



LIVEWELL DORSET – Stop Smoking for COVID offer

As emerging evidence shows smokers with coronavirus are 14 times more likely to develop severe respiratory disease, Public Health Dorset is joining health professionals in calling on smokers to [#QuitforCovid](#). To encourage Dorset smokers quit, **we're providing 8-10 weeks of NRT free of charge.**

Stopping smoking brings immediate health benefits, particularly to the heart and lungs. [Start your stop-smoke journey today.](#)

Training staff to support others:

Livewell Dorset: Helping you to help others through COVID

Our [Five Ways to Wellbeing training sessions](#) will be delivered virtually for groups of 15-20 people. This 60-minute free course will help you to be inspired to live the Five Ways to Wellbeing. It will empower you to build a personal action plan to integrate these values into your lifestyle as well as sharing ideas with those that they support, live or work with. **More info [HERE](#)**

You'll be able to see scheduled training and book a place through [Eventbrite](#).

Trusted health and wellbeing apps



It's important that we focus on our wellbeing at this time. There are so many apps out there right now that it is hard to choose which one to use. Luckily you can use [ORCHA](#), an app library showing trusted and approved health and wellbeing apps.

Maternity matters

<https://maternitymattersdorset.nhs.uk/covid19-updates/>

A guide to maternity options and services in Dorset with updated COVID 19 advice. Just a reminder that this is a really useful site to signpost to.

The [Dorset Breastfeeding course online](#) is available and can be accessed as often as needed.



Breastfeeding Support Families and Babies have a great Facebook page and have one to one messaging, video calling and text messaging for support.

Groups may be closed, but you can still get support! Join our closed facebook group, call us, email us, send us a private message... FAB are still here for you!

<https://www.facebook.com/groups/117531442898890/>

deborah@familiesandbabies.org.uk Tel 07772151260
melanie@familiesandbabies.org.uk Tel 07833051723

Happy Families, Happy Futures – We have gone virtual!



At this unprecedented time, it's as important as ever for children to be surrounded by adults who understand the impact of parental emotions on children and who can communicate effectively to provide stability and consistency. The programme has adapted its delivery to ensure that we can continue to deliver support to parents, whether they are in a relationship or separated. Our family support workers are delivering virtual programmes on either a one to one or group basis to parents who have a smartphone, as a minimum. We have also adapted our referral process so it can be completed via telephone by any worker, practitioner or volunteer. For more information see our [web page](#) or [newsletter](#).

Educational Psychology Service helpline for parents and carers

If you're concerned about how your child is coping during coronavirus and you live in the Dorset Council area, you can request a 30-minute consultation with one of our educational psychologists. Consultations are available Monday to Friday from 9am to 4:45pm. Calls are confidential unless there's a risk of harm to you, your child or someone else.

Call 01305 228300 to ask for an appointment.

<https://www.dorsetcouncil.gov.uk/children-families/sen-and-disability-local-offer/education-and-learning/services-to-help-support-your-child/educational-psychologists.aspx>

Help and Support ★ Dorset Mind Mental Health

Dorset Mind are still delivering counselling and wellbeing support groups online. Dorset Mind offers a countywide range of safe, wellbeing support services that can be tailored and mixed to meet your needs. They aim to develop and improve positive mental health for everyone.. We offer talking therapies (including support groups, mentoring and counselling) and activity based groups that help get people moving. We also have an ecotherapy wellbeing group in Dorchester, called ...**dorsetmind.uk**

To access their services:

11-25 yrs - <https://dorsetmindyourhead.co.uk/services/counselling/>

<https://dorsetmindyourhead.co.uk/services/support-groups-for-young-people/>
Adult - <https://dorsetmind.uk/help-and-support/>

EU Settlement Scheme Extended

Just before lockdown began, I contacted some of you to let you know that we had received further funding for the EU Settlement Scheme project until the end of June this year. This continuity funding for existing EUSS projects (like ours) has now been **extended until the end of September this year.**

This is great news for EU Nationals within Dorset as we can carry on reassuring them that our caseworkers are still here to assist, especially during this period when we are unable to assist them face to face. We are continuing to assist over telephone, email and video chat where appropriate, and keeping a list of clients who will need face to face help as soon as we are able to provide it.

Please ask any client to contact us via these channels, or if you work for the CAB, signpost through casebook:

Email: euss.advice@citizensadvicebcp.org.uk

Phone our Caseworkers: 07761 092704

Please reassure EU nationals that **they have until June 2021 to apply for the scheme. However, they will need to ensure that they, or their family members, are resident in the UK by the end of December 2020 to enable them to make an application up until June 2021.**

Thanks for all your help and support so far and please do contact me if there are any questions.

Many Thanks

Kirsty Pemberton
EUSS & Money Talks Project Coordinator
Tel: 07776 262644

Dementia Toolkit for coronavirus volunteers

A toolkit for volunteers supporting the coronavirus response has been created. We need your help to ensure it reaches as many of those volunteers as possible.

Many people already helping or volunteering in their local communities during coronavirus will be supporting people affected by dementia. From NHS volunteers, to neighbours and friends helping others.

With so many people living with dementia needing the support of their communities during this period, it is important that those offering their time are more aware of what it is like to live with dementia, and the action they can take to support those living with the condition.

Working with people affected by dementia, we've created a top tips guide with simple things a volunteer can do, like learning a little more about the condition, tips on communicating

effectively and where to signpost to for specialist support.

We need your help to get the toolkit to as many volunteers as possible. There are three actions you can take to support us:

- 1) Share the toolkit on social media
- 2) Share the toolkit with local coronavirus response groups
- 3) Share the toolkit with organisations managing volunteers in your area, including your local council

To share the toolkit with others, please share the link:

www.alzheimers.org.uk/coronavirus-volunteer-toolkit

If you hear about anyone using the toolkit, or have any feedback, please let us know. This will help us understand what is working and will inform future resources we develop.

Thank you for your commitment and support, and the amazing work you are doing for your communities.

Best wishes,

Jacqueline Brownhill

National Dementia Friendly Communities Manager

Interesting weblinks

Children, Young People and Families

BeeZeeBodies is a dedicated team of nutritionists and behaviour change experts, here to help everyone make real, long lasting changes towards a healthier lifestyle. They run weight management and healthy lifestyles programmes for adults and families in Brighton & Hove, Hertfordshire and Gloucestershire. Here is the link to access some of the resources they use.

<https://beezeebodies.com/healthy-resources-for-public-health-teams/?submissionGuid=2e88239b-658a-4d1d-8581-b4fb66d4446e>

CDEC - Downloadable resource series on encouraging children to talk about the world in which they are living, to express their hopes and fears and to build a confident and curious mindset.

https://www.cdec.org.uk/uploads/Other_downloads/Coronavirus%20resources/Coronavirus%20resources/Hometalk-week-4.pdf

The Kids Should See this - videos for curious kids on science, technology, animals, nature, food and art - <https://thekidshouldseethis.com/>

Save the Children - Lots of activities and videos for children

<https://www.savethechildren.org.uk/what-we-do/coronavirus-information-advice/keeping-kids-entertained-during-lockdown>

Into Film - Children and young people aged 5 to 19 experiencing film in a creative way
<https://www.intofilm.org/>, <https://www.facebook.com/IntoFilm/>

Pick an Art Gallery or Museum to visit here: <https://artsandculture.google.com/partner>
ArtsReach's online programme here: <https://artsreach.co.uk/news/digital-diary>

Home Huddle, internet based activities and resources for the family -
<https://homehuddle.org/>

Twinkl, website with a range of free learning resources for the family -
<https://www.twinkl.co.uk/>

Pobble 365, a picture a day which prompts some interesting questions -
www.pobble365.com

Dr Anjana Khatwa, all you wanted to know about the earth under your feet on youtube -
<https://www.youtube.com/watch?v=LggcAshUxKc>

NHS Million, printable posters designed by artists to colour in and display in support of the NHS, they also have an Instagram account - <http://www.nhsmillion.co.uk/nhs-posters>

Tutorials press, videos on how to make things with paper <https://tutorialspress.com/tutorials-on-creating-things-out-of-paper/>

Barnados - Advice for parents of teenagers during the lockdown
<https://www.barnados.org.uk/blog/how-help-your-teenager-staying-home-during-lockdown>

Voices of Youth - Actions to fight against misinformation and stigma, around Covid 19 including a downloadable kit, divided by the time it will take you to get involved, so you can decide how you can best contribute <https://www.voicesofyouth.org/campaign/take-action-and-help-fight-covid-19>

Help and support:-

NHS, Every Mind Matters – supporting your mental health and wellbeing -
<https://www.nhs.uk/oneyou/every-mind-matters/coronavirus-covid-19-staying-at-home-tips/>

Dorset Police, Domestic abuse support - <http://www.dorset.police.uk/abuse-help-999>

Dorset LGBT Equality Network - <http://lgbtdorsetequality.network/> - call 07811 269 454 or email lgbtdorsetequality@gmail.com

LGBT+ Helpline Downloadable Emotional Wellbeing pack and support by phone, email or website - <https://switchboard.lgbt/> 0300 330 0630

Dorset Race Equality Council, supporting diverse communities and a hate crime reporting centre - <http://www.dorsetrec.org.uk/> 01202 392954 - <http://www.dorsetrec.org.uk/blog/> for Covid 19 specific resources

Kushti Bok, supporting Gypsies & Travellers across Dorset - <http://kushtibokdorset.co.uk/>
Citizens Advice Bureau, free advice service - <https://www.citizensadvicebcp.org.uk/> 01202 290967

Money Advice Service, free money advice - <https://www.moneyadviceservice.org.uk/en> 0800 138 7777/0800 915 4622

The Sofa Singers, free weekly online singing event - <https://www.thesofasingers.com/>

Dance plug, free online dance classes - <https://www.danceplug.com/class/free>

Help and Care, charity supporting communities - <https://www.helpandcare.org.uk/> 0300 111 3303 (Helpline number)

Pramalife, feeling lonely call the friendship phone line - 01202 022987 8am-9pm

Sport England - Tips, advice and guidance on how to keep or get active in and around your home <https://www.sportengland.org/stayinworkout>

Coeliac UK - Support group for those with coeliac disease
<https://www.coeliac.org.uk/information-and-support/coronavirus-information-hub/lockdown-ideas/>

Dorset Healthcare, Dorset Mental Health Forum, Rethink and the Recovery Centre – a podcast for carers <https://soundcloud.com/user-186630975/am-i-a-carer-or-am-i-just-a-mum-a-daughter-a-son-a-wife-a-husband-a-friend>



Safe and Well Visits



In support of the national strategy relating to the coronavirus outbreak, we are looking at ways to deliver our work in a different way to prevent the inadvertent spread of the virus amongst vulnerable people.

Your safety is really important to us but during these circumstances, instead of visiting you we would like to provide free information about how you can stay safe and well in your home by having a telephone conversation at a convenient time to see what we can do together to make you safer. We can also have a conversation with you around improving your health and well-being. We can give advice about smoke alarms and in high-risk situations may deliver or fit free smoke alarms. The call can take between 10-30 minutes and covers topics such as:

- Using electricity safely
 - Cooking safely
 - Testing smoke alarms
 - Making an escape plan
 - What to do if there is a fire
 - Keeping children safe
 - Good practice – night-time routine and other points relevant to you
- Identifying and discussing any further support you may need if necessary

If you would like to find out more, or think we can help you, please call

0800 038 23 23 or visit our website at www.dwfire.org.uk

All the latest news from Dorset's Family Information Service

[View this email in your browser](#)



**Family information
service**





Looking after your mental health and wellbeing

A reminder to all parents who are caring for their children at home: it's important to be kind to yourself.

Don't feel like you have to stick to a strict learning timetable with your children. Children learn lots through play and even boredom can stoke their creativity!

If you're keeping your children safe at home, that's the most important thing. Don't forget to look after your own mental health and wellbeing too!

We'd also like to say a huge thank you to critical workers, your work is essential to our community. The article below might be helpful for you if you need childcare for your family, including for summer half term later this month.

Resources to help with wellbeing

We're here to help! We've gathered resources which can help with supporting you and your family's

Need some more support?

If you're worried about how your child is coping and need some more support, contact our new helpline for

wellbeing.

parents and carers.

[Resources for mental health
and wellbeing](#)

[Coronavirus helpline for
parents and carers](#)

Are you a critical worker struggling to find childcare?

If you're a critical worker, or your child is vulnerable and you're not able to keep your child safe at home we can help you to find childcare during the coronavirus emergency. Search our list of childcare providers who are open, or contact us if you have questions or need some extra support.



[Help finding childcare](#)

Food voucher scheme for families on low incomes



The Healthy Start scheme provides vouchers for pregnant women and families with a child under four years old on a low income to buy basic food items.

Families applying to the service during lockdown will not need to get the application signed by a health

professional.

NHS Healthy Start scheme

Do you use 30 hours funded childcare or Tax-Free Childcare?

Do you claim 30 hours funded childcare and/or Tax-Free Childcare? Even though you might not be using childcare right now, you must reconfirm your eligibility every 3 months. When childcare settings re-open for everyone you will need a valid 30 hours code in order to claim your funded hours. If you use Tax-Free Childcare, you can continue to pay money in to your online childcare account and receive top ups from the government, even if you aren't using childcare at the moment.

If your child will be 3 year old by 31 August 2020, we recommend you [apply for 30 hours](#) between 15 June and 31 July for September 2020.



Find out more

Helping young children learn at home



Parents aren't expected to act as teachers or childcare providers during this time. But you may still find it useful to read these ideas from the government to help 2 to 4 year olds learn through the little things you do with them at home.

[Find out more](#)

Advice for school leavers

Parents and young people who want advice on options for school leavers can use the Ansbury Guidance live chat. Talk to careers advisers who can help with local information about jobs, education, training and more.

The service is available Monday to Friday, from 9am to 4pm. Here's the details you'll need to login:

Username: **dorset99**

Password: **dorset99**

[Login to Ansbury Guidance](#)

Keep your child safe online

Since lockdown children are spending more time online. Criminals are using online channels to target young people and exploit them. This includes social media, chat apps and chat functions in online games.

The Children's Society has published advice to help keep children safe.



[Advice on keeping your child safe online](#)

Are you worried about a child or young person?

Schools closing could put some children at greater risk of abuse and neglect. If you're worried about a child or young person, you can contact our [Children's Advice and Duty Service](#) on **01305 228866**.

The NSPCC can also offer free support and guidance on **0800 800 5000**. The helpline is available Monday to Friday from 8am to 10pm and on weekends from 9am to 6pm.

[Advice from NSPCC](#)

Do you have any questions or comments? Email familyinfo@dorsetcouncil.gov.uk

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Dorset Council · South Walks House · South Walks Road · Dorchester, Dorset DT1 1UZ · United Kingdom