



The Devon Clinic

Towards a Healthier Community

The Devon Clinic CIC is a not-for-profit company based in the heart of Paignton. We provide complementary talking and physical therapies to those in our community and beyond.

It is our core belief that everyone, regardless of social standing, is given access to treatment to ensure their physical and mental wellbeing is maintained.

Company Number: 9312494



**NATIONAL
LOTTERY FUNDED**

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Single Parent Stress Management Programme



Supporting Local Parents

THE DEVON CLINIC CIC

Towards A Healthier Community

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Therapies

We offer a varied list of therapies from which everyone can choose a combination that best suits their needs.

If you are unsure which are suited to you, we are more than happy to discuss with you.

Talking Therapies



- Counselling
- Cognitive Behavioural Therapy
- Hypnotherapy

Physical Therapies



- Acupuncture
- Chiropractic
- Massage
- Reflexology

Allergy Testing



- Allergy & digestive health testing

NOTE: One test per programme is permitted.

Impact

Physical & Mental Health

These implications do not only impact only upon the parent or guardian but on that of the child too. Statistic state that those who are struggling to cope are twice as likely to make poorer decisions elsewhere.

“Torbay has one of the highest levels of separation and divorce in the country.”

How This Impacts Children

It is a well-known fact that children learn and develop behavioral patterns from those around to them. They replicate what they see.

Torbay Council have highlighted some of the more pressing negative behaviors in their 2018-2020 Joint Strategic Needs Assessment for Torbay:

- Increase in anti-social behaviour.
- High self-reported health problems specifically depression and anxiety disorders, self harm, and drug and alcohol abuse.
- Higher emergency admissions to hospital.

This does not make for bad parenting/guardianship nor a bad child, it simply means that somewhere, something was lost.

Single Parent Stress Management Programme

Supporting Local Parents



We developed and launched this programme in 2014. After great success, we applied and were granted further Lottery funding.

The overall success of the previous campaign was very high in reducing both stress and anxiety levels of participants.

Most participants reduced their stress and anxiety levels from severe to very low or none.

As a clinic we are exceptionally proud to be able to offer our community services that otherwise would have been out of reach.

Our staff and practitioners have worked tirelessly to create a programme that not only supports parents both mentally and physically but enables them the chance to see the light at the end of the tunnel.



Our Programme

Our programme consists nine sessions over an eight-week period.

These are made up the form of a combination of talking and physical therapies. There is no set number of specific therapies you must complete and you are allowed to change if one therapy does not suit you.

Tailored Therapy Sessions

Qualifying Criteria

To qualify for this programme you must meet the following:

- Live in Torbay
- Be a single parent
- Showing signs of anxiety/depression and/or stress*
- Be in financial hardship

*To measure levels of anxiety, depression and stress we utilise the following quizzes; Core-10, PHQ-9 and GAD-7.

Application Process

To apply simply follow the instructions on our website at:

www.devonclinic.co.uk/single-parent-stress-management-program

Or telephone or pop in and ask for printed versions to complete at home.

Overview of Torbay

Housing



- 45 % of Torbay residents are living in the most deprived quantile in England for indoor deprivation.
- More private rentals than social housing available.
- Number of families in unsuitable accommodation or temporary lodgings.

Poverty



- 1 in 4 children live-in low-income families.
- Foodbank usage continues to increase since the introduction of universal Credit
- Lack of stability and access to resources; support, advice and funding.

Children's Services



- 2017 saw 285 children looked after by the Local Authority.
- 92 Children have Child Protection Plans in place (2012-2016).
- 56% of domestic abuse victims state their children were present at the time.