

HANDY PHONE NUMBERS FOR EAST DEVON

Do you need FREE help with your fuel bills?

Exeter (and East Devon) Community Energy 0800 7723617

Do you need short term financial aid for heating or food?

EDDC Financial Resilience Team 01404 515616

Do you need any other information and advice?

Citizens Advice East Devon 01395 265070

Are you or a loved one struggling with your mental health?

Talkworks Mental Health 0300 5553344

Parental Minds signpost anyone struggling with mental health to the most suitable community or statutory service

Parental Minds 07907 614516

Do you need information or support services for older adults?

Care Direct 0345 1551007



HOME SAFEGUARD

From East Devon District Council

Be Confident and Safe at Home - “Home SafeGuard” from East Devon Council. Around the clock support for accidents, well-being and anxieties.

From pendant & wristband alerts to unobtrusive equipment around the home, we automatically connect you to one of our skilled team within seconds, whenever you need.

Find out more

call us on 0330 678 2381 or visit <https://Devon.DigitalHomeCare.co.uk>

Every group or parish council listed here will do their best to help you find what you need, whether it's transport, shopping, a friendly face or the local food bank.

If you feel you don't belong to any of these areas, any nearby area will be happy to assist you.

Sidmouth and the Sid Valley

Sid Valley Help 01395 892011 or text 07378 964521

Ottery and surrounding areas

Ottery Help Scheme 01404 813041 Ottery Town Council 01404 812252

Seaton and surrounding areas

Seaton Town Council (Mon – Thurs 9am – 3pm) 01297 21388 or Re:Store CIC 07771 520311 (A community based organisation for all who need support)

Axminster and surrounding areas

Pippins community centres 01297 631824 or Axminster Waffle House 07380 668228 (A community based organisation for all who need support)

Honiton and surrounding areas

Honiton TRIP 01404 46529 or Parental Minds (for anyone affected by Mental Health issues) 07907 614516

FREE, 24 HOUR PHONE NUMBERS

EMERGENCY SERVICES – 999

NHS NUMBER FOR NON-EMERGENCIES – 111

SAMARITANS FOR HELP ANY TIME - 116 123



Do you want to help to get online with up to £125 of device upgrades & one-to-one sessions? Call or text Devon Communities Together 07903 591481