

## 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. [www.homestart-teignbridge.org.uk](http://www.homestart-teignbridge.org.uk)

**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 help brings together many types of support, including financial support for targeted services. Speak to the DSL at your child's school for more info. [www.dcfp.org.uk/earlyhelp](http://www.dcfp.org.uk/earlyhelp)

**Young Devon** services can be accessed at The YES Centre on Queen Street, and at The Change Academy on Market Street. Various services, such as wellbeing support, and Independent Living programmes are provided for 11-25 year olds. [www.youngdevon.org](http://www.youngdevon.org)

**SPACE** offer sessions on Wednesdays, Thursdays and Fridays based on age, and **NO LIMITS** sessions on Tuesday evenings for young people with SEND. Sessions run at the Station on Wain Lane and for young people aged 11-19. [www.spaceyouthservices.org](http://www.spaceyouthservices.org)

## Can't find what you're looking for?

Help and guidance on the cost of living can be accessed online at:

[www.worryingaboutmoney.co.uk/teignbridge](http://www.worryingaboutmoney.co.uk/teignbridge)

Please see the digital offer regarding community connections for further details, or get in touch using the contact details below.

[www.teigncvs.org.uk/projects/community-connections](http://www.teigncvs.org.uk/projects/community-connections)



## Welcome to Newton Abbot

*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

Teignbridge District Council help with:

- Housing
- Refuse & recycling
- Council Tax

Citizens Advice Bureau can help with:

- Cost of living
- Debt advice
- Benefits

## → Help with Food

Food banks:

- THAT Food Bank, located on Queensway in Buckland. Supplying essential items such as food, toiletries and home start packs, providing fuel key top ups and offering information and a place to chat. Mon–Fri 10.00-13.00. [www.thatfoodbank.com](http://www.thatfoodbank.com)
- 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.

→ [www.hitsfoodbank.org](http://www.hitsfoodbank.org)

Community Fridges/larders:

- Newton Abbot Community Fridge, located outside the Courtenay Centre. Open 24/7.
- Kingsteignton Community Larder, located outside the Town Council offices on Rydon Road.

## → Health and Wellbeing

- Wellbeing In Action offer help with a range of issues, including practical help with debt, grants for furniture, etc, and emotional support such as therapy and help with court cases if you do not qualify for Legal Aid. Located on School Road. [www.wellbeinginaction.co.uk](http://www.wellbeinginaction.co.uk)
- HOPE (Help Overcoming Problems Effectively) programme supports people with long term conditions to build confidence and learn to manage their condition. These can be booked through the MyHealth Devon website, and run at venues including the Courtenay Centre. [www.myhealth-devon.nhs.uk/localservices/hope-programme](http://www.myhealth-devon.nhs.uk/localservices/hope-programme)
- The Salvation Army Community Centre, located on Union Street, hosts Women's Wellbeing Group on Tuesdays at 7pm. [www.salvationarmy.org.uk/newton-abbot-church-community-centre](http://www.salvationarmy.org.uk/newton-abbot-church-community-centre)