

EAST DORSET HEALTH & WELLBEING GROUP

Information Update 18th March 2021

Lifestyle

Public Health England BLOG

A new post, "Patterns and trends in excess weight among adults in England" has just been published on the Public health matters blog.

This blog sets out a range of resources from Public Health England that present the latest data on the patterns and trends in the prevalence of overweight and obesity in the adult population.

Read the new post: <https://publichealthmatters.blog.gov.uk/2021/03/04/patterns-and-trends-in-excess-weight-among-adults-in-england/>

Quitting smoking boosts your mental wellbeing.

The past year has been incredibly stressful for many people and if you are a smoker, this means the temptation to reach for a cigarette has never been greater.

This Wednesday 10 March was national No Smoking Day and this year smokers are being encouraged to consider not just the physical benefits of stopping smoking, but the benefits to mental wellbeing, too.

Although smokers who quit might experience short-term stress, within six weeks they will start to feel improvements in their mental as well as physical health. In fact, the effect on mood of giving up smoking has been likened to the equivalent of taking an antidepressant.

[Meet Jasmin](#), who with the help of [LiveWell Dorset, the free health and wellbeing support service](#), managed to conquer smoking and the negative impact it was having on her mental health: "The end of smoking was the beginning of my mental health journey. I have taken back control of my life. There is so much I want to do with my time that isn't interrupted by constant smoking. I never knew how much it dragged me down until now!"

Start your quit journey to better mental health by signing up for [LiveWell Dorset's free 1-2-1 support and NRT packs](#).

[More information about quitting smoking](#)

Delivering free school meals to children over the Easter holidays

Dorset Council have received Government funding to provide additional support this Easter to children who receive benefits-related free schools meals.



Free school meal vouchers

Children that are currently in receipt of [free school meals](#), and families experiencing [financial hardship because of the COVID pandemic](#), will be eligible for supermarket vouchers to the value of £30 per child over the Easter school holiday period to help pay for groceries thanks to the COVID Winter Grant Scheme.

The grant totalling £320,584 in Dorset will be used to fund the free meal vouchers for families who may be experiencing financial troubles. Each voucher will be worth £30 (or an equivalent value food package) and can be redeemed at a participating supermarket of the parents' choice. These vouchers will be provided through the child's school.

Holiday Activity and Food Programme

The government has also provided funding as part of the [Holiday Activities and Food programme](#), to offer free enriching activities alongside nutritious meals to children eligible for free school meals over the Easter, summer and Christmas holidays. Dorset Council has worked with local providers to develop the [Easter in Dorset Initiative](#), a collection of fun activities and meals for eligible children to access for free.

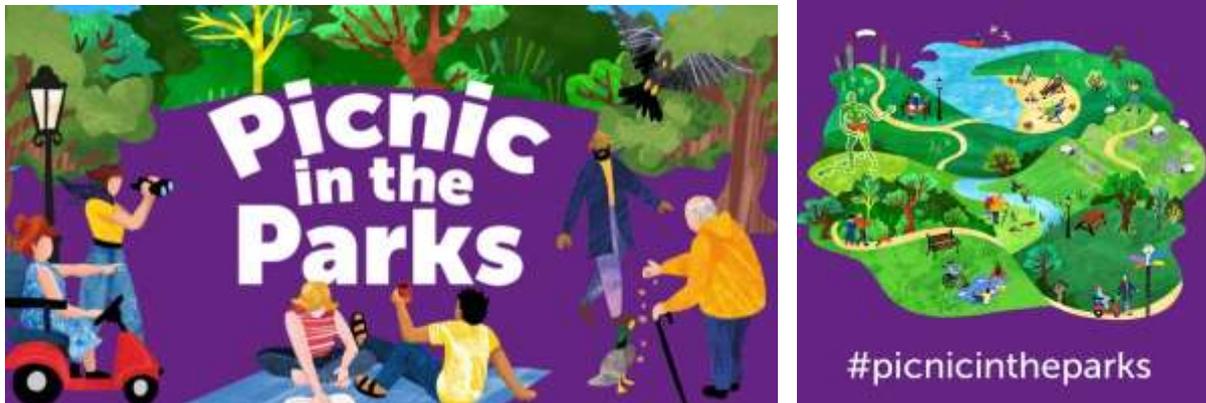
Due to COVID-19 restrictions, places are limited for face-to-face activities; however, we have a vibrant collection of online activities that children can take part in from their homes. We'll have a much larger programme for the summer holidays and beyond. Explore the activities we have available by visiting the [Easter in Dorset webpage](#).

As part of Easter in Dorset, we are producing 1500 holiday bundles containing home activities, resources and a cook box filled with ingredients and recipes for cooking tasty meals at home. These boxes are being sent to some of the families hardest hit as a result of the most recent lockdown.

Families who are eligible for the schemes do not have to choose between the free school meal vouchers and Holiday Activities and Food programme, they will be able to access both at the same time.

Mental Wellbeing and Staying Happy

Picnic In The Park Moves Online



The Stepping Into Nature Steering Group hope you are well. We thought we'd bring you some exciting news and updates, though please skip the first half of this email if you've already been emailed about Picnic in the Parks!

Excitedly, I can announce that Picnic in the Parks, a popular event in Dorset, has officially moved online and is full of ideas live well and love nature. We hope it will bring some much needed positivity into people's lives at this time and believe it'll be a great resource to share with friends, family, colleagues and the people you provide services for. It has been created by Stepping into Nature, Natural Choices and Active Dorset, along with local organisations and community groups.

- Explore 'Picnic in the Parks': www.picnicintheparks.org
- Read the news article: <https://www.dorsetaonb.org.uk/news/picnic-in-the-parks-launch/>

Please feel free to forward this email, or help to promote in any other way e.g. link to it on websites, share it on [social media](#), newsletters etc.

I'd suggest grabbing a cuppa, getting comfy and exploring the park for yourself to find some uplifting activities 😊

And in other Stepping into Nature news....

- In April we will launch 'Spring Season of Stories' book, a follow up from the Autumn book.
- To expand on this we are applying for funding to the Arts Council to create 'Your Season of Stories' with lead artists Martin Maudsley and Sarah Acton. Age UK, Dorset Race Equality Council, Library Services are ready to partner with us.
- No face to face group sessions planned, though growing presence in the health sector. E.g. joined the Thriving Communities Sharing Network

- The development of 'Health and Nature Dorset' is ticking along and we are planning a second online workshop later in the year.
- We are still waiting on a Thriving Communities bid and should find out by early March if we have been successful, which will be great to get a pilot of Nature Buddies off the ground, if not then we can look at how we can move forward in other ways.

All in all we are ticking along, although it all seemed a little bleak last year I think we are rising to the challenge of thinking out of the box and finding new ways in which to engage with people in nature.

Cheers
 Steph and Jules
 AONB Stepping Into Nature

Dorset Libraries on Twitter

Dorset Libraries regularly share a range of events, activities for young and old, and information about local and national authors; why not give Dorset Libraries a follow on Twitter if you aren't already?! The article in the Carers Support section of Alice's story of looking after her dad during the pandemic came from this link.

Click on this link [Dorset Libraries](#) –



Events Coming Up.....



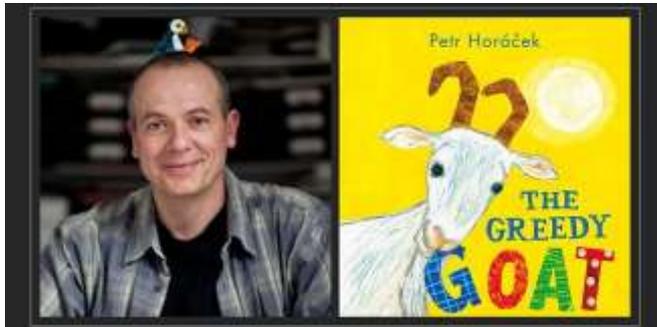
In Conversation with Laura Vaughan - virtual event 30 March

This is a virtual event using Microsoft Teams. Book your **FREE** ticket on [Eventbrite](#).

Laura Vaughan got her first book deal aged twenty-two and went on to write eleven books for children and young adults, The Favour is her first book for adults and we're delighted to offer this opportunity to 'meet' the author and find out more about her writing.

In the palazzos of Venice, the cathedrals of Florence and the villas of Rome, Ada finally finds herself among the kind of people she aspires to be: sophisticated, cultured, privileged. She does everything in her power to prove she is one of them,

and when a member of the group dies in suspicious circumstances, she seizes the opportunity to permanently bind herself to this gilded set. But everything hidden must eventually surface, and when it does, Ada discovers she's been keeping a far darker secret than she could ever have imagined... Fortune favours the fraud.



Meet the children's author Petr Horacek Virtual Event April 9th

This is a virtual event using Zoom [Book your FREE place](#) on Eventbrite.

Easter holiday fun - join us for this virtual session with author and illustrator Petr Horacek, whose picture books include The Mouse who ate the Moon, The Greedy Goat, and Silly Suzy Goose. There will be readings, drawing activities and lots more fun. Especially suitable for age 5 to 10 years, but all ages are welcome.



Meet the children's author Gareth P Jones Virtual Event April 13th

This is a virtual event using Zoom [Book your FREE place](#) on Eventbrite.

Something new for the Easter Holidays - join us for this virtual event to meet Gareth, the author of the fabulous Dragon Detectives books. Gareth will be talking about where his ideas come from, the joy of stories and the FUN we can have with books - and there may be music as well! Especially suitable for age 5 to 10 years, but all ages are welcome.

Have you seen our new Library Facebook Groups?



Several of our libraries now have their own Facebook Groups, offering conversation, connection and community. Facilitated by your local library staff, each group has its own unique voice; expect to find book recommendations, arts and crafts, staff picks and information about library services. Group members can also post their own content, comments and ideas – join the conversation!

Find groups at – Blandford, Bridport, Dorchester, Ferndown, Gillingham, Sturminster Newton, Verwood, Wimborne, Wyke Regis, and Shaftesbury.

Visit [Dorset Libraries Facebook page](#) and select 'More' to view groups

Reading for wellbeing



Dorset Libraries are continuing to grow our virtual offer to customers. There are several Shared Reading groups running virtually across the county - so you can pick your preferred day and you can join in.

The group leader will read aloud and then we talk about what we have read. Expect lively conversation and thoughtful discussion. Expect surprises and a new appreciation of the power of words.

Our virtual live chat reading groups are an opportunity to connect with other people, and share your reading experience. It's a great way to find new authors, and hear other people sharing what they enjoyed (or not) about a book. Each group meets monthly, with books on a given theme for each month.

Find out more about our [reading groups and reading for wellbeing](#)

Resources For Children During Lockdown



Online resources for families

Here are a wealth of resources we've gathered to help you and your children while in lockdown. Click on this link to begin

Family Information Service - online resources for families

We wanted to remind you that it's important you are kind to yourselves during this time. Don't feel that you have to have a strict timetable, or cover too much. If you're trying to juggle working and childcare, you may feel overwhelmed so it's important to look after your own mental health and wellbeing too. Whatever your situation - be kind to yourself. Some days may be better than others and that's OK.

Neighbourhood Watch Newsletter OUR NEWS

We are pleased to share our **March OUR NEWS newsletter**, created by Neighbourhood Watch Network (the umbrella organisation for Neighbourhood Watch across England and Wales) for **all Neighbourhood Watch supporters** - from households to volunteers. The newsletter is attached (see below) or can be viewed by [clicking on this link](#).

This month we look at **cyber-based scams**, including phishing emails and sextortion. We include a reminder of our **Community Grants Programme** which is ending soon and look at **Census 2021** which is coming to all households on the 21st March. We also hear from a Coordinator in Derbyshire who began his scheme in April 2019 and now has **71%** of his village signed up as members!

With all of the above and much more, we hope you enjoy reading our newsletter and would love to hear from you on what you would like to read more of. Please send your suggestions to deborah.waller@ourwatch.org.uk.

Staying Healthy

Opportunity to join a Hypertension@Home Patient Focus Group.

Hypertension@Home Patient Focus Group

Dorset GP practices are running a trial funded by the Dorset Local Enterprise Partnership, to provide blood pressure cuffs to a cohort of patients living with uncontrolled hypertension across Dorset, alongside an app that will support them to monitor their condition remotely. Working with GPs to identify the patients who would benefit most from joining this programme and whose health outcomes and life chances will be dramatically improved as a result. The objective is to inform how we manage these services in the future.

We would like to work with patients who are already living with hypertension so they truly have an insight into how these technologies might affect them and help to manage or monitor their condition to enable them to live well.

We will be running a short series of focus groups of around an hour per fortnight to help us better understand our patients and their needs.

If this sounds like something you would like to help us with, please complete [this form](#) and we will be in touch.

Kind regards
Our Dorset Digital Team

Anyone over the age of 55 can now book their Covid-19 vaccine



The total number of vaccine doses delivered in Dorset now stands at 337,763. This is a really great achievement and we want to thank everyone involved in the rollout. Did you know that anyone over the age of 55 is now eligible to book a Covid-19 vaccine? If you are in this group you can book [online](#) or call 119.

What To Do If You Know Of Someone Who Is Not Registered With a GP and Who May Then Miss Out On a Vaccination Opportunity



Firstly  to those of you who shared the reasons you're hearing for hesitancy around taking the vaccine – all really useful information to help us plan what support we can offer. We'll keep you all updated and if you have any more suggestions please email me.

For Sharing:

- 'Letter 2' (attached) is an easy read letter from NHS in Dorset about continuing to follow the lockdown guidance – please share widely
- We're aware that people who aren't registered with a GP surgery won't be called to have the vaccine which is of course very worrying. Here is a guide from the NHS about how to register with a GP which we ask you to share (**also see Asking) <https://www.nhs.uk/nhs-services/gps/how-to-register-with-a-gp-surgery/>
- Access to Virtual Mental Health Support during the pandemic. Click on the links to find out more:

[The Retreat](#) drop-in services in Bournemouth and Dorchester are available for access to support virtually. They are open every day 12-4pm and 5-11.30pm.

[Community Front Rooms](#) are available for virtual support from Thursday-Sunday from 3.45-10.45pm in Bridport and Shaftsbury and seven days a week in Wareham

[The 24/7 Connection phone line](#) is open. If you require urgent mental health support call 0800 652 0190 or NHS 111 and you will be signposted to the right service for the support you need.

10 top mental health tips to help if you're feeling worried about coronavirus
<https://www.nhs.uk/oneyou/every-mind-matters/coronavirus-covid-19-anxiety-tips/>

And here are 10 top mental health tips shared as animations in a range of languages <https://www.dorsethealthcare.nhs.uk/patients-and-visitors/our-services-hospitals/mental-health/mental-heal>

For Asking:

- Are you hearing of problems about registering for a GP? What are they?
- Do you know of any local surgeries who offer excellent support for those registering with them? Please let me know!
- What reasons are you hearing for vaccine hesitancy? Please continue to share

As always any feedback, resources to share and insights gratefully received.

Best wishes all,

Hannah Rees

Partnerships Development Worker

Community Action Network

New Healthwatch Dorset survey asks the public 'How could Dorset's COVID-19 vaccination programme be improved?'



Local health and care champion, Healthwatch Dorset, has launched a new public survey asking people to share their views and experiences of the county's COVID-19 vaccination programme.

The public feedback campaign, which is welcomed by local NHS providers, will help identify what is working well and where changes could be made to improve vaccination delivery across the county.

It's easy to share your vaccination stories and views with Healthwatch Dorset, and your feedback will be anonymous. You can complete a short online survey: www.smartsurvey.co.uk/s/HWD_VaccinationSurvey/, call Freephone 0300 111 0102, or email: enquiries@healthwatchdorset.co.uk

Louise Bate, Healthwatch Dorset Manager, explained why it's important for people to get involved: "The NHS in Dorset is working hard to deliver COVID-19 vaccines across the county, with over quarter of a million doses given so far*. However, this is the largest ever public vaccination programme, so there are many challenges and there may be things that could be improved. Our NHS partners recognise the value of listening to and learning from local people. We are gathering public feedback to help them understand people's needs and expectations so that they can make vaccine delivery as effective as possible." The COVID-19 vaccination programme across Dorset has been supported by thousands of local volunteers through recruitment campaigns by Community Action Network, Volunteer Centre Dorset and local GP patient groups.

Healthwatch Dorset can also help you find information about the local COVID-19 vaccination programme, as well as other local health and care services and support that you might need. Visit: www.healthwatchdorset.co.uk/advice-information

Friday 19 March 2021 will mark the 14th annual World Sleep Day - "Simple changes you can make now to get a better night's sleep"

Do you have trouble sleeping? Friday 19 March 2021 will mark the 14th annual World Sleep Day

Why healthy sleep is important, from the World Sleep Society

- We spend up to one-third of our lives sleeping. Sleep is a basic human need, much like eating and drinking, and is crucial to our overall health and well-being.
- Lack of sleep or poor quality sleep is known to have a significant negative impact on our health in the long- and short-term. Next-day effects of poor quality sleep include a negative impact on our attention span, memory recall and learning. Longer-term effects are being studied, but poor quality sleep or sleep deprivation has been associated with significant health problems, such as obesity, diabetes, weakened immune systems and even some cancers.
- Lack of sleep is related to many psychological conditions such as depression, anxiety and psychosis.
- Good quality and restorative sleep is essential for day-to-day functioning. Studies suggest that sleep quality rather than quantity has a greater impact on quality of life and daytime functioning.
- 35% of people do not feel they get enough sleep, impacting both their physical and mental health.

Three elements of good quality sleep are:

- **Duration:** The length of sleep should be sufficient for the sleeper to be rested and alert the following day.
- **Continuity:** Sleep periods should be seamless without fragmentation.
- **Depth:** Sleep should be deep enough to be restorative.

While sporadic changes in sleep and dreaming are normal, and sleep naturally responds to environmental fluctuation, extreme factors and traumatic experiences can lead to severe changes in sleep patterns, including altered dream content or more nightmares. Sleep plays a critical role in emotional processing.

The [National Sleep Foundation](#) looks at the many challenges you may face at the moment, why sleep is so important right now and offers suggestions to help you get those needed hours of rest.

Act F.A.S.T. stroke campaign relaunches

Would you recognise signs of a stroke in yourself or someone else?

'Act F.A.S.T.' is an acronym to emphasise of the importance of acting quickly by calling 999 when you notice a symptom. If a stroke patient receives treatment fast, they have a better chance of surviving and reducing long-term disability.



Face – has their face fallen on one side? Can they smile?

Arms – can they raise both arms and keep them there?

Speech – is their speech slurred?

Time – to call 999, when you notice any single one of the signs of stroke.

Even though things are different at present, we want to remind everyone that the NHS is open for business and is here to see everyone, safely.

Domestic abuse support still available - please reach out, you are not alone



Home is not a safe place for everyone during lockdown, which can leave people feeling trapped. Anyone experiencing domestic abuse is reminded they can still get confidential advice and [support](#).

If you are a Dorset Council resident, you can get support from:

Speak to You First advisers, available 24 hours a day on 0800 032 5204.

Bournemouth, Christchurch and Poole residents can get support from:

- BCHA Domestic Abuse Referrals & Support Line: 01202 710 777
- Bournemouth, Christchurch and Poole – Outreach (24 hours) – 01202 710 777

Sexual Trauma and Recovery Services (STARS Dorset): Telephone Support Line 01202 308855. The online live chat also available through: www.starsdorset.org

Healthier Together Website

To enlarge the poster click on it and drag a corner circle to expand



Healthcare advice you can recommend

Healthier together is a free website developed by local healthcare professionals Dorset, Hampshire, and the Isle of Wight. It contains resources for you, including standardised clinical pathways, consistent safety netting information, safeguarding guidance, and contact details for further advice.

Please help us to continue improving the website by telling us what you think. We've created a short survey and we'd be really thankful if you could take the time to fill it out by scanning the QR code below.

Find us online at:
what0-18.nhs.uk

Scan the QR code with a smart phone to view the website



Healthier Together
Improving the health of children and young people

Friendship and Peer Support Available

Stroke and Aphasia? ¶

Friendship, Peer Support and quizzes. ¶

Online "Zoom" ¶



Stroke Association ¶

"Keep in touch" ¶

You are not on your own ¶

Make Friends ¶

Practice Your Skills ¶

Learn New Tips ¶

Tuesday Chatter 10:00-10:30 ¶

Thursday Thinking 10:00-10:30 ¶

¶

Faye.wright@stroke.org.uk ¶

07717275832 ¶

Funding

BIG LOTTERY: Growing Big Ideas Funding Programme

[Growing Great Ideas | The National Lottery Community Fund \(tncommunityfund.org.uk\)](https://tncommunityfund.org.uk)

Supporting transformational, long-term change

This is a UK Portfolio funding programme. The UK Portfolio is where we explore new approaches, experiment with how to do things differently, and look to fund work that is more future-focussed.

Our Growing Great Ideas programme has a focus on supporting transformational and long-term change. We're looking for visionary initiatives that go beyond

individual organisations, and instead focus on ecologies, platforms, ecosystems, assemblages, networks and constellations. We expect these initiatives to be generating an infrastructure through which many things are possible.

We're looking to invest in different combinations of people, communities, networks and organisations that demonstrate an ability to seed and grow alternative systems, accelerate the deep transition of 21st-century civil society, and to learn and adapt as they go.

At application stage, we're interested in hearing about your ideas and plans, rather than a detailed project description. Our funding will reflect the stage of your idea – we'll discuss this with you if you're shortlisted to submit a full application.

Suitable for

We're looking to invest in different compositions of people, communities, networks and organisations over the long term. They might be better described as ecologies, platforms, ecosystems, assemblages, networks and constellations - we're using different words because at this stage of the funding programme, we're still testing an approach. We're also using language to be explicit about how this is different from what we've done before. The important thing is that we can see the potential in how they will grow and deepen over time, extending their missions, and adding to the ecology as they go.

Funding size

The minimum grant size is £150,000. The minimum length is two years. Funding can be available for up to ten years in some circumstances.

Total available

We expect to have a total of £25m available for this programme until March 2022. And more funding beyond that.

Application deadline

On-going



[Apply for a grant | Postcode Local Trust](#)
[2_local_fundingguide_2020.pdf \(postcode.localtrust.org.uk\)](#)

We provide funding for smaller charities and good causes in the west of England under the themes:

- Improving mental wellbeing
- Enabling community participation in the arts
- Preventing or reducing the impact of poverty
- Supporting marginalised groups and promoting equality
- Improving biodiversity & green spaces
- Enabling participation in physical activity

Responding to the climate emergency & promoting sustainability
Increasing community access to outdoor space
How much can your organisation apply for?
£500 – £20,000

Pixel Fund

<https://www.pixelfund.org.uk/>

Since 2011 we have distributed more than £700,000 to a wide variety of mental health from cutting edge dementia research to care in the community. We are now focussed on the mental health and well being of children and young adults. Subject to approval by the Trustees, we generally offer first grants of between £500 and £5,000. However, no single grant is ever more than 5% of annual income.

The Matthew Good Foundation

<https://www.matthewgoodfoundation.org/#:~:text=The%20Matthew%20Good%20Foundation%20was,in%20the%20UK%20and%20abroad.>

<https://www.matthewgoodfoundation.org/matthew-good-foundation-launches-grants-for-good-fund-for-small-charities-and-social-entrepreneurs/>

The Matthew Good Foundation has launched a [Grants for Good Fund](#) to support small charities, groups and individuals who are passionate about making a difference to people, their community or the environment. The fund is open to brand new projects with innovative ideas as well as established charities whose average income is less than £50,000 per year.

Every three months, the Foundation will share £10,000 between five shortlisted projects that have a positive impact on communities, people or the environment. To stay true to its ethos of donating funds to causes close to the hearts of its members, every three months, five shortlisted projects will be voted for by John Good Group employees.

COVID-19 Policy and Guidance

Public Health update on COVID-19

cases in Dorset

We have seen COVID case rates, hospitalisations and deaths continue to decrease across the county over the last week. Case rates for Dorset Council and Bournemouth, Christchurch and Poole Council are both around the South West average and below the England average. We would like to thank residents for playing their part in this by following the lockdown rules.

[More details from Public Health Dorset](#)

Restrictions Easing

From Monday 8 March, restrictions start to lift and the government's four-step roadmap offers a route back to a more normal life. From 8 March:

- pupils and students in all schools and further education can return to face-to-face education with testing measures in place
- you can spend time in outdoor public spaces for recreation on your own, with one other person, or with your household or support bubble
- wraparound childcare can reopen (such as breakfast and after school clubs)
- indoor visits to care homes start again for a single named visitor - please check with the care home before you go

Stay at home and stay local - only leave your home where necessary. **The stay at home restrictions will be in place until at least 29 March**

Dorset schools and colleges look forward to welcoming all students back



Dorset Council has been working with schools and colleges to make sure that all pupils are welcomed back safely from 8 March.

Click on the following links to find out more:

[How we've been working with schools](#)

[Information about testing for students](#)

[Information about testing for parents and carers](#)

Is your child worried about going back to school?

Many children will be looking forward to going back to school next week, but some may also be feeling uncertain. If you are worried about your child, Dorset Council's Educational Psychology Service has a helpline to support those who are worried about their child or teenager returning to school after lockdown.

[Find out how we can help if your child is worried](#)

Personal Assistants can now request PPE



Personal Assistants can now request free personal protective equipment (PPE) from Dorset Council to help reduce the spread of COVID-19

[How to request free PPE](#)

More businesses and organisations offered community testing



Any business or organisation that employ fewer than 250 people (including people who are self-employed), who can't work from home due to the nature of their role and are open under current government guidelines, can [register their interest in community testing](#).

Over 560 businesses and organisations have registered and their employees are now having up to two tests a week in line with government guidelines.

Employees of businesses and organisations signed up to the [Dorset Rapid Community Testing Programme](#) can [book up to two tests a week](#) until the end of June at their [nearest test site](#).

[Register your business or organisation for community testing](#).

Carers Support



Dorset Libraries Retweeted

From Twitter

Carer Support Dorset

@CarersDorset

Read Alice's story of looking after her dad during the pandemic. She shares the highs and lows as well as the amazing skills she's learnt through [#caring](#) Read her [#blog](#) at [https://carersupportdorset.co.uk/young-carers/about-us/carer-stories/alices-story/...](https://carersupportdorset.co.uk/young-carers/about-us/carer-stories/alices-story/) [#youngcarers](#) [#youngcareractionday](#) [#YCAD](#) [#unpaidcarers](#)



All unpaid carers offered weekly lateral flow testing

Public Health Dorset, on behalf of BCP and Dorset councils, has set up a rapid asymptomatic testing service, using lateral flow devices, *for people living and working in Dorset who cannot work from home due to the nature of their role*. One in three people who have Covid-19 show no symptoms and can therefore spread it without knowing. The aim is to identify cases quickly and to break the chains of transmission.

All unpaid carers are able to access weekly lateral flow testing at one of a number of test sites that have been set up around the county. It is important that carers can commit to attending a test site once per week, for six weeks. You will find that test sites are less busy during the day time.

Test site	Address
Bournemouth Pavilion	Westover Road, BOURNEMOUTH, BH1 2BU
Bridport Leisure Centre	Brewery Fields, BRIDPORT, DT6 5LN
Christchurch Civic Centre	Front surface car park, Bridge Street, CHRISTCHURCH, BH23 1AZ

County Hall, Dorchester	Committee Room 1, County Hall, Colliton Park, Dorchester DT1 1XJ
Kinson Community Centre	Pelhams Park, Milhams Road, BOURNEMOUTH, BH10 7LH
Littledown Leisure Centre	Chaseside, BOURNEMOUTH, BH7 7DX
Poole Civic Offices	Surface car park, POOLE, BH15 2NS
Poole Stadium	Wimborne Road, POOLE, BH15 2BP
Sherborne Rugby Club	The Terrace Playing Fields, Gainsborough Park, SHERBORNE, DT9 5NS
Swanage & Wareham Rugby Club	Bestwall Rd, WAREHAM, BH20 4HY
Weymouth Park & Ride*	Mount Pleasant Park and Ride, Mercery Road, WEYMOUTH, DT3 5HJ
Wimborne Town Football Club	J&B's Stadium, New Cuthbury, Parmiter Drive, WIMBORNE, BH21 2BW

Testing is available 0800-1900 hours, 7 days per week (*0900-1700 hours, Monday to Friday only) Please note that availability differs between sites and booking is essential.

The **online booking site** can be accessed at:

www.publichealthdorset.org.uk/your-health/protecting-your-health/book-an-lfd-test.aspx

The booking system is only for businesses and organisations that are part of the Dorset Rapid Testing Programme and unpaid carers.

Frequently asked questions about this service can be found at:

<https://www.publichealthdorset.org.uk/your-health/protecting-your-health/rapid-community-testing-faqs.aspx>

If you have any further queries, please contact communitytesting@dorsetccg.nhs.uk

Get Involved and Have Your Say



Dorset Council - We want to hear from young people with special educational needs or disabilities and their parents and carers

We've created a survey where you can tell us your experiences of accessing and using our services, and what you would like to see change. The survey is open until 31 March.

[Give us your feedback](#)

Need help to complete your census?



The census is a survey that happens every 10 years and gives a picture of all the people and households in England and Wales. It has been happening for over 200 years.

Households will soon be asked to take part in census 2021, the first census that will be run predominantly online. Census day takes place on 21 March 2021.

If you need help completing your census form, phone appointments are available until 4 May 2021 and our trained advisers can guide you through.

Appointments need to be booked in advance by calling **01305 221028** (local call charges apply).

Visit our [website](#) for more information.

Paper copies will be available as well as being able to complete your form over the telephone. Some of our libraries will also be offering face-to-face appointments. Click on the following link to find out how

[Support available to help you complete your census](#)

Accessible formats

The census is available in a range of languages and formats, including braille, easy

read and large print.

Request an alternative format or call freephone 0800 141 2021

Neighbourhood Policing - Your Voice Matters Survey

Message Sent By

Pete Smith (Dorset Police, NEO 8581, North & East Dorset)

In January 2021 we launched our first quarterly Neighbourhood Policing Team Priority surveys of 2021. These surveys will finish at the end of the month, with the data being collated and fed into our April – June Priorities.

If you have not yet completed the survey, you can do so by following the link... [Click Here](#)



Subject: Dorset Council - developing a new taxi policy - online discussion

Dear all

Hope everyone is keeping safe and well.

We are looking to develop a **new taxi licensing policy for Dorset Council**.

The council is responsible for ensuring that drivers and operators of hackney carriages (taxis) and private hire vehicles are fit to hold such licenses.

As part of updating the policy, we are keen to talk people about their experiences of using or not using taxis in Dorset **especially if you have access needs**.

Unfortunately, as COVID restrictions will still be in place, an online discussion will be held on **Friday 19 March at 10.30am** via Microsoft Teams, I appreciate that this may not be accessible to everyone, but there will be further opportunities to share your thoughts. In addition, you do not need to have a Microsoft Teams account to join the meeting.

If you are interested in coming along, **please get in touch to register a place**,

once registered we will send a link with instructions on how to join the discussion. **If you are not able to join us on Friday 19 March, but would like to share your thoughts or talk to a member of the taxi team about your experiences again, please get in touch.**

Please share this email with members of your network, organisation or group. We look forward to hearing from you.

Learning Events and Training Courses

Dragonfly Workshops – Free Domestic Abuse Awareness sessions



I am introducing you to the Dragonfly Workshops, which are an awareness FREE workshop around Domestic abuse in our community. We are currently delivering workshops virtually through Teams and can be accessed through Event Bright and the Dragonfly Facebook page.

What is the Dragonfly Project?

You First has developed the Dragonfly Project with people in our communities so that those who are not well served by mainstream services can be supported to access help if they are affected by Domestic Abuse. We are seeking to reach people in isolated communities across the Country. The main aim of this work is to educate and engage people living and working within these communities to become Champions. Champions will become a point of contact for those experiencing abuse, supporting them to access services. The Dragonfly Project has raised and continues to raise awareness within these communities, enabling individuals to speak out about abuse.

Dragonfly Trainers provide Domestic Abuse awareness training to prepare Champions to carry out their role. The Dragonfly Project seeks to reduce stigma and increase people's confidence, helping them to talk openly about what is happening. After Completion of the Awareness Training Champions will have:

Promotional material to use for people to identify you as someone safe to talk with

An offer of support and guidance from Dragonfly workers through regular Drop In's

Up-to-date information regarding the Project through Quarterly Newsletters
A chance to feedback to You First Community on how you have supported people

Access to our online community on Facebook for further information on Domestic Abuse'

We believe that hair salons, spas , public houses, dental surgeries , pharmacies and therapy centres , support agencies and Schools to name just a few . can be the first point of contact for someone experiencing DV.

Below is the link:

<https://www.eventbrite.co.uk/e/dragonfly-champion-domestic-abuse-awareness-workshop-tickets-123478053181?aff=ebdssbeac>

During this current lock down it would be an ideal opportunity to attend a workshop. Thank you for your time to read this email and do not hesitate to call me if you need any more information. Take care and stay safe

Leaflet attached

National Virtual Conference



This conference was held virtually throughout March. All sessions have been (and will be) recorded. If you were unable to attend the key moments of the conference, the sessions have been uploaded to YouTube:

[How Can We Dismantle Health Inequity Together? National Voices' conference to realise the power of the voluntary sector - YouTube](#)

Conference details

Why this conference now?

Health inequity was a major intractable problem even before the pandemic hit. But COVID-19 has made pre-existing health inequities starker, widened the gaps, and generated fresh injustice. The stakes could not be higher, yet the barriers to change are also significant and complex. As the voluntary and community sector in health and care, we have a responsibility to intervene at this pivotal moment in history, where there is all to play for: a moment that holds the potential for transformational change to narrow the health gaps between rich and

poor, black and white; but also a moment that risks leading to the entrenchment of existing gaps, if not further widening. There could not be a better time for voluntary, community and social enterprise (VCSE) organisations to take stock, to clarify our role and our purpose, and to identify opportunities for us to work together for fairness in health.

Day 1 (2nd March): Building Back Fairer: reframing the conversation around poverty and health

Detailed the current picture of health inequity in England, both before and after the outbreak of COVID-19, and began exploring the VCSE sector's role in tackling it. With poverty arguably at the root of most of the other social determinants of health, and a recession gathering steam, how to tackle poverty needs more attention than ever.

Day 2 (9th March): Mobilising people to combat racial inequality: the power of voice

In the last year, people have come together with renewed energy to combat racial inequality, most prominently through the #BlackLivesMatter movement. Given the disproportionate impact of COVID-19 on people in racialised and minoritised groups, specific action to challenge the causes of these disparities in health experiences and outcomes is critical.

Day 3 (16th March): Partnering up to combat digital exclusion: bridging the gap

The digital health revolution prompted by COVID-19 holds many positives for many people, but also risks exacerbating health inequalities. Some face layers of digital exclusion - they cannot access digital healthcare services, nor can they access a range of other services upon which their health and wellbeing depend – food shopping, banking, benefits, employment and education chief among them.

Day 4 (23rd March): What now? How we can take action together

We do not want to meet again in 10 years' time to confront a reality that health inequalities have stayed the same - or even worsened. Yet the problems we face are serious and complex, especially in the context of a global pandemic and the recession it is likely to unleash. So, knowing what we know now, what can we do to make things better?

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Managing Long Term Physical or Mental Ill Health

To find out more and sign up to the next course after the one shown please click on the following link

https://coventryhls.eu.qualtrics.com/jfe/form/SV_d3RPI1tsQa9icI0



Free online course to help people living in the South West to cope with life in 'lockdown'

Managing long-term physical or mental illness can be stressful, tiring and incredibly lonely at the best of times, but now more than ever.

On this free, 6 week online course you can meet others in the same situation, learn how to cope better, feel more in control and be more resilient.

Join the next available course starting on Thursday 18th March

You can complete the course at your own pace, with support from trained facilitators.

Places are limited! Book now!
Find out more or sign up today at <http://bit.ly/HOPESW>

Contact Us: hope.devon@nhs.net or 01803 210493

NHS

 the hope programme  hope for the community

The Hope Programme was developed by Coventry University and is delivered at local venues to support local Hope for the Community CIC.



Webinar: The Health and Care White Paper unbound An analysis of the key proposals

On 11 February, the UK government published a White Paper on Health and Care setting out the latest steps to reform parts of the NHS in England. This webinar analysed the major changes proposed, in particular, plans to develop a more integrated approach to care and increase the powers of the Secretary of State.

Our panel gave their take on what the plans might mean, focusing on how they fit into short term recovery from the pandemic and longer run development of the NHS. Click on this link to see the webinar recording:

<https://www.health.org.uk/about-the-health-foundation/get-involved/events/webinar-the-health-and-care-white-paper-analysis>

Creating Healthy Environments

Dorset Council celebrates receiving £19 million of funding to reduce its carbon footprint

Councillors and officers are working hard on how they intend to update and upgrade Dorset Council's properties using £19 million of grant funding, awarded by the government to help to tackle the Climate and Ecological Emergency.

This programme of work will be a major step in the Council's ambition to become zero carbon by 2040 and accelerate several actions in the [Climate and Ecological Emergency Strategy](#) Action Plan, helping to meet our 2040 carbon targets without total reliance on capital funds.

The money will go toward switching heating systems away from fossil fuels to heat pumps, improving energy efficiency through measures like insulation, LED lighting and the installation of solar panels on building roofs.

[Read more about this story click on this link](#)

New campaign to stop people trying to recycle disposable nappies



National survey reveals that more than one million UK nappy users are putting them in their recycling bin.

Dorset Council has joined forces with environmental charity [Keep Britain Tidy](#) and other local authorities across the country to launch a new campaign aimed at stopping the millions of disposable nappies that are contaminating [recycling](#). The campaign comes after a new survey revealed that seven per cent of nappy users – parents, grandparents and carers – wrongly put their disposable nappies in with their [recycling](#), which equates to more than one million people. Each year there are around 3,300 births recorded in Dorset and, at an estimated 2,200 nappies per baby per year, this means there are about seven million used disposable nappies entering the [Dorset household waste stream](#) every year. Recycling bins containing materials which cannot be recycled at the kerbside cannot be collected for fear of contaminating the whole lorry load.

[Find out more](#)

New electric vehicle chargepoints ready to use in Dorset

Electric vehicle chargepoints have been installed and are live at Wollaston Field car park, Dorchester; Gas Lane, Gillingham; Old Market Yard, Sherborne; The Hub car park, Verwood; and King Street car park, Wimborne. These offer residents and businesses a cleaner and greener way to travel in Dorset.

Further chargepoints will be switched on in the coming weeks at other Dorset Council sites around the county. The installation of the new chargepoints is one of a number of measures in the council's ambition to become zero carbon by 2040 and accelerate several actions in its [Climate and Ecological Emergency Strategy](#) Action Plan.

“The fast (22kW) chargepoints we are installing are supplied with 100% renewable energy and will enable drivers to charge their electric vehicles while visiting the

county's towns". A quick top-up (a charge of 15 minutes) will enable a journey of about 15 miles, or a full charge will take 2-4 hours, depending on the vehicle.

The new chargepoints are located at the following locations:

1. Langton Road, Blandford Forum, DT11 7DZ
2. Fairfield long stay, Dorchester, DT1 1QW
3. Wollaston Field, Dorchester, DT1 1EQ
4. Gas Lane, Gillingham, SP8 4AT
5. Holmbush, Lyme Regis, DT7 3HX
6. Bell Street, Shaftesbury, SP7 8AP
7. Coldharbour, Sherborne, DT9 4HA
8. Old Market Yard, Sherborne, DT9 3HR
9. Potters Wheel, Manor Way, Verwood, BH31 7AQ
10. The Hub, Verwood, BH31 7QE
11. Rempstone Centre, Wareham, BH20 4NX
12. West Bay Road, West Bay, DT6 4EL
13. Governor's Lane, Weymouth, DT4 8DD
14. Melcombe Regis, Weymouth, DT4 7DW
15. Swannery, Weymouth, DT4 7TY
16. King Street, Wimborne Minster, BH21 1EA
17. Westfield Close, Wimborne Minster, BH21 1ES

See the locations of all Dorset's chargepoints at www.zap-map.com

Keep up-to-date with progress on [Electric vehicle chargepoints in Dorset](#)

To use the chargepoints, download the Gronn Kontakt electric vehicle charging app from the Appstore or Google Play or visit gronnkontakt.co.uk

Finally I would like to thank all of the organisations and groups who send me information to circulate. These include:

Dorset Neighbourhood Police team, DCA, Dorset Council, Public Health Dorset, Sue Warr of Pramalife and many, many more.