

# Local Resources



This section lists the local resources available for you in Great Torrington. It is up to you whether to make use of them. However, living with dementia can be a lonely experience and the available support can ease this a little.

## Helping you with Advice and Support



### **Great Torrington Memory Cafe**

The Cafe is open 10.30 am to 12.30 pm on the 2nd Thursday of each month and also on the 4th Thursday from April to September. It is held at the Methodist Church Hall on Mill Street, Great Torrington.

It operates on a drop-in basis so just turn up and you will be welcomed by the staff and volunteers with a cup of tea or coffee and a piece of cake. It offers a place where people with dementia and their families and friends can visit to support each other, share information and experiences. Trained volunteers are also on hand to answer any questions, provide support and ideas about coping strategies along with signposting to other relevant services.

The cafe offers a listening ear and a couple of hours break from the regular days' routine.



### **Torrington Library**

The library offers help in a number of ways:

- It holds a collection of books giving information on dementia and different accounts of living with dementia
  - It has a collection of DVDs and large print books
  - It offers a befriending service which will take books to people's homes as part of the home library services
  - The library is a safe and quiet space to visit to choose your own books. All staff are Dementia Friends.
  - On Thursdays you can book a session to help with the use of iPads which will set up reminders for you for regular activities
- Quieter times to visit are Tuesday and Thursday afternoons



### **Foodbank**

The foodbank provides a basic food parcel consisting of tinned or dried food for people who need emergency help due to sickness, homelessness, benefit cuts or delays, domestic violence, for example. This service is available to residents of Great Torrington and surrounding parishes.

- Locations: Every Tuesday at the Baptist Church, New Street and every Saturday at the Castle Hill Building (above the Library).
- Opening times: 10.00 am until 12.00 pm.
- Confidential contact details: Shirley Bere: 01805 623887; Dave Martin: 01805 623175



### **Alzheimer's Society**

The Devon and Torbay Dementia Advisor Service can be contacted in the following ways:

- Post: Alzheimer's Society, Forde House, Harrier Way, Exeter, Devon, EX2 7HU
- Telephone: 0300 123 2029 or National Dementia Helpline: 0300 222 1122
- Email: [devon@alzheimers.org.uk](mailto:devon@alzheimers.org.uk)

The Alzheimer's Society website has lots of useful information: [alzheimers.org.uk](http://alzheimers.org.uk)

It also provides short courses to improve dementia awareness which are available online or locally (ask at the Town Council offices for dates).



A different kind of day care

### **The Filo Project**

The Filo Project is a not-for-profit social enterprise offering high quality small-group day care for older people across Devon. The service is primarily for those who are socially isolated and may also be experiencing the symptoms of early to moderate dementia including memory loss. Small groups give the time and space for people to feel at ease and form friendships. Leaflets are available on the table outside the Tourist Information Office at Castle Hill, Torrington. The Filo Project can be contacted in the following ways:

- Telephone: 01392 982138
- Email: [info@thefiloproject.co.uk](mailto:info@thefiloproject.co.uk)

Website: [www.thefiloproject.co.uk](http://www.thefiloproject.co.uk)



### **Bickford Centre**

Perhaps some of you wonder what the Bickford Centre does? The Centre is open 6 days a week for older people to socialise and have a rest if they have been out and about in the town. It is nice and warm with comfortable chairs. In the mornings from 10.00 to 12.00 you can have a cuppa which is served by our band of volunteers. There are papers available to read too. They provide various services such as chiropody and sensory help from 'See Hear'. It is the base for the 'Get Together Friends' who arrange lunches, cinema outings to the Plough and regular beetle drives on a Sunday. In Torrington, there is no chance of being lonely, you are most welcome for a friendly chat and a cup of tea or coffee.



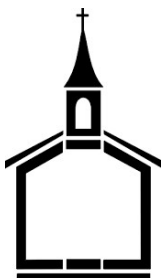
## TorrAGE Ageing Well

As part of the support for Ageing Well, TorrAGE provide a number of classes which promote wellbeing and good health. They are suitable for all and provide refreshments as well. A small donation is requested to help with the cost.

- **Mondays: Fitness with Friends** at Castle Community Centre, 2 to 3:30 pm (term time only). Suitable for all. £3.50 donation per session (including refreshments).
- **Wednesdays: Singing for Health** at Torrington Community Hospital, first & third Wednesday of the month from 10.30 am to 12.00 noon. This is a dementia friendly session but suitable for all with refreshments. £2 donation (including refreshments).  
**Fit as a Fiddle** at Buckland Brewer Hall, from 3:30 pm to 4:30 pm (term-time only). No class on the second Wednesday of the month. Suitable for all. £3.50 donation per session (including refreshments).
- **Thursdays: Tai Chi** at Torrington Community Hospital 12:45 to 1:45 pm. Suitable for all. £3 donation per session.
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The TorrAGE Ageing Well project can be contacted in the following ways:

- Telephone: 01805 622666
- Email: [enquiries@torrage.org.uk](mailto:enquiries@torrage.org.uk)
- Website: [www.torrage.org.uk](http://www.torrage.org.uk)



## Churches

The churches have people who are Dementia Friends. They will offer support in your home and if you wish to attend church services or events.

- St Michaels and All Angels Church: Contact: Father Peter Bevan. Telephone: 01805 622166. Email: [fr.peter@stmichaelstorrington.org.uk](mailto:fr.peter@stmichaelstorrington.org.uk), Website: [www.stmichaelstorrington.org.uk](http://www.stmichaelstorrington.org.uk)
- Methodist Church: Contact Rev. Robert Blackhall. Telephone: 01805 628041  
Email: [r.blackhall@sky.com](mailto:r.blackhall@sky.com)  
Website: <https://torringtonmethodistchurch.weebly.com>
- Baptist Church: Contact: Church Leadership Team. Telephone: 01805 625879  
Website: [www.torringtonbaptist.org](http://www.torringtonbaptist.org)
- Grosvenor Church: Website: [www.torrington.grosvenorchurch.org.uk](http://www.torrington.grosvenorchurch.org.uk)



## Neighbourhood Chaplains

This is a voluntary befriending service which offers practical help if required. An estimated one fifth of the population are lonely and our culture can leave many feeling completely isolated, in what the government are calling the UK loneliness epidemic. In response, Neighbourhood Chaplaincy teams offer practical help for those who need it, befriending for the lonely and signposting to church groups, charities and other services.

The service is made up of local volunteers who can be contacted through a referral system by ringing the Lead Chaplain on 07957 453115.

The team can also be met face to face at the Door of Hope, Heywood House, South Street, Great Torrington, EX38 8HE. The Door of Hope is a 'walk in' service offering support and a place to have coffee and a chat.



## Bank

The Lloyds Bank mobile van visits on Mondays and Thursdays and is parked in Sydney House Car Park.

- Telephone: 0345 602 1997
  - Opening times: 09:45 am to 12:15 pm and 1 pm to 3 pm.
- It is often quieter after lunch.



## Building Society

Nationwide Building Society: 2 Potacre St, Torrington, Devon EX38 8BH

- Telephone: 0800 554 1978
  - Opening times: 9:00 am to 4:30 pm Monday, Tuesday, Thursday, Friday; 9:30 am to 4:30 pm Wednesday
- Staff in the building society recommend visiting in the afternoon rather than at lunch time, however they suggest avoiding when the schools finish (between 3 and 4:30 pm).



## Helping you stay Healthy



### GP Services

Staff at both GP surgeries in Great Torrington are Dementia Friends and are keen to support you and your family. Please let them know if there are ways in which they can help more.

- **Torrington Health Centre:** New Road, Torrington, Devon, EX38 8EL. Telephone: 01805 622247
- **Castle Gardens Surgery:** Castle Hill Gardens, Torrington, Devon, EX38 8EU. Telephone: 01805 623222



### Dentists

Torrington Dental Practice: Tarka House, Halsdon Terrace, Torrington, Devon, EX38 8DY

- Telephone: 01805 623657

Staff at Torrington Dental Practice are Dementia Friends and are keen to support you. If being at the dentist makes you nervous, they offer a home visiting service, or you can ask for an early appointment. If it helps to have someone with you then they are welcome to come with you when you see the dentist.



### Hospital Services

Torrington Community Hospital: Calf Street, Torrington, Devon EX38 7BJ

- Telephone: 01805 622208

This is a community hospital which holds many different out-patient clinics, including district nursing, community rehabilitation, social services, gynaecology, ear, nose & throat, breast clinic and physiotherapy.

The hospital frequently works with people living with dementia and cognition issues and usually are the ones who complete environmental checks and signpost to other support. Referral to the hospital can be made via healthcare professionals and GPs.

**PLEASE NOTE:** THERE IS NO ACCIDENT AND EMERGENCY DEPARTMENT HERE. The nearest Accident & Emergency department is located at North Devon District Hospital, Raleigh Park, Barnstaple, Devon EX31 4JB.



### Care Homes

There are three care homes in Great Torrington who all have facilities for residents with dementia.

- **Castle House Care Home:** Castle Street, Torrington, Devon EX38 8EZ. Telephone: 01805 622233
- **Hatchmoor Nursing Home:** Hatchmoor Common Lane, Torrington, Devon, EX38 7AT. Telephone: 01805 625721
- **Woodland Vale Care Home:** New Street, Great Torrington, Devon EX38 8DN. Telephone: 01805 622206

### Supported Housing



Glen Tor, Villa Road, Torrington, Devon EX38 8DZ  
Glen Tor offers older people in Great Torrington a friendly, home from home sheltered housing facility, provided by Abbeyfield South West Society.

- Telephone: 01805 623605



### Chemist

Lloyds Pharmacy: 1 High St, Torrington, Devon EX38 8HN

- Telephone: 01805 622174

Staff at Lloyds Pharmacy in Great Torrington are Dementia Friends. The pharmacist is a good source of advice about minor illnesses such as colds and staff are on hand to help explain medications to you. If you think you may forget to take your tablets, ask them if they have anything that may help such as tablet boxes for days of the week.



### Optician

A&J Opticians: 10 Fore Street, Torrington, Devon EX38 8HQ

- Telephone: 01805 628271
- Email: [enquiries@aandjopticians.co.uk](mailto:enquiries@aandjopticians.co.uk)

The optician recommends an early appointment if you wish to visit them at a quiet time. They welcome anyone who you may like to bring with you as there is space in the consulting room. Alternatively, they run evening appointments between 5 and 7 pm on a Wednesday by prior arrangement. If you find the visit worrying, they do offer private appointments when no one else is in the shop.



### Public Conveniences

LOCATION	OPENING HOURS		FACILITY FOR DISABLED USERS			BABY CHANGING
	Summer	Winter	Full	Partial	Radar	
Pannier Market	8.00-20.00	8.00-18.00	-	Yes	-	Yes
The Commons	8.00-21.00	8.00-19.00	Yes	-	Yes	Yes
South Street	8.00-21.00	8.00-19.00	Yes	-	Yes	Yes

#### PUBLIC CONVENIENCES AVAILABLE THROUGH PARTNERSHIP

Swimming Pool	During pool opening hours	-	Yes	-	-
Castle Hill	During normal office hours	Yes	-	-	-