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All Devon whilst socially isolating

# WELLBEING DIRECTORY

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Welcome to the **TOGETHER** Wellbeing Directory  
Drug & Alcohol Service

The outbreak of the COVID-19 has impacted us all in varying ways. It is understandable that during times like this we may be feeling afraid, worried, anxious and overwhelmed by the constantly changing alerts and media coverage regarding the spread of the virus. The sudden change of routine and how we previously filled our days is one of the hardest things.

This is a directory of ideas and inspiration to help you fill your time and stay well. There are lots of creative options for people to get involved with - from virtual meet-ups, exercise classes and learning new skills. There are also some practical support options for those who need it.

We have mapped the best of what is on and referenced this against the Five Ways to Wellbeing and put together a tip list to help us through these times:

1. **Continue with the basics** – Get up, shower, brush your teeth, dress and have your usual cuppa and breakfast. This will help you to feel more 'human' every day and will help with your structure and routines.
2. **Open the curtains** – throughout your flat/house and open the window – connect with the outdoors and have some fresh air 😊
3. **Create a new routine** – The loss of our usual routine can be the hardest thing and we suddenly find ourselves wondering how to fill our days. Use this Wellbeing Directory for inspiration. Plan ahead if you can – we are more likely to do something if we have committed to it by planning in advance.
4. **Be Kind to Yourself** – Choose something positive to do for yourself every day. It might be something small, like taking a bath or reading a chapter of a book, but take notice of the moment and recognise it a nourishing act of kindness.
5. **Limit the amount of news you see** – While it is great to feel informed, too much news can feel overwhelming. Try to get your information from a reliable source at set times, for example, newsbeat on the radio or the 6pm news on the TV.
6. **Health and Exercise** – what we eat massively effects the way we feel so aim to maintain a healthy diet with fruit and vegetables and make good use of your daily exercise allowance and garden if you have one.
7. **Try something new** – there are lots of exciting initiatives happening in the online world but you might also have a book or activities stashed away somewhere gathering dust that its finally time to revisit! 😊





Developed by the New Economics Foundation in 2008, Five Ways to Wellbeing is an evidence-based and holistic approach to improving mental health and emotional wellbeing, focusing on 5 key actions: **Connecting** with others, **Learning**, getting **Active**, taking **Notice** and **Giving**.

- **Connect:** With the people around you. With family, friends, colleagues and neighbours. At home, work, school or in your local community. Think of these as the cornerstones of your life and invest time in developing them. Building these connections will support and enrich you every day.
- **Learn:** Try something new. Rediscover an old interest. Sign up for that course. Take on a different responsibility at work. Fix a bike. Learn to play an instrument or to cook your favourite food. Set a challenge you'll enjoy achieving. Learning new things will make you confident, as well as being fun.
- **Active:** Go for a walk or run. Step outside. Cycle. Play a game. Garden. Dance. Exercising makes you feel good. Most importantly, discover a physical activity that you enjoy and that suits your level of mobility and fitness.
- **Notice:** Be curious. Catch sight of the beautiful. Remark on the unusual. Notice the changing seasons. Savour the moment, whether you are walking to work, eating lunch or talking to friends. Be aware of the world around you and what you are feeling. Reflecting on your experiences will help you appreciate what matters to you.
- **Give:** Do something nice for a friend, or a stranger. Thank someone. Smile. Volunteer your time. Join a community group. Look out, as well as in. Seeing yourself, and your happiness, linked to the wider community can be incredibly rewarding and creates connections with the people around you.



# Connect



Topic	Activity	How to Access	Costs
<b>SMART Recovery Meetings</b>	Meetings can be accessed by smart phone, pad, laptop or PC. Really good guidance on what you'll need and how to access meetings on their website. If people experience difficulties in attending please call Central office on 0330 053 6022, during office hours, for help.	<a href="https://smartrecovery.org.uk/online-meetings/">https://smartrecovery.org.uk/online-meetings/</a>  Local Facebook Support Page: 'South West SMART Group'	Free
<b>Narcotics Anonymous:</b>	Face to face meetings are closing down and being encouraged to close down temporarily. BlueJeans & Zoom platforms has been set up for online meetings. You do not need an account to join and there are options to join from mobile if you are without internet connection. Several meetings taking place at all times of the day, every day – locally and across the world.	<a href="https://ukna.org/">https://ukna.org/</a>  <a href="https://www.higna.org.uk/">https://www.higna.org.uk/</a>  <a href="https://virtual-na.org/">https://virtual-na.org/</a>  <b>Helpline:</b> <b>10.00am - midnight</b> <b>0300 999 1212</b>	Free
<b>Alcoholics Anonymous</b>	The meeting start time is always indicated and meetings are usually 90 minutes unless a finish time is stipulated. Some meetings may be 'open' (to non-alcoholic visitors) or 'closed' (for alcoholics & those who think they might have a drink problem) - some meetings give information on open and closed meetings.	<a href="https://www.alcoholics-anonymous.org.uk/AA-Meetings/Find-a-Meeting/Online">https://www.alcoholics-anonymous.org.uk/AA-Meetings/Find-a-Meeting/Online</a>  0800 9177 650	Free



<p><b>Cocaine Anonymous</b></p>	<p><b>Email meetings</b> – These are email based and run 24 hours a day, 7 days a week.</p> <p><b>Voice meetings (VoIP)</b> – OSA voice only meetings are held on Skype or Go To Meeting, Free conferencecall and are similar in format to face to face meetings. As a general rule we only use the voice part, no cameras.</p>	<p>Exeter CA Meeting Saturdays 11.30 - 12.30 on Skype. <a href="https://join.skype.com/HiSb8DiSp3Fh">https://join.skype.com/HiSb8DiSp3Fh</a></p> <p>Devon &amp; Cornwall Meeting Daily at 7pm on Zoom. <a href="https://zoom.us/j/350675557">https://zoom.us/j/350675557</a> Code: 350675557 Password: 02210</p> <p>Main website: <a href="https://meetings.cocaineanonymous.org.uk/meetings/?tsml-type=ONLINE">https://meetings.cocaineanonymous.org.uk/meetings/?tsml-type=ONLINE</a></p>	<p>Free</p>
<p><b>In the Rooms</b></p>	<p>In The Rooms is a free online recovery tool that offers 130 weekly online meetings for those recovering from addiction and related issues. We embrace multiple pathways to recovery, including all 12 Step, Non-12 Step, Wellness and Mental Health modalities.</p>	<p><a href="https://www.intherooms.com/home/">https://www.intherooms.com/home/</a></p>	<p>Free</p>
<p><b>Breaking Free Online</b></p>	<p>Comprehensive evidence based recovery tool that can be accessed 24/7. Support is tailored to your own needs and experience via an interactive and online assessment. Provides an extensive toolkit of psychoeducation, practical resources and positive coping skills to support long-term recovery.</p>	<p><a href="https://www.breakingfreeonline.com/">https://www.breakingfreeonline.com/</a></p> <p>Access Code = devon11</p>	<p>Free</p>
<p><b>Proud and Sober</b></p>	<p>Founded in 2020, the mission at Proud and Sober is to provide a space both online and offline for the LGBT+ sober community to hear relatable stories, find trusted resources and make lifelong friends. Weekly virtual social in collaboration with Club Soda.</p>	<p><a href="https://www.proudandsober.com/">https://www.proudandsober.com/</a></p> <p><a href="https://joinclubsoda.com/event/guineers-without-beers-online-social/all/">https://joinclubsoda.com/event/guineers-without-beers-online-social/all/</a></p>	<p>Free</p>



<b>PTSD and Trauma Survivors Support Group</b>	We offer trauma survivors a safe, kind, and non-judgemental confidential sharing space, where they can express themselves and find support. Group rules are in place to keep everyone emotionally safe, and our group moderators also check each post before sending them live.	<a href="https://www.facebook.com/groups/ptsd.cptsd.trauma.survivors.uk/?ref=gs&amp;fref=gs&amp;dti=412669522480320&amp;hc_location=group">https://www.facebook.com/groups/ptsd.cptsd.trauma.survivors.uk/?ref=gs&amp;fref=gs&amp;dti=412669522480320&amp;hc_location=group</a>	Free
<b>Rock the Lockdown</b>	#Rockthelockdown. Streaming live music over the weekend right into your home. Spreading the love though the joy of live music from amazing artists performing your very own front room festival.	<a href="https://www.facebook.com/groups/1066664150378119/">https://www.facebook.com/groups/1066664150378119/</a>	Free
<b>Anxiety and Depression Support and Advice Group</b>	Peer Support Group - this group is here to help and support people who are suffering with anxiety and depression. We aim to help and support others with any form for anxiety or depression please enjoy and relax any problems please don't hesitate to contact a member of the team.	<a href="https://www.facebook.com/groups/AnxietyAndDepressionSupportAdvice/?ref=br_rs">https://www.facebook.com/groups/AnxietyAndDepressionSupportAdvice/?ref=br_rs</a>	Free
<b>Exeter Library Virtual Coffee Meet-Up</b>	Are you sitting at home with no-one to chat to? Or bored of chatting to the same faces? Join us on Zoom for a Coffee and a Chat.	<a href="https://zoom.us/j/912154493...">https://zoom.us/j/912154493...</a>  And if you're new to Zoom, here's a handy help sheet we've put together on how to sign up <a href="https://drive.google.com/open...">https://drive.google.com/open...</a>	
<b>Nature Connection in social isolation: Building resources and resilience</b>	A series of free talks exploring nature connectedness.  As we are told to socially isolated how can nature connectedness help us build resilience and find psychological and emotional wellbeing? How can we find and develop meaning and purpose in these complex and challenging times through a deepening connection to nature. These talks will be on different subjects and will be interactive	<a href="https://www.eventbrite.com/e/nature-connection-and-resilience-tickets-101056719368">https://www.eventbrite.com/e/nature-connection-and-resilience-tickets-101056719368</a>	Free



	<p>and participative. We ask you have access to nature connection either:</p> <p>Indoors: Natural objects, plants, Window,</p> <p>Outdoors: Balcony, Garden Space, local green or blue space.</p> <p>We ask you stay in latest public health guidelines and do not put yourself or others at risk.</p>		
<b>Gambling Online Peer Support Groups</b>	<p>Do you want to talk to others who are in a similar position to you? Are you looking for advice, support and information from people who have been free from gambling for many years? Why not try our <u>online peer support groups</u> for text based "real time" group support from others who have been where you are run by one of our trained and knowledgeable facilitators?</p>	<p><a href="https://www.gamblingtherapy.org/en/online-peer-support-groups">https://www.gamblingtherapy.org/en/online-peer-support-groups</a></p>	Free
<b>Meet Up</b>	<p>Meet up is an online site and app that usually allows you to meet up with other people in your local area and socialise. Due to social isolation these events have gone online. You can join events already set up or set up your own.</p>	<p>Search 'Meet Up' in your app/play store.</p> <p><a href="http://www.meetup.com">www.meetup.com</a></p>	Free
<b>Club Soda</b>	<p>Club Soda is a mutual aid style group who is part of the Mindful Drinking Movement – whether you want to cut down, stop for a bit or quit Club Soda has short courses to support you to change your thinking. They also have put on all sorts of virtual events during this time for likeminded people to socialise.</p>	<p><a href="http://www.joinclubsoda.com">www.joinclubsoda.com</a></p>	Free
<b>Transitions</b>	<p>Transitions aims to support people who are feeling isolated and vulnerable, to build resilience &amp; maintain overall wellbeing. Technically cover Exeter, Mid Devon, East Devon and Teignbridge but this may develop over time so do contact if interested.</p> <p>Transitions services offered (subject to capacity) will be:</p> <ul style="list-style-type: none"> <li>• Weekly phone calls, text message, email or video chat according to preference, to all current matched or case-worked clients.</li> </ul>	<p><a href="mailto:transitions@eci.org.uk">transitions@eci.org.uk</a></p>	Free



	<ul style="list-style-type: none"> <li>• Initial consultations by phone or video chat for new applicants</li> <li>• Welfare checks by phone for new applicants and those who are waiting to be matched with a volunteer</li> <li>• Where appropriate, we can offer coaching by phone or video chat, and can match people using 3-way phone calls or video chats</li> <li>• Regular newsletters via email and information on our website and social media channels</li> <li>• Putting people in touch with offers of support from their local community</li> </ul>		
<b>Time to Talk</b>	<p>Do you have a long-term health condition or a disability and want someone to talk to?</p> <p>Get in touch with our free, confidential listening service where you can chat with us or get information and advice.</p>	<p>Phone: 0300 303 3691</p> <p>Email: <a href="mailto:time2talk@livingoptions.org">time2talk@livingoptions.org</a></p> <p>Text: 0785 642 6940</p> <p>Facebook: Timetotalkdevon</p>	Free

# Learn



Topic	Activity	How to Access	Costs
<b>Devon Digital Carers</b>	Online video library of short, bitesize training and information useful to carers across the county.	<a href="https://devondigitalcarers.co.uk/">https://devondigitalcarers.co.uk/</a>	Free





<b>Petroc College</b>	<p>Lots of level 2 distance learning courses available – completely FREE. Areas of Health and Social Care; Business, Leadership and Management and Childcare and Education. To apply learners need to email college at <a href="mailto:pddistancelearning@petroc.ac.uk">pddistancelearning@petroc.ac.uk</a> with the course they want and their postal address. Learners needs to be above 19 and if between 19 and 24 hold a full level 2 qualification (5 GCSE's at A* to C grade/9-4 or 1 A-Level or 2/3 AS Levels).</p>	<a href="https://www.petroc.ac.uk/courses-search/looking-for-distance-learning">https://www.petroc.ac.uk/courses-search/looking-for-distance-learning</a>	Free
<b>Open University</b>	<p>Over 900 free courses in all sorts of subjects – covering Health, Sport and Psychology; Education and Development; History and the Arts; Language; Money and Business; Nature and Environment; Science, Maths and Technology and Society, Politics and Law.</p> <p>Also all the usual fee paying diplomas and degrees – student funding available for 80% of people.</p>	<a href="https://www.open.edu/openlearn/free-courses/full-catalogue">https://www.open.edu/openlearn/free-courses/full-catalogue</a>	Free  Variable – student funding often available
<b>Devon Recovery Learning Community (DRLC)</b>	<p>Currently under development to bring a host of on-line video link courses, youtube channel, links and resources – keep checking their website for details.</p>	<a href="https://devonrlc.co.uk/">https://devonrlc.co.uk/</a>	Free
<b>Online Spanish Beginners Course</b>	<p>Have you ever wanted to learn Spanish? This is your opportunity! Learn with an experiences and sympathetic native teacher of the language with more than 30 years of teaching experience. The 10-week 1.15 hrs session course will cost £100 paid by BACS.</p> <p>Starting 20<sup>th</sup> April 2020.</p>	<p>For bookings and info:</p> <p>Doris.marcello@gmail.com 07769 687319</p>	10 Week Course = £100



<b>Languages</b>	Learn and practise languages including French, Spanish, German, Italian and even Mandarin at a key stage 2 level.	<a href="https://www.bbc.co.uk/bitesize/subjects/zdmtsbk">https://www.bbc.co.uk/bitesize/subjects/zdmtsbk</a>	Free
<b>Astronomy</b>	This is a link to the first lesson in a series of about Astronomy.	<a href="https://www.youtube.com/watch?v=7ZYn4xv7a44">https://www.youtube.com/watch?v=7ZYn4xv7a44</a>	Free
<b>Zoo Live Cams:</b>	Want to spy on some of your favourite animals and see what they get up to when no one is around? Well now is your chance! Tune into these live streams from Edinburgh Zoo, San Diego Zoo and Paignton Zoo.	<a href="https://www.edinburghzoo.org.uk/webcams/panda-cam/">https://www.edinburghzoo.org.uk/webcams/panda-cam/</a>  <a href="https://zoo.sandiegozoo.org/live-cams">https://zoo.sandiegozoo.org/live-cams</a>  <a href="https://www.paigntonzoo.org.uk/explore/webcams">https://www.paigntonzoo.org.uk/explore/webcams</a>	Free
<b>Draw with Rob</b>	Rob Biddulph is the bestselling and multi-award-winning author/illustrator and also the official World Book Day Illustrator for 2019 and 2020. Every Tuesday and Thursday he is uploading new draw-along videos where everyone can learn to draw some of the characters from his books.	<a href="http://www.robiddulph.com/draw-with-rob">http://www.robiddulph.com/draw-with-rob</a>	Free
<b>Cartoon Drawing Lessons</b>	Steve Harpster has been a professional illustrator and author for over twenty years & has been teaching people to draw using his online videos. He's now uploading free drawing videos every day onto his Facebook page.	New videos daily on facebook: <a href="https://www.facebook.com/harptions/">https://www.facebook.com/harptions/</a>	Free
<b>Art Classes with Grayson Perry</b>	While you may not have been a dab hand when it came to GCSE art, that's not to say your skills haven't matured over the years like a fine wine. Here to help you embrace your inner artist and develop that nascent skill set is none other than Grayson Perry and his new show, Art Club.	<a href="https://secretldn.com/grayson-perrys-artclub-tv-show/?fbclid=IwAR3nFuyJ6pnWfkoYS4roTtSON1nT_dsFn31bpmuORDz">https://secretldn.com/grayson-perrys-artclub-tv-show/?fbclid=IwAR3nFuyJ6pnWfkoYS4roTtSON1nT_dsFn31bpmuORDz</a>	Free



		<a href="#">WqLlrgudoqHTi6k</a>	
<b>Crochet</b>	How to crochet for absolute beginners. A detailed step-by-step tutorial on how to crocheting from the beginning.	<a href="https://www.youtube.com/watch?v=aAxGTnVNjIE">https://www.youtube.com/watch?v=aAxGTnVNjIE</a>	Free
<b>CoLab Courses</b>	Co-lab are offering several options for connection and courses during the covid-19 pandemic. Resilient women have daily activities of both social connections and workshops such as creative writing and mindfulness.	<a href="http://www.colabexeter.org.uk/courses">www.colabexeter.org.uk/courses</a>	Free

# Be Active



Topic	Activity	How to Access	Costs
<b>Fitness videos</b>	Choose from 24 free instructor led videos ranging from 10 minutes to 45 minutes. Includes allsorts from yoga to aerobic exercises to strength and resistance.	<a href="https://www.nhs.uk/conditions/nhs-fitness-studio/">https://www.nhs.uk/conditions/nhs-fitness-studio/</a>	Free
<b>Becky Hickman Yoga</b>	Live online yoga class which allows the group to be together in the moment and offers you a way to be part of something that is happening from the comfort and safety of your home. This style of yoga is about having fun and listening to your own body.	<a href="http://www.bookwhen.com/beckyhickermanyoga">www.bookwhen.com/beckyhickermanyoga</a>	£4 per session



<b>Nikki Darling Yoga</b>	Gentle holistic yoga with a feminine feel, 'how-to's' for pranayama and Kriya practices, Tantric Dakini Oracle card readings, poetry and yoga philosophy.	<a href="http://www.patreon.com/nikkidarlingyoga">www.patreon.com/nikkidarlingyoga</a>	£7 per session live every Thursday 7-8pm or £5-£10 monthly subscription to lots of videos.
<b>Pilates, Dance and Stretch Classes Online</b>	Dance - to motivate you Get Fit and have Fun Dancing! Keep your Mind & Body Active! Sessions begin with a core muscle warm up stretching exercises follow by Fun dance movements exercises and steps following Latin rhythms of merengue, salsa, jazz among others. Stretch - designed to improve mobility, flexibility, coordination and posture. Stretching combine with slow paste breathing helps you to relax, and reduce muscle stiffness aiding to relieving anxiety, helping you to feel calm and soothed. 1-2-1 and Group.	<a href="http://www.toneuptofitness.com">www.toneuptofitness.com</a> doris@toneup2fitness.com 07769 687319	£7 per session or discount for courses.
<b>Vibes Dance Company</b>	Weekdays at 6pm 30 mins Zumba, Swagga and Vibiza. Just a local Devon girl trying to keep you fit, sane and active and above all laughing in this very uncertain time. Do it in your kitchen, garden, front room, with your family or on your own. But whoop and sing and spread positivity everywhere.	Search 'VibesDanceCompany' on Facebook.	
<b>Inner Circle Boxing</b>	Home Workouts, Live Coaching Brought to you by INNERCIRCLE CBC ILFRACOMBE COMMUNITY BOXING AND FITNESS. Family Sessions, Groups and 1-2-1s to learn boxing skills and techniques.	Search 'InnerCircle' on Facebook.	
<b>Move it or Lose it</b>	Weekdays at 2.30pm. Move it or Lose it are passionate about keeping our nation's older adults moving and chatting during this terrible health crisis. Join us to share good news, exercise routines and chat.	<a href="https://www.facebook.com/MoveItOrLoseIt1/">https://www.facebook.com/MoveItOrLoseIt1/</a>	Free
<b>Dance in the Dark</b>	Monthly event from 8pm – 9pm at Exeter Phoenix. A chance to dance like no one is watching – they're	<a href="http://l.facebook.com/l.php?u=htt">http://l.facebook.com/l.php?u=htt</a>	Free online



	not because it's too dark! Now moving online during social distancing. More details on Facebook page – Dance in the Dark	<a href="https://www.barefootdance-exeter.co.uk/dance-in-the-dark-info&amp;h=AT19S-5O5nA4xBwuB3iWNYIOr8audkrEHdeXfiNJUfS6lhi7mDHaVFYf7AkZLex0bZa9pDUWntjSeCKe6zLDAYeKV79Vff3f5raJopuuEz7Wa1L7woiBEviDeKgUhMzVpNsO5Qa-u8YtTySem4J6kzRJ">p%3A%2F%2Fww.w.barefootdance-exeter.co.uk%2Fdance-in-the-dark-info&amp;h=AT19S-5O5nA4xBwuB3iWNYIOr8audkrEHdeXfiNJUfS6lhi7mDHaVFYf7AkZLex0bZa9pDUWntjSeCKe6zLDAYeKV79Vff3f5raJopuuEz7Wa1L7woiBEviDeKgUhMzVpNsO5Qa-u8YtTySem4J6kzRJ</a>	
<b>Active Devon</b>	Active Devon have put together a weekly timetable of virtual fitness and active classes and workshops. From Zumba to yoga to armchair exercise, a wide range to suit all ages and abilities.	<a href="https://www.activedevon.org/free-online-activity-sessions/">https://www.activedevon.org/free-online-activity-sessions/</a>	Free



# Take Notice



Topic	Activity	How to Access	Costs
<b>Daily Breath Meditation</b>	A daily 10 minute get-together to practise some calming breathwork. I will lead a short, guided breathwork meditation to get us all quietly realigned and reconnected to our innate well of calm. Breathwork meditation helps to down-regulate an activated nervous system. These are tricky, tumultuous times.	<a href="https://www.facebook.com/yogionline108/">https://www.facebook.com/yogionline108/</a>	Free
<b>Bedtime Stories with Dolly Parton</b>	It's no small thing to find comfort and solace in a time of widespread panic. Most of us have never experienced a global pandemic of this scale in our lifetimes. As we responsibly limit our interactions with others by sheltering in place, it's easy to feel isolated, lonely and afraid.	<a href="https://www.nashville.scene.com/arts-culture/books/article/21125375/international-treasure-dolly-parton-will-now-read-us-bedtime-stories">https://www.nashville.scene.com/arts-culture/books/article/21125375/international-treasure-dolly-parton-will-now-read-us-bedtime-stories</a>	Free
<b>Watch the Northern Lights</b>	We don't know about you, but since we're all isolating at home, looking at the same four walls is starting to get tiresome.  Luckily, if you could do with a change of scenery or a way to pretend you've gone on a fabulous trip, there's a live stream in Canada that will allow you to try and see the Northern Lights.	<a href="https://www.tyla.com/life/life-news-live-stream-northern-lights-online-video-feeds-aurora-borealis-canada-20200327?source=facebook">https://www.tyla.com/life/life-news-live-stream-northern-lights-online-video-feeds-aurora-borealis-canada-20200327?source=facebook</a>	Free
<b>Free audio books</b>	For as long as schools are closed, we're open. Starting today, kids everywhere can instantly stream an incredible collection of stories, including	<a href="https://stories.audible.com/discovery">https://stories.audible.com/discovery</a>	Free



	<p>titles across six different languages, that will help them continue dreaming, learning, and just being kids.</p> <p>All stories are free to stream on your desktop, laptop, phone or tablet.</p> <p>Explore the collection, select a title and start listening.</p>		
<b>Libby App</b>	<p>Libby is a free app where you can borrow ebooks and digital audiobooks from your public library. You can stream books with Wi-Fi or mobile data, or download them for offline use and read anytime, anywhere. All you need to get started is a library card.</p>	<p>Find in your 'App Store' or 'Play Store' for any downloading guidance watch: <a href="https://www.youtube.com/watch?v=7wBXl4KyLxI&amp;feature=youtu.be&amp;fbclid=IwAR3OmZwhDnQ1qrajgBSiilG5YVxsfMhakkWPSDyqovX1elbDAzksHni8yzvo">https://www.youtube.com/watch?v=7wBXl4KyLxI&amp;feature=youtu.be&amp;fbclid=IwAR3OmZwhDnQ1qrajgBSiilG5YVxsfMhakkWPSDyqovX1elbDAzksHni8yzvo</a></p>	Free
<b>e-books and audio books from Devon Libraries:</b>	<p>Sign up easily if you already have library membership. If you're new to the libraries they have created an interim method of becoming members: users can sign up online - you'll get a temporary code and then they just need to email / call Exeter Library to have it transferred to a permanent number.</p> <p>We are hugely increasing our digital offer to provide even more online library resources in order to support our communities and tackle social isolation, so please do keep checking our websites for more details.</p>	<p><a href="https://www.devonlibraries.org.uk/web/arena/ebooks">https://www.devonlibraries.org.uk/web/arena/ebooks</a></p>	Free
<b>Photo Magazine</b>	<p>Life Force magazine is a free online photography magazine with monthly, changing content.</p> <p>"A free, really high quality photo-essay magazine. Fabulous!" Stephen Fry. British actor, writer and film maker.</p>	<p><a href="http://www.lifeforcemagazine.com">www.lifeforcemagazine.com</a></p>	free online monthly
<b>Wind in the Willows</b>	<p>The producers of the West End production of The Wind in the Willows will stream the show online</p>	<p><a href="https://www.willowsmusical.com/">https://www.willowsmusical.com/</a></p>	stream online, free



	for free, though ask for a small donation that will be given to theatre charities. Based on the classic children's story the piece follows the various characters of the book including Mr Toad, Ratty and Mole, as they follow Toad's insatiable need for speed.		
<b>Shakespeare Plays from the Globe Theatre</b>	<u>Globe Player</u> has recordings of Shakespeare adaptations spanning more than 10 years, including Mark Rylance and Stephen Fry in Twelfth Night; Jonathan Pryce as the Merchant of Venice; Emma Rice's naughty telling of A Midsummer Night's Dream; Adetomiwa Edun and Ellie Kendrick in the 2009 production of Romeo and Juliet; and Lucy Bailey's bloodthirsty Titus Andronicus. Watching one of these from your sofa is probably more comfortable than being a groundling at the theatre itself, although you'll pay roughly the same to rent, as you usually would for the cheapest tickets in the house.	<a href="https://londonist.com/london/theatre-and-arts/globe-theatre-streaming-plays-online?fbclid=IwAR0DJ4bQ2abHHteV11pDnhhiXoDHYuM9L025lnkc5oWgSN50jgvAlrUW8To">https://londonist.com/london/theatre-and-arts/globe-theatre-streaming-plays-online?fbclid=IwAR0DJ4bQ2abHHteV11pDnhhiXoDHYuM9L025lnkc5oWgSN50jgvAlrUW8To</a>	£4.99 to rent
<b>National Theatre plays</b>	National theatre are streaming plays every Thursday at 7pm. Also available for days following on YouTube.	<a href="https://www.nationaltheatre.org.uk/at-home">https://www.nationaltheatre.org.uk/at-home</a>	Free
<b>Explore museums and exhibitions</b>	Visit museums and exhibitions that you might never have been able to in real-life - you could probably look at this all day every day and not even have scratched the surface. There are museums (such as the National History Museum in London) from all over the world, art (where you can zoom in) and famous landmarks and buildings.	<a href="https://artsandculture.google.com/">https://artsandculture.google.com/</a>	Free
<b>Happy Color' - Mindful colour by numbers app</b>	Happy Color is a colour by number game for adults. There are so many colourful, breath-taking pictures to colour! All 6000 of them are free. We have a great number of categories in our paint by number app: Animals, Places, Hobbies and Flowers.	Search for 'Happy Color' in the app/play store	Free
<b>Meridian Raw CIC</b>	Social enterprise that aims to bring about social change through participatory events and workshops. Online workshops taking place throughout the week and open to all. A chance to	<a href="https://www.meridianraw.com/photovoice-online.html">https://www.meridianraw.com/photovoice-online.html</a>	Free





	share, connect and be creative. Details of upcoming workshops on the link.		
<b>Sober Girl Society</b>	A <a href="#">#sober</a> & <a href="#">#sobercurious</a> space for women who are changing their relationship with alcohol.	<a href="https://www.instagram.com/sobergirlsociety/">https://www.instagram.com/sobergirlsociety/</a>	Free

# Give



Topic	Activity	How to Access	Costs
<b>Volunteer for a local support and mutual aid group to help during covid-19 outbreak</b>	Devon county council are updating lists of local community groups being set up – take a look on the link above to see what’s in your area and check for most recent updates and guidance.	<a href="https://www.devon.gov.uk/document/community/">https://www.devon.gov.uk/document/community/</a>	Free
<b>Train to become a SMART online meeting facilitator:</b>	All face to face meetings are currently suspended but new online meetings are being set up. If you’re familiar with SMART and fancy a bit of training and giving back to your recovery community why not take a look and go through their free training package to become a facilitator yourself. If you’re new to SMART, why not join an online meeting and see if it is something you’d like to facilitate.	<a href="https://smartrecovery.org.uk/">https://smartrecovery.org.uk/</a>	Free
<b>Write Letters to the Elderly</b>	During these uncertain times many vulnerable people with care needs, in residential homes and in their own home with care needs will be isolated with minimal entertainment. Writing letters to these people is a wonderful way to keep them connected to the outside world.	Send to any of the addresses to the left or find your own local care services.	Free



	<p>Bluebird Care, 4 Magnolia House, Church Street, Exmouth, EX8 1PE</p> <p>Langford Park Care Home, Langford Road, Newton St Cyres, Exeter, EX5 5AG</p> <p>Sainthill House, Cowick Lane, Exeter, EX5 5AG</p> <p>Oak Wood House, Parklands, Kensham Avenue, Brandnich, EX5 4RD</p> <p>Orchard Lea Nursing Home, Orchard Way, Cullompton, EX15 1EJ</p> <p>Bluebell House, 47 Atlantic Way, Westward Ho!, EX39 1JD</p>		
<b>Donate to/Volunteer with Food Banks</b>	<p>Food banks sometimes run low on certain items, and we know there are different pressures on stock levels in different areas. We're not sure about what the impact of the pandemic will be on food stock levels in the coming months, so we really encourage you to support your local food bank if you're able to.</p> <p>Please support your local food bank by checking what items are most needed, and donating those if you are able to. You can find out where your nearest food bank is by putting your postcode into our map – visit their website to find out how to donate food.</p>	<p>Volunteer- <a href="https://www.trusselltrust.org/get-involved/volunteer/">https://www.trusselltrust.org/get-involved/volunteer/</a></p> <p>Donate- <a href="https://www.trusselltrust.org/get-involved/ways-to-give/">https://www.trusselltrust.org/get-involved/ways-to-give/</a></p> <p><a href="https://www.trusselltrust.org/coronavirus-food-banks/?fbclid=IwAROB4UfE4zTzH5AthrlgvJJxT1VOWfyvqbN2FXte3sRkvNYrbV7T0-uG-KU">https://www.trusselltrust.org/coronavirus-food-banks/?fbclid=IwAROB4UfE4zTzH5AthrlgvJJxT1VOWfyvqbN2FXte3sRkvNYrbV7T0-uG-KU</a></p>	
<b>Volunteer with Exeter Community Wellbeing</b>	<p>Exeter Community Wellbeing as looking for volunteer support in the following areas:</p> <ul style="list-style-type: none"> <li>• Educational support for young people</li> <li>• Care for older and/or vulnerable people</li> <li>• Shopping and delivery for people staying at home to stop the spread of Covid-19/Corona (self-isolating)</li> </ul>	<p><a href="https://exeter.gov.uk/wellbeing/">https://exeter.gov.uk/wellbeing/</a></p>	Free



	<ul style="list-style-type: none"> <li>• Other practical support for people staying at home to stop the spread of Covid-19/Corona (self-isolating)</li> <li>• Collecting and delivering laundry</li> <li>• Keeping the garden tidy</li> <li>• Financial advice</li> <li>• Collecting and delivering medicines</li> <li>• Housing related repairs</li> <li>• Checking in and staying in touch with people e.g. a phone call to check on someone</li> <li>• Our time / general volunteering</li> <li>• Digital / Online / Remote help e.g. running a community page or helping people with tech advice.</li> </ul>	Select: 'Individuals Offering Support in the community'	
<b>Learn how to support someone with depression, particularly during this time</b>	Depression is a complicated illness in that the symptoms and experiences vary from person to person. They say "knowledge is power" which is why we've put together some resources to help arm you with information to help you understand more about depression and some lifestyle changes which may help you and others.	<a href="https://www.blurtout.org/resources">https://www.blurtout.org/resources</a>	Free



# ADVICE & SUPPORT

Topic	Activity	How to Access	Costs
<b>Citizens Advise Bureau</b>	<p>If you need advice about a consumer issue such as getting a refund for a cancelled holiday:</p> <p>If you need advice or help to claim Universal Credit:</p> <p>General advice line for all sorts of support from debts, benefits advice and beyond.</p>	<p>Consumer Helpline: 0808 223 1133</p> <p>Help to Claim line: 0800 144 8444</p> <p>Other issues: Call - 03444 111444 Text - 03444 111445 <a href="http://citizensadvice.org.uk">citizensadvice.org.uk</a></p>	Free
<b>Domestic Abuse Support - Splitz</b>	<p>Devon domestic abuse service continues to operate although face to face contact is on hold. If you are concerned about your safety or need to make a referral please call.</p> <p>Support for anyone worried they may be experiencing abuse or who is frightened of their partner or family member.</p>	<p>0345 1551074</p> <p><a href="https://www.splitz.org/devon.html">https://www.splitz.org/devon.html</a></p> <p>admin.devon@splitz.org</p> <p>24 Hour Domestic Violence Helpline at 0808 2000 247</p>	Free
<b>Talkworks</b>	<p>Talkworks Is a free, confidential, NHS talking therapy service for adults, offering effective treatments and therapies, including Cognitive Behavioural Therapy (CBT). We can help you if you are feeling low in mood, stressed or depressed as well helping you if you live with panic attacks, social anxiety/shyness, phobias, Post Traumatic</p>	0300 555 3344	Free



	Stress Disorder (PTSD), agoraphobia, Obsessive Compulsive Disorder (OCD) and health anxiety.		
<b>St Petrock's</b>	Support for the homeless or vulnerable housed, open 9am-1pm. Although the building is operating on a strict one person at a time police you are still able to access a shower, make a call and collect bedding. Also offering takeaway breakfast and lunch.	10 Cathedral Yard, Exeter EX1 1HJ, United Kingdom 01392 217550	Free
<b>Food Banks</b>	Many foodbanks are still operating, please check the website on how to collect.  Exeter will offer a limited delivery service for those in self-isolation due to personal or household symptoms or in an 'at risk' group, please contact 07939 381974.	<a href="https://www.trusselltrust.org/get-help/emergency-food/">https://www.trusselltrust.org/get-help/emergency-food/</a>	Free
<b>Self-Help Leaflets And Information</b>	Variety of information covered from stress, anxiety, food, controlling anger, bereavement.	<a href="https://www.dpt.nhs.uk/self-help-guides/?fbclid=IwAR3-8ZmfwxrkxlwEPDgxeUeLTSYg8v2KZj3uodVZOSJcj kPgH5ppStmezY">https://www.dpt.nhs.uk/self-help-guides/?fbclid=IwAR3-8ZmfwxrkxlwEPDgxeUeLTSYg8v2KZj3uodVZOSJcj kPgH5ppStmezY</a>	Free
<b>Bereavement Support</b>	On-line community support forum from Sue Ryder.	<a href="https://community.sueryder.org/">https://community.sueryder.org/</a>	Free
<b>Exeter Community Wellbeing</b>	If you require support during this time please contact Exeter Community Wellbeing. Support available for: <ul style="list-style-type: none"> <li>• Educational support for young people</li> <li>• Care for older and/or vulnerable people</li> <li>• Shopping and delivery for people staying at home to stop the spread of Covid-19/Corona (self-isolating)</li> <li>• Other practical support for people staying at home to stop the spread of Covid-19/Corona (self-isolating)</li> </ul>	<a href="https://exeter.gov.uk/wellbeing/">https://exeter.gov.uk/wellbeing/</a>  : 01392 265000	Free



	<ul style="list-style-type: none"> <li>• Collecting and delivering laundry</li> <li>• Keeping the garden tidy</li> <li>• Financial advice</li> <li>• Collecting and delivering medicines</li> <li>• Housing related repairs</li> <li>• Checking in and staying in touch with people e.g. a phone call to check on someone</li> <li>• Our time / general volunteering</li> <li>• Digital / Online / Remote help e.g. running a community page or helping people with tech advice.</li> </ul>		
<b>Anxiety UK</b>	<p>Anxiety UK is a national registered charity (number 1113403) (company number 5551121) formed in 1970 by someone living with agoraphobia for those affected by anxiety disorders. Today we are still a user-led organisation, run by people with experience of living with anxiety, stress or anxiety-based depression, supported by a high-profile medical advisory panel.</p> <p>Offering specific support about Coronavirus Anxiety.</p>	<p><a href="http://www.anxietyuk.org.uk">www.anxietyuk.org.uk</a></p> <p>Text: 07537 416 905</p> <p>Call: 03444 775 774</p>	Free
<b>Bipolar UK</b>	<p>Our mission is to empower everyone affected by bipolar to live well and fulfil their potential.</p> <p>The government has announced unprecedented measures to contain the spread of coronavirus. This will have a profound effect on the country and in particular people affected by bipolar. It has never been more important that we come together as a community and help each other through this difficult time.</p>	<p><a href="http://www.bipolaruk.org.uk">www.bipolaruk.org.uk</a></p>	Free
<b>CALM</b>	<p>CALM is the Campaign Against Living Miserably, for men aged 15 to 35.</p>	<p>0800 58 58 58</p> <p><a href="http://www.thecalmzone.net">www.thecalmzone.net</a></p>	Free
<b>Mens Health Forum</b>	<p>24/7 stress support for men by text, chat and email.</p>	<p><a href="http://www.menshealthforum.org.uk">www.menshealthforum.org.uk</a></p>	Free



<b>Mental Health Foundation</b>	Ways to support your mental health, particularly during the Coronavirus.	<a href="http://www.mentalhealth.org.uk">www.mentalhealth.org.uk</a> <a href="https://mentalhealth.org.uk/coronavirus">https://mentalhealth.org.uk/coronavirus</a>	Free
<b>MIND</b>	We provide advice and support to empower anyone experiencing a mental health problem. We campaign to improve services, raise awareness and promote understanding. We won't give up until everyone experiencing a mental health problem gets support and respect.	0300 123 3393 <a href="http://www.mind.org.uk">www.mind.org.uk</a>	Free
<b>Andy's Man Club</b>	It was in response to this tragic life event that Ambler, a father-of-two and professional rugby player, launched 'Andys Man Club' – a safe space for men in crisis to open up to others in a similar situation. ... Luke Ambler created Andys Man Club in memory of his brother-in-law and pioneered the #ItsOkayToTalk campaign.	<a href="mailto:info@andysmanclub.co.uk">info@andysmanclub.co.uk</a> Twitter @AndysManClubUK Facebook /AndysManClub Instagram @AndysManClubUK	Free
<b>No Panic</b>	Voluntary charity offering support for sufferers of panic attacks and obsessive compulsive disorder (OCD). Offers a course to help overcome your phobia or OCD.	0844 967 4848 <a href="http://www.nopanic.org.uk">www.nopanic.org.uk</a>	Calls cost 5p per minute plus your phone provider's Access Charge
<b>OCD Action</b>	Support for people with OCD. Includes information on treatment and online resources.	0845 390 6232 <a href="http://www.ocdaction.org.uk">www.ocdaction.org.uk</a>	Calls cost 5p per minute plus your phone provider's Access Charge
<b>OCD UK</b>	A charity run by people with OCD, for people with OCD. Includes facts, news and treatments.	0333 212 7890 <a href="http://www.ocduk.org">www.ocduk.org</a>	Free



<b>Samaritans</b>	Confidential support for people experiencing feelings of distress or despair.	116 123 <a href="http://www.samaritans.org.uk">www.samaritans.org.uk</a>	free 24-hour helpline
<b>Counselling via Key Counselling</b>	Free counselling via Skype during Covid-19 outbreak	<a href="https://www.keycounsellingacademy.com/">https://www.keycounsellingacademy.com/</a> 0121 236 0620 01803 294 919	Free
<b>The Moorings @ Devon</b>	Out-of-hours mental health support to anyone aged 16+ in the Devon area, from three locations in Barnstaple, Exeter, and Torquay: Currently all Moorings are running telephone and helpline only services. Check the website for updates.	<a href="https://www.mhm.org.uk/the-moorings-devon">https://www.mhm.org.uk/the-moorings-devon</a>	Free
<b>Prevent suicide</b>	Free app to download to support people at risk of suicide and support those concerned for someone else.	<a href="https://www.prevent-suicide.org.uk/find-help-now/stay-alive-app/">https://www.prevent-suicide.org.uk/find-help-now/stay-alive-app/</a>	Free
<b>Sane</b>	Emotional support, information and guidance for people affected by mental illness, their families and carers.	Peer support forum: <a href="http://www.sane.org.uk/supportforum">www.sane.org.uk/supportforum</a> Website: <a href="http://www.sane.org.uk/support">www.sane.org.uk/support</a>  Text service: <a href="http://www.sane.org.uk/textcare">www.sane.org.uk/textcare</a>	Free
<b>Refuge</b>	At Refuge, we believe that no-one should have to live in fear of violence and abuse. On any given day Refuge supports more than 6,000 clients, helping them rebuild their lives and overcome many different forms of violence and abuse; for example domestic violence, sexual violence, so-called 'honour'-based violence, human trafficking and modern slavery, and female genital mutilation.	<b>0808 2000 247</b>  <a href="http://www.refuge.org.uk">www.refuge.org.uk</a>	Free
<b>Chatter Pack</b>	'I work for the NHS and run ChatterPack on a voluntary basis in my *spare* (!) time to help share information and resources to those who	<a href="https://chatterpack.net/blogs/blog/list-of-online-">https://chatterpack.net/blogs/blog/list-of-online-</a>	Free





	need it. I won't be around to update this much over the next few weeks, but I promise to do my best as I can see from your messages how much this means. Have fun, explore the world from the safety of your home, and please stay safe.'	<a href="https://www.facebook.com/resources-for-anyone-who-is-isolated-at-home?fbclid=IwAR2mW8_y90KS6EdykeZSyEr8MVurJFh7Qkljtlif1cGo1zhcKD5ND8TJVd0">resources-for-anyone-who-is-isolated-at-home?fbclid=IwAR2mW8_y90KS6EdykeZSyEr8MVurJFh7Qkljtlif1cGo1zhcKD5ND8TJVd0</a>	
<b>Wisermoney from Navigate</b>	Free and confidential money and debt advice via telephone.	01823 299050 <a href="mailto:enquiries@navigatecharity.org.ukn">enquiries@navigatecharity.org.ukn</a>	Free

