

# COMMUNITY SUPPORT



Every 2nd Wednesday  
of the month

January 14th

February 11th

March 11th

April 8th



10:30am-  
12:30pm



The Courtenay  
Centre



## **Free help and advice for anyone struggling with:**

Cost of Living Crisis (money)

Employment and Training

Teignbridge Citizens Advice

Health and Social Care

Being an Unpaid Carer

NHS App Access

Mental Health

Housing

And More ...

Walk-in Sessions

**Everyone Welcome**

No appointment required!



DEVON  
SQUARE  
SURGERY



Buckland Surgery

KINGSTEIGNTON MEDICAL PRACTICE