can be made by any professionals or services within Plymouth, who are supporting women around the time of childbirth where there are concerns about their mental wellbeing → Call 01752 431 607 or visit <https://www.livewellsouthwest.co.uk/project/perinatal-mental-health-team>



Mum2Mum Market: A baby and children's nearly new sale in Plympton where parents sell their baby's outgrown items to other families, for very reasonable prices. The events only sell Pregnancy, Maternity, Baby and Children (0-6 yrs) items, offering items including prams, cots, highchairs, clothes, toys, and more. Buyers pay £2 on the door (free entry in the last half hour of sale) → email michele@mum2mummarket.co.uk or more information <http://www.mum2mummarket.co.uk>

Music Makers Plymouth: A care home entertainer that provides music-related activities around Plymouth for babies, toddlers, and their parents → Call Katy on 07748 303517 or email musicmakersplymouth@yahoo.com or visit <https://www.facebook.com/katysmusicmakersplymouth/>

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 visit www.nct.org.uk/local-activities/meet-ups/plymouth-and-west-devon

Plymouth Arts Cinema: Plymouth's only independent cinema. They are passionate about films, and they want as many people as possible to experience cinema and feel inspired, challenged and thrilled by what they watch. Plymouth Arts Cinema screen the best new and independent cinema, with film festivals, special events and more, in a friendly and inclusive space. Tickets from £4. Offer baby-friendly showings and screenings, for parents and carers of babies under 12 months. Based at Arts University Plymouth, Tavistock Place, Plymouth, PL4 8AT → Call 01752 206114 or email info@plymouthartscinema.org or visit <https://plymouthartscinema.org/event-attribute/bringing-in-baby/>

Plymouth Baby Bank: A local organisation that provides support to families in need, including pre-loved baby essentials for children under 12 months old. Commissioned through Southway Community Group. Based at Southway Youth and Community Centre, Hendwell Close → Call 01752 703 581 or email info@southwaycommunityhub.co.uk or visit <https://www.southwaycommunitygroup.co.uk/baby-bank.html>

Plymouth Community Builders for Men: Works at a neighbourhood and grassroots level to build confident, thriving, connected communities for men across Plymouth. Provides a wide range of advice, information, signposting, groups, events, and community support → Email Robert.brice@fgct.co.uk or https://www.facebook.com/CBPlymouthMen/?fref=nf&paipv=0&eav=AfbrPb1gmRWIMOd1CfRDN0eeMqj4Yg0CIsEwOHyr_DUiw_OPIUIVKbxDP9uC_6MTp8&_rd=1

Plymouth Hospitals Charity: Their Keep Me Close Appeal, launched in 2005, provides a home from home experience for families of sick and premature babies requiring neonatal intensive care. Also provides other services → Visit <https://www.plymouthhospitalscharity.org/>

Plymouth Parent Carer Voice: Aims to bring together parents and carers of children and young people with SEND and learning difficulties. Enables families to have a voice and to be part of the SEND process. Together PPCV work in partnership with their local authority, to help shape and improve the range of services in education, health and social care for families in the Plymouth area → Call 07954 048017 or email info@plymouthpcv.co.uk or visit <https://www.plymouthpcv.co.uk/>

Plymouth Sling Library CIC: Offers support and advice with using a variety of slings, carriers and reusable nappies. Wherever you are on your journey from bump to preschool, they can help you and your little one. Located at the Crownhill Family Centre, and run their Sling Library Sessions on the 1st and 3rd Friday of every month between 09:30-11:30am; no need to book. Have a large range of slings and carriers to suit everybody's needs; there is a hire fee of £15 for one month or £25 for two months.



If you are bringing your own sling/carrier and want support with that there is a £5 fee → Email info@plymouthslinglibrary.co.uk or visit <https://www.plymouthslinglibrary.co.uk/>

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/>

The View: (formally Plymouth Parent Advocacy Project). Amongst other services, The View offers 3 peer support groups – WISER Life, Birth Parent Support, and their Parent consultation focus group, which aims to bring men and women with an LD together to promote a sense of community, connect with shared experiences, and to provide valuable feedback of services and agencies. The View aims to provide a safe and supportive space for parents with LDs, and to experience being part of a likeminded community → Call 01752 773 333, email admin@plymouthhighburytrust.org.uk or visit www.plymouthhighburytrust.org.uk/advocacy/the-view/

Personality Disorders

Heal Your Confidence CIC: Provides holistic and personalised online support for neurodivergent adults, both diagnosed and suspected/undiagnosed, with conditions such as ADHD, autism, dyslexia, and dyspraxia. HYC offers screenings, 1-1 support sessions, and coaching. Also offers group and leadership support, and support around personality disorders. Covers Plymouth, Devon, Cornwall, and the UK → Call 07476 946 303 or email hello@healyourconfidence.com or visit www.healyourconfidence.com

Hidden Lives Counselling and Support Hub: Provides a support group for people struggling with borderline personality disorder → Call 07305 945643 or email hiddenlivesplymouth@gmail.com

Livewell Southwest: A service that aims to help people with a personality disorder to manage their condition. Offers specialist psychological assessment and treatment for personality disorders, using NICE-recommended treatment such as DBT (for personality disorders). Referrals require the individual to have a care coordinator or a lead professional attached to a community mental health team → Call 01752 435502 or visit <https://www.livewellsouthwest.co.uk/project/personality-disorders-service-pds>

Psychology Today: Provides a directory of counsellors in Plymouth who offer support for individuals with personality disorder(s), many of which offer online therapy. People can tailor their preferences of location, price, and type of therapy → <https://www.psychologytoday.com/gb/counselling/eng/plymouth?category=borderline-personality>

Trauma Informed Plymouth Network: TIPN is a collaborative, community network that welcomes all individuals who have experienced childhood/later life adversity, and/or trauma. Anyone affected by adversity or trauma, including those with personality disorders, can join the TIPN as a member, and/or access support, resources, and attend events, all of which aim to help make Plymouth a trauma-informed city. Based in Plymouth but open to anyone. Not a crisis service → Email info@tipn.org or contact <https://traumainformedplymouth.org/contact-us/> or visit <https://traumainformedplymouth.org/>

Physical Disabilities

Active For All: (Part of Improving Lives Plymouth) Supports and promotes physical activity for those aged 18+ with disabilities and long-term health conditions, and mental health support needs. The aim of AFA is to improve health and wellbeing by helping people to stay regularly active → Call 01752



201891 or for more info visit www.improvinglivesplymouth.org/better-futures-learning-disability-support-advice/active-for-all

Adult Ability Counts: (Run by Argyle Community Trust) 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 → Call 01752 562561 or email alice.young@pafc.co.uk or more information <https://argylecommunitytrust.co.uk/what-we-do/football/disability-football/>

Argyle Community Trust: Under their Every Player Counts programme (funded by Wembley National Stadium Trust), ACT provides courses and programmes for a wide range of disabilities, which aims to improve accessibility, barriers to participation, and provide fun and progressive programmes for people with disabilities → Call 01752 562561 (ext 6) or email community@pafc.co.uk or visit <https://argylecommunitytrust.co.uk/what-we-do/football/disability-football/>

Chronic Pain Coaching CIC: A community interest company that provides support to those who are disabled with chronic pain within Plymouth and surrounding areas, using local Wellbeing Hubs. They also run pain cafes to connect people, provide peer support, and give people skills to self-manage their chronic pain condition, and encourage exercise as part of improving lifestyle, alongside local instructors. Based at 42 Compass Drive, Plymouth, PL7 5DX. Website currently being updated → Call 07842 614419 or email chronicpaincoachinguk@gmail.com or for more info visit their Facebook https://www.facebook.com/profile.php?id=61550247069150&locale=hi_IN&paipv=0&eav=AFYBeRfbuoM7J5yT9CxdltvQIIF5EHl5eEaEkjvXn0NDYpuq4Vh60V_7WNw_0HktGC0

Creative Health Southwest: Formerly Pets & Picasso CIC. Embraces a holistic approach to health and wellbeing, where creativity, fun and play are at the heart of everything they do. Provides a wide range of activities, groups, and events. Our mission is to support individual of all ages and backgrounds in their journey towards improved physical health through engaging and creative activities. → Email hello@creativehealthsouthwest.com or visit <https://creativehealthsouthwest.com/>

Devon Access Taxis: A premium wheelchair taxi service in Plymouth, providing reliable, hassle-free and accessible travel, which was started because people needed a reliable, comfortable and on time wheelchair taxi service in Plymouth. Most Taxi companies in the area 'say' they offer a full and proper disabled service but the truth is they don't and more often than not, clients end up compromising on comfort, price and worse still safety. They have 8 specialist cars available. Also offers day out packages for individuals with mobility needs → Call 01752 222 220 or email hello@devonaccesstaxis.co.uk or visit <https://devonaccesstaxis.co.uk/>

Efford Youth & Community Centre: Works with young people with physical and/or learning disabilities, who are aged 11-25 years old. Runs a variety of activities and sessions. Based at Blandford Road, Plymouth, PL3 6HU → Call 01752 776853 or email efford.youth@plymouth.gov.uk or visit <https://www.plymouthonlinedirectory.com/article/1676/Efford-Youth-Centre>

Junior Ability Counts: (Run by Argle Community Trust). Football sessions in a fun and inclusive environment for children aged 5-16 with any disability. Open to all abilities. Costs £4 per session. Every Monday 5-6pm (term time) at Manadon Sports Hub, Plymouth → Call 01752 562561 or email alice.young@pafc.co.uk or <https://argylecommunitytrust.co.uk/what-we-do/football/disability-football/>

MoorVision: Provides support, activities and shared experiences for families of children and young people (aged 0-29) with vision impairment, including those with additional needs, across Plymouth. The activities offered include the child with vision impairment along with the whole family. Also runs residential trips, parent/carer training and other support sessions. They have a database of useful resources and a very busy Facebook page. They can provide advice on all aspects of your vision



impaired child's care or signpost you to relevant organisations for further help → Call 01752 891934 or email info@moorvision.org or visit <https://www.moorvision.org>

My Health, My Way: (Part of Improving Lives Plymouth) A service which supports anyone aged over 18 with a long-term physical or mild-to-moderate health condition to develop knowledge, skills, and confidence to self-manage the challenges of living with a health condition, through delivering workshops that are free to attend → Call 07305 006522 or email management@improvinglivesplymouth.org.uk or visit <https://www.improvinglivesplymouth.org.uk/our-services/long-term-condition-self-management-homepage/long-term-condition-self-management-courses>

New Hope Counselling: A BACP Accredited counselling service that offers online, telephone, and in-person counselling on a wide range of issues, including physical disabilities. Types of counselling offered include talking therapy and EMDR therapy. Initial free 15-minute telephone consultation offered. Counselling sessions typically last 60 minutes; first session costs £25; sessions after this cost £45. Some discounts offered. Based in Plymouth but online sessions open to anyone → Call 07429 317775 or contact via <https://newhopecounselling.co.uk/contact/> or <https://newhopecounselling.co.uk>

Pluss: (Part of Seetec Pluss). Offers 1:1 support to help people with physical disabilities (of all ages) build their confidence and succeed in the career of their choice, by helping them to build employability skills → Visit <https://seetec.co.uk/programme/plymouth-learning-disability-employment-service/>

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 those with physical disabilities → Visit <https://www.plymouthmusiczone.org.uk/> or visit <https://www.plymouthmusiczone.org.uk/what-we-do/> for their workshops

Simply Counselling CIC: Offers BACP Accredited counselling, both face-to-face and online, to those with physical disabilities experiencing a wide range of issues, including anger, anxiety, bereavement, domestic abuse, and trauma. Provides low-cost, affordable counselling thanks to funding and bursaries. Some people may be eligible for free counselling. Based in Plymouth but online sessions open to all. Sessions start at £35 per hour → Call 01752 560900 or 07568 323363 (Open Mon-Fri 9am-7pm and Saturdays 10am-2pm) or email simplycounsellingcic@gmail.com or for more information visit <https://www.simplycounselling.org/>

Trauma Informed Plymouth Network: TIPN is a collaborative, community network that welcomes all individuals who have experienced childhood/late life adversity, and/or trauma. Anyone affected by adversity or trauma, including those with physical disabilities, can join the TIPN as a member, and/or access support, resources, and attend events, all of which aim to help make Plymouth a trauma-informed city. Based in Plymouth but open to anyone → Email info@tipn.org or contact them here <https://traumainformedplymouth.org/contact-us/> or visit <https://traumainformedplymouth.org/>

Psychosis

Mind: Provides information on what psychosis is, including possible causes and how to access treatment and support. Also includes tips for helping yourself, as well as guidance for friends and family → https://www.mind.org.uk/information-support/types-of-mental-health-problems/psychosis/treatment-and-support/?gclid=EAlaIqobChMI-qKe4d3EggMV5oCDBx0XTAyhEAAyAAEgLcZPD_BwE

Rethink Mental Illness: Aim to improve the lives of people severely affected by poor mental health through local groups and services, expert information, and successful campaigning. Their goal is to



make sure everyone severely affected by poor mental health has a good quality of life. Provides information, research, resources, and signposting to support for those experiencing psychosis → <https://www.rethink.org/search-results?q=psychosis>

THE MIX: Provides information on signs and symptoms of psychosis, types of support available, where/how to access support, and other resources. Aimed at under-25s but their website is accessible to anyone → For more info https://www.themix.org.uk/mental-health/psychosis/about-psychosis-6636.html?qclid=EAlalQobChMI-qKe4d3EggMV5oCDBx0XTAyhEAAYBCAAEgKAMfD_BwE

PTSD

Heal Your Confidence CIC: Provides holistic and personalised online support for neurodivergent adults, both diagnosed and suspected/undiagnosed, with conditions such as ADHD, autism, dyslexia, and dyspraxia. HYC offers screenings, 1-1 support sessions, and coaching. Also offers group and leadership support, and support around PTSD. Covers Plymouth, Devon, Cornwall, and the UK → Call 07476 946 303 or email hello@healyourconfidence.com or visit www.healyourconfidence.com

Psychology Today: A directory of counsellors and therapists in the Plymouth area that provide support for PTSD, either face-to-face, via telephone, or online → <https://www.psychologytoday.com/gb/counselling/eng/plymouth?category=trauma-and-ptsd>

Trauma Informed Plymouth Network: TIPN is a collaborative, community network that welcomes all individuals who have experienced childhood/late life adversity, and/or trauma. Anyone affected by adversity or trauma, including those with PTSD, can join the TIPN as a member, and/or access support, resources, and attend events, all of which aim to help make Plymouth a trauma-informed city. Based in Plymouth but open to anyone. Not a crisis service → Email info@tipn.org or contact <https://traumainformedplymouth.org/contact-us/> or visit <https://traumainformedplymouth.org/>

StressCare: Also known as the Post Traumatic Stress Disorder Association. Launched in 1994 to educate the public and provide access to the application of therapeutic treatment for PTSD, and related conditions. Aims to provide counselling and support to promote further research into identifying the cause and treatments of PTSD → Call 07837 678165 or email info@stresscareuk.com or <http://www.stresscareuk.com>

Self-Harm & Suicide

Devon Partnership Trust: Provides urgent helpline numbers, as well as signposting to other services, and resources (such as safety plans) → More information <https://www.dpt.nhs.uk/i-need-help-now>

First Response: A 24/7 crisis line providing advice, support and signposting for people experiencing mental health difficulties (available to anyone in Plymouth) → Call 0800 9239323 or visit <https://www.livewellsouthwest.co.uk/inpatient-mental-health-neurology/first-response-24-7-helpline>

Heal Your Confidence CIC: Provides holistic and personalised online support for neurodivergent adults, both diagnosed and suspected/undiagnosed, with conditions such as ADHD, autism, dyslexia, and dyspraxia. HYC offers screenings, 1-1 support sessions, and coaching. Also offers group and leadership support, and support around self-harm and suicide. Covers Plymouth, Devon, Cornwall, and the UK → Call 07476 946 303 or email hello@healyourconfidence.com or visit www.healyourconfidence.com

Livewell Southwest: Provides information, advice on self-harm and suicide, as well as signposting to other services → More information available <https://www.mayflowermedicalgroup.co.uk/help-and-support-service-types/suicide-and-self-harm/>



PLYMOUTH.GOV: Provides information, advice on suicide and self-harm (also for children and young people), as well as signposting to other services → <https://new.plymouth.gov.uk/suicide-awareness>

Red Rock Counselling: Offers 1-1 in person and online counselling for anyone over 18 (across Plymouth, Dawlish, & Paignton), for a wide range of issues, including self-harm & suicide. Paige is an accredited member of the National Counselling and Psychotherapy Society. Offers a wide range of availability for online sessions Monday-Saturday. In-person sessions in Plymouth are available Mon 6-9pm, Weds 10am-12pm, and Fri 10am-12pm, at Stitch and Splodge, 32 Devonport Road, Stoke, PL3 4DH → Call 07447 914 631, email paige.rideout20@gmail.com or visit www.redrockcounselling.co.uk

University of Plymouth: Provides information, advice, and signposting for those experiencing issues around self-harm → <https://www.plymouth.ac.uk/student-life/services/student-services/shine/self-harm>

Qwell: As part of its services, Qwell offers support, advice, guidance, resources, and much more, for those experiencing issues around self-harm and/or suicide. Requires a login to gain full access to services/support → More information <https://www.qwell.io/>

Sexual Health

Connecting Youth CIC: (Previously Barefoot) A not-for-profit set up in April 2023, aimed at providing a wide range of support to all young people aged 10-19 years old within the communities of St Budeaux, Ernesettle, and Whitleigh. Offers support and guidance around many issues, including sexual health and wellness, including sexual health/ healthy relationship advice and the provision of sexual contraception, and support to attend clinics → Call 07549 157992 or email them at jondingle.cyuk@gmail.com or visit <http://connectingyouthcic.co.uk/>

Eddystone Trust: A Plymouth-based HIV and sexual health charity that aims to provide support around numerous sexual health & wellness issues, including HIV, rapid care blood testing, support and advice on all sexual health matters (in a confidential, non-judgemental way), online support on a range of dating apps, as well as many different programmes, training, and pop-up services → Call 01752 254406 (M-F) or email info@eddystone.org.uk or more information <https://yourship.uk/our-clinics/eddystone-trust/>

Personal & Relationship Counselling: A private practice with almost 3 decades of experience in providing couples counselling and psychotherapy in Plymouth (and wider Devon/Cornwall area). Their team of specialists use different approaches to adapt to people's situations. Offer support on a wide range of issues, including sexual abuse. Can provide Zoom/face-to-face support. Individual sessions cost £50; couples sessions cost £65. Some discounts available → Call 01752 266000 or email plymouthcounselling@gmail.com or more information <https://plymouthcounselling.com/>

Plymouth Sexual Assault Referral Centre: A service whose staff are specially trained to support anyone who has been sexually assaulted, whether recently or in the past. Provides a wide range of support to men and women of any age, including sexual health information and advice. Based at a safe location in Estover → Call 0300 303 4626 or visit <https://sarchelp.co.uk/plymouth-sarc/>

Relate: Provides (donations-based) counselling for people in Plymouth experiencing issues with their sexual wellness & health (including dysfunctions and loss of interest). Uses a 3-stage process to establish whether someone will benefit from this type of counselling (includes an initial consultation). All sessions are fully confidential → Call 01752 213131 or email relateplymouth@googlemail.com or visit <https://www.relate.org.uk/what-we-do/counselling-services>

SHiP (Sexual Health in Plymouth): A hub of sexual health and wellness that provides many different services, including STI testing and treatment, routine/emergency contraception, HIV testing, treatment and care, advice on sexual health and wellbeing, amongst others. Open to people of any age, including



those who are below the legal age of consent. Anything told to the clinic is kept confidential → Call 01752 431124 or more information <https://yourship.uk/>

Substance Misuse

A Vision of Hope Women's Meeting: A weekly meeting held by Narcotics Anonymous in Plymouth, for women experiencing difficulties around substance misuse. Held every Saturday 10.45-11.55am at Armada Way → Call 0300 9991212 (10am-midnight) or email meetings@ukna.org or more information <https://meetings.ukna.org/meeting/vision-hope-womens>

CASS+: A charity that provides information, advice, and support for a wide range of issues for those in the criminal justice system, including substance misuse → Call 01752 601153 (M-F 9.30-4.30) or <https://www.cassplus.org/about-us/> or contact via <https://www.cassplus.org/contact-us/>

Hamoaze House: A day service that provides advice, information, and support for those struggling with substance misuse. Also offers counselling, groups, and workshops for individuals & affected others → Call 01752 566100 or contact via <https://hamoazehouse.org.uk/contact/> or more information: <https://hamoazehouse.org.uk>

Harbour Centre: A service designed to support individuals (and affected others) struggling with substance dependency/misuse, including assessments, 1:1 support, and peer support groups → Call 01752 434343 or email harbourcentre@harbour.org.uk or www.harbour.org.uk

Narcotics Anonymous (Plymouth): A UK-based service that provides information, advice, and signposting for people who are experiencing, or have experienced, substance misuse/abuse issues. Currently run several meetings in the Plymouth area → Call 0300 9991212 (general enquiries, 7 days a week 10am-midnight) or email pi@ukna.org or more information <https://ukna.org/> (Plymouth meetings → 'Find a meeting' and search for Plymouth)

Personal & Relationship Counselling: A private practice with almost 3 decades of experience in providing couples counselling and psychotherapy in Plymouth (and wider Devon/Cornwall area). Their team of specialists use different approaches to adapt to people's situations. Offer support on a wide range of issues, including substance misuse. Can provide Zoom/face-to-face support. Individual sessions cost £50; couples sessions cost £65. Some discounts available → Call 01752 266000 or email plymouthcounselling@gmail.com or more information <https://plymouthcounselling.com/>

Rehab 4 Addiction: Offers a variety of drug and alcohol addiction treatment options in Devon/the wider Southwest of England, including a confidential helpline. R4A specialise in 'making sense' of the complex nature of seeking out professional help for these issues → Call 0800 140 4690 or email info@rehab4addiction.co.uk or more information <https://www.rehab4addiction.co.uk>

Sailing Tectona: Provides sail training opportunities for people of all ages and all backgrounds onboard Tectona, a traditional wooden sailing boat. Sailing Tectona inspires positive change in people's lives, and specifically work with young people as well as adults in recovery from mental health issues and addiction. Their voyages allow individuals to develop themselves as well as operate as part of a team? Communication and resilience are all developed daily whilst hoisting sails, navigating, and living on board. These skills often enable people to make positive changes in their lives after the voyage. Supports individuals and groups with funding for voyages where possible, and may be able to help with your voyage fees. Based in Wembury but is open to all → Call 01752 916015 or email info@sailingtectona.co.uk or visit <https://www.sailingtectona.co.uk/>

Trevi House: A nationally award-winning women's and children's charity that provides safe and nurturing spaces for women in recovery (from substance and alcohol misuse) to heal, grow, and thrive.



Also offers training and education opportunities for women accessing their services. Provides different services that offer a range of support, depending on women's needs (Sunflower Women's Centre, Jasmine Mother's Recovery, and Daffodil Family Centre) → Call 01752 255758 or email office@trevi.org.uk or more information <https://trevi.org.uk/>

Trauma

Little Sanctuary: A brand-new (as of June 2026) trauma-informed, safe, and protected space/ service for women who have experienced or faced addiction, childhood trauma, domestic abuse, and homelessness. Little Sanctuary is unique in that it is open to women who other services may deem 'too complex', or who may otherwise be excluded from existing services. Little Sanctuary is based at Greenspace on Mutley Plain and has been developed through a partnership between Transforming Plymouth Together, Greenhouse Community Project CIC, and community leader, Norma Mullaniff. Little Sanctuary aims to provide a warm and relational space where women can feel safe, build trusting relationships, and heal from trauma at their own pace → Email fiona@greenspacehub.co.uk or visit www.transformingplymouthtogether.org.uk/little-sanctuary

SALT (Sexual Abuse Listening Therapy) Southwest: A Plymouth-based charity that supports adult survivors of childhood sexual abuse, and offers a small number of sessions to 'significant others' (partners/close friends/supporters). Committed to supporting the lived experience of healing from trauma. Self-referrals accepted (any adult who has experienced childhood sexual abuse before age 16) → Call 01752 600599 or text 07469 200256 (referrals) or email@saltsouthwest.co.uk or <https://www.saltsouthwest.co.uk/>

Simply Counselling CIC: Offers BACP Accredited counselling, both face-to-face and online, to those with physical disabilities experiencing a wide range of issues, including anger, anxiety, bereavement, domestic abuse, and trauma. Provides low-cost, affordable counselling thanks to funding and bursaries. Some people may be eligible for free counselling. Based in Plymouth but online sessions open to all. Sessions start at £35 per hour → Call 01752 560900 or 07568 323363 (Open Mon-Fri 9am-7pm and Saturdays 10am-2pm) or email simplycounsellingcic@gmail.com or for more information visit <https://www.simplycounselling.org/>

StressCare: Also known as the Post Traumatic Stress Disorder Association. Launched in 1994 to educate the public and provide access to the application of therapeutic treatment for PTSD, and related conditions. Aims to provide counselling and support to promote further research into identifying the cause and treatments of PTSD → Call 07837 678165 or email info@stresscareuk.com or <http://www.stresscareuk.com>

Trauma Informed Plymouth Network: TIPN is a collaborative, community network that welcomes all individuals who have experienced childhood/later life adversity, and/or trauma. Anyone affected by adversity or trauma, can join the TIPN as a member, and/or access support, resources, and attend events, all of which aim to help make Plymouth a trauma-informed city. Based in Plymouth but open to anyone → Email info@tipn.org or contact them here <https://traumainformedplymouth.org/contact-us/> or visit <https://traumainformedplymouth.org/>

Women's Services

A Vision of Hope Women's Meeting: A weekly meeting held by Narcotics Anonymous in Plymouth, for women experiencing difficulties around substance misuse. Held every Saturday 10.45-11.55am at Armada Way → Call 0300 9991212 (10am-midnight) or email meetings@ukna.org or more information <https://meetings.ukna.org/meeting/vision-hope-womens>



Daffodil Family Centre: (Part of Trevi House) A national parenting assessment centre which provides focused, purposeful, time-limited residential assessments, thereby enabling parenting capacity to be assessed whilst children remain in their parent's care. Ensures the best outcomes for children, using a trauma-informed approach, with a view to facilitate care planning for the child's longer-term future → Call 01752 255 758 or email office@trevi.org.uk or <https://trevi.org.uk/services/daffodil-family-centre/>

Empower Programme: (Part of Four Greens Community Trust) Developed by Sherilee Green, a fitness instructor and personal trainer following her own personal experiences with PGP (pelvic girdle pain) throughout her pregnancy, and how this impacted upon her mental and physical help. Although there are several different Empower Programmes, they all have the same goal in mind – to get woman back to themselves and even stronger, achieve their ultimate goals, and live a happy, active family life. Types of support and services through these Programmes include pre & postnatal classes, 1-1 sessions, PGP fitness advice, and active women & family programs → Call 07817 7070324, email empowercoreprograms@gmail.com or <https://www.fourgreenscommunitytrust.co.uk/empower>

Family Nurse Partnership: (Part of Livewell Southwest) An intensive support programme for girls and women (up to age 19) who are pregnant, and who may be facing a range of difficult circumstances, such as homelessness, social isolation, mental health issues, or unhealthy relationships → Call 01752 434314 or email livewell.FNP@nhs.net or visit <https://www.livewellsouthwest.co.uk/project/family-nurse-partnership>

Gifted Women: Supports Plymouth-based women, who are referred to GW by other organisations to take part in this trauma-informed programme of employability training and confidence building. Aims to provide discovery and personal growth for women, in a supportive environment → Email info@giftedwomen.co.uk or visit www.giftedwomen.co.uk

Girl Guiding Devon: A leading charity for girls/young women in the UK aiming to give them a safe space to be themselves, have fun, build friendships, gain valuable life skills, and make a positive difference to their lives & communities. Offers services all across Devon, including meetings, holidays, activity days, and social evenings → More information <https://devonguides.org.uk/>

Heal Your Confidence CIC: Provides holistic and personalised online support for neurodivergent adults, both diagnosed and suspected/undiagnosed, with conditions such as ADHD, autism, dyslexia, and dyspraxia. HYC offers screenings, 1-1 support sessions, and coaching. Also offers group and leadership support, and support for women. Covers Plymouth, Devon, Cornwall, and the UK → Call 07476 946 303 or email hello@healyourconfidence.com or visit www.healyourconfidence.com

Hope in the Heart CIC: A UK-based social enterprise that seeks to improve mental health and wellbeing and inspire positive change in individuals, communities and the wider world through creative workshops, training, resources and events. Their workshops aim to create a safe, empathetic space for women with lived experience of all kinds to make connections and explore the strengths and skills challenges of lived experience of mental health can bring, in order to facilitate improved mental and emotional wellbeing → Call 07792 604132 or email tam@hopeintheheart.org ; to see workshops: <http://www.hopeintheheart.org/workshop-dates.html> or visit <http://www.hopeintheheart.org>

Little Sanctuary: A brand-new (as of June 2026) trauma-informed, safe, and protected space/ service for women who have experienced or faced addiction, childhood trauma, domestic abuse, and homelessness. Little Sanctuary is unique in that it is open to women who other services may deem 'too complex', or who may otherwise be excluded from existing services. Little Sanctuary is based at Greenspace on Mutley Plain and has been developed through a partnership between Transforming Plymouth Together, Greenhouse Community Project CIC, and community leader, Norma Mullaniff. Little Sanctuary aims to provide a warm and relational space where women can feel safe, build trusting



relationships, and heal from trauma at their own pace → Email fiona@greenspacehub.co.uk or visit www.transformingplymouthtogether.org.uk/little-sanctuary

Livewell Southwest Perinatal Team: Works to prevent, detect, and manage mental health problems that can be complicated by pregnancy and the postpartum period. The overriding goal is to promote maternal wellbeing and in turn bond and attachment with infant at the earliest opportunity, improving short- and long-term outcomes for both. We aim to prevent admissions to acute mental health wards by working alongside women, families and other professionals with care and support to keep people safe, well and at home. Referrals can be made by any professionals or services within Plymouth, who are supporting women around the time of childbirth where there are concerns about their mental wellbeing → Call 01752 431 607 or visit <https://www.livewellsouthwest.co.uk/project/perinatal-mental-health-team>

Mum2Mum Market: A baby and children's nearly new sale in Plympton where parents sell their baby's outgrown items to other families, for very reasonable prices. The events only sell Pregnancy, Maternity, Baby and Children (0-6 yrs) items, offering items including prams, cots, highchairs, clothes, toys, and more. Buyers pay £2 on the door (free entry in the last half hour of sale) → email michele@mum2mummarket.co.uk or more information <http://www.mum2mummarket.co.uk>

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. NCT aims to bring people together to share information and experiences of pregnancy, birth, and life with a new baby, in order to help parents feel confident, connected, and safe. Also offers peer support programmes for parents who may be underserved by society or who are experiencing challenges with mental health, social isolation, or other unmet needs. Their website also hosts many articles on a wide range of topics relating to pregnancy, birth, and early childhood/infancy. Devon branches based in Plymouth and West Devon → Call 0300 330 0700 or visit www.nct.org.uk/local-activities/meet-ups/plymouth-and-west-devon

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 confidential, impartial support, counselling, and signposting (including to medical services) → Call 01752 246788 or email contact@pregnancycrisiscare.co.uk or more information available via their website <https://www.pregnancycrisiscare.org.uk/>

Plymouth Highbury Trust: Aims to provide support, guidance, and resources to women with a learning disability, enabling them to have a choice, a voice, to understand, and to feel empowered during difficult times → Call 01752 773333, or email admin@plymouthhighburytrust.org.uk or more information <http://www.plymouthhighburytrust.org.uk/advocacy/plymouth-parent-advocacy-project/>

She Hikes (South Devon): A women-only hiking community based in Plymouth, Dartmoor, and the surrounding areas. Created to help women build confidence outdoors, make new friends, and explore some of the most beautiful places in Devon. Women of all abilities and experiences welcome. She Hikes hosts a free community walk each month (tickets are released through the Facebook group) → Visit www.facebook.com/share/g/1GqZsYmz6h/

Soul Singers CIC: A Plymouth-based community interest company that organises group singing sessions dedicated to having fun, making friends, and promoting the mental benefits of having a good old sing along. Soul Singers provides fun, dynamic, and personalised singing sessions to lift your soul. No auditions, all voices welcome. Currently runs several Mums singing sessions across Plymouth on Mondays at 9.30am and Wednesdays at 9.30am → Call 07834 270504 or email hi@soulsingerscic.com or for more info visit <https://soulsingerscic.com/sessions/mums-singing-sessions/>



Sunflower Women's Centre: A trauma-informed women's wellbeing hub in Plymouth that provides opportunities for any woman who has support needs, such as substance misuse, childhood trauma, DV, and poor mental health. Offers therapeutic activities, programmes, and practical support (part of Trevi House) → Call 01752 255758 or email office@trevi.org.uk or visit their website for information www.trevi.org.uk/services/sunflower-womens-centre

Trevi House: A nationally award-winning women's and children's charity that provides safe and nurturing spaces for women in recovery (from substance and alcohol misuse) to heal, grow, and thrive. Services include training and education opportunities, and person-centred support across its houses (Sunflower Women's Centre; Jasmine Mother's Recovery; Daffodil Family Centre) → Call 01752 255758 or email office@trevi.org.uk or more information <https://trevi.org.uk/>

WISER: Women in Safe and Empowering Relationships: A service provided by Plymouth Highbury Trust, WISER provides advocacy for women in Plymouth with learning disabilities, or borderline learning disabilities who are affected by domestic abuse. Professionals can fill out referral forms for women wishing to access their service → Call 01752 773333 or email abi.dart@plymouthhighburytrust.org.uk or visit <https://plymouthhighburytrust.org.uk/advocacy/the-view/wiser/>

Young Adult Support (16+)

Active Devon: A community-focused, non-profit organisation with a vision of everyone in Devon active for life. Their mission is to unlock the ability of movement to change lives for the better. Active Devon works together with communities and partners to connect, advocate, and enable people to move more, in order to help reduce inequalities and deliver huge value in their communities. Offers a wide range of activities, clubs, events, resources, and programmes for young adults, including the Movement in Early Life programme (click 'Connect with Us' on their website). Based in Exeter but open to all of Devon, including Plymouth → Call 01392 925 150 or email hello@activedevon.org or contact via <https://activedevon.org/contact-us/> or visit their website <https://activedevon.org>

Adult Ability Counts: (Run by Argyle Community Trust) 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 → Call 01752 562561 or email alice.young@pafc.co.uk or more information <https://argylecommunitytrust.co.uk/what-we-do/football/disability-football/>

Art Craft & Laughter: Their passion for 'Art as therapy' aims to provide art, crafts, and giggles for those in Plymouth over the age of 18, who may be struggling with mental health issues, wellbeing, isolation, or loneliness. Also provides support for young adults with learning disabilities. They pride themselves on running art & craft sessions in a safe place where people can come to breathe and just be themselves for a while. Their studio provides a safe and friendly environment to all. Offers lots of groups, workshops, and activities, Monday to Friday. Located at 6 Shelley Way, St Budeaux, Plymouth PL5 1QF → Call 07880 327 022 or contact via <https://www.artcraftandgiggles.co.uk/contact> or visit <https://www.artcraftandgiggles.co.uk>

Barnardo's Plymouth: Provides specialist support through multiagency teams for young carers, focusing on those at risk of social exclusion and academic underachievement. Also aims to reduce the caring demands of young carers → Call 01752 256339 or email bycs@barnardos.org.uk or visit <https://www.barnardos.org.uk/what-we-do/services/young-carers-plymouth>

Better Futures: (Part of Improving Lives Plymouth) Provides support for adults aged 18+ with autism and learning disabilities/difficulties. Offers a wide range of groups, activities, and workshops in order to help vulnerable adults develop skills for independence, to meet new people, and to improve their



wellbeing → Call 07305 065521 (M-F 10-3) , email betterfutures@improvinglivesplymouth.org.uk or visit <https://www.improvinglivesplymouth.org.uk/better-futures-learning-disability-support-advice>

Big Sis CIC: A South-West UK based social enterprise that operates across Plymouth, that aims to support young girls and non-binary children's mental health, through impactful programmes in schools and the community. Big Sis also provides upskilling for their immediate support networks: parents, carers, youth leaders and teachers to offer improved quality of care. Also provides community support on a wide range of topics and issues, including self-esteem & confidence, puberty and boundaries & relationships → Contact via <https://big-sis.co/contact> or for more information visit <https://big-sis.co/youthandcommunitywork>

CityCare Southwest: A service that provides care at home, and respite, for children and young people in care. They are passionate about providing the highest quality care and support, from their highly skilled, friendly, staff. They offer support with a range of tasks and activities, including meal preparation, medication, and personal care. Based at Studio 1, Plumer House, Tailyour Road, PL6 5DH → Call 01752 545122 (M-F, 9-5, & out of hours), or email office@citycaresw.co.uk or visit their website <https://www.citycaresw.co.uk/>

Connecting Youth CIC: (Previously Barefoot) A not-for-profit set up in April 2023, aimed at providing a wide range of support to all young people aged 10-19 years old within the communities of St Budeaux, Ernesettle, and Whitleigh. Offers support and guidance around many issues, including lack of confidence, poverty, poor diet, criminal exploitation, antisocial behaviour, unhealthy relationships, and poor sexual and mental health. Also offers numerous different activities and events, including free, out of area activities such as kayaking, surfing, paddle boarding, and supporting young people to develop their own activities and projects, based on their interests and passions → Call 07549 157992 or email jondingle.cyuk@gmail.com or visit <http://connectingyouthcic.co.uk/>

Crazy Beautiful World CIC: Their aim is to offer spaces where young people's voices can be heard and taken seriously and offer opportunities for them to influence the design and direction of society. They also aim to support young people to encounter the work of honest, compassionate, and caring adults who are dedicated to building a more beautiful world. Finally, they aim to create spaces and processes that help us grow the intergenerational wisdom required to address the material and spiritual crises facing humanity. Also offers further support through their Crazy Beautiful Conversations programme → Visit <https://uk.linkedin.com/company/crazy-beautiful-world>

Crossroads Fun and Friendship Centre: Provides support to adults aged 18+ with mental health support needs, offering a wide variety of recreational, leisure, and educational opportunities → Call 01752 367880 or email info@crossroadsfafc.co.uk or visit <https://crossroadsfafc.co.uk>

Discovery College: Delivers accredited vocational courses for young people aged 16-19. They combine high teaching standards with a truly supportive and inclusive college environment. Based at Kitto Centre, Honicknowle Lane, Plymouth, PL5 3NG → Call 01752 761 011 or email enquiries@discoverycollege.org.uk or visit <https://discoverycollege.co.uk/>

Efford Youth & Community Centre: Works with young people with physical and/or learning disabilities, who are aged 19-25 years old. Runs a variety of activities and sessions. Based at Blandford Road, Plymouth, PL3 6HU → Call 01752 776853 or email efford.youth@plymouth.gov.uk or visit <https://www.plymouthonlinedirectory.com/article/1676/Efford-Youth-Centre>

Family Hubs: A place for families, parents, carers, and young people in Plymouth to find support and advice. Each Family Hub will provide support for families with children aged 0-19, or up to age 25, for young people with special educational needs. The Hubs provide a welcoming, safe, and secure space. Also provides activities and groups for families → Email familyhubs@plymouth.gov.uk or



<https://www.plymouthonlinedirectory.com/childrenandfamilies/childrenscentres> for a list of hubs, or visit <https://plymouthonlinedirectory.com/article/3808/Family-Hubs-in-Plymouth> for more information

Family Nurse Partnership: (Part of Livewell Southwest) An intensive support programme for girls and women (up to age 19) who are pregnant, and who may be facing a range of difficult circumstances, such as homelessness, social isolation, mental health issues, or unhealthy relationships → Call 01752 434314 or email livewell.FNP@nhs.net or visit <https://www.livewellsouthwest.co.uk/project/family-nurse-partnership>

Four Greens Community Trust: Part of Plymouth's Wellbeing Hub Network, FGCT works in partnership with the local community to develop a diverse range of quality services and opportunities that promote economic regeneration and reduce social and health inequalities and isolation. Provides a wide range of services, including advice, support, and signposting for young adults, including Barefoot, who provide youth support. Based at 15 Whiteleigh Green, Plymouth, PL5 4DD → Call 01752 875916 or email facilities@fgct.co.uk or visit <https://www.fourgreenscommunitytrust.co.uk/advice-information>

Girl Guiding Devon: A leading charity for girls/young women in the UK aiming to give them a safe space to be themselves, have fun, build friendships, gain valuable life skills, and make a positive difference to their lives & communities. Offers services all across Devon, including meetings, holidays, activity days, and social evenings → More information <https://devonguides.org.uk/>

Hamoaze House: Runs a youth programme in Seymour House as part of their services, which aims to provide alternative education for young people (across the whole academic year) who have struggled to engage with the mainstream education system. Also offers activities and workshops for young people → Call 01752 566100 or contact via <https://hamoazehouse.org.uk/contact/> or for more information visit <https://hamoazehouse.org.uk>

Icebreak: (Part of The Zone) Committed to person-centred support and working with 16–22-year-olds who have been experiencing severe emotional distress for a long time and are eligible for a GP in Plymouth. Self-referrals accepted → Call 07727 869318 or for more information visit <https://southwest.devonformularyguidance.nhs.uk/referral-guidance/western-locality/mental-health/icebreak-service>

Making Carers Count: (Part of Improving Lives Plymouth) Provides a wide range of support for carers aged between 18-25. In this instance, a 'carer' is anyone providing unpaid care to a family member or friend with an illness, disability, or addiction. MCC runs a friendly and supportive network which enables Young Adult Carers to socialise with others in a similar situation. Types of support provided include 2 drop-in sessions per month, 1-1 support including carer's assessments, free monthly activities, and support with employability & education, and benefits → Call 01752 201766 or email ilp@improvinglivesplymouth.org.uk (Ask for Nicolle or Anna) or for more information visit <https://www.improvinglivesplymouth.org.uk/about-young-adult-carers>

MoorVision: Provides support, activities and shared experiences for families of children and young people (aged 0-29) with vision impairment, including those with additional needs, across Plymouth. The activities offered include the child with vision impairment along with the whole family. Also runs residential trips, parent/carers training and other support sessions. They have a database of useful resources and a very busy Facebook page. They can provide advice on all aspects of your vision impaired child's care or signpost you to relevant organisations for further help → Call 01752 891934 or email info@moorvision.org or visit <https://www.moorvision.org>

Not Alone: Provides a safe place support and advice for transgender and non-binary people, aged 16+, in Plymouth → Email contact@notaloneplymouth.co.uk or <http://www.notaloneplymouth.co.uk>



Out Youth Group: (Part of PCC's Community Connections Youth Service), OYG provides a safe, welcoming environment for LGBTQ+ individuals in Plymouth and the surrounding area. Aims to create opportunities for making friends, exploring identity, accessing support, & building supportive networks → 07774 336 616, email outyouth@plymouth.gov.uk or visit <https://www.intercomtrust.org.uk/directory/listing/out-of-the-can/>

Plymouth Advocacy and Independent Visitor Service: (Part of Barnardo's): Provides advocates and Independent Visitors for children & young people aged 6-24 who are in care, have a disability, or are in vulnerable situations. Provides them with 1:1 support, and a voice in any meetings about them/their life → Call 01752 256339 or email them at plymouthadvocacy@barnardos.org.uk or more information <https://www.barnardos.org.uk/what-we-do/services/plymouth-advocacy-and-independent-visitor-service>

Plymouth Options: (Part of Livewell Southwest) A free, confidential, NHS talking therapy service for people aged 16+ in Plymouth, as part of the IAPT programme. Aims to give people the tools and techniques to improve their mental and physical wellbeing. Accepts self-referrals → Call 01752 435419 or email livewell.plymouthoptions@nhs.net or <https://www.livewellsouthwest.co.uk/plymouth-options>

Plymouth Sexual Assault Children's Referral Centre: A children's service for children up to 18 years old who have been sexually assaulted. Any child in Plymouth who has experienced sexual assault will be seen in their specialist paediatric service in Exeter. Every referral is reviewed by the clinical team, to make sure all health needs are addressed. They consider a broad range of support services for children and ensure appropriate onward referrals to relevant services. The process followed and support offered is dependent upon whether the assault took place more (non-recent) or less (recent) than 10 days ago. Those who have experienced recent assaults will receive urgent medical care, a forensic medical assessment, and emergency contraception if required → Call 0300 303 4626 or visit <https://sarchelp.co.uk/childrens-service/>

Plymouth Young Carers Support Hub: Provides useful information and links to help Young Carers (under 18) provide amazing support to their friends, family and relatives → More information <https://www.plymouthonlinedirectory.com/childrenandfamilies/plymouthyoungcarers>

Simply Counselling CIC: Offers BACP Accredited counselling, both face-to-face and online, to young adults experiencing a wide range of issues, including anger, anxiety, bereavement, domestic abuse, and trauma. Provides low-cost, affordable counselling thanks to funding and bursaries. Some people may be eligible for free counselling. Based in Plymouth but online sessions open to all. Sessions start at £35 per hour → Call 01752 560900 or 07568 323363 (Open Mon-Fri 9am-7pm and Sat 10am-2pm) or email simplycounsellingcic@gmail.com or visit <https://www.simplycounselling.org/>

Skills Launchpad Plymouth: Offers targeted support for young people aged 16-24, including those with additional needs, through the Youth Hub. Aims to put the individual at the heart and to enable everyone to have access to this free help. Drop-ins and booked appointments welcome → <https://www.skillslaunchpadplym.co.uk>

THE MIX: Provides essential information and support for under 25s regarding sex and relationships, physical and mental health, housing, alcohol and substance misuse, employment issues, money, and much more. Also offers 1-1 chat and crisis support → Contact <https://www.themix.org.uk/about-us/contact-us> or visit <https://www.themix.org.uk>

The Zone: Provides free and confidential information and support to people aged 13-25, including a drop-in service 6 days a week. Also provides info around housing, sexual health, and mental health, as well as referrals to specialist services → Call 01752 206626 or email info@thezoneplymouth.co.uk or www.thezoneplymouth.co.uk



YMCA Plymouth: An education, health, and families charity that aims to support people in the local community through a wide range of services for young adults, including indoor and outdoor activities, fitness classes, sports, clubs, and events → Call 01752 201 918 (M-F 6.30am-9pm; Sa 8am-4pm; Su 9am-2pm) or email info@ymcaplymouth.org.uk or visit <https://www.ymcaplymouth.org.uk/>

Young Devon: A young people's charity that aims to help young people across Plymouth, Devon, and Torbay, making it their mission to make Devon a better place for all young people. Comprises different programmes and teams, such as Skills, Accommodation, and Wellbeing → Call 08082 810155 or email info@youngdevon.org or visit www.youngdevon.org

Youth Ascends: A service made up of young people aged 9-25 with special education needs and disabilities, that acts to ensure young peoples' views are taken into account within strategic planning provision in Plymouth → Call 01752 258933 or email YPForum@plymouth.gov.uk or visit <https://www.plymouthias.org.uk/young-people-support/youth-ascends/>