

Support for our patients: Financial support

Teignbridge Citizens Advice

Citizens Advice can help with money issues and offer advice around benefits, finances (including debt), fuel bills, housing and a range of other issues. They can be contacted on **0800 278 7997** or by filling in this online enquiry form **form.jotform.com/70543696250963**. You can also get advice from their drop-in sessions in Newton Abbot at 36-38 Market Walk, TQ12 2RX Monday 09:30-12:30, Tuesday 09:30-15:00, Wednesday 09:30-15:00.

Step Change

Step Change is a charity that offers a range advice and support around finances and debt. Visit **www.stepchange.org** or call **0800 138 1111** for more information.

CAP Debt Help

Free debt advice and personal support in Teignbridge. Visit **capuk.org/get-help** or call **0800 328 0006** to book an appointment with your local debt centre.

Food support

HITS Food Bank

Referral required. Any member of the surgery team can call **01626 906371** to refer you, or you can ask for a referral from Citizens Advice (details above).

THAT Food Bank

Essential items such as food, toiletries and home start packs, open Monday to Friday 10am-1pm. Self-referrals accepted for an initial parcel. For ongoing support, referrals are required, and any member of the surgery team can call **01626 437310** to refer you. You can also ask for a referral from Citizens Advice (details above).

Courtenay Centre Community Fridge (Newton Abbot)

Offers food for free 24/7 that would have otherwise gone to waste. The community fridge is located outside in the Courtenay Centre in central Newton Abbot, Kingsteignton Road, TQ12 2QA. You can follow this Facebook page as it is updated when the fridge is restocked **www.facebook.com/TheCourtenayCentre**.

Olio

Free groceries are posted and offered to the community, and most of the food offered is based in and around Newton Abbot that are about to go out of date. Visit **olioex.com** for more information about the free App.

Too good to go

This app lets you rescue unsold food from going to waste. There are many 'surprise bags' available every day in the local area. You can use the app to explore shops and restaurants in your local area and save 'Surprise Bags' of surplus food from going to waste. Visit **www.toogoodtogo.com/en-gb** for more information and to download the app.

Employment/courses

Eat That Frog

A local training centre based in Newton Abbot offering a range of courses, careers advice and support. Visit **eatthatfrog.ac.uk** for more information.

Learn Devon

This service offers a wide range of courses relating to employment, life skills and being creative run online or at a local learning centre. Many of the courses are completely free. Visit **www.learndevon.co.uk/courses** for more information.