

D&C DIRECTORY

July 2025 Newsletter



D&C UPDATE

The June 2025 update has been slightly delayed for various reasons, however it will be released early-mid July. There have been slight changes made to some category names, and services updated and added as necessary. The 'East Devon' section is coming - most likely for the January 2026 update. The eventual plan is to convert the entire directory into a colour-coded, searchable table. To add your service to the directory please fill out [this Google form](#). Please note that services who contact me requesting to be added to the directory will be required to pay a small fee of £20 to help with operational costs.

SPOTLIGHT

This month's spotlight is on the fantastic [Hub at Foulston Park](#). The Hub at Foulston Park is a community-focused hot spot for locals in Devonport and Plymouth. Foulston Park is a large complex in phase 2 of its construction, soon to be home to Plymouth Argyle Football Club Women's and Academy teams, multi-use games area (MUGA), new indoor 3G football pitch, and additional outdoor football pitches. The athletics track and field and outdoor 7-aside pitch is already available to hire.

The Hub is the newest member of the Plymouth Wellbeing Hub Network offering a range of health and wellbeing opportunities, including a state-of-the-art gym, physical activity programmes, mental health support, youth and veterans' programmes, community cafe, and a soft play! Since their initial public consultation in 2022, Argyle Community Trust have been dedicated to growing alongside the community wants and needs, welcoming feedback on how to support the community The Hub resides in.

Email thehub@foulstonpark.co.uk to find out more on parties, private functions, health and wellbeing programmes and more!



LEAP PROJECT



Complex Emotions:

JKRI Mental Health Platform H

I would like to highlight and draw attention to a fantastic project I'm currently involved in, which is funded and overseen by the [Complex Emotions Hub](#). The Complex Emotions Hub is a five year UKRI-funded research programme, aiming to advance understanding and care for people living with and experiencing complex emotions often associated with 'Borderline Personality Disorder' (BPD), EUPD, and Complex PTSD. I am proud to say I am on the Lived Experience Advisory Panel for this research project, and am a huge advocate for the systemic change that this project centres around. They will be recruiting for their study in the next couple of months, so be sure to keep an eye on their study [recruitment page](#)!

MEMORY MATTERS & SHE EVENTS

I am very excited to announce that I will be hosting a stall at two fantastic upcoming events in the near future.

The first event is the SHE Plymouth Showcase on the 5th July! Join us in Plymouth Methodist Central's Welcome Hall for another fabulous showcase of female-led businesses and organisations, and the women behind them, that have been supported by the SHE Plymouth project (the same amazing masterminds behind [Iridescent Ideas CIC](#)).

Supported by Plymouth City Council, this event will have a mix of market stalls, FREE activities for people of all ages and advice sessions! Something for everyone!

We would love it if you could pop in and join us to support local women in business and find out what female-entrepreneurship in Plymouth has to offer. You can find out more [here](#).

The second event is the Memory Matters [Dementia Support & Advice Open Day](#) on 27th September at Moments Cafe! This event is aimed at providing valuable resources and guidance for those affected by dementia.

This is a welcoming and informal opportunity for anyone affected by dementia - whether you are living with it, caring for someone who is, or simply seeking more information.

Come along to:

- * Speak with our experienced team for confidential advice and support.
- * Learn about services and resources available to you.
- * Connect with others who understand the challenges of living with or supporting someone with dementia.
- * Meet other local support agencies that can help you navigate your way around a dementia diagnosis.

DEMENTIA SUPPORT & ADVICE OPEN DAY

SATURDAY 27TH SEPTEMBER
10AM-2PM



memory matters



devonandcornwalldirectory@hotmail.com



[D&C Directory](#)