

# Coronavirus Help



Lots of people are finding life hard at the moment, because of coronavirus, lock-down and social isolation.

Here are some organisations in Dorset who can help:



**Volunteer Centre**  
Dorset

## Volunteer Centre Dorset

Volunteers can help with food and medicine deliveries, dog walking and at food banks.

**Phone:** 01305 269214

**Email:** [info@volunteeringdorset.org.uk](mailto:info@volunteeringdorset.org.uk)



## Age UK

Help and advice about loneliness and isolation.  
Help with getting food, cash and medicine.

**Phone:** 01305 269 444

**Email:** [enquiries@ageuknswd.org.uk](mailto:enquiries@ageuknswd.org.uk)



## Home from Hospital Services

Hospital discharge teams help people to settle back home for 2 to 3 days after they leave hospital.

The British Red Cross also help people who are leaving hospital:

**Pooler Hospital:** 07595 278608

7 days a week, 10-6pm

**Bournemouth Hospital:** 07595 278634

Monday - Friday, 9-5pm

**Dorset County Hospital:** 01305 214430

Monday - Friday, 9-5pm



April 28th 2020



### **First Point**

Help with housing applications and benefits.  
Wellbeing checks and mental health support.

**Phone:** 0330 123 2550

**Email:** [fp.enquiries@theyoutrust.org.uk](mailto:fp.enquiries@theyoutrust.org.uk)



### **Citizens Advice**

Help with benefits, bills, debt and budgeting.  
Also employment rights and sick pay.

**Phone:** 0344 411 1444

**Web:** [www.citizensadvice.org.uk](http://www.citizensadvice.org.uk)

## **Citizens Advice: local contacts**

### **Bridport:**

**Email:** [advice@bridport-cab.org.uk](mailto:advice@bridport-cab.org.uk)

### **North Dorset, Sherborne, Dorchester, Weymouth, Portland:**

**Web:** [www.citizensadvice.org.uk](http://www.citizensadvice.org.uk)

### **East Dorset:**

**Email:** [wimborne@eastdorset.cabnet.org.uk](mailto:wimborne@eastdorset.cabnet.org.uk)

### **Purbeck:**

**Web:** [www.purbeckadvice.org.uk](http://www.purbeckadvice.org.uk)

Citizens Advice are not offering any face-to-face appointments.  
Please use the telephone numbers above or websites / email.



### **Cinnamon Trust**

The Cinnamon Trust are offering help with dog walking for elderly residents.

**Phone:** 01736 757 900

**Web:** [www.cinnamon.org.uk](http://www.cinnamon.org.uk)



### **Food Banks**

You must be referred by a social worker, Citizens Advice, housing association, health visitor, church leader or fire service.

**Web:** <https://bit.ly/3eW3oI7>



### **Emergency Local Assistance**

This is emergency money which can be given to people who are struggling, are not safe, and cannot find help anywhere else.

**Phone:** 0330 1234 225



### **Help and Kindness**

Online information about a wide range of support which is available in your local community.

**Web:** [www.helpandkindness.co.uk](http://www.helpandkindness.co.uk)



### **Carers Support Dorset**

Online and telephone advice and information for carers in Dorset.

**Phone:** 0800 3688 349

**Web:** [www.carersupportdorset.co.uk](http://www.carersupportdorset.co.uk)



### **Rethink: Mental Health Carers Support**

Advice and support for people who are looking after someone with mental illness.

**Phone:** 01305 262771

**Web:** <https://bit.ly/3eW3oI7>



**when it's less  
urgent than 999**

### **Health advice and help**

Answer questions about your main symptoms and get medical help.

**Phone:** 111

**Web:** [www.111.nhs.uk](http://www.111.nhs.uk)