

Transport

Hospital car scheme

A limited service for those people unable to use public transport to attend hospital appointments. e.g. Derriford, Mount Gould, Peninsula NHS Treatment Centre, Kingsbridge. **0845 0539100** (There is a charge of 42p per mile for this service)

Ivybridge and District Community Transport Association (IDCTA)

IDCTA run a ring and ride service and also a community car scheme covering this area. Community car drivers use their own vehicles to carry those unable to use conventional transport to pre-booked destinations.

To book a journey call the Co-ordinator on 01752 690444 Monday to Friday between 9am-12noon at least 48 hours in advance of travelling. The charge for the car scheme is 75p/mile. Website <http://www.ringandride.net/>

Brixton Feoffee Trust Car Scheme

Takes Brixton residents who cannot provide transport of their own or use public transport to the doctor, dentist, optician, hospital, etc. To use the service please contact Mrs. Shirley Henwood, Co-ordinator on 01752 880576.

Leaflet produced with the support of Devon County Council, South Hams District Council, Brixton and Yealmpton Parish Councils and Brixton Community Association. July 2016

Can you help Yealmpton & Brixton Caring to support those in need?

This new project aims to reduce loneliness and isolation within the Yealmpton and Brixton communities. We are looking to develop a small team of volunteer befrienders to visit people in their own homes and to gently encourage them to stay involved in community life.

Could you spare a little amount of time to become a befriender or to help us to set up the coffee morning or lunch club? There is no need to offer a set time commitment. Support and training provided.

Would you like our support?

If you would like a friendly face to pop in for a chat or to accompany you to a local community activity, please contact our Co-ordinator on 07841 066921. They will be in touch and arrange a home visit to meet you and to find out about your interests and preferences.

Location of community defibrillators;

- St Mary's School, Brixton
- The Foxhound Inn, Brixton
- Yealm Medical Centre, Yealmpton



Yealmpton & Brixton Caring

Helping everyone feel part of the community

Yealmpton & Brixton Caring wants to ensure that everyone feels supported and engaged in community life in our two villages.

The project offers;

- Befriending to those who feel isolated and would like companionship
- Information about local activities and support groups
- New activities to meet local needs
- Help with transport so that everyone can join in

Call 07841 066921

A project of Yealmpton Community Association, Registered Charity no. 292854

Local Activities (please check with contact given for exact times/costs)

Mondays:

Art and Craft Group 10:30 until 12:30 Yealmpton Community Centre. 1st and 3rd Mondays of the month. £2.50 to cover costs. Call Maxine for more information on 07450 206312

Senior Badminton – St Mary’s School, Brixton, 7-9 pm, Contact; Mike on 01752 863575.

Gospel Choir – Yealmpton Community Methodist Church. 19.30-21.30 Contact Angie on 01752 895364

Plym Piecemakers – Yealmpton Community Centre, 19.00-22.30. Quilting and crafts. Contact Sue on 01752 341589

Tuesdays:

Gentle Exercise Class - 11.30 am – 12.30 pm, Venn Court, Brixton. £4/session. Contact Maxine for more info on 07450 206312

Bridge Club – Yealmpton Community Centre, 19.30-22.30. Contact Terry on 01752 880613

Wednesdays:

Lunch Club in Yealmpton Community Centre from 11.30-1.30. During term time to start in September 2016. Two course meal. Cost £5. Must be pre-booked and pre-paid. Contact Bev on 07841 066921

Senior Badminton – St Mary’s School, Brixton 7-9 pm, Contact; Mike on 01752 863575.

Yealmpton & Brixton Women’s Institute – First Weds of the month, Yealmpton Methodist Church, 19.30 onwards. Contact Sue on 01752 880948.

Thursdays:

Community Coffee morning – Yealmpton Methodist Church from 10.30-12am. Contact Josie on 01752 881566

Shared Reading Group – for people with dementia and their families. Parish Room, Yealmpton, 10.30-12.30. Contact Maxine on 07450 206312

Livewires Community Café - Venn Court, Brixton. Second Thursday of the month as of Sept 2016, from 10.30 a.m. to 12.00 noon. Everyone welcome and it is free. Contact Liz on 01752 880715

Fridays:

Community Coffee Morning 10-12am at Yealmpton Community Centre, Stray Park. Free to attend; newspapers available, books to borrow, lively discussions, visiting speakers No need to book. Come and be part of it. Contact Bev on 07841 066921

Short Mat Bowls – St Mary’s School, Brixton, 6.45-8.45. Contact Rosemary 01752 880815

Saturdays

Short Mat Bowls –St Mary’s School, Brixton, 1.45-3.45. Contact Rosemary 01752 880815

Further Support

Age UK Devon. Help and advice on money, care, health and housing. 0333 241 2350 www.ageuk.org.uk/devon

Dementia Friendly Parishes Around the Yealm. Provides advice, information and ongoing support for people with dementia and their families to help them stay active and involved in the community. Contact Maxine Kennedy the Project Co-ordinator for more information and for support on 07450 206312 or visit www.dementiayealm.org

Devon Carers. Provide an advice line for carers and can visit to do individual carer assessments. www.devoncarers.org.uk/ Call 0845 6434435

Pastoral Care. St Bartholomew’s, Yealmpton and St Mary’s, Brixton can offer counselling, spiritual guidance and a warm welcome. Contact Reverend Owen Murphy on 01752 880040

Useful Numbers

Care Direct (social services) 0345 1551007
Citizens Advice 0344 4111444
Derriford Hospital (reception) 0845 1558155
Police (non-emergency) 101
Police/Fire/Ambulance (emergency) 999
Free Fire safety check 0800 0502999
South Hams District Council 01803 861234
Samaritans (Plymouth) 01752 221666
Yealm Medical Centre 01752 880567
NHS Non emergency number 111