



DORSET

**WELLBEING
DIRECTORY**

New and revised as per 1st July 2021



Welcome to the **Dorset Wellbeing Directory**

The outbreak of the coronavirus COVID-19 has impacted people in varying ways on an international scale. It is understandable that during times like this, people may be feeling afraid, worried, anxious, and overwhelmed by the constantly changing alerts and media coverage regarding the spread of the virus.

While it is important to stay informed, the following directory offers some ideas you can use to maintain your wellbeing during challenging times. There are lots of creative options for people to get involved with from virtual meet-ups, exercise classes or learning new skills, mental health and wellbeing suggestions, as well as some practical support options.

We have mapped the best of what is available and referenced this against the **Five Ways to Wellbeing**.

With 168 hours in every week, we hope that this directory is a step toward offering you a straightforward and easy access resource that helps you spend your recovery week. It considers all the areas of the Five Ways to Wellbeing in:

Connecting with others
getting **Active**
taking **Notice**
Learning
Giving

Please keep checking on the edp website for essential updates and key information about COVID-19:

<https://www.edp.org.uk/coronavirus-covid-19-essentials/>



The Dorset Wellbeing Directory

The sudden changes of routine and how we previously filled our days is one of the hardest things. There are lots of creative options for people to get involved with from virtual meet-ups, exercise classes, learning new skills, as well as some practical support options.

We have mapped the best of what is on and referenced this against the Five Ways to Wellbeing and put together a tip list to help us through these times:

1. **Continue with the basics.** Get up, shower, brush your teeth, dress and have your usual cuppa and breakfast. This will help you to feel more 'human' every day and will help with your structure and routines.
2. **Open the curtains** throughout your flat/house and open the window – connect with the outdoors and have some fresh air 😊
3. **Create a new routine.** The loss of our usual routine can be the hardest thing and we suddenly find ourselves wondering how to fill our days. Use our Wellbeing Directory for isolation as inspiration. Plan ahead if you can – we are more likely to do something if we have committed to it by planning in advance.
4. **Be Kind to Yourself.** Choose something positive to do for yourself every day. It might be something small, like taking a bath or reading a chapter of a book, but take notice of the moment and recognise it a nourishing act of kindness.
5. **Limit the amount of news you see.** While it is great to feel informed, too much news can feel overwhelming. Try to get your information from a reliable source at set times such as newsbeat on the radio or the 6pm news on the TV.
6. **Health and Exercise** – what we eat massively effects the way we feel so do aim to maintain a healthy diet with fruit and vegetables and make good use of your daily exercise allowance and garden if you have one.
7. **Try something new** - there are lots of exciting initiatives happening in the online world but you also might have a book or activities stashed away somewhere gathering dust that it's finally time to revisit! 😊

Please keep checking on the EDP website for updates and information

<https://www.edp.org.uk/coronavirus-covid-19-essentials/>





Developed by the New Economics Foundation in 2008, Five Ways to Wellbeing is an evidence-based and holistic approach to improving mental health and emotional wellbeing, focusing on 5 key actions: **Connecting** with others, **Learning**, getting **Active**, taking **Notice** and **Giving**.

- **Connect:** With the people around you. With family, friends, colleagues and neighbours. At home, work, school or in your local community. Think of these as the cornerstones of your life and invest time in developing them. Building these connections will support and enrich you every day.
- **Learn:** Try something new. Rediscover an old interest. Sign up for that course. Take on a different responsibility at work. Fix a bike. Learn to play an instrument or to cook your favourite food. Set a challenge you'll enjoy achieving. Learning new things will make you confident, as well as being fun.
- **Active:** Go for a walk or run. Step outside. Cycle. Play a game. Garden. Dance. Exercising makes you feel good. Most importantly, discover a physical activity that you enjoy and that suits your level of mobility and fitness. Also very important is your physical, emotional and mental health and wellbeing.
- **Notice:** Be curious. Catch sight of the beautiful. Remark on the unusual. Notice the changing seasons. Savour the moment, whether you are walking to work, eating lunch or talking to friends. Be aware of the world around you and what you are feeling. Reflecting on your experiences will help you appreciate what matters to you.
- **Give:** Do something nice for a friend, or a stranger. Thank someone. Smile. Volunteer your time. Join a community group. Look out, as well as in. Seeing yourself, and your happiness, linked to the wider community can be incredibly rewarding and creates connections with the people around you.



Connect



Topic	Activity	How to Access	Costs
<p>ZOOM is a new virtual platform for people to connect. A number of services offer Zoom contact and meetings. Here's a brief guide how to use ZOOM: https://drive.google.com/file/d/1CHJ20WR7d1w_0OK6jyw9qxVqAwactp0H/view?fbclid=IwAR39ypPaoLtwOEozpPfDDfo2SK4iKYblERlNKkNfo1R-FiHNxm9A1JW24nE</p>			
SMART Recovery Meetings	Meetings can be accessed by smart phone, pad, laptop or PC. Really good guidance on what you'll need and how to access meetings on their website above. If people experience difficulties in attending please call Central office on 0330 053 6022, during office hours, for help.	https://smartrecovery.org.uk/online-meetings/ Local Facebook Support Page: 'South West SMART Group'	Free
Narcotics Anonymous	Face to face meetings are closing down and being encouraged to close down temporarily. Zoom platform has been set up for online meetings. Several meetings taking place at all times of the day, every day – locally and across the world.	https://ukna.org/ https://virtual-na.org/	Free
Alcoholics Anonymous	The meeting start time is always indicated and meetings are usually 90 minutes unless a finish time is stipulated. Some meetings may be 'open' (to non-alcoholic visitors) or 'closed' (for alcoholics & those who think they might have a drink problem) - some meetings give information on open and closed meetings. They currently offer 24 hour meetings via Zoom: Zoom Meeting – 144108372. Password – 169258	https://www.alcoholicsanonymous.org.uk/AA-Meetings/Find-a-Meeting/Online 0800 9177 650	Free
Polish Alcoholics Anonymous	Open on Wednesday 7pm-9pm and Sunday 5pm-9pm. On www.aalondyn.org there is an extensive list of Polish speaking zoom AA groups	Infoline 02074038520 www.aalondyn.org .	Free
Cocaine Anonymous	Email meetings – These are email based and run 24 hours a day, 7 days a week. Voice meetings (VoIP) – OSA voice only meetings are held on Skype™ or Freeconferencecall™ or Go To Meeting™, and are similar in format to face to face	https://www.ca-online.org/	Free



	meetings. As a general rule they only use the voice part, no cameras.		
In the Rooms	In The Rooms is a free online recovery tool that offers 130 weekly online meetings for those recovering from addiction and related issues. We embrace multiple pathways to recovery, including all 12 Step, Non-12 Step, Wellness and Mental Health modalities.	https://www.intherooms.com/home/	Free
Breaking Free Online	Comprehensive evidence based recovery tool that can be accessed 24/7. Support is tailored to your own needs and experience via an interactive and online assessment. Provides an extensive toolkit of psychoeducation, practical resources and positive coping skills to support long-term recovery.	https://www.breakingfreeonline.com/ Access Code = devon111	Free
Blue Light project	The Blue Light project is an initiative to develop alternative approaches and care pathways for drinkers who are not in contact with treatment services, but who have complex needs.	https://alcoholchange.org.uk/help-and-support/get-help-now	Free
PTSD and Trauma Survivors Support Group	The group offers trauma survivors a safe, kind, and non-judgemental confidential sharing space, where they can express themselves and find support. Group rules are in place to keep everyone emotionally safe, and our group moderators also check each post before sending them live.	https://www.facebook.com/groups/ptsd.cptsd.trauma.survivors.uk/?ref=gs&fref=gs&dti=412669522480320&hcllocation=group	Free
Anxiety and Depression Support and Advice Group	Peer Support Group - this group is here to help and support people who are suffering with anxiety and depression. They aim to help and support others with any form for anxiety or depression please enjoy and relax any problems please don't hesitate to contact a member of the team.	https://www.facebook.com/groups/AnxietyAndDepressionSupportAdvice/?ref=br_rs	Free
Nature Connection in social isolation: Building resources and resilience	A series of free talks exploring nature connectedness. As we are told to socially isolated how can nature connectedness help us build resilience and find psychological and emotional wellbeing? How can we find and develop meaning and purpose in these complex and challenging times through a deepening connection to nature? These talks will be on different subjects and will be interactive and participative.	https://www.eventbrite.com/e/nature-connection-and-resilience-tickets-101056719368	Free
Gambling Online Peer Support Groups	Do you want to talk to others who are in a similar position to you? Are you looking for advice, support and information from people who have been free from gambling for many years? Why not try our online peer support groups for text based "real time" group support from others who have been where you	https://www.gamblingtherapy.org/en/online-peer-support-groups	Free



	are run by one of our trained and knowledgeable facilitators?		
Online grooming and child exploitation during COVID 19 lockdown advice and support	The current lockdown means that children and young people are likely to be spending more time online than they would if they were at school. To help keep young people safe and protect them from offenders who might attempt to target them online, we have collected information to support both parents/carers and young people to spot the signs of online exploitation. There is also information about who to talk to and where you can get help. Online exploitation can affect anyone, boy or girl, from any community. Please remember - it is never the child's fault. Remember – if you are in immediate danger you should always contact the police.	https://www.dorset.police.uk/covid-19-coronavirus/cse-and-covid-19/	Free
Meet Up	Meet up is an online site and app that usually allows you to meet up with other people in your local area and socialise. Due to social isolation these events have gone online. You can join events already set up or set up you own.	Search 'Meet Up' in your app/play store. www.meetup.com	Free
Club Soda	Club Soda is a mutual aid style group who is part of the Mindful Drinking Movement – whether you want to cut down, stop for a bit or quit Club Soda has short courses to support you to change your thinking. They also have put on all sorts of virtual events during this time for likeminded people to socialise.	www.joinclubsoda.com	Free
Transitions	Transitions aims to support people who are feeling isolated and vulnerable, to build resilience & maintain overall wellbeing. Technically cover Exeter, Mid Devon, East Devon and Teignbridge but this may develop over time so do contact if interested. Transitions services offered (subject to capacity) will be: <ul style="list-style-type: none"> • Weekly phone calls, text message, email or video chat according to preference, to all current matched or case-worked clients. • Initial consultations by phone or video chat for new applicants • Welfare checks by phone for new applicants and those who are waiting to be matched with a volunteer 	transitions@eci.org.uk	Free



	<ul style="list-style-type: none"> • Where appropriate, we can offer coaching by phone or video chat, and can match people using 3-way phone calls or video chats • Regular newsletters via email and information on our website and social media channels • Putting people in touch with offers of support from their local community 		
Soberistas	Giving Up Alcohol & Living Life in Control. Soberistas is a worldwide community of friendly, non-judgmental people, all helping each other to kick the booze and stay sober.	https://soberistas.com/	Free
BCHA	Is a registered Housing Association that have been supporting the Bournemouth local community including those experiencing homelessness for the past 50 years	https://www.youtube.com/channel/UCRfyn8TUvnfHQhlietnrZKQ	Free
Adfam	Our work at Adfam supports families and loved ones of those with substance use problems to stay healthy and well. Whilst a lot may feel out of our control, and there is a lot of uncertainty, it's crucial that we take steps to maintain and improve our own wellbeing and resilience. Whilst it's often tempting to think of others first, paying attention to our own self-care means that we are better able to also support others.	https://adfam.org.uk/files/covid-19-10-top-tips.pdf	Free
Adfam	Emotional wellbeing resources, activities, and tips from Adfam	https://adfam.org.uk/files/6-ideas-for-wellbeing.pdf	Free
Livewell Dorset	We are a public health service funded by your council. We're here to support the health and wellbeing of residents in Dorset. LiveWell offers help, support and guidance on: Get Fit, Lose Weight, Stop Smoking, Drink Less, Benefits & Discounts advice, Sign posting to other support services, as well as 1;1 Live Well Coaching over the phone. Go and check out your LiveWell Score! Go online or call: 01305 233 105 or: 0800 840 1628	https://www.livewelldorset.co.uk/ Follow Active Dorset on Twitter : https://twitter.com/ActiveDorset Or Facebook: https://www.facebook.com/lwdorset/videos/153188889280035/?vh=e&d=1	Free
Steps to wellbeing	They run a variety of courses across Dorset, are used as standalone therapies, or in combination with one-to-one therapy. If we feel you will benefit from one of	https://www.steps2wellbeing.co.uk/	Free



	<p>the courses we run you will be invited to attend when you refer to us.</p> <p>Go on the website to see the courses: Wellbeing , Overcoming stress, Anxiety and low mood, PTSD stabilisation, Lifting your mood, Mindfulness-Based Cognitive Therapy (MBCT), Mindfulness-Based Stress Reduction (MBSR), Out of the Blue</p>		
Mind	<p>Mind provide advice and support to empower anyone experiencing a mental health problem. We campaign to improve services, raise awareness and promote understanding. They have produced <u>a range of resources</u> to help during this time - including planning for staying at home, and taking care of your mental health and wellbeing</p>	<p>https://www.mind.org.uk/information-support/coronavirus/coronavirus-and-your-wellbeing/</p>	Free
NHS – Every Mind Matters	<p>Looking after your mental health. The NHS has produced <u>a range of ideas and support materials</u> on how to look after your mental health whilst staying at home. Having good mental health helps us relax more, achieve more and enjoy our lives more. The NHS have expert advice and practical tips to help you look after your mental health and wellbeing.</p>	<p>https://www.nhs.uk/onyou/every-mind-matters/</p>	Free
Headspace	<p>Headspace is offering some meditations you can listen to anytime to support us at this current time. These are part of a larger collection in the <u>Headspace app</u> – free for everyone – called Weathering the storm. It includes meditations, sleep, and movement exercises to help you out, however you’re feeling.</p>	<p>https://www.headspace.com/covid-19</p>	Free
The Mind Gym	<p>The Mind Gym offers 5 WAYS TO FIND STRENGTH in times of uncertainty.</p>	<p>https://uk.themindgym.com/resources/5-ways-to-find-strength/</p>	Free
Rethink	<p>Rethink - managing your mental health during the Coronavirus outbreak with lots of practice tips on how to stay connected as well as healthy cooking tips: https://cookingonabootstrap.com/ Facebook: https://www.facebook.com/RethinkCharity/</p>	<p>https://www.rethink.org/news-and-stories/blogs/2020/03/managing-your-mental-health-during-the-coronavirus-outbreak/</p>	Free
Young Minds	<p>Young Minds - what to do if you're anxious about Coronavirus. Looking after your mental health while self-isolating. Here are our tips on how to look after your mental health while self-isolating or social distancing.</p>	<p>https://youngminds.org.uk/blog/what-to-do-if-you-re-anxious-about-coronavirus</p>	Free



British Association for Counselling & Psychotherapy (BACP)	BACP – offers guidance and advices on Coronavirus self-isolation and how to look after your mental health and wellbeing if you're self-isolating	https://www.bacp.co.uk/news/news-from-bacp/2020/13-march-coronavirus-self-isolation-how-to-look-after-your-mental-health-and-wellbeing-if-you-re-self-isolating/	Free
Public Health England (PHE)	Public Health England have <u>published advice</u> on how to look after our mental health and wellbeing during the coronavirus (COVID-19) outbreak. The advice has been developed in partnership with leading mental health charities and clinically assured by the NHS.	https://www.gov.uk/government/publications/covid-19-guidance-for-the-public-on-mental-health-and-wellbeing/guidance-for-the-public-on-the-mental-health-and-wellbeing-aspects-of-coronavirus-covid-19	Free
QuitDAS	An EDAS project that provides Nicotine Replacement Therapy (NRT) as an aid to treating tobacco dependence in people who want to stop smoking.	www.edasuk.org/treatment/poole/quitdas/	Free
BBC	The BBC provides ideas on <u>how to look after your mental health</u> during this time of uncertainty	https://www.bbc.co.uk/news/health-51873799	Free
The Mental Health Foundation	The Mental Health Foundation is part of the national mental health response providing support to address the mental health and psychosocial aspects of the Coronavirus outbreak, alongside colleagues at Public Health England and the Department of Health and Social Care - check out <u>their resources here</u> .	https://www.mentalhealth.org.uk/publications/looking-after-your-mental-health-during-coronavirus-outbreak	Free
The Veterans Hub Weymouth	The Veterans Hub on Portland Road in Wyke Regis is a charitable organisation with the community at its heart. With a thriving café serving tea, cakes and snacks to the general public, and keeping to their original mission, which is to support veterans, armed forces personnel and their families. Since November they also have a gym. You can go and 'connect' with others and/or you can 'give' volunteer and help out.	Facebook https://www.facebook.com/veteranshubweymouth/	Free
Dorset Healthcare Podcasts	The Recovery Education Centre is delivered by the Wellbeing and Recovery Partnership (WaRP) formed between Dorset Healthcare (NHS) and Dorset Mental Health Forum (a local peer led charity). All our courses have been co-designed and are co-delivered by a NHS member of staff and a Peer Trainer, who has lived experience. By bringing together people's expertise of	To listen to the Podcasts: https://soundcloud.com/user-186630975/compassion-2-final	Free



	<p>living life despite challenges alongside professional expertise our courses aim to provide a holistic view of Recovery and wellbeing. Our courses are educational, For more information about the Recovery Education Centre: https://www.dorsethealthcare.nhs.uk/application/files/5214/9881/9242/Annual Prospectus 2016 2017.pdf</p>		
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Learn



Topic	Activity	How to Access	Costs
Open University	<p>Over 900 free courses in all sorts of subjects – covering Health, Sport and Psychology; Education and Development; History and the Arts; Language; Money and Business; Nature and Environment; Science, Maths and Technology and Society, Politics and Law. Also all the usual fee paying diplomas and degrees – student funding available for 80% of people.</p>	<p>https://www.open.edu/openlearn/free-courses/full-catalogue</p>	<p>Free</p> <p>Variable – student funding often available</p>
Dorset Community Action (DCA)	<p><i>Inspire Dorset, a part of the Building Better Opportunities Programme</i></p> <p>Are you unemployed and looking to find meaningful employment? Have you ever considered self-employment, trying out a business idea or developing an idea to benefit your community, while you learn a new business, employment, and enterprise skills? Inspire Dorset can help you make your project and business ideas a reality. Our flexible programme offers two opportunities:</p>	<p>https://www.dorsetcommunityaction.org.uk/inspire-dorset-bbo/</p> <p>To find out more call 01305 216411</p> <p>Or email: paul.seaman@dorsetcommunityaction.org.uk</p>	<p>Free</p>



	<ul style="list-style-type: none"> • One-to-one coaching – where we will identify what type of work will fulfil you, the barriers currently standing in your way and the support needed to achieve your goals • A Team Challenge – where we will support a group to organise a community project that solves a local need. As part of the group, you will take a project from an idea all the way through to reality <p><i>Throughout the programme, you will develop:</i></p> <p>Professional skills for business and self – employment; including planning, budgeting, and marketing; Self-confidence; Communication skills; Stress and anxiety management techniques</p> <p>Please note: to be eligible for the Inspire Dorset Programme you must be over 15 years old, unemployed and have the right to work in the UK.</p>		
Languages	Learn and practise languages including French, Spanish, German, Italian and even Mandarin at a key stage 2 level.	https://www.bbc.co.uk/bitesize/subjects/zdmtsbk	Free
Astronomy	This is a link to the first lesson in a series of about Astronomy.	https://www.youtube.com/watch?v=7ZYn4xv7a44	Free
Zoo Live Cams	Want to spy on some of your favourite animals and see what they get up to when no one is around? Well no is your chance! Tune into these live streams from Edinburgh Zoo, San Diego Zoo and Paignton Zoo.	https://www.edinburghzoo.org.uk/webcams/panda-cam/ https://zoo.sandiegozoo.org/live-cams https://www.paigntonzoo.org.uk/explore/webcams	Free
Draw with Rob	Rob Biddulph is the bestselling and multi-award-winning author/illustrator and also the official World Book Day Illustrator for 2019 and 2020. Every Tuesday and Thursday he is	http://www.robiddulph.com/draw-with-rob	Free



	uploading new draw-along videos where everyone can learn to draw some of the characters from his books.		
Cartoon Drawing Lessons	Steve Harpster has been a professional illustrator and author for over twenty years & has been teaching people to draw using his online videos. He's now uploading free drawing videos every day onto his Facebook page.	New videos daily on Facebook: https://www.facebook.com/harptoons/	Free
Art Classes with Grayson Perry	While you may not have been a dab hand when it came to GCSE art, that's not to say your skills haven't matured over the years like a fine wine. Here to help you embrace your inner artist and develop that nascent skill set is none other than Grayson Perry and his new show, Art Club.	https://secretldn.com/grayson-perrys-artclub-tv-show/?fbclid=IwAR3nFuyJ6pnWfkoYS4roTtSOn1nT_dsFn31bpmuORDzWqLrgudoqHTI6kl	Free
Crochet	How to crochet for absolute beginners. A detailed step-by-step tutorial on how to crocheting from the beginning.	https://www.youtube.com/watch?v=aAxGTnVNJiE	Free
BCHA	They are creating online courses for basic skills such as Level 1 IT.	Email: ignite@bcha.org.uk	Free
Weymouth College	Bored at home and wondering what you can do to use your time constructively? Why not update or accredit your English and/or IT skills - we offer online study in these subjects with nationally recognised examinations at the end. A positive enhancement to your CV and employability/promotion prospects!	Email Job_club@weymouth.ac.uk Facebook page: https://m.facebook.com/story.php?story_fbid=3161500560548146&id=111041135594119	Free or funded courses available. Email to find out more
REED	They offer 40 free online course, i.e. in IT, Business Administration, Book Keeping, Customer Service, Working in the health sector, Autism, Nutrition, Food, CBT and Back Pain management, Dementia Care, Infection control, and much more	https://www.reed.co.uk/courses/free	Free
Literature Courses	Improve your writing skills with our online writing courses or learn more about literary greats with our literature online courses on Austen, Burns, Shakespeare, Wordsworth, Wilde and more.	https://www.futurelearn.com/subjects/literature-courses	Free
Creative Arts & Media	Explore film, music, journalism, photography or theatre. Join online arts courses from renowned film schools, universities, cultural institutions. Learn from the experts in creative arts and media.	https://www.futurelearn.com/subjects/creative-arts-and-media-courses	Free
Nature & Environment	How is our need for energy and resources shaping the environmental challenges for tomorrow?	https://www.futurelearn.com/subjects/n	Free



	Explore the natural world, and understand the causes and impact of climate change, with our online environment and biology courses.	ature-and-environment-courses	
Science, Engineering and Maths courses	Whether you want to brush up on basic science and numeracy skills or master advanced topics like robotics and forensics, our online maths, science and engineering courses will help. Broaden your mind and build your STEM knowledge with top universities.	https://www.futurelearn.com/subjects/science-engineering-and-maths-courses	Free
Psychology & Mental Health	Want to improve your own mental wellbeing or increase your awareness of complex mental health issues? Get mental health training or explore the science and psychology behind human development with our online mental health and psychology courses.	https://www.futurelearn.com/subjects/psychology-and-mental-health-courses	Free
History	Uncover archaeology and explore important events from ancient to modern times with online history courses from leading universities and cultural institutions.	https://www.futurelearn.com/subjects/history-courses	Free
Study Skills	Whether you're at school, at university or returning to education, our study skills courses will help you perform your best. Get study tips and careers advice to improve your employability, learning with the world's leading universities. From basic English skills to How to succeed at an interview a wide range of free courses.	https://www.futurelearn.com/subjects/study-skills-courses	Free
Skills & Careers Advice	There Are So Many Career Routes to The Job You Want. Our Skills and Careers Hub provides 14-24-year olds with free resources, advice and guidance. Designed with input from young people, the Skills and Careers Hub offers practical tools to support young people through education, transition into employment and beyond in a process of lifelong learning.	Tel: 01536 513388. www.youthemployment.org.uk/careers-hub/	Free
Future Lean	Browse our course list to find something that you'd like to learn about. We have courses in a diverse range of subjects and are always adding more. Courses vary in length. Most are six to ten weeks long, but we also have some shorter two- and three-week courses.	www.futurelearn.com/using-futurelearn	Free
ELSA (Emotional Literacy Support Assistant)	ELSA Support provides downloadable resources which are ready to print and use. There is also a newsletter facility where you can subscribe with	https://www.elsa-support.co.uk/category/free-resources/	Free



	your email address to a regular newsletter from the site.		
Coronavirus A book for children by Elizabeth Jenner, Kate Wilson & Nia Roberts	This is wonderful children's book explaining COVID19 for young children which might help you and your children to gain a better understanding and reduce worries. Illustrations by Alex Scheffler	https://nosycrowcoronavirus.s3-eu-west-1.amazonaws.com/Coronavirus-ABookForChildren.pdf	Free
The Green Parent	They provide a <i>The Big Lockdown Resource List</i> for parents/carers	https://thegreenparent.co.uk/articles/read/lockdown-life-savers	Free
Helpful Apps	Lessonly The Great Courses Duolingo Brainscape Memrise edX Ted Khan Academy	Search in the App store or download from Google play	Free

Be Active



Topic	Activity	How to Access	Costs
Please note that some recommended apps are totally free, others have a free trial period, or have special offers available.			
Fitness videos	Choose from 24 free instructor led videos ranging from 10 minutes to 45 minutes. Includes allsorts from yoga to aerobic exercises to strength and resistance.	https://www.nhs.uk/conditions/nhs-fitness-studio/	Free
Davina McCall	This website lets you work out alongside Davina and her favourite trainers from home with online classes, including HIIT, boxing, dance and more on offer. Davina's site also gives you access to work out plans, and nutritionist-approved recipes.	www.ownyourgoalsdavina.com/	Free



Get Fit for Free	The secret to getting fit for free is to use every opportunity to be active.	www.nhs.uk/live-well/exercise/free-fitness-ideas/	Free
Live Well Dorset	Find Activities to help you get fit near you by using the search tool on the website. Live Well Dorset offer a five-step plan to strengthen your wellbeing. Join the virtual five-ways training programme and there will be coaching, training plan; information and inspiration. All you need is a mindset of belief and determination to follow the plan. It's time we switched our focus away from what we can't do, and on to what we can do.	www.livewelldorset.co.uk/get-active/ www.livewelldorset.co.uk/five-ways-challenge Facebook https://www.facebook.com/lwdorset/	Free
Dance Syndrome	People with a range of abilities and disabilities will be able to participate. It will be a great way to keep active, boost your mental health and take your mind off the outside world!	www.youtube.com/channel/UC7HCxumGLOPXF-Jodw0gkijw	Free
Better Together Dorset	The Better Together Dorset initiative is running a wide range of free online exercise classes from Pilates and yoga to children's exercise class, HIIT and meta-fit, alongside sessions of meditation and mindfulness. These are free daily sessions and can be accessed on Facebook or Youtube.	Facebook https://www.facebook.com/bettertogetherdorset Youtube: https://www.youtube.com/channel/UCCnUjC28DGuqONQ3Kgk7aXA	Free
NHS – 10 minute workouts	NHS - these equipment-free <u>fitness routines</u> from the NHS are great to do at home and short enough for you to easily fit them into your daily schedule <i>Short on time? Hate the gym? Too tired to exercise after work?</i> These 10-minute workouts are just what you need. There are 6 workouts, 1 for every day of the week if you include a rest day, each working on a different area of your fitness.	https://www.nhs.uk/live-well/exercise/10-minute-workouts/	Free
We are Undefeatable	Videos with activities you can do at home vary greatly and include very low-intensity options for moving more. Chair exercises, for instance, allow you to move and stretch your body while sitting down, making them suitable for most people. You can also do simple work-outs with equipment or objects you'd find in the home, like a small water bottle or a tin of beans.	https://weareundefeatable.co.uk/ways-to-move/get-moving-around-the-home	Free



Parasport	Parasport are producing home workout routines especially designed for disabled people. New content will be added to the website all the time, so keep an eye on the latest updates.	https://parasport.org.uk/home-workout-kris	Free
Versus Arthritis	Free exercise booklet that provides information and answers to your questions about how to exercise if you have arthritis. https://www.versusarthritis.org/media/1310/keep-moving-information-booklet-with-poster.pdf	https://www.versusarthritis.org/undefeatable	Free
Multiple Sclerosis Society	Symptoms of multiple sclerosis can make it hard to exercise. So the MS Society has worked with personal trainer Dom to create a range of exercises for people with MS. These workouts are designed for different levels of mobility.	https://www.msociety.org.uk/care-and-support/everyday-living/staying-active/simple-exercises-for-ms	Free
NHS – Pilates people with chronic conditions	The NHS has produced a pilates-inspired 30-minute workout suitable for people with several conditions including multiple sclerosis, chronic fatigue syndrome, chronic pain and fibromyalgia.	https://www.nhs.uk/conditions/nhs-fitness-studio/ms-and-fibromyalgia-pilates-exercise-video/	Free
Sidekick Health	Sidekick is a social health game, designed to motivate and support you on your journey to a healthy lifestyle. Sidekick allows you to get together and compete with friends and colleagues along the way.	https://sidekickhealth.com/	Free
10 Today Radio	10 Today involves short ten-minute routines to get you stretching and moving and will be broadcast on the radio and online. 10 Today provides a series of easy, accessible and enjoyable 10-minute exercise broadcasts which can be followed almost anywhere and at any time. Watch videos online: https://10today.co.uk/tune-in/	https://10today.co.uk/	Free
How to make a home Gym	It can be difficult to stay in shape when you are stuck inside. But there are everyday goods that you can use to help maintain your strength and mobility	https://www.theguardian.com/lifeandstyle/shortcuts/2020/mar/17/how-to-make-a-home-gym-from-household-items-while-self-isolating	Free
BBC Top Tips	Videos and tips from <i>The Green Goddess</i> - the original keep-fit queen of the 80s - is making a comeback on BBC Breakfast. Eighty-year-old Diana	https://www.bbc.co.uk/news/uk-51933762	Free



	Moran will be doing exercises three times a week from self-isolation so viewers can follow along at home.		
Sport England Top Tips	We're all now spending a lot more time at home than we might like, which is why staying as physically active as possible is more important than ever. Find lots of fun and creative ideas on how to get active at home, with exclusive offers and workouts from content providers such as Les Mills on Demand, Joe Wicks (The Body Coach) and FiiT.	http://www.sportengland.org/news/how-stay-active-while-youre-home	Free
Greater Sport – Ways to keep Moving	Being physically active matters during this period and, actually, we think it's more important than ever right now. Moving more reduces the risk of serious health conditions and life-limiting diseases, such as cancer, heart disease, diabetes and stroke. Being more active also helps keep bodies strong and flexible as they age, and can help alleviate conditions such as a depression, stress and anxiety.	https://www.greatersport.co.uk/ways-to-keep-moving	Free
The Chartered Society of Physiotherapy	The society has developed a number of <u>stretching exercises</u> you can do at your desk to keep your body and joints mobile. These simple stretches can help ease the aches and pains associated with sitting for long periods, but it's important to combine them with regular physical activity.	https://www.csp.org.uk/system/files/doing-you-sit-at-your-desk-exercise-sheets-a4.pdf	Free
NASS Videos	Videos and exercise stretches for your daily life. The information on this page is for anyone with axial spondyloarthritis (axial SpA) including people with ankylosing spondylitis (AS). When you're living with pain and fatigue it can be hard to make time to do your daily stretches. However, you don't have to put on your trainers or go to the gym to stretch. These exercises can be fitted in around work, childcare or other commitments.	https://nass.co.uk/managing-my-as/exercise/stretchers-for-your-daily-life https://www.youtube.com/user/NASSCentral	Free
Escape Pain	ESCAPE-pain is an innovative, award-winning rehabilitation programme for people with chronic knee and hip joint pain. This app was developed in conjunction with physiotherapists from the Health Innovation Network in London to bring the ESCAPE-Pain programme to more people. You can plot your progress to see how you are improving.	https://itunes.apple.com/gb/app/escape-pain-enabling-management-of-arthritis-pain/id1198249748	Free



Walk with Ease	<p>Walk With Ease is an evidence based walking program designed for people with or without arthritis. With this app you can:</p> <ul style="list-style-type: none"> • Set physical activity goals by creating a contract with yourself • Access the Interactive quiz to help you determine your starting point and ending point • Track your walking in minutes or miles/km in up to 10 diaries (each diary has 6 weeks) • Analyse results and progress by comparing your starting and ending points • Purchase tools to assist you throughout the program • Link to your Fitbit device and automatically import your Fitbit activity data 	https://apps.apple.com/us/app/walk-with-ease/id944568599	Free
iPrescribe	<p>iPrescribe Exercise is a free, evidence-based iOS app which analyses the user's health and produces a personalised 12 week physical activity programme that gradually helps you to increase your activity levels. The app sets the exercise intensity and duration based on the information you provide. iPrescribe Exercise is available to download on the App Store, and also published on the NHS Apps Library.</p>	https://iprescribexercise.com/	Free
Active 10	<p>Active 10 tracks your walking and shows you when to increase your pace to benefit your health. The app is designed to quickly and simply help you do more brisk walking in bursts of 10 minutes. It tracks all your walking and rewards your progress. Download the free Active 10 App.</p>	App Store or Google Play	Free
Fitness Blender	<p>Fitness Blender offer a range of professional workouts, healthy recipes and informative articles, as well as one of the most positive communities on the web, you'll have everything you need to reach your personal fitness goals – for free!</p>	https://www.fitnessblender.com/	Free
Couch to 5K	<p>The Couch to 5K app has been designed to get you off the couch and running in just nine weeks. Grab your trainers, download the app and follow the step-by-step instructions. Download the free Couch to 5K app from the App Store or Google Play</p>	App Store or Google Play	Free



Love To Move	Download the Love to Move exercise booklet - available to help you try our love to Move programme in your own home with your loved ones, containing some of the key exercises from the chair-based gymnastics programme.	https://britishgymnasticsfoundation.org/lovetomove/	Free
Royal Osteoporosis Society	You can watch and follow the online videos offered by the Royal Osteoporosis Society. Being physically active and exercising helps you in so many ways, and is very unlikely to cause a broken bone. There are three ways that exercise and safe movement help with bone health and osteoporosis: <ul style="list-style-type: none"> • Promote bone and muscle strength • Keep you steady • Care for your back 	https://theros.org.uk/information-and-support/living-with-osteoporosis/exercise-and-physical-activity-for-osteoporosis	Free
Sport England 'Join the Movement' Campaign	'Join the Movement' is designed to inspire and inform the public of fun and innovative ways they can keep moving in and around the house. Everyone is encourage people to go outside for one piece of exercise a day, in line with government advice. Build a movement by asking people to share their own hints, tips and home-based exercise inspiration using #StayInWorkOut	https://www.sportengland.org/stayinworkout Follow Twitter @stayinworkout Facebook or Instagram accounts	Free
Dorset Daily Dose	To help us all stay better connected Dorset has created the hashtag #DorsetDailyDose. They also have a dedicated webpage where you can get your #DorsetDailyDose of physical activity and look after your mental health. https://www.activedorset.org/dorset-daily-dose	Twitter: @active_dorset Facebook: Active Dorset Instagram: @activedorset	Free
NHS – One You	Getting exercise doesn't need to be difficult – you don't even need to leave the house! Clear some space in the living room and give our easy 10-minute workouts a go.	https://www.nhs.uk/oneyou/for-your-body/move-more/home-workout-videos/	Free
NHS workouts	These illustrated guides are designed to help make your workouts effective and easy to follow. Created with busy people in mind, these routines from fitness expert Neila Rey, now known as Darebee, can be done anywhere, at any time.	https://www.nhs.uk/live-well/exercise/gym-free-workouts/	Free
Super 6	Six simple exercises that can help you stay steady and stronger for longer that can be done at home.	https://www.cambri-dgeshireandpeterboroughccg.nhs.uk/easysiteweb/getresource.axd?assetid=1596	Free



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iCareiMove	Free video workouts for older people, including chair-based exercises and handy tips to improve your circulation and mobility.	https://www.icareimove.com/free-workouts/	Free
Sitting exercises	These exercises done whilst sitting, are a great place to start to build strength and balance.	https://www.nhs.uk/live-well/exercise/sitting-exercises/	Free
Flexibility Exercises	These flexibility exercises can be done at home to help improve your mobility.	https://www.nhs.uk/live-well/exercise/flexibility-exercises/	Free
Balance Exercises	These simple balance exercises can be done at home to help make you feel more steady in walking and moving.	https://www.nhs.uk/live-well/exercise/balance-exercises/	Free
Strength Exercises	Strength exercises like these can be done at home to improve your lower limb strength.	https://www.nhs.uk/live-well/exercise/strength-exercises/	Free
Pregnancy Exercises	The NHS has specific guidance for exercising whilst pregnant.	https://www.nhs.uk/conditions/pregnancy-and-baby/pregnancy-exercise/	Free
Yoga with Adriene	We welcome all levels, all bodies, all genders, All souls! Browse our library of free yoga videos to find a practice that suits your mood or start a journey toward healing.	https://www.youtube.com/user/yogawithadriene	Free
Fitswarm	A live, two-way fitness training platform for participants. Fitswarm opens the door to an incredible selection of live, interactive, two-way fitness sessions	https://www.fitswarm.com/	Free
Nike Training Club	With Nike Training Club, you get free access to over 190 free workouts across strength, endurance, yoga and mobility targeting your abs, arms, shoulders, glutes and legs. Sessions range from 15-45 minutes and are designed to help you see and feel results.	https://www.nike.com/gb/ntc-app	Free



Her Spirit	Her Spirit is a personalised coaching and community app for your mind and body. FREE for EVERY Woman until 30th June	https://herspirit.co.uk/	Free
POPSUGAR	Over 500 ad-free workouts from celebrity trainers and fitness experts, including POPSUGAR's exclusive multi-week challenges. The app 'Active by POPSUGAR' is also free to use at this time	https://www.youtube.com/channel/UCBINFWq52ShSgUFEoynfSwg	Free
Sweaty Betty	Workout from home with Sweaty Betty's online fitness classes. With workouts ranging from yoga to HIIT, you'll be able to find a class to suit your timeframe and fitness level.	https://www.sweatybetty.com/workout-videos.html	Free
Wheel Power – Adaptive Yoga for Wheelchair users	Yoga is a safe and effective way to increase strength, flexibility and your balance that can lead to improvements in both your physical and mental wellbeing. WheelPower believe that lives can be transformed through sport and physical activity and have launched a series of Adaptive Yoga videos for wheelchair users to exercise from the comfort of their homes.	https://www.wheelpower.org.uk/resources/adaptivelyoga	Free
Fitness Monopoly	Print it off, grab what you can for dice and game-pieces and away you go!	https://www.tes.com/teaching-resource/fitness-monopoly-11026024	Free
Go Noodle	Anyone can access these free online videos that encourage children to be active & have fun. They engage 14 million children every month with movement and mindfulness videos created by child development experts. Available for free at school, home and everywhere children are!	https://www.gonoodle.com/	Free
Change4Life	Loads of great indoor children's activities and games for them to play so they can still get the activity they need even when they cannot get outside. Get started with our easy-to-follow Shake Up games inspired by your children's favourite Disney characters.	https://www.nhs.uk/change4life/activities/indoor-activities	Free
imoves	The <i>imovement</i> , powered by <i>imoves</i> , is a free platform designed for teachers and parents to support home learning by helping children to learn through activity.	https://imoves.com/imovement-signup	Free
Youth Sports Trust Home Learning Resources	Anyone can access these free online videos that encourage children to be active & have fun. They engage 14 million kids every month with movement and mindfulness videos created by child development experts. Available for free at school, home & everywhere kids are!	https://www.youthsportstrust.org/free-home-learning-resources-0	Free



Thinkuknow – Online Safety for Children and Young people	<p>Online safety - Each fortnight, <i>Thinkuknow</i> will be releasing new home activity packs with simple 15 minute activities you can do with your child to support their online safety at a time when they will be spending more time online at home.</p> <p>You can access the activity sheets for young people aged 4 to 14+ or view other sections of their website including educational games and videos.</p>	https://www.dorset.police.uk/covid-19-coronavirus/educating-young-people/	Free
Relaxation Apps	<p>Smiling Mind – Meditation app Cove – Relaxing music app Headspace – Mindfulness app Combined minds - helps families and friends to find ways to provide the right environment to help the individuals they support affect their own change. Daylio – Mood tracker Whats Up – Teaches you coping Mechanisms Happify – Evidence based games and mindfulness Happy Color - colour by number game.</p>	Search in the App store or download from Google play	Free or monthly payment
Daily Breath Meditation	<p>A daily 10 minute get-together to practise some calming breathwork. I will lead a short, guided breathwork meditation to get us all quietly realigned and reconnected to our innate well of calm. Breathwork meditation helps to down-regulate an activated nervous system. These are tricky, tumultuous times.</p>	https://www.facebook.com/yogionline108/	Free
Andrew Johnson Mindfulness	<p>Relaxation and Meditation MP3s to help you sleep, reduce anxiety and remain positive.</p>	https://andrewjohnson.co.uk/?fbclid=IwAR273NVcRiigIfWD7Oj5vleuKeUgetoT8iZQcVDdGf7MAI8DVxisbGRtsuA	Free
MapMyWalk	<p>MapMyWalk app allows you to track every walk you go on and gives feedback and stats to improve your performance.</p>	https://www.mapmywalk.com/	Free
Other Helpful Apps	<p>My Fitness Pal Aaptiv Dance Fit lite Fitnet 8Fit Blogilates</p>	Search in the App store or download from Google play	Free or monthly payment



	Better Points One you couch to 5K Runtastic Gr8 Chat & Brew		
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Take Notice



Topic	Activity	How to Access	Costs
Watch the Northern Lights	<p>We don't know about you, but since we're all isolating at home, looking at the same four walls is starting to get tiresome.</p> <p>Luckily, if you could do with a change of scenery or a way to pretend you've gone on a fabulous trip, there's a live stream in Canada that will allow you to try and see the Northern Lights.</p>	https://www.tyla.com/life/life-news-live-stream-northern-lights-online-video-feeds-aurora-borealis-canada-20200327?source=facebook	Free
Free audio books	For as long as schools are closed, we're open. Starting today, kids everywhere can instantly stream an incredible collection of stories, including titles across six different languages, that will help them continue dreaming, learning, and just being children. All stories are free to stream on your desktop, laptop, phone or tablet. Explore the collection, select a title and start listening.	https://stories.audible.com/discovery	Free
Wind in the Willows	The producers of the West End production of The Wind in the Willows will stream the show online for free, though ask for a small donation that will be given to theatre charities. Based on the classic children's story the piece follows the various characters of the book including Mr Toad, Ratty and Mole, as they follow Toad's insatiable need for speed.	https://www.willowsmusical.com/	Free stream online



Libby App	Libby is a free app where you can borrow ebooks and digital audiobooks from your public library. You can stream books with Wi-Fi or mobile data, or download them for offline use and read anytime, anywhere. All you need to get started is a library card.	https://www.youtube.com/watch?v=7wBXl4KyLxI&feature=youtu.be&fbclid=IwAR3OmZwhDnQ1qrajgBSiiIG5YVxsfMhakWPSDyqovX1elbDAzksHni8yzvo	Free
Photo Magazine	Life Force magazine is a free online photography magazine with monthly, changing content. "A free, really high quality photo-essay magazine. Fabulous!" Stephen Fry. British actor, writer and film maker.	www.lifeforcemagazine.com	Free
Shakespeare Plays from the Globe Theatre	<u>Globe Player</u> has recordings of Shakespeare adaptations spanning more than 10 years, including Mark Rylance and Stephen Fry in Twelfth Night; Jonathan Pryce as the Merchant of Venice; Emma Rice's naughty telling of A Midsummer Night's Dream; Adetomiwa Edun and Ellie Kendrick in the 2009 production of Romeo and Juliet; and Lucy Bailey's bloodthirsty Titus Andronicus. Watching one of these for your sofa is probably more comfortable than being a groundling at the theatre itself, although you'll pay roughly the same to rent, as you usually would for the cheapest tickets in the house.	https://londonist.com/london/theatre-and-arts/globe-theatre-streaming-plays-online?fbclid=IwAR0DJ4bQ2abHHteV11pDnhhiXoDHYuM9L025lnkc5oWgSN50jgvAlrUW8To	£4.99 to rent
National Theatre plays	National theatre are streaming plays every Thursday at 7pm	https://www.nationaltheatre.org.uk/at-home	Free
Hope FM	Locally the Hope FM frequency is 90.1 FM . This is particular good to access in vehicles but can be more challenging in homes other buildings. Listen On Demand: We have a 30 day listen on demand service which can accessed at: www.podbox.me/hopefm Podcasts: You can also listen to some of our Best Bits Podcasts on the website where you will find links to a range of platforms enabling listening: http://hopefm.com/listen-again-to-all-the-best-bits/	www.hopefm.com	Free



	<p>Our regular podcasts are available at: https://soundcloud.com/hopefmradio</p> <p>The Tunein Radio App: This is a free radio app enabling listening on mobile phones and iPads etc. https://tunein.com/radio/Hope-FM-901-s80435/</p> <p>Radio Garden App: This is also a free radio app and can be accessed at: http://radio.garden/listen/hopefm/6K1sv8EX</p>		
Explore museums and exhibitions	<p>Visit museums and exhibitions that you might never have been able to in real-life - you could probably look at this all day every day and not even have scratched the surface. There are museums (such as the National History Museum in London) from all over the world, art (where you can zoom in) and famous landmarks and buildings.</p>	https://artsandculture.google.com/	Free
Happy Color' - Mindful colour by numbers app	<p>Happy Color is a colour by number game for adults. There are so many colourful, breath-taking pictures to colour! All 6000 of them are free. We have a great number of categories in our paint by number app: Animals, Places, Hobbies and Flowers.</p>	Search for 'Happy Color' in the app/play store	Free



Give



Topic	Activity	How to Access	Costs
NHS Volunteer Responder	<p>NHS Volunteer Responders is being delivered by Royal Voluntary Service one of the country's largest and longest-standing volunteering charities. Once you have been approved as a NHS Volunteer Responder, please make sure you watch the GoodSAM app video.</p>	https://volunteering.royalvoluntaryservice.org.uk/nhs-volunteer-responders-portal/volunteers	Free
Psychological first aid (PFA)	<p>Free course for all who want to help people with different needs to cope with the emotional impact of COVID-19. You learn de-escalation skills, listening</p>	https://www.futurelearn.com/courses/psy	Free



	skills, empathic understanding and crisis management.	chological-first-aid-covid-19	
Cinnamon Trust	The Cinnamon Trust is the only specialist national charity which seeks to relieve the anxieties, problems, faced by elderly and terminally ill people and their pets, thereby saving a great deal of human sadness and animal suffering. The trust always needs volunteers who can offer dog walking or fostering opportunities for the pets whose owner is too ill to do so. In particular during the time of self-isolation those who are most vulnerable need help to walk their dog as they are too ill or frightened to go outside themselves.	https://cinnamon.org.uk/	Free
Train to become a SMART online meeting facilitator	All face to face meetings are currently suspended but new online meetings are being set up. If you're familiar with SMART and fancy a bit of training and giving back to your recovery community why not take a look and go through their free training package to become a facilitator yourself. If you're new to SMART, why not join an online meeting and see if it is something you'd like to facilitate.	https://smartrecovery.org.uk/	Free
Write Letters to elderly and maybe lonely people in residential homes, home alone, or people in hospitals	During these uncertain times many vulnerable people with care needs, in residential homes and in their own home with care needs will be isolated with minimal entertainment. Writing letters to these people is a wonderful way to keep them connected to the outside world.	Find out though your local authority how you can help and brighten up the day of a lonely person.	Free
British Red Cross	The British Red Cross is helping with the coronavirus emergency across the UK. Our staff and volunteers are always on standby to help and the coronavirus, also called Covid-19, is no exception. Find out more about coronavirus, and how you can help yourself and others. You can also donate to help us help people affected, or join us as a volunteer.	https://www.redcross.org.uk/about-us/what-we-do/uk-emergency-response/coronavirus##	Free
Donate to/ Volunteer with Food Banks	Food banks sometimes run low on certain items, and we know there are different pressures on stock levels in different areas. We're not sure about what the impact of the pandemic will be on food stock levels in	Volunteer- https://www.tRussellTrust.org/get-involved/volunteer/	Free



	<p>the coming months, so we really encourage you to support your local food bank if you're able to.</p> <p>Please support your local food bank by checking what items are most needed, and donating those if you are able to. You can find out where the nearest food bank is by putting your postcode into our map – visit their website to find out how to donate food.</p> <p>https://www.trusselltrust.org/coronavirus-food-banks/?fbclid=IwAR0B4UfE4zTzH5AthrIgvJJxT1VOWfyvqbN2FXte3sRkvNYrbV7T0-uG-KU</p>	<p>Donate- https://www.trusselltrust.org/get-involved/ways-to-give/</p>	
Soup kitchen	Check in your local area how you can help with the food kitchen often run by local churches and charities.		Free
The Veterans Hub Weymouth	The Veterans Hub on Portland Road in Wyke Regis is a charitable organisation with the community at its heart. With a thriving café serving tea, cakes and snacks to the general public, and keeping to their original mission, which is to support veterans, armed forces personnel and their families. Since November they also have a gym. You can go and 'connect' with others and/or you can volunteer and help out.	Facebook https://www.facebook.com/veteranshubweymouth/	Free
Learn how to support someone with depression, particularly during this time	Depression is a complicated illness in that the symptoms and experiences vary from person to person. They say "knowledge is power" which is why we've put together some resources to help arm you with information to help you understand more about depression and some lifestyle changes which may help you and others.	https://www.burlititout.org/resources	Free
Dorset Community Response	Dorset Community Response #Dorsettogether Public sector partners and charities across Dorset are working together to respond to the impact of COVID-19. For information on volunteering, or if you, or someone you know needs help, or benefits advice from the CAB or food bank information, please see Dorset Community Response .	https://www.dorsetcouncil.gov.uk/emergencies-severe-weather/emergencies/coronavirus/coronavirus-covid-19.aspx	Free
Knitting a Teddy Bears' Picnic	Stuck at home and need something to keep you busy during these weeks of isolation? Why not join in and help us to create a big Teddy Bears' Picnic! You can knit, crochet or sew bears in any way, shape, form or	Call: 07786 635154	Free



	<p>colour you like; or make some food for them to eat; or a blanket to sit on – no limits to your imagination! Think of a sunny summer’s day when we will hopefully all be outside again celebrating better times, and let your imagination take over. We are hoping to display our creations later this year, and then sell the items to raise money for Royal Voluntary Service.</p> <p>So get started now and let me know what you are making; once we are able to we will either pick your creations up or you can post them to our office in Dorchester. Any questions please contact Maria Jacobson, Service Manager Dorset Home Library Service.</p>	<p>or e-mail maria.jacobson@royalvoluntaryservice.org.uk</p>	
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ADVICE & SUPPORT

Topic	Activity	How to Access	Costs
Samaritans	To talk about anything that is upsetting you, you can contact Samaritans 24 hours a day, 365 days a year. You can call 116 123 (free from any phone), email jo@samaritans.org or visit some branches in person . You can also call the Samaritans Welsh Language Line on 0808 164 0123 (7pm–11pm every day).	Call 116 123 (free from any phone), or email jo@samaritans.org	Free
MIND	We provide advice and support to empower anyone experiencing a mental health problem. We campaign to improve services, raise awareness and promote understanding. We won't give up until everyone experiencing a mental health problem gets support and respect.	Call: 0300 123 3393 www.mind.org.uk	Free



Community Front Rooms (CFR)	<p><u>Community Front Rooms</u> are back open for face-to-face drop-ins and will continue to provide virtual drop-in sessions. Both are available <u>Thursday-Sunday from 3.15-10.45pm</u> for support. CFR are open to anyone over 18 who needs face-to-face support. They are staffed by mental health professionals and peer specialists (people with personal experience of mental health issues), and are there for you if you are struggling to cope and feel are approaching a crisis point.</p> <ul style="list-style-type: none"> • Bridport Community Front Room The Assembly Rooms Gundry Lane Bridport Dorset DT6 3RL 07385 290804 • Shaftesbury Community Front Room Hope Offices Longmead Industrial Estate Shaftesbury SP7 8PL 07714 550969 • Wareham Community Front Room Unit 1, Leanne Business Centre, Sandford Lane, Wareham, BH20 4DY 07971 614931 • Weymouth Community Front Room 56 St Mary Street Weymouth DT4 8PP 07966 808845 		Free
SANEline	<p>Emotional support, information and guidance for people affected by mental illness, their families and carers. Peer support forum: www.sane.org.uk/supportforum</p> <p>Website: www.sane.org.uk/support</p>	<p>Call: 0300 304 7000 (4.30pm–10.30pm every day).</p> <p>Text service: www.sane.org.uk/textrcare</p>	Free
Campaign Against Living Miserably (CALM)	<p>If you identify as male, you can call the CALM on 0800 58 58 58 (5pm–midnight every day) or use their <u>webchat service</u>.</p>	<p>Call: 0800 58 58 58</p>	Free
Helplines Partnership	<p>Directory of UK helplines. <u>Mind's Infoline</u> can also help you find services that can support you. If you're outside the UK, the <u>Befrienders Worldwide</u> website has a tool to search by country for emotional support helplines around the world.</p>	<p>https://www.helplines.org/find-a-helpline/</p>	Free



Talkworks	TALKWORKS is a free, confidential, NHS talking therapy service for adults, offering effective treatments and therapies, including Cognitive Behavioural Therapy (CBT). We can help you if you are feeling low in mood, stressed or depressed as well helping you if you live with panic attacks, social anxiety/shyness, phobias, Post Traumatic Stress Disorder (PTSD), agoraphobia, Obsessive Compulsive Disorder (OCD) and health anxiety.	Call: 0300 555 3344	Free
Citizens Advice Service	If you need advice about a consumer issue such as getting a refund for a cancelled holiday: If you need advice or help to claim Universal Credit: General advice can be found on the CAB website: citizensadvice.org.uk	Consumer Helpline: 0808 223 1133 Help to Claim line: 0800 144 8444 Other issues: 03444 111444	Free
SafeLives	Please visit the SafeLives website for information on staying safe from domestic violence and abuse during COVID-19.	https://safelives.org.uk/news-views/domestic-abuse-and-covid-19	Free
Domestic Abuse Support	Dorset Police domestic abuse information: <ul style="list-style-type: none"> • https://www.dorset.police.uk/help-advice-crime-prevention/abuse-exploitation-neglect/domestic-abuse/ • www.dorset.police.uk/abuse-help • www.dorsetcouncil.gov.uk/dvahelp Dorset (You First) Domestic Abuse Helpline: Bournemouth: 01202 547641 Poole: 01202 710 777 Email: youfirst@theyoustrust.org.uk You First (Sexual Violence Advocate) Here to talk to you if you are experiencing sexual violence or abuse. http://theyoustrust.org.uk/service/domestic-violence-abuse/ BCHA – housing support for people who are affected by domestic abuse and violence	Call the Police on 999 if your life is in danger 0800 032 5204 0800 032 5204	Free



	<p>Visit: https://www.bcha.org.uk/our-services/supported-housing/domestic-abuse/</p> <p>Refuges 24 hour helplines:</p> <ul style="list-style-type: none"> • Dorset 0800 032 5204 • Bournemouth 01202 547 755 • Poole 01202 710 777 (can take men, those experiencing Honour Based Violence and forced marriage) <p>LGBT+ Domestic Abuse Helpline: 0800 999 5428 help@galop.org.uk</p>		
Men experiencing domestic abuse	<p>Men's Advice Line: 0808 801 0327 info@mensadviceline.org.uk</p> <p>Men experiencing domestic abuse - Confidential helpline for men experiencing domestic violence from a partner or ex-partner (or from other family members).</p> <p>The ManKind Initiative: - Confidential helpline is available for all men across the UK suffering from domestic violence or domestic abuse by their current or former wife or partner (including same-sex partner).</p>	<p>Call the Police on 999 if your life is in danger</p> <p>0808 801 0327</p> <p>01823 334 244</p>	Free
Elder Abuse	Elder Abuse Helpline: 080 8808 8141	Call the Police on 999 if your life is in danger	
Victim Support	Victim Support National 24 hour Support line: 0808 1689 11	Call the Police on 999 if your life is in danger	
Honour Based Violence (HBV)	Karma Nirvana: 0800 5999247 - National charity supporting men and women who are being pressured to get married against their will, fear bringing shame or dishonour to their family or are concerned about being disowned.	Call the Police on 999 if your life is in danger	Free



The Silent Solution	The Silent Solution is a police system used to filter out large numbers of accidental or hoax 999 calls. It also exists to help people who are unable to speak, but who genuinely need police assistance. You will hear an automated police message, which lasts for 20 seconds and begins with 'you are through to the police'. It will ask you to press 55 to be put through to police call management. The BT operator will remain on the line and listen. If you press 55, they will be notified and transfer the call to the police. If you don't press 55, the call will be terminated. Pressing 55 does not allow police to track your location	After calling 999 press 55	Free
People who are committing Domestic Abuse Support	For people committing domestic violence - Respect ☒: - A confidential and anonymous helpline for anyone concerned about their violence and/or abuse towards a partner or ex-partner.	0808 802 4040	Free
The Shores - Dorset SARC (Sexual Assault Referral Centre)	Sexual assault - Providing a comprehensive service to men, women and children who have been raped or sexually assaulted.	01202 552 056 http://www.the-shores.org.uk	Free
STARS - Rape Crisis Team	A voluntary organisation run for men, women, young people and children who have been raped or sexually abused.	01202 308 855 http://www.dorsetrapecrisis.org	Free
National Stalking Helpline	You First: 0800 032 52 04 - a You First Stalking Advocate will talk with you about stalking and carry out a risk assessment with you. Please phone if you think you are being stalked or harassed.	National Helpline: 0808 802 0300	Free
Food Banks	Many foodbanks are still operating, please check the website on how to collect.	https://www.trusselltrust.org/get-help/emergency-food/	Free
Bereavement Support	On-line community support forum from Sue Ryder	https://community.sueryder.org/	Free
Men's Health Forum	24/7 stress support for men by text, chat and email.	www.menshealthforum.org.uk	Free



Anxiety UK	Anxiety UK is a national registered charity formed in 1970 by someone living with agoraphobia for those affected by anxiety disorders. Today we are still a user-led organisation, run by people with experience of living with anxiety, stress or anxiety-based depression, supported by a high-profile medical advisory panel. Offering specific support about Coronavirus Anxiety.	www.anxietyuk.org.uk Text: 07537 416 905 Call: 03444 775 774	Free
Bipolar UK	Our mission is to empower everyone affected by bipolar to live well and fulfil their potential. The government has announced unprecedented measures to contain the spread of coronavirus. This will have a profound effect on the country and in particular people affected by bipolar. We offer help and support.	www.bipolaruk.org.uk	Free
Mental Health Foundation	Ways to support your mental health, particularly during the Coronavirus.	www.mentalhealth.org.uk	Free
Andy's Man Club	It was in response to this tragic life event that Ambler, a father-of-two and professional rugby player, launched 'Andy's Man Club' – a safe space for men in crisis to open up to others in a similar situation. ... Luke Ambler created Andy's Man Club in memory of his brother-in-law and pioneered the #ItsOkayToTalk campaign. Email: info@andysmanclub.co.uk	Twitter @AndysManClubUK Facebook /AndysManClub	Free
No Panic	Voluntary charity offering support for sufferers of panic attacks and obsessive compulsive disorder (OCD). Offers a course to help overcome your phobia or OCD.	0844 967 4848 www.nopanic.org.uk	Calls cost 5p per minute plus your phone provider's Access Charge
OCD UK	A charity run by people with OCD, for people with OCD. Includes facts, news and treatments.	0333 212 7890 www.ocduk.org	Free
OCD Action	Support for people with OCD. Includes information on treatment and online resources.	0845 390 6232 www.ocdaction.org.uk	Calls cost 5p per minute plus your phone provider's Access Charge
Counselling via Key Counselling	Free counselling via Skype during Covid-19 outbreak	https://www.keycounsellingacademy.com/	Free



		0121 236 0620 01803 294 919	
Prevent suicide	Free app to download to support people at risk of suicide and support those concerned for someone else.	https://www.prevent-suicide.org.uk/find-help-now/stay-alive-app/	Free
Young Peoples Addiction Services	Contact the local drug and alcohol charities offering 1:1 support for 11-25-year olds who are experiencing substance misuse issues Bournemouth - We Are with You Tel: 01202 830173 Poole - EDAS YP Team Tel:01202 741414 Christchurch & Dorset – EDAS/REACH YP Team Tel: 0800 043 4656 Option 2	www.wearewithyou.org.uk www.edasuk.org/treatment/poole/poole-yadas/ www.edasuk.org/treatment/dorset/south/	Free
Kooth	A safe and anonymous online support and counselling space for young people.	www.kooth.com/	Free
Fresh Start (Dorset only)	This is an eight-week programme which runs at The Lantern for two hours on a Thursday lunchtime. This course supports clients with addiction and other issues through social interaction. 2:1 support is provided for up to six months.	Referral is via Sally Tel: 07738 987280 Email: sallyhunt@capuk.org	Free
Age UK	Age UK are coordinating requests for help with issues relating to loneliness and isolation, or support in accessing items such as food, cash or medication. Support is available to all residents within the Dorset Council area. You can refer older people to The <i>SilverLine</i> if they could do with some added information, friendship, or advice. 24hr helpline.	enquiries@ageuknswd.org.uk or call 01305 269444 https://www.thesilverline.org.uk/	Free
Child Bereavement UK	We help children and young people (up to age 25), parents, and families, to rebuild their lives when a child grieves or when a child dies. Freephone. Monday – Friday, 9am – 5pm	National Helpline 0800 02 888 40 www.childbereavementuk.org	Free



	Live chat (Monday - Friday, 9am - 5pm)		
Papyrus	Support, practical advice and information for anyone concerned that a person under 35 years of age they know may be at risk of suicide.	www.papyrus-uk.org/ HOPELINE UK - 0800 068 41 41	Free
Young Minds	Young Minds are there to make sure YP get the best possible mental health support and have the resilience to overcome life's difficulties.	www.youngminds.org.uk/	Free
Connection	A 24/7 mental health helpline for people in Dorset of all ages. If you are feeling overwhelmed.	Tel: 0300 124 5440	Free
Drug Education	Honest information about drugs and their effects. Check out the website: www.talktofrank.com/contact-frank	Call FRANK 24 hours a day, 7 days a week on 0300 123 6600	Free
You Trust	The YOU Trust is a charity that supports vulnerable people. We work across a wide range of specialist areas from Learning Disabilities to Mental Health and Stalking, Domestic Abuse & Sexual Violence Services and everything we do is about ensuring the people we support can have the life they want.	Tel: 01329 825 930 www.theyoutrust.org.uk/	Free
Childline	Childline is a free, private and confidential service where you can talk about anything.	Tel: 0800 1111 www.childline.org.uk/	Free
National Debtline	Service to help you find solutions to your debt. 9am - 8pm Monday to Friday.	0808 808 4000 www.nationaldebtline.co.uk	Free
Hope	With over 90 beds across 13 properties in Dorset, Hope offers a variety of safe, comfortable housing for vulnerable single adults. We have dry houses, follow on after treatment houses, social drinking houses, women-only and mixed houses. We offer a range of training to help our residents develop and improve their skills. From accredited Maths and English tuition, to fork lift	Housing 01202 312231 www.hopehts.com	Free



	truck driving courses, we aim to help our residents reach their full potential.		
Hub of Hope	The Hub of Hope is more than just another mental health app, it's a gateway to recovery. If you or a loved one is struggling with any mental health concern, we urge you to start with the Hub of Hope , to find the most relevant and readily available support near you, when you need it. With more than 1,800 local, regional, grassroots and national services currently listed, the Hub of Hope is the UK's go-to mental health support signposting tool. It includes a "Get Help Now" function which allows you to talk directly to Samaritans or access text message support via Crisis Text line. You can access the Hub of Hope FREE online or download for FREE from the App Store or Play Store.	https://www.chasingthestigma.co.uk/hub-of-hope/about-the-hub/	Free
Child and Adolescent Mental Health (CAMHS)	<p>CAMHS offers assessment and treatment to children and young people aged up to the age of 18 (and their families/carers) who are suffering significant mental difficulties.</p> <p>Bournemouth and Christchurch Shelley Clinic, 22 Tower Road, Boscombe, BH1 4LB</p> <p>Poole - Poole Health Community Clinic, Shaftsbury Road, BH15 2NT</p> <p>Blandford - Milldown Road, Blandford, DT11 7DD</p> <p>Weymouth & Portland - Weymouth Community Hospital, Melcombe Avenue, Weymouth, DT4 7TB</p> <p>Dorchester - The Children's Centre, Damer's Road, Dorchester, DT1 2LB</p> <p>Website: www.dorsethealthcare.nhs.uk/patients-and-visitors/our-services-hospitals/mental-health/child-and-adolescent-mental-health-camhs</p>	<p>Services available 8.30am to 5pm Monday to Friday.</p> <p>Tel: 01202 646300</p> <p>Tel: 01202 584600</p> <p>Tel: 01258 394149</p> <p>Tel: 01305 762810</p> <p>Tel: 01305 255705</p>	Free



Sexual Health Services	<p>We provide contraceptive and sexual health services for people of all ages across Dorset at the following venues:</p> <p>The Junction, Bournemouth (Under 25's), Bournemouth Hospital.</p> <p>Number 18, Poole (Under 25's), Poole Community Health Clinic</p> <p>Christchurch –Ladders (Under 25's) Wessex Health Network.</p> <p>Dorset NHS – Wareham, Weymouth, Bridport, Blandford.</p>	<p>Tel: 0300 303 1948</p> <p>www.dorsethealthcare.nhs.uk/patients-and-visitors/our-services-hospitals/physical-health/sexual-health</p>	<p>Free</p>
Housing Advice	<p>BCP (Emergency Out of Hours Team on 01202 451467)</p> <p>Bournemouth</p> <p>Christchurch</p> <p>Poole</p> <p>Dorset</p> <p>North Dorset</p> <p>East Dorset</p> <p>West Dorset</p> <p>Weymouth & Portland</p> <p>Purbeck</p>	<p>Tel: 01202 451467</p> <p>Tel: 01202 795213</p> <p>Tel: 01202 633804, or 0800506050 outside of normal office hours</p> <p>Tel: 01305 251010</p> <p>Tel: 01202 228947</p> <p>Tel: 01305 251010</p> <p>Tel: 01305 251010</p> <p>Tel: 01929 557370</p>	<p>Free</p>
Food Banks	<p>Bournemouth bournemouth.foodbank.org.uk/</p> <p>Poole www.faithworkswessex.org.uk/poolefoodbank.htm</p>	<p>Tel: 01202 394505</p> <p>Tel: 01202 669566</p>	<p>Free</p>



	<p>Christchurch www.faithworkswessex.org.uk</p> <p>Dorset Corfe Mullen</p> <p>Swanage</p> <p>Portland</p> <p>Verwood</p> <p>Wimborne</p> <p>Gillingham</p> <p>Ferndown</p> <p>Weymouth</p> <p>Wareham</p> <p>Beaminster</p> <p>Blandford</p> <p>Lyme Regis</p> <p>Dorchester</p>	<p>Tel: 07587 371088</p> <p>Tel:01202 602948</p> <p>Tel:07759 230313</p> <p>Tel:01305 824381</p> <p>Tel:01425 600134</p> <p>Tel:07766 395944</p> <p>Tel: 07895 148094</p> <p>Tel: 01425 600134</p> <p>Tel:07531 167465</p> <p>Tel: 07840 408475</p> <p>Tel: 01308 861030</p> <p>Tel: 01258 456093</p> <p>Tel: 01297 441224</p> <p>Tel:01305 262045</p>	
Useful Apps	<p>Clear Fear provides you with a range of ways to manage the symptoms of anxiety.</p> <p>Calm Harm is a free app to help teenagers manage the urge to self-harm</p> <p>Breaking Free online</p> <p>Talk Space - a text-based therapy app</p>	<p>Search in the App store or download from Google play</p>	
LGBTQ++ Services	<p>Space Youth Project support young people who are or may be lesbian, gay, bisexual, trans or questioning their sexuality and/or gender identity.</p>	<p>Tel: 01202 205279</p> <p>www.spaceyouthproject.co.uk/</p> <p>Tel:</p>	Free



	<p>Mermaids aims to reduce isolation and loneliness for gender variant and transgender children, young people and their families</p> <p>Over the Rainbow is a sexual health clinic for the LGBTQ++ community providing STI testing, alongside advice and support.</p> <p>Chrysalis are a charity supporting transgender and questioning people, their families and close friends</p> <p>Support for the lesbian, gay, bisexual and transgender community - Galop - <u>LGBT anti-violence and abuse charity</u>: - If you've experienced hate crime, sexual violence or domestic abuse, we're here for you. We also support lesbian, gay, bi, trans and queer people who have had problems with the police or have questions about the criminal justice system.</p> <p>The Intercom Trust: - Intercom Trust is a lesbian, gay, bisexual and trans community resource in Cornwall, Devon, Dorset and the wider South West.</p> <p>Switchboard. If you identify as gay, lesbian, bisexual or transgender, you can call <u>Switchboard</u> on 0300 330 0630 (10am–10pm every day), email <u>chris@switchboard.lgbt</u> or use their webchat service.</p>	<p>0808 801 0400 www.mermaidsuk.org.uk/ Tel: 01202 257478 sexualhealthdorset.org/about-us/over-the-rainbow</p> <p>Tel: 07823 504306 www.chrysalisgim.org.uk/</p> <p>0300 999 5428</p> <p>0800 612 3010</p> <p>0300 330 0630</p>	
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