

Service	Details	Area	Contact details
Adult Social Care	This service is for older people, working age adults with a physical disability or learning disability. Torbay and Southern Devon Health and Care NHS Trust is responsible for providing health and adult social care for people in Torbay.	Torbay	<a href="tel:01803219700">01803 219700</a> <a href="https://www.torbay.gov.uk/adult-social-care/">https://www.torbay.gov.uk/adult-social-care/</a>
Torbay 0-19's service	Help and support from health visitors, school nurses, public health nurses and community nursery nurses,	Torbay	<a href="tel:03003335352">0300 333 5352</a> <a href="https://torbayfamilyhub.org.uk/topic/your-0-to-19-torbay-school-nurse-team/">https://torbayfamilyhub.org.uk/topic/your-0-to-19-torbay-school-nurse-team/</a>
Child and Family Health Devon	Support and resource on all aspects of health: Neurodiversity, behaviour, complex physical health, Early years development delay, Eating disorders, learning disability, mental health, movement, physical disabilities, sensory issues, speech and language and swallowing difficulties.	South Devon	<a href="#">CFHD providing care and treatment for children and families in Devon. - Children and Family Health Devon</a>
ERIC- bladder and bowel	Support and resources on children's bladder and bowel health	Online	<a href="#">Home - ERIC</a>
Live well – healthy lifestyle support NHS	NHS advice about healthy living, including eating a balanced diet, healthy weight, exercise, quitting smoking and drinking less alcohol.	Online	<a href="#">NHS Healthy living</a>
Sleep action (formally Sleep Scotland)	Tips and support for children, families and professionals around sleep hygiene.	Online	<a href="#">Sleep Action   UK's Oldest Sleep Charity   Formerly Sleep Scotland</a>
Torbay Drug and Alcohol Service	Referral into drug and alcohol treatment in Torbay.	Torbay	<a href="#">Your Drug and Alcohol Service Team - Torbay and South Devon NHS Foundation Trust</a>
Torbay Young Person's Drug and Alcohol Service	Drug and alcohol support for under 18's	Torbay	<a href="#">TorbayDAS - Family Hub</a>
Torbay Council	Links and phone numbers for various services and support: Frank, Narcotics anonymous, Checkpoint, SMART recovery.	Torbay	<a href="#">Drugs - Torbay Council</a>

Healthwatch	Its purpose is to understand the needs, experiences and concerns of people who use health and social care services and to speak out on their behalf. Along with Engaging Communities South West, it works to share information, expertise and learning in order to improve health and social care	Torbay	<a href="#">Your healthcare champion for Torbay   Healthwatch in Devon, Plymouth and Torbay</a>
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