

D&C DIRECTORY

April 2025 Newsletter

D&C UPDATE



The next update of D&C Directory is due in June 2025. I am hoping to add an 'East Devon' section soon! I will also be converting each regional directory (e.g. Exeter, South Devon) into a simplified table, detailing name of service, support offered, and contact details). This will hopefully make it easier to find support without having to scroll through loads of pages, whilst still ensuring that more detailed support is still available for those who need it.

SPOTLIGHT

This month's spotlight is on the amazing Resilient Lives CIC. Founded and run by the lovely Simon, their mission is to revolutionise resilience and mental health support by actively developing interventions and forging partnerships focused on the holistic nature of individuals and their connection with the community. They also run a fantastic group called Dough Bros; a mental health support group for men.



PODCAST

Last year I was invited to do a podcast in collaboration with the lovely Steve from Recovery Devon and WELL RAVER - their first ever podcast in their 'Podcast of Hope' series! You can [listen to the podcast here...](#)





PLYMOUTH REG

I have been working with Plymouth Mental Health Recovery and Empowerment Group (Plymouth REG) for just over a year now. It's been brilliant being part of an organisation whose ethos is centred around mental health recovery and empowerment, and one that truly values the knowledge and experience of experts by experience. I am very excited to announce that D&C Directory is now an official partnership organisation of Plymouth REG! Keep an eye on D&C and Plymouth REG Facebook pages for more information and updates...

AVAILABLE SUPPORT

There is some fantastic support available across Plymouth and beyond. Below is just some of the support on offer...

- The Plymouth Wellbeing Hub Network has lots of support and activities available.
- Marbles Lost and Found provides lots of information, signposting, and support around mental health.
- Everything Ivybridge Wellbeing provides info and signposting on available support in Ivybridge and surrounding areas.



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Due to the ongoing positive and wide-reaching impact of D&C, organisations and services that want to be added to the directory (from June 2025 onwards) will now be required to pay a small annual fee of £20. This is to support me to cover the organisational costs of the Directory, and will help to ensure that the directory can remain free to access (this won't apply to organisations already listed). A more in-depth email will be sent out to those who have accepted to pay the fee with more info, in the next few weeks. In the meantime, if you'd like to add your service to D&C, please fill out this Google Form.

