

# D&C DIRECTORY

*November 2024 Newsletter*



**D&C DIRECTORY**

## DEC UPDATE

The next update of D&C Directory is due in mid December! Due to my current capacity, I will be adding 30 organisations/services to the next update. I am also hoping to complete more directory 'tables' as I have done for Plymouth, for other regions, such as Exeter and Torbay. I will be releasing further details on how to add your service to the directory in the next couple of weeks!

## SPOTLIGHT

This month's spotlight is on the fantastic Creative Roots CIC. Founded by the amazing Teri, Creative Roots (Plymouth) CIC is a not-for-profit organisation using art as a foundation to promote cohesion, inclusion, social justice, diversity and fight prejudice and we offer a safe space to be able to be yourself. They run lots of workshops, activities, and is open to everyone.



## PODCAST

I was recently invited to do a podcast in collaboration with Recovery Devon and WELL RAVER - their first ever podcast in their 'Podcast of Hope' series! You can listen to the podcast here...

**RECOVERY  
DEVON  
PODCAST**





## PLYMOUTH REG

Another brilliant project that I am proud to be a part of, Plymouth Mental Health Recovery and Empowerment Group (or Plymouth REG for short) are running two brand new fantastic workshops in the coming months, focusing on grounding yourself and better understanding mental health. You can find out more about REG [here](#), and more about the upcoming workshops [here](#).

## SHE SHOWCASE

Market stalls, FREE workshops, demonstrations, FREE activities for children and adults and FREE advice sessions! Join SHE UK upstairs at Moments Cafe for this fabulous 3 day event with something for everyone! This showcase is for the female-led businesses and organisations, and the women behind them, that have been supported by the SHE Plymouth project. Find out more and book your space [here](#).



## GOOGLE FORM

I have created a Google Form in order for organisations to make it easier to add themselves to D&C Directory. After discussing it with my business advisor, I have decided that it is the right time to start charging a small annual fee to be added to the directory. More information about that can be found [here](#) and the Google Form can be found [here](#).



[devonandcornwalldirectory@hotmail.com](mailto:devonandcornwalldirectory@hotmail.com)



[D&C Directory](#)