

USEFUL CONTACTS



	Telephone	Addresses & Other Information	Email
Alcohol & Drugs Advice:			
Alcohol & Drug Advice	01752 267431	Harbour Centre, 9-10 Ermington Terrace, Plymouth PL4 6QG	
Alcoholics Anonymous	0845 769 7555		
Alcohol Concern	0207 928 7377		
Drinkline	0800 917 8282		
Drugs Helpline	0800 776 6600	Freephone	www.talktofrank.com
Narcotics Anonymous	0207 730 0009		
Benefits Advice:			
Barnstaple	01271 395 300		
Bideford – enquiries	01271 395 300		
Bodmin	01726 293 293		
Camborne	01872 355 000		
Exeter	01392 474 700		
Exmouth – enquiries	01392 474 700		
Falmouth	01326 317 883		
Helston	01736 334 400		
Ilfracombe – enquiries	01271 395 300		
Kingsbridge	01752 272 000		
Launceston	01566 766 000		
Liskeard – enquiries	01566 766 000		
Newquay	01726 293 293		
Newton Abbot	01626 325 400		
Penryn	01872 355 000		
Penzance	01736 334 400		
Plymouth	01752 761 600 01752 272 000		
Redruth	01872 355 000		
Saltash	01752 850 000		
St Austell	01726 293 293		
Tavistock	01752 272 000		
Teignmouth – enquiries	01626 325 400		
Tiverton – enquiries	01392 474 700		
Truro	01872 355 000		
Wadebridge	01726 293 293		
Careers Advice:			
Connexions:			www.connexions.gov.uk
Barnstaple	01271 378 585		
Bodmin	01208 779 99		
Exeter	01392 203 603		
Newton Abbot	01626 367 579		
Penzance	01736 362 244		

Plymouth	01752 207 700		
Pool, Redruth	01209 315 171		
St Austell	01726 618 33		
Torquay	01803 200 202		
Truro	01827 277 993		
Education & Learning		Government website with lots of information	www.direct.gov.uk/en/educationandlearning/index.htm
Keyskills 4 U		Useful website for information about help with keyskills	www.keyskills4u.com
Learning & Skills Council – Cornwall	01752 754 170	Penhaligon House, Green Street, Truro TR1 1DZ	devonandcornwallinfo@lsc.gov.uk
Learning & Skills Council – Exeter	01392 354 700	Ground Floor, Richmond Court, Emperor Way, Exeter Business Park, Exeter EX1 3QS	
Learning & Skills Council – Plymouth	0845 019 4155	Foliot House, Brooklands, Budshed Road, Crownhill, Plymouth PL6 5XR	
Learning & Skills Council – Equality & Diversity – Cornwall	01752 754 194 Mob: 0777 196 4091	Mark Williams, Economic Development Manager, 1 st Floor, Penhaligon House, Green Street, Truro TR1 1DZ	mark.williams@lsc.gov.uk
Learning & Skills Council – Equality & Diversity – Devon	01752 754 089 Mob: 0778 670 2554	Glenn Crocker, Partnership Manager, Foliot House, Brooklands, Budshed Road, Crownhill, Plymouth PL6 5XR	glenn.crocker@lsc.gov.uk
Learning & Skills Council – Equality & Diversity – Plymouth & Torbay	01752 754 073	Karen Stockham, Partnership Manager, Foliot House, Brooklands, Budshed Road, Crownhill, Plymouth PL6 5XR	karen.stockham@lsc.gov.uk
Learning & Skills Council – Equality & Diversity – South West Region	01752 754 127 Mob: 0774 789 8074	Mell Cossey-Hagggar, South West Equality & Diversity Manager, Foliot House, Budshead Road, Plymouth PL6 5XR	melanie.cossey-hagggar@lsc.gov.uk
Learning & Skills Council – Equality & Diversity – West of England	0117 372 6440 Mob: 0777 067 8943	Asher Craig, Partnership Manager, St Lawrence House, 29-31 Broad Street, Bristol BS1 2HF	asher.craig@lsc.gov.uk
Link into Learning	01726 816 550		
Next Step	0845 850 5070	Promotes learning and work to all people aged 20 or over	www.nextstep.org.uk

Safe Learner		Learning & Skills Councils website for learner safety	www.safelearner.info
Travellers Education Support Services – Cornwall	01726 771 13		gharrisonwhite@cornwall.gov.uk
Travellers Education Service - Devon Consortium	01392 386811	DCC Southern Divisional Office, Redworth House, Ashburton Road, Totnes TQ9 5JZ	

TRAINING PROVIDERS:

Academy for Training & Development	01392 437 659		
Academy of Training	01752 825 970		
Accountancy Plus	01752 256 610		
Achievement Training Ltd	01752 202 266		
Bicton College	01395 562 400		
CETS Training Centre	01752 670 811		
City College, Plymouth	01752 305 300		
Construction Industry Training Board	01392 444 900		
Cornwall College	0800 252 958		
Devon & Cornwall Electrical Training	01392 254 645		
Devon Training Alliance (DTA)	01884 235 205		
DMT Business Services	01872 222 270		
Duchy College	01579 372 220		
Employers' Guide to Training Providers			www10.employersguide.org.uk/search
Focus Training	01752 348 980	Valley House, Valley Road, Plymouth PL7 1RF	www.focus4training.co.uk
GHQ Training	01752 218 086		
Joblink Training	01209 717 313		
North Devon College	01271 338 114		
Open University	0845 300 6090		
Plymouth College – Art & Design	01752 203 434		
Protocol Skills	01752 268 708		
PSC Training & Development	01752 335 921		
Puffins Training Ltd	01392 496 017		
Torrige Training Services	01237 479 491		
Touchstone Group	01704 502 222		
Truro College	01872 242 711		
Ultra Work Based Learning	0870 745 1101		
University of Plymouth	01752 600 600		
University of Exeter in Cornwall	01392 263 263		
VT Plus Training	01202 315 510		
Workforce Development – Exeter College	01392 205 595		

GENERAL ADVICE & GUIDANCE:

Childline (Freephone 24-hours)	0800 11 11	24-hour Freephone	www.childline.org.uk
CHILD PROTECTION:			
Emergency Duty Team (low call rate)	0845 6000 0388		
Child Protection Register:			
South & West Devon	01392 386 080	Totnes District Office	
Exeter & East Devon	01392 384 972	Exeter	

North & Mid Devon	01271 388 667	Barnstaple	
Plymouth Police Child Protection Unit	01752 284 522		
Child Protection Area & Local Offices:			
Barnstaple	01271 388 660	Civic Centre, Barnstaple EX31 1EE	barnstapleccchildrensteam-mailbox@devon.gov.uk
Caradon	01579 342 919	Liskeard Department for ASC/CYPF, Westbourne House, West Street, Liskeard PL14 6BY	
Carrick	01872 278 533	Cathedral Close, Wilkes Walk, Truro TR1 2TE	
Exeter	01392 384 444	George Street, Exeter EX1 1DA	ssexeter@devon.gov.uk
Kerrier	01209 714 721	Camborne Department for ASC/CYPF, The White House, 24 Basset Road, Camborne TR14 8SL	
Newton Abbot	01392 384 900	Teign House, Kingsteignton Road, Newton Abbot TQ12 2QG	ssteign@devon.gov.uk
North Cornwall	01566 612 910 01208 744 91	Launceston Department for ASC/CYPF, Hendra House, Dunheved Road, Launceston PL15 9 JW Bodmin Department for ASC/CYPF, Priory House, Priory Road, Bodmin PL31 2AD	
Ottery St Mary	01392 384 444	St Saviours, Exeter Road, Ottery St Mary EX11 1RE	ssedev3@devon.cov.uk
Penwith	01736 365 714	Roscadghill Parc, Heamoor, Penzance TR18 3QX	
Plymouth	01752 308 600	Advice & Assessment Service, Ballard House, West Hoe Road, Plymouth PL2 3BH	adviceandassessment@plymouth.gov.uk
Plymouth – Out of Hours Number	01752 346 984		
Restormel	01726 635 82	Sedgemoor Centre, Priory Road, St Austell PL25 5AB	
Tavistock	01822 614 121	Abbey Rise, Whitchurch Road, Tavistock PL19 9AS	sswdevon@devon.gov.uk
Tiverton	01392 384 157	Phoenix Lane, Tiverton EX16 6LB	ssmdevon@devon.gov.uk
Torbay	01752 308 600		adviceandassessment@plymouth.gov.uk

Totnes	01803 869 300	Parkers Barn, Parkers Way, Totnes TQ9 5UF	ssshams@devon.gov.uk
Chinese Cultural Development Centre	01752 266 866	6 Headland Park, Plymouth PL4 8HT	
Citizens Advice Bureau (CAB):			
Axminster	01397 350 03		
Barnstaple	01271 377 077		
Bideford	01237 473 161		
Bude	01288 473 161		
Bodmin	01208 748 35		
Camelford	01840 213 929		
Crediton	01363 773 904		
Dartmouth	01803 833 894		
Dawlish	01626 864 110		
Exeter	01392 277 888 0844 499 4101		
Exmouth	01395 264 645		
Falmouth	01326 313 340		
Holsworthy	01409 253 372		www.exetercab.org.uk
Honiton	01404 442 13		
Ilfracombe	01271 863 549		
Ivybridge	01752 894 202		
Kingsbridge	01548 852 122		
Launceston	01566 775 710		
Newquay	01637 871 645		
Okehampton	01837 525 74		
Paignton	01803 521 726		
Penzance	01736 365 438		
Plymouth	0870 126 4011	237 Union Street, Plymouth	www.plymcab.org.uk
Plymouth – Devonport	01752 565 522	Guildhall Ker Street, Devonport	
Plymouth – Saltash	01752 845 515	18 Belle Vue Road, Saltash	
South Moulton	01769 572 342		
St Austell	01726 631 31		
Tavistock	01822 612 359		
Teignmouth	01626 776 770		
Tiverton	01884 253 688		
Torquay	01803 297 799		
Torrington	01805 626 126		
Totnes	01803 862 392		
Truro	01872 278 960		
Cornwall Gay & Lesbian Switchboard	01872 262 929	Tue & Thu: 7:30pm - 10:00pm	
Cruse Bereavement Care	0870 167 1677	Advice for those who are bereaved	www.crusebereavementcare.org.uk
Devon English Language Service	01803 869 113		www.devon.gov.uk/eals- our_services
Ethnic Minority Achievement Service	01752 254 438	Plymouth City Council, Civic Centre, Plymouth PL1 2AA	emas@plymouth.gov.uk

Gingerbread	0207 336 8184	Advice for single parents	www.gingerbread.org.uk
Homeless Unit – Plymouth City Council	01752 668 000		
Information Commissioners Office		Information about data protection	www.ico.gov.uk
Intercom Gay & Lesbian Support	01392 201 015	PO Box 285, Exeter EX1 2YZ	www.intercomtrust.org.uk
London Lesbian & Gay Switchboard	0207 837 7324		
National Council for One Parent Families	0800 0185 026	Freephone	
NSPCC Helpline	0808 800 5000	24-hour Freephone	
Parenting / Maternity Advice		Government website with information for parents	www.direct.gove.uk/en/parents/index.htm
Plymouth City Council	01752 668 000		
Rape Crisis Line	01752 223 584	PO Box 227, Plymouth PL4 0YX	
Shelterline	0808 800 444	Free housing advice helpline	
Shelter South West – Housing Aid	01752 223 584	Virginia House, 40 Looe Street, Plymouth PL4 0EB	
Single Parent Action Network	0117 951 4231	SPAN, Millpond, Baptist Street, Easton, Bristol BS5 0YW	info@spanuk.org.uk
Samaritans	0845 790 9090		jo@samaritans.org
Social Services:			
Cornwall	01208 251 300		
North Devon	01271 333 333		
Plymouth Advice & Assessment Team	01752 308 600	Ballard House, West Hoe Road, Plymouth PL1 3BL	
Torbay	01392 686 249		
Victim Support Line	0845 303 0900		
Westcountry Housing Association	01803 200 300 01752 261 602	Head Office Plymouth Office	
Women's Aid Domestic Violence Helpline: East Cornwall Women's Refuge	0808 200 0247 01726 871 244	Freephone 24-hours Mon > Fri 9am-10:30pm & Sat > Sun 10am-3:30pm and 8pm-10:30pm	
East Devon Safe House	01404 447 72	Mon > Fri 9am-5pm	
Exeter Women's Aid – Helpline	0800 328 3070	24-hours	
Plymouth Women's Refuge	01752 562 286	Mon > Fri 9am-5pm & Sat > Sun 10am-12pm	
South Devon Women's Aid – Helpline	01803 524 594	Mon > Fri 9am-9pm, Sat > Sun 9am-1pm	

Your Rights		Webpage with information about the Human Rights Act and other rights	www.yourrights.org.uk
Youth Information.com		The information toolkit for young people	www.youthinformation.com
HEALTH:			
Cancer Advice & Support	0808 800 1234	Freephone	www.cancerbacup.org.uk
Giving Up Smoking Helpline	0800 169 0169		
Life Pregnancy Care Service	0845 300 1716		www.preghelp.org.uk
NHS Direct	0845 46 47	Advice on general health problems	www.nhsdirect.nhs.uk
NHS Pregnancy & Smoking Helpline	0800 169 9169		
Quitline	0800 002 200	Freephone smoking advice	
MONEY MATTERS:			
Debtline	0808 808 4000		www.nationaldebtline.co.uk
Gamblers Anonymous	0207 384 3040		www.gamblersanonymous.org.uk
Inland Revenue Helpline	0845 900 0444		
Plymouth City Council Benefits & Tax Credit Line	01752 304 889		
PLACES OF WORSHIP IN PLYMOUTH:			
St Demetrios & St Nikitas Orthodox Church	01752 215 503	Central Road, West Hoe, Plymouth	
The Plymouth Islamic Centre	01752 662 330	112 North Road East, Plymouth	
The Ashoka Buddhist Centre	01752 263 162	23 Prince Maurice Road, Lypson, Plymouth	
Plymouth Synagogue	01752 263 162	Synagogue Chambers, Catherine Street, Plymouth	
Webpages listing other places of worship		www.plymouth.gov.uk/homepage/communityandliving/placesofworship www.plymouth.gov.uk/homepage/communityandliving/placesofworship/christian www.plymouth.gov.uk/homepage/communityandliving/placesofworship/otherfaiths	
SEXUAL HEALTH ADVICE:			
Brook - Mon > Fri 9am-5pm – Advice and information about sexual health for people aged under 25 - 24-hour information line	0800 0185 023	421 Highgate Studios, 53-79 Highgate Road, London NW5 1TL	General Email: admin@brookcentres.org.uk
Brook Advisory Centres – Cornwall	01209 710 088		
Contraception & Sexual Health Service – Truro	01872 710 088		
Eddystone Trust	01752 257 077 01803 380 692	For advice regarding AIDS and HIV	www.eddystone.org.uk
Family Planning Association (FPA)	0845 122 8690	Mon > Fri 9am-6pm. Confidential advice	www.fpa.org.uk

		on contraception, sexual health and details of all UK clinics	
FPA & Brook Clinics:			www.fpa.org.uk
Brixham	01803 853 374	Greenswood Road, Brixham TQ5 9HN	www.fpa.org.uk
Exeter	01392 276 892	NHS Walk-in Centre, 31 Sidwell Street, Exeter EX4 6NN	
Exmouth	01395 282 070	Exmouth Hospital Annex, Claremont Grove, Exmouth EX8 2JW	Appointments: 01392 284 957
Falmouth	01326 434 770	Helath Centre Outpatients Department, Trevaylor Road, Falmouth TR11 2JY	www.fpa.org.uk
Falmouth Sorted	01326 436 630	Beacon Care Centre, 9 Dracaena View, Falmouth TR11 2PY	www.fpa.org.uk
Launceston Brook	01209 710 088	The Foyer, 14 Church Street, Launceston PL15 8AW	
Newton Abbot	01626 357 304 Surgery Hours Only	Newton Abbot Hospital O/P Department, East Street, Newton Abbot TQ12 4PT	
Newquay Brook		The Bungalow, St Thomas's Road, Newquay	
Paignton	01803 522 762	Central Clinic, Midvale Road, Paignton TQ4 5BD	www.fpa.org.uk
Redruth Brook (Under 25's)	01209 710 088	60 Station Road, Pool, Redruth TR15 3QG	Advice Line: 0800 0185 023
Redruth	01209 881 857	Chapel Street, Redruth TR15 2BY	
St Ives Brook		The Island Centre, Island Road, St Ives	
Teignmouth	01626 772 161	Teignmouth Hospital Outpatients Department, Mill Lane, Teignmouth TQ14 9BQ	
Tiverton	01884 235 440	Tiverton & District Hospital Casualty Department, Kennedy Way, Tiverton EX16 6RZ	Appointments: 01392 284 957
Torpoint Brook		The Old School House, Macey Street, Torpoint PL11 2AJ	
Torquay Checkpoint (Under 25's)	01803 200 100	7 Victoria Road, Ellacombe, Torquay TQ1 1HU	

Torquay	01803 295 153	Castle Circus Health Centre, Abbey Road, Torquay TQ2 5YA	www.fpa.org.uk
Totnes	01803 862 622	Coronation Road, Totnes TQ9 5GH	www.fpa.org.uk
Truro	01872 354 393	The Leats, Truro TR1 3AH	www.fpa.org.uk
WORK MATTERS:			
ACAS Equality & Diversity Advice	0845 747 4747		
Anti-Bullying Campaign	0207 378 1446		www.bullying.co.uk
Chartered Institute for Environmental Health		Runs Health & Safety courses	http://cief.org/
Commission for Racial Equality			www.cre.gov.uk
Disability Rights Group			http://www.drc.org.uk
Equality Opportunities Commission			www.eoc.org.uk
Health & Safety Executive		Government agency for enforcing Health & Safety law, lots of free publications	http://www.hse.gov.uk
Lesbian & Gay Employment Rights (LAGER)	0207 704 2205		
Maternity Rights / Pay		Government website with information on these issues	www.dti.gov.uk/employment/workandfamilies/index.html
National Insurance Helpline	0845 925 5670		
TUC		For a fair deal at work and for social justice at home and abroad	www.tuc.org.uk