



Mental Health

Talkworks – 0300 55 53344— struggling to cope, feeling low, worrying more than usual. Also those with emotional difficulties associated with struggling with a long term condition (Talking Health Team).

Carer Support

Devon Carers 03456 434 435

Specialist Dementia Support

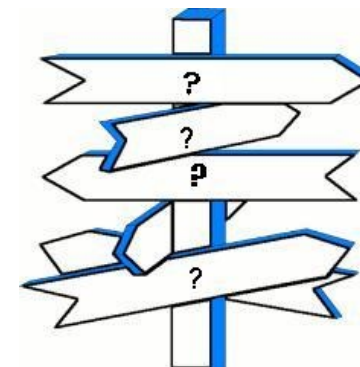
Alheimers society <https://www.alheimers.org.uk/>

Alheimers Society support in Devon <https://www.devonservices.org.uk/service/alheimers-society/>

Forde House, Harrier Way, Exeter, EX2 7HU, **03001 232029**

Dementia UK Helpline 0800 888 6678 www.dementiauk.org

Contacts and support services within Exeter & Devon



The services listed in this leaflet have been provided for your information only and were current on publication. St Thomas Medical Group are unable to make recommendations and accepts no responsibility for discrepancies or grievances in relation to the information listed. Individuals use the services at their own risk and we advise that you carry out your own research before using the services.

St Thomas Medical Group



Cowick Street
Exeter
EX4 1HJ
01392 676 676

Pendant/Falls alarms

Exeter City Council 01392 682 349

Age UK 0800 023 4783

Care at home

Pinpoint Devon www.pinpointdevon.co.uk (search PA's)

Care Direct 0345 155 1007

Bubble it Laundry Service (Free collection and delivery)
01392 275 415

Daycare

Filo Project (for those with dementia)

0333 939 8225

Westbank 01392 824752 (Full or half days)

Equipment and chairs

Independent Living Centre (independent advice)

01392 380181 www.independentlivingcentre.org.uk

Exeter Disability Centre 01392 824428

Aids4 Daily Living (delivery & fitting service) 01822 851202

Devon NHS and Social Care Daily Living Self Assessment

Website: (general info, equipment info, self-assessment tool) www.equipmentadvice Devon.org.uk

Red Cross (to borrow a wheelchair) 01392 353297

Meals

Appetito 01392 824 822 – delivered hot

Dine at home 01404 850234 / 07553 480229 (hot)

Ducky Delish – 01626 859064 (delivered chilled)

Wiltshire Farm Foods 0800 773 773 (delivered frozen)

Specialist Seating

Derek Garland Specialist seating Services 07530 040416

Exeter Disability Centre 01392 824428

Accora www.accora.care/gb-en/ 0301 560 2400
(will do free demonstrations at the home)

Careflex www.careflex.co.uk 0808 506 9334

Nail cutting

Hikmat happy feet (on Pinpoint) 01392 757220 £9 toe-nails

Rachel Chart Foot Practitioner 07792 511 605

Charlotte Hickman Foot Practitioner (via Age UK)
0333 241 2340

Ear wax microsuction

Ear matters 63 Cowick Street 07541 384915

Patient Transport

Patient Transport Advice Service (for medical appointments for those who need assistance on the journey)
0345 155 1009

Wave Taxis (wheelchair only) 01392 252525

Freedomwheels 01392 464206 (wheelchair £16 first 6 miles, £2 mile after that)

Shopmobility (hire of wheelchair or scooter for the day)
01392 494001