

Free Confidential  
Support and Advice for anyone  
affected by or have concerns  
regarding drugs & alcohol

**LARK Children's Centre**  
**99 North Prospect Road**  
**Plymouth**  
**PL2 2NA**

**Tel 01752 313293**

**Fax 01752 313293**



### Children's Centres & Schools in Surrounding Areas

Name	Area	Contact
Keystone— Morice Town	Morice Town, Ford, Keyham	01752 208660
Green Ark	Stoke, Devonport	01752 565555
TamarFOLK	Barne Barton, St Budeaux, Kings Tamerton	01752 431600
Fourwoods	Ernesettle, Honicknowle	01752 366795
Plymouth Y.M.C.A.	Beacon Park, Pennycross, Manadon	01752 201918
Mayflower Community Primary School		01752 365731
Weston Mill Primary School		01752 365250

All Centres offer different services, please  
contact the one in your area for further  
information

For other areas please contact  
Plymouth City Council on  
01752 307450

## LARK's Drug & Alcohol Worker

### Lesley Couch

Do you live in  
North Prospect or Ham?

Do you have children under 5?

Then read on to see how I can  
help you



**Tel: 01752 512600/314217**  
**or 07967 460196**

## How can I help?

I am able to offer free confidential support on a one-2-one basis for people who have concerns regarding drugs & alcohol

I am also available to talk to people who may have concerns about members of their family or friends who could be experiencing problems

## Where I can be found

### Harbour

9 –10 Ermington Terrace,  
Mutley

### Sure Start Shop

99 North Prospect Road,  
North Prospect

I am able to work with people who attend the following GP Surgery's:-

Saltash Road

St Levan's

St Neot's

## Useful Numbers

- Harbour  
01752 314222
- Needle Exchange  
01752 314196
- Young Persons Team  
01752 314181
- LARK Children's Centre  
01752 313293
- NHS Direct  
0845 4647
- Samaritans  
08457 909090
- Eddystone Trust  
01752 257077
- Emergency Services  
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