

→ Children and Families

- **Home Start Teignbridge**, may be able to offer to support if one or more children in the family are under 5. They offer support with parenting in the home, as well as group sessions.
- **Early Help** is a support network for families and children. Schools are commonly coordinators as they have the longest term contact with the family. Early helps brings together many types of support, including financial support for targeted services. Speak to the DSL at your child's school for more info.
- **Dawlish Action for Youth**. Provides evening activities for young people from age 8+ at the Red Rock Youth Centre, Sandy Lane. A wide range of positive activities for young people including arts and crafts, music and much more.
- **Free School Transportation**. Devon County Council offers free transport services to and from schools and colleges for those children who are eligible.

Can't find what you're looking for?

Please see the digital offer regarding community connections by scanning the QR code below.



TEIGNBRIDGE CVS

Sherborne House
Kingsteignton Road
Newton Abbot
TQ12 2PF

→ Welcome to Dawlish

Community and Voluntary Services.

Here to support everyone.



→ Council or community?

The council provides many vital services to residents.

Devon County Council help with:

- [Education and SEND](#)
- [Childcare and child support](#)
- [Safeguarding and children in care](#)
- [Health and Wellbeing](#)
- [Free School Meals](#)
- [School Transport](#)

Teignbridge District Council help with:

- [Housing](#)
- [Refuse & recycling](#)
- [Council Tax](#)

Citizens Advice can help with:

- [Cost of living](#)
- [Debt advice](#)
- [Benefits](#)

→ Local Help

Food Banks

- [HITS Food Bank](#). Located on B3193 in Kingsteignton. Mon–Fri 10.00-16.00. Food, toiletries and household crisis parcels through referral. Emergency baby and pup packs. Includes Dawlish residents.

Community Fridges/Larders

- [Dawlish Community Larder](#). Run by ROC Dawlish for Helping Dawlish. Delivering food to people experiencing difficulties. 07584 052306 or 07711 234948

- [The Strand Community Centre](#). Food Provision and community-focussed events. 01626 889038

Health and Wellbeing

- [Men's Shed](#). Meeting group for men to talk and participate in activities. (Run from The Strand Centre)
- [Thinkers \(Anxiety Café\)](#) A free supportive group led by a

→ mental health nurse and volunteers to help those suffering from anxiety. Riverside Centre, Dawlish.

- [Waves Bereavement Group](#). Meets last Thursday of each month. The Manor, Dawlish

Baby and Toddlers Groups

- [Tempo Tots](#). Free sing-a-long and crafts sessions for 0-4 years. Every Monday morning. Dawlish Library.
- [Cygnet's Baby Group](#). Free chat and activities for families with babies 0-18months. Fun activities and lots of conversation. Every Friday morning at Riverside Centre.

Debt and Finances

- [CAP \(Christians Against Poverty\)](#) - Money and Debt Advice. Budgeting help. Teignbridge branch runs out of Kingsteignton.

Other

- [Dawlish Community Transport](#) Offers low-price transport to Teignbridge residents. 01626 888890