

Health and Wellbeing Directory of Services and Support in Dorchester

Introduction

This Directory lists contact details of primarily local organisations that offer support and information to help individuals stay healthy and well. It is arranged A-Z under a number of relevant headings. Its objective is to provide Primary Care staff with the required information to help them actively signpost to patients who they deem would benefit from a non-clinical intervention.

Befriending

Dorchester Friends in Deed – 0800 7313703, dfid@dorchestercommunitychurch.org.uk Dorchester Community Church initiative that seeks to improve the quality of life for isolated people, especially the elderly in the Dorchester area, by befriending them.

Age UK Dorchester Reach Out – Social Support – Angie Gape – 07717 130633, agape@ageukdorchester.org.uk Home visit for a chat to find out what things are of interest, will accompany to activities until the person feels confident enough to do things by themselves.

Royal Voluntary Service Community Companions – 01305 236666, dorsetwiltshirehub@royalvoluntaryservice.org.uk Befriending and support service.

Dorchester Library – Craft and Chat group- 01305 224440. Fridays 1-3pm first week of the month.

Benefits

Citizen's Advice – 03444 111 444 Website: <http://westdorsetca.org.uk/contact-dorchester> Independent charity offering free advice and information on welfare, benefits, employment, debt, housing issues etc. Drop in to 1 Acland Road, Dorchester

Age UK Dorchester – Janice Webb – 01305 269444, email: jwebb@ageukdorchester.org.uk Free confidential advice and information for older people, their families and carers.

Bereavement

Cruse Bereavement – 01305 260216, dorset@cruse.org.uk Offers help and support to bereaved people through a range of services including telephone and face-to-face support.

Mosaic – 01258 837071, www.familysupport.org Supports bereaved children in Dorset. Counselling for children and young people who have experienced the death of a parent, sibling or loved one.

Bereavement Advice Centre – 0800 634 9494. A free helpline service provided by Co-Op Legal Services. It gives practical advice on the many issues and procedures that one is faced with after the death of someone close.

Carers

Dorchester Carers Group – 01305 269073. A support group for carers in Dorchester. Meets last Friday of the month 10.30-12 noon.

Dorset Carers Hub – dorsetcarershub.com. Support group run by CarersUK. Free tea and coffee every Friday during term time at the Storehouse Church, Cambridge Road, Dorchester – 10am-12 noon.

Age UK Dorchester Phoenix Carers Friendship Group – Angie Gape – 01305 269444, agape@ageukdorchester.org.uk Meets at 10.30am on third Monday of each month.

Dorchester Rethink Carers Support Group – Olivia Steven – 07436 790489. Support group for carers of people with mental health problems. Meets Wednesdays 10am-12 noon.

The Leonardo Trust – 01202 698325, info@leonardotrust.org A Dorset charity set up to help people who are voluntary carers for relatives or friends. On application can fund respite breaks, home services, social activities, etc.

Dorset Carer's Card – 01305 221016, https://dorset-self.achieveservice.com/service/Carers_services Free discount card on goods and services. Need to register as a Carer.

The Xchange – info@xchangeonline.co.uk A news and information network for Dorset families with children who are disabled or have additional needs. Free to join. All children registered on The Xchange are entitled to a Dorset Max card which gives discounted access or benefits at a wide range of venues across the county.

Respite Association – 01566 783383, help@respiteassociation.org.uk Provide short term assistance in the funding of appropriately qualified respite care for disabled, sick, elderly or terminally ill persons in order that their family care can have a break.

Home Instead Senior Care – Catherine Pearce – 01305 23989, c.pearce@homeinstead.co.uk An award winning care agency that has just arrived in Dorchester. Care is based on companionship and shared interests. Minimum visit time 1 hour. £27 per hour.

Day Activities

Age UK Dorchester Rowan Cottage Social Club – Lisa Holmes – 01305 269444, lholmes@ageukdorchester.org.uk Mon, Tues, Wed, Fri 9.30-3pm. £15 per day – care, support, companionship, a home cooked 2 course meal and fun.

Tricuro Dorchester Connect – 01305 269073, Connect Services offer a variety of meaningful and stimulating activities accessible to everyone irrespective of their support needs.

Creative Companions – Carole Irving – 01300 321356/07494 256993, creative.companions@btinternet.com Works with people and their carers to engage with creative activities delivered at home – art, growing food and flowers, photography, crafts and more. £20 per hour.

Dorchester Men's Shed – Graeme Trinder – 01305 267722, secretary@dorchestermensshed.org.uk Now based in Kingston Maurward. A place of skill sharing, informal learning, of individual pursuits and community projects and friendships. Annual membership fee. £5 per session attended. Sessions; Tuesday 9.30am-12.30pm and 2.00-5.00pm; Thursdays 9.30-12.30pm, 2.00-5.00pm and 6-9pm.

Drug and Alcohol issues

Alcoholics Anonymous – 0800 9177 650(helpline). Self-help membership organisation. The only requirement for membership is the desire to stop drinking. Dorchester meetings at United Reform Church on Wednesdays and Fridays 11-1pm and Saturdays 11-12noon.

Alcohol Education Trust – 01300 320869 Dorset charity with national reach. Mission to insure that young people entre adulthood with a responsible understanding of alcohol and its short and long term effects. Opening Pip's café on The Great Field at Poundbury this year. This will provide a community hub ,disabled loos and an office for the charity itself.

Reach Drug and Alcohol Services – 0800 043 4656. A Dorset Council commissioned service offering support to those aged 18+ to address their drug and alcohol use.

Emergency Personal Funding

Dorchester Lions Club – 01305 262171, info@lionsdorchester.org.uk Possible source of financial support for those in need.

Dorchester Poverty Action Group – 01305 260959, info@dorchesterpovertyaction.org.uk Grants of up to £250 for those in urgent need.

Steve Charles – Help a Friend – 01305 755614, helphafhaf@yahoo.co.uk Provides financial relief for those who are experiencing emotional and domestic difficulties and have a proven urgent need of financial help.

Exercise

Dorchester Strollers – Moira Pinder – 01300 341255. Free to join. Regular walk days are Monday and Tuesday and all walks start in Dorchester. Walks last between 30 and 60 minutes with a stop for refreshments at the end.

Stepping into Nature Woodland Walks – Claire – 01305 251228. Explore the seasonal magic of Thorncombe Woods on outskirts of Dorchester.50 minute strolls. Free and open to all. Second Monday of the month at 10.30am, last Tuesday of the month at 13.30pm, excluding August.

Age UK Dorchester Otago Exercises – 01305 269444. Chair based exercises designed to improve balance and stability. 'Classes' are an hour, there are two on a Tuesday and three on a Thursday. £5 per session.

Luke Hayter Fitness Health Hub – Luke Hayter – luke@lukehayterfitness.co.uk A low intensity rehabilitation class, focused on getting you moving again. Age 60+.Sessions at Dorchester Rugby Club on Wednesdays 9-10am and 1-2pm. £20 per month for 4 sessions.

Walking Football – Shaun Hearn – 07976 363699, info@Kicstart.uk Aimed at people over 50, fun and sociable 5 a side. The Avenue Stadium Mondays 7-8pm, Thomas Hardy School Thursdays 6-8pm

Food Banks

Dorchester Food Bank – Chris Nowell - 07554 983978 <http://dorchesterbc.org.uk/index.php/food-bank/i-need-help> Anyone in crisis, who has no food or money to buy food is eligible as long as they have a voucher. Main voucher supplier is Citizen's Advice, 1 Acland Road, Dorchester DT1 1JW.

Dorchester Community Church Food Share – 01305 267171, contact@dorchestercommunitychurch.org.uk The church receives donations from Waitrose and Tesco and makes up food 'parcels'. A typical parcel will contain bread, bakery, fresh fruit and vegetables. Anyone living in Dorchester area experiencing financial hardship can apply.

Healthy Living

Live Well Dorset – 01305 233105/0800 8401628 www.livewelldorset.co.uk/contact/submit-an-enquiry/
Free service for adults who want to change their lifestyle: stopping smoking, weight loss, reduction in alcohol consumption, taking exercise. Commissioned by Public Health Dorset.

Wild Wolf Bush Craft Green Prescription – 07455 434494 – chey@wildwolfbushcraft.co.uk The term 'Green Prescription' originates from New Zealand where it has become recognised that being in the wild significantly benefitted individuals who had stress related illnesses. Activities are set out to cover 6 all day woodland sessions, location Moignes Court, Weymouth. Price per day £50.

Housing and Homelessness

Dorset First Point: Housing and Community Service -0330 123 2550. Run by the You Trust, a local charity, provides support and guidance to people aged over 16 facing eviction, rent arrears, court action and budgeting issues.

Dorset Night Stop – 01305 753657, dorsetnightstop@actionforchildren.org.uk 1-3 nights free accommodation for homeless, single 16-25 year olds in Dorchester. By referral only.

Helping the homeless and vulnerable in Dorchester – Luke Bird – 07543 708676 2 course meal provided by volunteers for the homeless. Outside Dorchester library at noon on Mondays and Fridays

Learning Disabilities

People First – Laura Kerr/Lisa Dixon – 01305 257600, office@peoplefirstdorset.org.uk A user-led charity supporting adults with learning disabilities to speak up and lead change. Runs a friendship club in Dorchester.

Volunteer Centre (Dorchester) – Siobhan Davis – 01305 269214, S.davis@volunteeringdorset.org.uk Runs the Community Credit Scheme focused on people with learning disabilities, provides mentor support to find volunteering opportunities which are 'paid' with credits that can be exchanged for local activities.

Muntsy's Community Care Activities – Sue Munts – 01305 826011, <https://www.muntsys.org/contact> A privately run day service for adults with learning disabilities who wish to develop their independence.

Heron's View Care Farm – Christine Whitmarsh – 01929 471622 heronsviewcarefarm@gmail.com A day care service in Bere Regis offering farm activities/arts and crafts for adults and young people with learning difficulties.

Future Roots Rylands Farm – 01963 210703 <https://www.futureroots.net/contact/> Local charity that provides vocational training course for 14-21 year olds who have an interest in farming and who find school challenging.

Mid Dorset Mencap Dorchester – Mervyn Harris – 01305 848338 mervynharris981@btinternet.com Provides local people with learning difficulties with skills and training development in order to assist them to get work locally.

Long Term Health Conditions

Dorset Self-Management service – 0303 303 0153, healthcoaching@helpandcare.org.uk A free service commissioned by Dorset CCG that provides health coaches who work with individuals with long term health conditions to help them feel more confident self-managing on a day-to-day basis.

Butterflies – Dorchester Cancer Support – Tracee – 07766 576639, traceecossey@gmail.com Support group meets every Wednesday 2-4pm at Dorchester Community Church, Poundbury. Also coffee morning last Saturday of the month. Membership is free.

Cavernoma Alliance UK – 01305 213876, info@cavernoma.org.uk Local charity offering free support and information for all those affected by Cavernoma, including friends, family and carers. The telephone support line is open 10.30-14.30 Mon-Fri.

Coeliac UK – Helpline 0333 332 2033 Information and support to live well gluten free.

Dorset Blind Association – 01202 712865, info@dorsetblind.org.uk Local charity supporting blind and partially sighted people to live happy lives.

Dorchester Social Stroke Club – Jackie Sherfield – 01305 257464, jackiesherfield@btinternet.com
Welcoming support group for all stroke survivors. Every Thursday 10.30-12.20 Dorchester Community Church.

Parkinson's UK Dorchester Group meeting – Dave Clegg – 01305 835108 – daveclegg49@gmail.com
Offers support, information and friendship to local people with Parkinson's, their families and carers. Meets every fourth Friday of the month at Dorchester Cricket Pavilion from 14.30-16.00.

West Dorset National Rheumatoid Arthritis Society Group – 0845 458 3969, groups@nras.org.uk Offers support and information for all those living with RA. Meets at Dorchester Community Church on the 4th Thursday of every other month 7-8.30pm 23 May onwards. Also informal coffee mornings at The Engine Room, Poundbury, 10-12pm from 14 May onwards.

South West MS Support Group – Nick Power – 07554 557661, SouthSupport8@mssociety.org.uk Nick is a trained volunteer who can provide confidential information and help to access specialist services and financial support.

Lunch Clubs/Coffee mornings

Age UK Dorchester – Lisa Holmes – 01305 269444, lholfmes@ageukdorchester.org.uk Wednesdays and Fridays 12.30, 2 course meal plus tea or coffee £6.50.

St George's Lunch Club (Fordington) – Val Scriven – 01305 265177. First Saturday of the month 12.30, 2 course meal with sherry or fruit juice, followed by tea or coffee. £3

Volunteer Centre Sunday Lunch – Marie Waterman – 01305 269 214
marie.waterman@volunteeringdorset.org.uk 2 course meal for £7 at Damer's restaurant in Dorchester County Hospital every Sunday. Transport provided.

United Church Dorchester Coffee shop – 01305 213818. Open 10-12.30pm Tuesday, Thursday and Friday.

Dorchester Community Church – Church café – 01305 267171 Open Mondays from 9.30am-12.30pm and Mondays to Fridays 2.30-4.30. Free cup of coffee.

Trefoil Guild Dorchester – Judy Thompson – 01305 263783, jtc231@outlook.com Open to all former Girl Guides(18+). Meeting first Wednesday of the month, St George's Church Hall, Fordington, 2.30-4.30.

Memory Loss

Alzheimer's Society Memory Support and Advisory Service – 0300 1231916 dorset@alzheimers.org.uk
Information and practical support for people with dementia and their carers, family and friends.

Age UK Dorchester Cognitive Stimulation Therapy– 01305 269444. CST is a programme of themed activities carried out over several weeks designed to improve the mental abilities and memory of someone with dementia. Tuesdays 11.30am-12.30pm. Fridays 10.30-11.30am, 11.30 am-12.15pm.

The Greenwood Club run by Dorset Forest Schools – Jill – 07813 14875, jill@dorsetforestschool.org
Aims to improve the emotional well-being of individuals living with dementia and their carers in a relaxing woodland environment. Every Friday in July 10.30am-12.30pm in Thorncombe Woods on outskirts of Dorchester.

Dorset History Centre Inspired by Archives – Maria – 01305 228947, m.gayton@dorsetcc.gov.uk Enjoy pictures, maps or recordings and learn something new about the natural world. Open to those with mild to moderate dementia and their carers. 10.30am on first and third Monday of the month.

Independence at Home – support service – Dianne Lawrence – 01305 246224/07903 580205 Practical and emotional support for older people, especially suitable for those living with dementia (sitting service, Cognitive Stimulation Therapy, reminiscence therapy and strength and balance exercises provided). £15 per hour, morning or afternoon (4 hours) £50, Full day (8 hours) £90.

Mental Health

Steps2Wellbeing – 0300 790 6828, dhc.west.admin.s2w@nhs.net A free confidential NHS service for any adult 18+ registered with a Dorset GP.

START Support, Transition and Recovery Team – Hannah 07769 931698/Sarah 07717 422049, sarah.jones21@nhs.net .

NHS Team offering a range of open groups and activities (swimming, yoga, photography). Coffee morning on Fridays 11am at Vivo Lounge.

Dorset Mental Health Forum – 01305 257172, admin@dorsetmentalhealthforum.org.uk A local peer led charity improving the lives of everyone affected by mental illness by promoting wellbeing and recovery. Runs social activities in Dorchester on a Friday: Gardening group 10.30-12.30, Coffee and social group, 1-3pm, Cinema Group. Also drop-in peer support group that meets Wednesday 7.30-9pm and Fridays 10am-12pm at The Gallery, Durngate Street.

Dorchester Trust for Counselling & Psychotherapy – 01305 259212. A local charity providing up to two years of low cost counselling once a week to those who cannot afford private fees.

Autism Wessex Dorchester Skills & Social Group – 01305 213135, advice@autismwessex.org.uk
Advice and information plus programme of activities, the objective is to improve social and communication skills while providing the opportunity to meet new people and make friends. Thursdays 2-4pm at Army Reserve Centre, Dorchester.

Bipolar UK Dorchester Support Group – 0333 323 3885. Free to attend and open to anyone 18+ affected by bipolar, including family, friends and carers. 2nd Tuesday of the month 7-9pm at The Gallery, Durngate Street.

Dorset Adult Aspergers Support. A local voluntary not for profit organisation which provides support and information for adults with Aspergers and carers, families and friends. Monthly support meeting on second Monday of month at 7pm at the United Church, Dorchester.

Dorset Mind Wellbeing in Mind Support Group Dorchester – Debbie – 07766 281434, wellbeing@dorsetmind.uk The group throws a light on common mental health issues like stress, anxiety and depression; how to spot the signs and symptoms and how to find ways of coping and improving one's mental health. Meets second and fourth Tuesday of every month 7-9pm at Rowan Cottage, Age UK
Charges £3-£5 per session depending on your circumstances.

Dorchester GAP Project – louise.regan@dorsetmind.uk A new way of improving mental wellbeing through eco-therapy. Anyone with mild to moderate mental health challenges can access the service by referral from a health professional (GP, CMHT, Counsellor, Support Worker etc)

The Koru Project – 07917 797528 Provides a dynamic, therapeutic experience through drama and the arts for young people who are unable to use talking therapies. Referrals only.

Physical Disabilities

Chesil Sailability – 07543 656390, info@chesilsailability.org.uk Supports people with any kind of disability to come sailing. £5 per session.

Dorchester Disabled Club – Irene Calcutt – 01305 263085, info.ddclub@yahoo.co.uk Local charity providing recreational and leisure facilities for disabled people in Dorchester and surrounding area to improve their quality of life.

Dorchester Sports Centre Disability Aqua – 01305 858400 Gentle all over body work out, suitable for people with disabilities. Hoist available to use and carers can help within the session.

Dial-a-bus-Dorchester – 01305 228965. Provides wheelchair accessible transport into Dorchester for disabled people who find it difficult to use existing transport services. Passengers are collected from their front door. Operates on Wednesdays. £1 to register. Application form from Dorset Council.

Active Mobility – 01305 213141 , <https://www.active-mobility.co.uk/contact/> Runs the Motability scheme under which people with disabilities can use their Disability Allowance or Personal Independence payments to lease a new car, powered wheelchair or scooter.

Mi-Life Greenwood Centre for Independent Living – 033 300 30010. milifegreenwood@millbrookhealthcare.co.uk Offers free and impartial advice on a range of products designed to help individuals maintain independent living.

Friends of M.V. Freedom - 0794 266867 Website: <https://www.mvfreedom.co.uk/bookings/> Local charity that provides an opportunity for people living with disabilities to experience a trip to sea. The boat is moored in Weymouth harbour.

Red Cross – 01305 215951 Wheelchair hire and short term equipment loans.

Wheel Keep Dancing – 01305 250386, email: wheelkeepdancing@hotmail.co.uk. Wheelchair dance classes at St Osmund's Community Sports Centre Drama studio. Wednesdays 7.30-9pm. Ring for a free taster session.

Transport

Dorchester NeighbourCar – Joan Hutson – 01305 269330, email: jhutson101@gmail.com For those who have no access to or are unable to use public transport. Annual registration fee of £5.

Covers Dorchester and villages within a 5 mile radius. Charge is 60p per mile. Operates Mon-Fri.

Linking Dorset

For information about Community Transport schemes across Dorset, there is now a dedicated phone line you can call 01202 586055 between 10am-2pm to get personalised advice.

Important Note

This is the third issue of this Directory (8 November 2019) and as far as the author is concerned is correct at the time of going to press. If you spot any errors or believe some relevant organisations have been missed out, please e-mail: Julian.English@helpandcare.org.uk