

We are here to help

From February 2023 we are changing our opening hours.

Our telephone and digital services are still open Mondays to Fridays.

**Call our Free Local Adviceline on
0808 27 87 999**

Our local web services:
www.ruraldevoncab.org.uk
facebook.com/torridgenorthmidwestca

If you still need help and you can't contact us by phone or messenger.

**We offer an Advice drop in service from
Abbey Surgery, 28 Plymouth Road,
Tavistock, PL19 8BU.**

Mondays 10.00am - 15.00pm

Fridays 10.00am - 15.00pm

**We are also in Tavistock Foodbank every
Friday between 10.00am and 13.00pm**



**citizens
advice**

**Torridge, North,
Mid & West Devon**

