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East Dorset Resource Directory

ORGANISATION	Email and Website	Opening Times	INFORMATION
Advice and Information			
Access Dorset Littledown Centre Chaseside Bournemouth BH7 7DX 01202 771336	Email: enquiries@accessdorset.org.uk Website: www.accessdorset.org.uk	Telephone Advice: Mon – Fri 10:00 – 16:00 Advice Surgeries (Booking required): Tues 13:00 – 16:00 Fri 13:00 – 16:00	A user led organisation and registered charity, run by disabled people, older people and carers. Working to remove the physical and communication barriers that exist and are faced daily.
Alzheimers Society Memory Support and Advisory Team Dorset Office, Suite 4 Branksome Park House Branksome Business Park Bourne Valley Road Poole BH12 1ED 01202 764352 0300 123 1916		Mon – Fri 9:00 – 17:00	Support for people and carers of those affected by alzheimers or dementia.
Ansbury 3 Kingland Road Poole BH15 1SH 01202 677557 0800 358 3888	Website: www.ansbury.co.uk	Mon – Thurs 09.00 – 17.00 Fri 09.00 – 16.00	Ansbury work with young people, parents and adults to help them achieve their career goals through quality guidance and advice.

Body Positive Dorset Diana, Princess of Wales House 24 Lorne Park Road Bournemouth Dorset BH1 1JL 01202 297386	Website: http://www.bodypositivedorset.org/	Mon 13:00 -17:00 Tues 13:00 -19:00 Wed 13:00 -17:00 Thurs 13:00 -19:00 Fri 10:30-17:00	Body Positive Dorset is an organization set up to offer advice, practical support, counselling and information helping those people whose lives are affected by HIV.
Christians Against Poverty Job Club, Poole and Cranleigh Community Church 38-40 Cranleigh Road Bournemouth BH6 5JH 0800 328 0006	Email: info@capuk.org Websites: https://capuk.org/org www.cabdebthelp.org	Mon – Fri 8:30 – 17:00	National debt counselling charity.
Citizens Advice Bureau (Ferndown) 1A Princes Court Princes Road Ferndown BH22 0LL 01202 893838	Email: manager@eastdorsetcab.org.uk advicemanager@eastdorsetcab.org.uk Website: www.eastdorsetcab.org.uk	Mon 10:00 – 15:00 Tues 10:00 – 15:00 Thurs 10:00 – 15:00	Financial and general support and advice over a wide range of topics.
Citizens Advice Bureau (Wimborne) Hanham Road Wimborne BH21 1AS 01202 884738	Email: manager@eastdorsetcab.org.uk advicemanager@eastdorsetcab.org.uk Website: www.eastdorsetcab.org.uk	Mon 10:00 – 15:00 Tues 10:00 – 15:00 Thurs 10:00 – 15:00 Fri 10:00 – 13:00 Wednesdays by appointment only.	

Faithworks CMA 154a Seabourne Road Bournemouth BH5 2JA 01202 429037	Email: moneyadmin@faithworkswessex.org.uk Website: www.faithworkswessex.org.uk		Debt & financial support & assistance.
Help & Care The Pokesdown Centre 896 Christchurch Road Bournemouth BH7 6DL 0300 111 3303	Email: contact@helpandcare.org.uk Website: http://www.helpandcare.org.uk/		Offers signposting, information and advice on a wide range of issues and subjects, particularly for those in later life, unpaid carers, and people living with a health condition.
Advocacy and Support			
BCHA St Swithuns House 21 Christchurch Road Bournemouth BH1 3NS 01202 410500	Email: enquiries@bcha.org.uk Website: http://www.bcha.org.uk/contact-us/contact-us.aspx		Support for victims of trafficking, support in the community for victims of domestic abuse and provides safe houses and refuges.
Cruse Bereavement Care c/o Boscombe Manor Medical Centre 40 Florence Road Bournemouth BH5 1HQ 01202 302000	Email: dorset@cruse.org.uk Website: www.cruse.org.uk/dorset-area-map	Thursdays 9:00 – 16:00	Support for bereaved people

Dorset Advocacy Unit 13-15 Jubilee Court Paceycombe Way Poundbury Near Dorchester Dorset, DT1 3AE 01305 251033	Email: enquiries@dorsetadvocacy.co.uk Website: http://www.dorsetadvocacy.co.uk/		Dorset Advocacy's independent advocates help to ensure that rights are upheld and that peoples' views, wishes and needs are heard, respected and acted upon.
Dorset Accessible Home Service Mi-Life Mobility Centre Higher Shaftesbury Road Sunrise Business Park Blandford Forum DT11 8ST 0333 003 0010	Email: dorsetHIAcontactus@millbrookhealthcare.co.uk Website: www.millbrook-healthcare.co.uk		Free advice & support for elderly or disabled residents to remain safely in their homes.
Dorset Mental Health Advocacy Service Dorset Mental Health Forum 29-29A Durngate Street Dorchester DT1 1JP 01305 261483	Email: dmha@dorsetmentalhealthforum.org.uk		Advocacy service for adults or young people subject to the Mental Health Act 1983.
East Dorset Children Learning Disability Services Seastone House 49 Alumhurst Road Bournemouth BH4 8EP 01202 584353	Email: enquiries@dhuft.nhs.net	Mon – Fri 9:00 – 17:00	Support for children with medium level specialist educational needs.

Ferndown Carers Group The Barrington Centre Penny's Walk Ferndown BH22 9TH 01202 894858 07809 224000	Email: info@pramacare.co.uk	First Thursday of the month 10:30 – 12:00	Support group for carers.
Ferndown & District Parkinsons Support Group Community Room St Marys Church Church Road Ferndown BH22 9EU 01202 848580	Email: peterpretlove@outlook.com Website: www.ferndownparkinsons.co.uk	Third Thursday of the month 14:00 – 16:00 (excluding December). Various activities listed on the website.	Support for people affected by Parkinsons Disease.
First Point 56 St Mary Street Weymouth DT4 8PP 0330 123 2550	Email: fpenquiries@theyoutrust.org.uk		Tenancy support
Help and Care Advocacy Service The Pokesdown Centre 896 Christchurch Road Bournemouth BH7 6DL 0300 111 3303	Email: contact@helpandcare.org.uk Website: http://www.helpandcare.org.uk/		Provides differing levels of support ranging from giving information and signposting, to visiting you in your home, helping with correspondence and telephone calls, supporting you to voice your opinion in meetings and appointments, and talking to other people or groups on your behalf.

Relate	Email: enquiries@relatedorset.org.uk Website: www.relatedorset.org.uk		Offers relationship counselling, sex therapy, family counselling, children and young people's counselling and training & education.
SSAFA Dorset Email: ssafadorset@gmail.com Main Phone: 01202 742934 0333 400 8222	Website: https://www.ssafa.org.uk/		SSAFA provides lifelong support to anyone who is currently serving or has ever served in the Royal Navy, British Army or Royal Air Force.
The Royal British Legion 0808 802 8080	Website: http://www.britishlegion.org.uk/		The Legion provides information, advice and guidance to help the Armed Forces community find and access the support they need. We help members of the Royal Navy, British Army, Royal Air Force, Reservists, veterans and their families all year round.
Wimborne & East Dorset Support Group Wimborne Community Learning & Resource Centre 41-44 King Street Wimborne BH21 1EB 0300 3030 111		Last Thursday of every month 10:00 – 12:00 (except Jul & Dec)	Support for people with macular conditions.

Carers

Ferndown Carers Group The Barrington Centre Penny's Walk Ferndown BH22 9TH 01202 894858 07809 224000	Email: info@pramacare.co.uk	First Thursday of the month 10:30 – 12:00	Support group for carers.
Leonardo Trust 5 Dunyeats Road Broadstone Dorset BH18 8AA 01202 698325	Email: info@leonardotrust.org		A charity that offers support and breaks to carers over the Dorset area.
My Life My Care Adult Access Team County Hall Colliton Park Dorchester Dorset DT1 1XJ 01305 221016	Email: adultaccess@dorsetcc.gov.uk Website: https://www.mylifemycare.com/		My Life My Care provides information and advice about care and support for adults in Bournemouth, Dorset and Poole.

Children, Young People and Parents

Ansbury – Face Forward 3 Kingland Road Poole BH15 1SH 01202 677557 0800 358 3888	Website: www.ansbury.co.uk/Face_Forward		The project aims to support young adults aged 15 to 24 to overcome personal or circumstantial barriers and move forward towards employment and development activities.
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Dorset Rainbow Parents	Email: dorsetrainbowparents@hotmail.co.uk Website: https://www.intercomtrust.org.uk/test-survey/directory/dorset/dorset-rainbow-parents		Parenting group based in rural Dorset but welcoming LGBT parents from all over. Activities and meeting other lesbian and gay families.
Criminal Justice			
Dorset, Devon and Cornwall Community Rehabilitation Company (DDC CRC) 63 Commercial Road Poole BH14 0JB 01202 307200	Website: http://www.ddccrc.co.uk/		The Dorset, Devon and Cornwall Community Rehabilitation Company (DDC CRC) provides rehabilitation and offender management services to help reduce reoffending and protect the public.
Footprints Project Parkstone URC Commercial Road Poole Dorset BH14 0JW 07789 937637	Email: info@footprintsproject.co.uk Website: http://www.footprintsproject.co.uk/		Footprints aims to reduce the risk of reoffending by those leaving custody and returning to Dorset or those serving a sentence in the community. Their Life Works programme offers volunteering opportunities for clients to do painting and decorating in community buildings, gaining skills and raising their levels of confidence and self esteem.

RECOOP BCHA St Swithun's House 21 Christchurch Road Bournemouth BH1 3NS 0300 123 1992	Email: info@recoop.org.uk Website: www.recoop.org.uk		Promotes the care, resettlement and rehabilitation of older prisoners, offenders and ex-offenders through the provision of support services, advocacy, financial advice, mentoring on issues such as employment and training, and advice on housing and health, enabling them to take control of their lives and remain free from offending, and preventing them from becoming socially excluded.
Domestic Abuse/Violence			
Dorset Action on Abuse Seaforth House 176 Bournemouth Road Parkstone BH14 9HY 01202 732424	Email: bozena@daaservice.uk Website: http://www.dorsetactiononabuse.org.uk/		Dorset Action on Abuse's mission is to relieve the suffering and distress of men and women over the age of 16 who are survivors of child abuse (sexual, physical, emotional and neglect) in Dorset.
Dorset Rape Crisis Support Centre PO Box 7697 Poole Dorset BH15 9GN General Enquiries: 01202 308840 HELPLINE 01202 308855	Website: http://www.dorsetrapecrisis.org/about-drcsc/		Dorset Rape Crisis Support Centre is a pan Dorset charity offering emotional and practical services county-wide for men, women, children and young people. These include the Helpline, face to face counselling and emotional support and practical support and advocacy.

Dorset SARC (Sexual Assault Referral Centre) (01202) 552056	Email: info@the-shores.org.uk Website: http://www.the-shores.org.uk/		The dedicated Sexual Assault Referral Centre (SARC) for Dorset, providing a comprehensive service to men, women and children who have been raped or sexually assaulted. They offer a safe and non-judgemental environment which focuses on the needs of the individual. All clients are treated with dignity and respect. They are contactable 24 hours a day, seven days a week, 365 days a year.
You First/Trust Domestic Abuse Service 0800 032 5204	Email: you.first@lifecycleyouwant.org.uk enquiries@theyoutrust.org.uk Website: http://theyoutrust.org.uk		Support service for females or males aged 16 or over who have been subject to domestic abuse.
Foodbanks			
Verwood United Reformed Church Manor Road Verwood Dorset 01425 600134	Website: www.ringwood.foodbank.org.uk	Mon, Wed, Fri 11:30 – 13:30	Free emergency food parcels

Grants & Funding			
Dorset Accessible Homes Grant 0333 003 0010	Email: dorsetHIAcontactus@millbrookhealthcare.co.uk Website: http://www.millbrook-healthcare.co.uk/contact-us/service-centre-locations/home-improvement-agency-services/dorset-hia/		If your home needs a major or complex adaptation, a Dorset Accessible Homes Grant - previously known as a Disabled Facilities Grant can be used to pay for a range of adaptations to ensure that you have access to facilities within your home.
Healthy Homes Dorset 0300 003 7023	Website: https://www.healthyhomesdorset.org.uk/		Healthy Homes Dorset helps Dorset residents keep warmer by installing loft and cavity wall insulation.
Safe & Secure Grants Available through the Dorset Accessible Home Service 0333 003 0010	Website: http://www.millbrook-healthcare.co.uk/contact-us/service-centre-locations/home-improvement-agency-services/dorset-hia/		For residents over the age of 50 and in receipt of a means tested benefit to carry out essential works to promote safe and independent living.
Health & Wellbeing			
Alzheimers Society Memory Support and Advisory Team Dorset Office, Suite 4 Branksome Park House Branksome Business Park Bourne Valley Road Poole BH12 1ED 01202 764352 0300 123 1916		Mon – Fri 9:00 – 17:00	Support for people and carers of those affected by Alzheimers or dementia.

Body Positive Dorset Diana, Princess of Wales House 24 Lorne Park Road Bournemouth Dorset BH1 1JL 01202 297386	Website: http://www.bodypositivedorset.org/		Body Positive Dorset aims to support and empower people living with and affected by HIV in Dorset and surrounding areas, to evaluate and develop services that meet the changing needs of the diverse community.
Community Alcohol and Drug Advisory Service Ferndown Local Office Penny's Walk Ferndown Dorset BH22 9JY 01202 868268	Email: cadas.eastteam@dhuft.nhs.uk enquiries@dhuft.nhs.uk	Mon – Fri 9am – 5pm	Support for people with drug and alcohol issues.
Community Mental Health Team Oakley House 15 Oakley Lane Merley Wimborne Dorset BH21 1SF 01202 858300			Adult Community Mental Health Team to support people with mental health problems.
Dorset MIND 3 Stratfield Saye 20-22 Wellington Road Bournemouth BH8 8JN 01202 551660	Email: contact@dorsetmind.uk Website: http://www.dorsetmind.uk		Dorset Mind aims to help people to cope with their mental health problems and to rebuild their lives.

Eating Disorder Service Kimmeridge Court St Ann's Hospital 69 Haven Road Canford Cliffs Poole BH13 7LN Under 18 = 01202 492415 Over 18 = 01202 492147	Email: dhc.eatingdisorders@nhs.uk	Mon – Sun 9:00 – 17:00	Helping individuals & families affected by eating disorders.
Healthwatch Dorset 0300 111 0102	Website: http://www.healthwatchdorset.co.uk/		Healthwatch works to help local people get the best out of their local health and social care services. Local Healthwatch is all about local voices being able to influence the delivery and design of local services. Not just people who use them, but anyone who might need to in future.
Recovery Education Centre 01202 584478 or 07787 836708	Email: dhc.recovery.educationcentre@nhs.net Website: http://www.dorsethealthcare.nhs.uk/patients-and-visitors/our-services-hospitals/mental-health/recovery-education		Providing education and training, focusing on self-management, self-determination, choice and responsibility. The courses offered are available to people under mental distress, those who access mental health services, their carers, friends, family, and staff members who work alongside people suffering periods of ill health.

Richmond Fellowship	Website: http://www.dorsethealthcare.nhs.uk/patients-and-visitors/our-services-hospitals/mental-health/recovery-education		The Richmond Fellowship have been championing recovery and social inclusion and are now one of the largest voluntary sector providers of mental health support across England.
Dorset Wheelchair Service The Acorn Building St Leonards Hospital Ringwood Road Ringwood BH24 2DW 01202 892874	Email: dhc.wheelchair.services@nhs.net	Mon – Fri 8:00 – 17:00 Sat 8:00 – 12:00 (emergencies only)	Free repair services for wheelchairs provided by the NHS (as long as the damage is not willfull).
Home			
Dorset Freecycle	Website: https://www.freecycle.org/		Freecycle is a grassroots and entirely nonprofit movement of people who are giving (and getting) stuff for free in their own towns and neighborhoods.
Dorset Reclaim 3 Didcot Road Nuffield Industrial Estate Poole Dorset BH17 0GD 01202 679080	Website: http://dorsetreclaim.org.uk/		Dorset Reclaim is a registered charity with depots based in Bournemouth, Poole and Dorchester, operating a furniture re-use project offering electrical and household goods donated from local people & businesses to households on low incomes.

The Dorset Scrap Store 14 Alder Hills Poole Dorset BH12 4AS 07565 577094	Website: http://dorsetscrapstore.org.uk/		Dorset Scrap store is a charity that believes in a world where manufacturing waste doesn't go to landfill – it becomes a low cost community resource for crafting and creativity.
Housing and Supported Housing			
Alabare Riverside House 2 Watt Road Salisbury SP2 7UD 01722 322882 01305 760122	Email: enquiries@alabare.co.uk		Supported accommodation for ex service personnel who are homeless.
Amber Foundation Ashley Court Chawleigh Devon EX18 7EX 01769 581011	Email: chris.robson@amberweb.org Website: www.amberweb.org		Full time residential charity for 17 – 30 year olds who may be homeless, chaotic or have addiction issues.
Dorset Nightstop Action for Children Inspirations 2 Poundbury Business Centre Dorchester DT1 3WA 01305 753657	Email: dorsetnightstop@actionforchildren.org.uk Accept referrals from approved agencies only - contact for details		Young single homeless people aged 16-25. Accept people with dogs (if host agrees). Must have a local connection to Dorset. Minimum stay 1 night – maximum stay 3 nights.

Help to Buy South West Templar House Collett Way Newton Abbot TQ12 4PH 0300 100 0021	Website: www.helptobuysw.org.uk		Government appointed Help to Buy Agent who provide information on shared ownership, shared equity & discounted sale properties available.
Shelter Dorset Housing Aid Centre 30 Poole Hill Bournemouth BH2 5PS 0344 515 1400	Email: info@shelter.org.uk Website: https://england.shelter.org.uk/		Shelter helps millions of people every year struggling with bad housing or homelessness through our advice, support and legal services. A drop in service is available Mon - Fri 9:30 - 13:30
Two Saints/Dorset Housing First Waterside Gardens Fareham Hampshire PO16 8SD 01329 234600	Email: twosaints@twosaints.org.uk		Secure long term accommodation with intensive support for recurrent homeless with multiple complex needs.
Your Journey Suite 1 Stowey House Bridport Road Poundbury Dorchester DT1 3SB	Email: referrals.spocsis@theyoutrust.org.uk		Adult single homeless worker & accommodation finder.

Libraries			
Colehill Community Library Middlehill Road Colehill Wimborne Dorset BH21 2HL 01202 886676	Email: ccl.colehill@gmail.com	Mon 14:00 – 17:00 Tues 09:30 – 13:00 14:00 – 17:00 Thurs 14:00 – 17:00 Fri 14:00 – 18:30 Sat 09:30 – 12:30	Community library
Ferndown Library Penny's Walk Ferndown Dorset BH22 9TH 01202 874542	Email: ferndownlibrary@dorsetcc.gov.uk	Mon 10:00 – 18:00 Tues 09:30 – 18:00 Wed 09:30 – 13:00 Thurs 09:30 – 19:00 Fri 09:30 – 18:00 Sat 09:30 – 16:00	Community library
Wimborne Library Crown Mead (rear of 55 – 57 High Street) Wimborne Dorset BH21 1HH 01202 882770	Email: wimbornelibrary@dorsetcc.gov.uk	Mon 10:00 – 18:30 Tues 09:30 – 13:00 Thurs 09:30 – 18:30 Fri 09:30 – 17:00 Sat 09:30 – 16:00	Community library
Minority Groups			
Dorset Race Equality Council The Link 3-5 Palmerston Road Bournemouth BH1 4HN 01202 392 954	Website: www.dorsetrec.org.uk		Ensure that ethnic minority individuals and communities in Dorset feel empowered to challenge racism and discrimination and have access to support and information.

Over The Rainbow 27 St Michaels Road Bournemouth Dorset BH2 5DP 01202 257478 (Answerphone when closed)	Email: overtherainbow2@dchft.nhs.uk Website: http://www.rainbowbournemouth.co.uk/index.htm		Over The Rainbow is a local NHS LGBT initiative. Our sexual health clinic runs every Wednesday on a booked appointments basis from 12 noon till 7pm. The clinic offers confidential screening for all STI's. Results are available in 7 -10 working days and can be sent via text message.
Older People			
My Life My Care Adult Access Team County Hall Colliton Park Dorchester Dorset DT1 1XJ 01305 221016	Email: adultaccess@dorsetcc.gov.uk Website: https://www.mylifemycare.com/		My Life My Care provides information and advice about care and support for adults in Bournemouth, Dorset and Poole.
Substances Misuse			
Community Alcohol and Drug Advisory Service Ferndown Local Office Penny's Walk Ferndown Dorset BH22 9JY 01202 868268	Email: cadass.eastteam@dhuft.nhs.uk enquiries@dhuft.nhs.uk	Mon – Fri 9am – 5pm	Support for people with drug and alcohol issues.

EDP Drug and Alcohol Services	Email: info@edp.org.uk Website: http://www.edp.org.uk/		EDP Drug & Alcohol Services support people to address their drug and alcohol misuse. A fundamental belief underpinning their work is that, given the right support and resources, people can and do make remarkable changes.
StreetScene Addiction Recovery Allington House 46, Dean Park Road, Bournemouth, Dorset, BH1 1QA 01202 467 661	Email: info@StreetScene.org.uk Website: http://www.streetscene.org.uk/		Confidential and private Bournemouth and Southampton based rehab treatment centres that cater for alcohol dependency, drug addiction, eating disorders and all types of addiction rehabilitation.
The Street Homeless Outreach Team EDP Weymouth Community Hospital 3 Melcombe Avenue Weymouth DT4 7TB Service covers all of Dorset	Website: http://www.edp.org.uk/what-we-do/our-community-work/dorset-street-homeless-outreach-team/		The Street Homeless Outreach Team (SHOT) is a local service that works in partnership to address the needs of people who are sleeping rough in Dorset.