



PATIENTS AND CARERS RESOURCES BOOKLET

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INFORMATION ON BENEFITS AND CARE SUPPORT

Government Website

Contains information for patients and carers on such things as -

Attendance Allowance Tel: 0345 605 6055

Carers Allowances Tel: 0345 608 4321

Disability Living Allowance -

(for those born before 8 April 1948) Tel: 0345 605 6055

(for those born after 8 April 1948) Tel: 0345 712 3456

www.gov.uk

Cancer Support and Information Centre

Tel: 01803 617521

Torbay Hospital annexe, The Lodge, Newton Road,
Torquay, TQ2 7BA

Opening hours - Wednesday to Friday, 9 am to 4 pm

The centre offers a range of support and information for cancer patients and their relatives.

Cancer Support Service

Tel: 01803 614567

Tel: 0300 456 8000

Level 7, Torbay Hospital, Lawes Bridge, Torquay, TQ2
7AA

The cancer support team aims to complement treatment by promoting physical, social, psychological and spiritual well-being. The teams support is available to anyone diagnosed with cancer during or after treatment

Care Direct

Tel: 0845 155 1007

Information on help available to allow people to continue living safely at home

www.new.devon.gov.uk/adultsocialcareandhealth

Carers UK

Information and advice for people who are caring for someone

www.carersuk.org

Devon Carers

Tel: 08456 434 435

Information and support for -

Adults caring for another adult or a child under 18

Young carers (under 18) caring for an adult or another child

www.devoncarers.org.uk

Torbay and South Devon NHS

The website contains a variety of information about services for patients and carers including -

Disability Information Service Tel: 0300 456 8373

St Edmunds, Victoria Park Road, Torquay, TQ1 3QH

Provides information designed to support self-care and independence for people with disabilities and carers living in Torquay (TQ1 - TQ5)

Torbay Carers Service Tel: 01803 666620

Torbay and South Devon NHS Foundation Trust, Paignton Library, Paignton, TQ4 5AG

For information on support and advice for carers

Patient Advisory Liaison Service (PALS)

Community Hospitals & Community Services PALS team

Tel: 0800 032 7657

Tel: 01803 219700

Torbay Hospital PALS team

Tel: 0800 028 2037

Tel: 01803 655838

To find information on any of these services enter their name into the search box on the website and select the service from the list given

www.torbayandsouthdevon.nhs.uk

SUPPORT FOR CHILDREN AND FAMILIES

CheckPoint Torbay

7 Victoria Road, Torquay, TQ1 1HU

Advice, Information and Support for young people aged between 8 & 18 yrs.

Homestart

Tel: 01626 353700

A family support charity which helps families with young children deal with whatever life throws at them

www.homestart-teignbridge.org.uk

www.homestart.org.uk

Rip-Rap

This site is developed especially for teenagers who have a parent with cancer. In riprap, you can learn more about cancer and its treatment and through individual stories you can see how this might affect you and your family.

www.riprap.org.uk

SPECIALIST SUPPORT

Alcoholics Anonymous

Tel: 0800 9177 650

National helpline or consult their website and enter your postcode to find the details of support in your area

www.alcoholics-anonymous.org.uk

Disability Support Torbay

Tel: 01803 215871

Lymington Road, Torquay, TQ1 4BW

This is a service from the Coalition of Disabled People South Devon. It is a free and confidential service giving a safe space to talk and help with practical or emotional issues.

www.cdpsd.org.uk

Lesbian, Gay, Bisexual & Transgender Directory South West

Has a list of LGBT organisations in the south west

www.southwestforum.org.uk

No More Panic

Information for sufferers and carers of people with Panic, Anxiety, Phobias and OCD

www.nomorepanic.co.uk

The Survivors Trust

Tel: 0808 801 0818

Advice and support for people living with the consequences of rape and sexual abuse

www.thesurvivorstrust.org

Torbay Befriending CIC

Tel: 01803 297025

Befriending and mentoring service to adults with mental health issues and their carers. There is a fee for this service.

www.torbaybefriendingservice.co.uk

Torbay Domestic Abuse Service

Tel: 01803 698869

Provides support for men, women and children who need advice and protection from domestic abuse including emotional / psychological, financial, sexual and physical abuse.

www.sanctuary-supported-living.co.uk/tdas

Veterans Peer Support

Tel: 07769 902688

Supports armed forces veterans, and their families suffering with, and from, the effects of Post-Traumatic Stress Disorder and associated Mental Health issues. VPS runs free tea/coffee drop-in groups around Devon for ALL veterans and ALL family members to get support from people who have experienced the same problems.

www.veteranspeersupport.co.uk

Victim Care Devon and Cornwall

Lists organisations offering support and advice to -

- People who have been victims of crime, including domestic violence or abuse
- Have experienced bereavement
- Are caring for someone
- Have finance and debt problems

www.victimcaredevonandcornwall.org.uk

GENERAL SUPPORT

Citizen's Advice Bureau

General number -

Tel: 03444 111444

Advice on a range of issues - to find details of your local office enter your postcode into the 'Find your Local CAB' search box

www.citizensadvice.org.uk

Samaritans

Tel: 116 123

Tel: 01803 299999

21 Warren Road, Torquay, TQ2 5TQ

24 hour a day, 365 days a year support

www.samaritans.org

The Natural Death Centre -

Tel: 01962 712690

The Natural Death Centre is a charitable project launched in Britain in 1991. It aims to support those dying at home and their carers and to help people to arrange inexpensive, do-it-yourself and environmentally-friendly funerals. It has a more general aim of helping to improve the quality of dying.

www.naturaldeath.org.uk

REGIONAL SUPPORT

Bovey Community Care

Provides support to elderly or isolated people in the Bovey Tracey area.

www.boveycommunitycare.org.uk

Brixham Does Care

Tel: 01803 857727

Old Market Hall, New Road, Brixham, TQ5 8TA

Social activities and befriending service for people in Brixham and the surrounding area

www.brixhamdoescare.co.uk

Dawlish Town Council

The 'Community' section of their website has information on a wide range of support and activities in the area

www.dawlish.gov.uk

Dartmouth Caring

Tel: 01803 839354

35 Victoria Road, Dartmouth, TQ6 9RT

Provides support to help elderly, or vulnerable, people in Dartmouth, and the surrounding area, remain independent

Mon - Fri, 9 - 1 pm

Newton Abbot Community Transport

Tel: 01626 335775

Covers a wide area of West Teignbridge & East Dartmoor providing accessible, affordable transport and services for the local residents

www.newtonabbotcta.org

WEBSITES OFFERING INFORMATION AND ADVICE

Beating Bowel Cancer

<http://www.beatingbowelcancer.org>

Breast Cancer Now

<http://www.breastcancer.org>

Breast Cancer Care

<http://www.breastcancercare.org.uk>

British Lung Foundation

<http://www.blf.org.uk>

Cancer advice

Shows links to many disease specific sites

<http://www.canceradvice.co.uk>

Cancer Research UK

<http://www.cancerresearchuk.org>

Dying Matters

<http://www.dyingmatters.org>

Hospice UK

Information, support and advice

<http://www.hospiceUK.org>

Huntington's Disease Association

<http://hda.org.uk>

Macmillan Cancer Support

<http://www.macmillan.org.uk>

Marie Curie

<http://www.mariecurie.org.uk>

Motor Neurone Disease Association

<http://www.mndassociation.org>

Multiple Sclerosis Society

<http://www.mssociety.org.uk>

National Council for Palliative Care

<http://www.ncpc.org.uk>

NHS Choices

Enter 'end of life care' into the search box to find a list of resources

<http://www.nhs.uk>

Ovacome

ovarian cancer network

<http://www.ovacome.org.uk>

Parkinson's Disease

<http://www.parkinsons.org.uk>

Pancreatic Cancer UK

<http://www.pancreaticcancer.org.uk>

The Prostate Cancer Charity

<http://prostatecanceruk.org>

Roy Castle Lung Cancer Foundation

<http://www.roycastle.org>

Updated 10th August 2016