



News and information across Dorset (and beyond) for children who are disabled and their families and carers

Welcome to the latest edition of The Xchange Enewsletter.

Well, so much has changed in the space of just a few weeks.

With our daily lives turned upside down in so many ways, we are all having to adapt to a new normality.

We would still like to be here for you, our members, and to give you the information that you'd like to know.

There is, of course, so much information out there already—some helpful and some not—and the amount grows daily.

In this issue we've put together some categories of information that we hope may be of help for now.

In particular we have been contacting some of our usual featured organisations to see if they are still available for you and what they still have to offer.

What would help?

Please let us know what other information may be helpful to you.

We can't guarantee anything but we'll do our best.

Sharing

If there's anything you think may help other families during these challenging and unusual times and which you'd like us to share, please do get in touch.

Email us at : info@xchangeonline.co.uk



Online resources for families

Dorset Council has pull together some resources to help you and your children during the coming weeks.

They also want to remind you not to feel that you have to have a strict timetable, or cover too much.

If you're trying to juggle working and childcare, it might feel overwhelming at times (that's normal) but 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.

They'll keep updating their resource page so do check back from time to time. You can find it here:



Or use these individual links to sections that might appeal to you right now.

-  [Online learning platforms and resources](#)
-  [Books, audio and wellbeing](#)
-  [Arts, crafts and activities](#)
-  [Easter activities](#)



The Dorset Council website has a dedicated page for up to date information, advice and local action about the Coronavirus outbreak for families, businesses and communities. Take a look here:

[Dorset Council Coronavirus page](#)



“I need help or I know someone who needs help” coronavirus information adapted from the Dorset Council website

Many vulnerable people in Dorset will have recently received a letter from the NHS, telling them they are at high risk of catching coronavirus and advising them to stay at home and strictly self-isolate for 12 weeks. If you have been identified as someone at high risk, you should follow the advice given in the letter you received from the NHS.

You should talk to family, friends or your support network to see if they can help you get food and medicine.

If you need help and do not have a support network

If you don't have family, friends or a support network that can help you get the things you need, you can call **01305 221000, 8am to 8pm, 7 days a week** to get specific help and advice.

Or you can email communityresponse@dorsetcouncil.gov.uk.

Partners we are working with who can also help

Age UK - North, South and West Dorset

Age UK North, South and West Dorset 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 including East Dorset.

To request help [email Age UK](#) or call **01305 269444**.

Citizens Advice

[Citizens Advice](#) continues to provide free, independent and confidential advice and information whatever your question. They offer a full range of advice including help with:

- Benefits entitlement and claims
- Debt management and budgeting
- Employment advice including Statutory Sick Pay and rights when laid off work
- Advice for the self employed

Contact the **Dorset Adviceline on 0344 411 1444** or email your local branch:

Bridport: advice@bridport-cab.org.uk

Central (North Dorset, Sherborne, Dorchester & Weymouth & Portland): <http://westdorsetca.org.uk/>

East Dorset: wimborne@eastdorset.cabinet.org.uk

Purbeck: <http://www.purbeckadvice.org.uk/contact-us.html>

Foodbank

You can contact your local foodbank for guidance on required items and how to drop off or collect items. Find [details of your local foodbank](#).

Staying safe – if someone else is doing your shopping

- do ask for help – work with trusted organisations and volunteers
- make arrangements for help over the phone with a trusted organisation, not with a stranger on the doorstep
- don't hand money over without having your shopping and a receipt
- have your food left on the doorstep, do not let the person in your home
- put money in an envelope and give to the volunteer at a distance
- ensure you keep a 2 metre distance from the person delivering your shopping
- wash your hands (for 20 seconds) and surfaces after unpacking the shopping
- thank your lovely volunteer

Dorset Council say “Please get in touch if you feel overwhelmed”

These are difficult times meaning that sometimes things can feel overwhelming.

If you're concerned that things are getting too much and that you are not going to be able to manage, please get in touch. If you have an allocated worker, please contact them to let them know how you are feeling.

If you do not have an allocated worker, please contact your local Family Partnership Zone where staff are ready to help.

See the contact details here



Each zone has a specially trained SEND champion available to offer you support.

Your local Family Partnership Zone will also be able to give you details about what might be available to support you and your family in the local community.

More information on general support is available [here](#).

Do you receive Direct Payments ?

We know many of our members use direct payments to fund the Short Breaks support that you need.

If you are not able to use your direct payment because your usual provider or personal adviser isn't available at the moment, please contact your allocated worker to talk about other ways to find the support that you need.

If you are not sure who your allocated worker is, and you are supported by the **Children With A Disability (CWAD) team**, you can call them:

Weymouth, West and North Dorset:
01305 251414

Purbeck and East Dorset:
01929 553456

Otherwise please contact your local Family Partnership using the details above

Find out more about Dorset Family Partnership Zones by [clicking here](#)

Contact your local zone quickly and easily

Zone name	Email	Phone
Chesil	chesilfamilypartnership-zone@dorsetcouncil.gov.uk	01305 225750
West Dorset	westfamilypartnership-zone@dorsetcouncil.gov.uk	01308 421714
Dorchester	dorchesterfamilypartnership-zone@dorsetcouncil.gov.uk	01305 221348
Purbeck	purbeckfamilypartnership-zone@dorsetcouncil.gov.uk	01305 225729
East Dorset	eastfamilypartnership-zone@dorsetcouncil.gov.uk	01202 225710
North Dorset	northfamilypartnership-zone@dorsetcouncil.gov.uk	01305 224310



Dorset SENDIASS

Dorset Special Educational Needs Information, Advice and Support Service

In these difficult times, the team at Dorset SENDIASS is here to support you as always. They offer a **free**, impartial and confidential service that provides information, advice and support to:

- children and young people aged 0 to 25 with special educational needs and/or disability (SEND)
- parents and carers of children and young people with SEND

Although their drop in sessions have been cancelled you can still reach them through email or by phone

[Click here for details of how to contact them and more information about the service.](#)



Home Education resources from the Dorset Council website

Although individual schools have guidance on learning from home during this period, the Dorset Council website also features links and information about educating outside the normal school environment. They list these organisations who offer resources for home education:

[CGP books](#)
[Letts revision](#)

[Oxford Home Schooling:](#)
distance learning college offering courses from key stage 3 and above

[IXL:](#)
complete curriculum coverage of maths and English from reception to year 13

[Khan Academy:](#)
free interactive site for maths

[EdPlace:](#)
subscription site with worksheets based on the national curriculum from key stage 1

[National Extension College \(NEC\):](#)
offers distance learning courses, including GCSEs and A levels

[World Wide Education Service:](#)
assists families with the education of children aged 3 to 14 years

[InterHigh Education:](#)
offers a complete secondary school education on the internet

[Muddle Puddle:](#)
independent site focusing on learning for 0 to 8 year olds

[Primary Resources:](#)
free resources for downloading covering all areas of the national curriculum

[TES:](#)
register for access to free resources

[Parents in Touch:](#)
information, links to suitable websites and downloadable worksheets

[BBC Bitesize:](#) interactive website covering all areas of the national curriculum

[Twinkl:](#) free, printable resources for all areas of the curriculum for early years

Dorset Children's Centres are closed but still offering support

All Children's Centres in Dorset are currently closed to visitors. You can still get support though for you and your family.

Use this link to find your local centre and their contact details.

[Contact your local Family Partnership zone.](#)

If you're worried about the immediate safety of a child or young person call the **Children's Advice and Duty Service:**

Tel: **01305 228 866**

[Full contact details for Children's Advice and Duty Service](#)

ARTZ+ SPORTZ+ Online Easter Holiday activities

Short Break activity provider, **Artz+ Sportz+**, has been busy coming up with creative ideas for activities and will be posting a daily video on their Facebook page during the Easter holidays.

In this way, the project hopes to keep in touch with regular participants and welcome new ones while everyone has to stay at home.

Workshop leaders and sports coaches have put together (in record time!) a range of short videos on music, craft and sport.

Visitors will be able to follow a step by step guide to making a pirate ship by 3D artist Darrell Wakelam and join long-time favourite Paula Fleming for songs and musical instrument making.

All craft ideas will use materials easily found at home.

Also, the Action Van's Emily Austin will be suggesting some ideas for garden games and there will be other sports videos too.

So if you're looking for something new and different to do then why not drop in and visit them at

www.facebook.com/ArtzSportz/



Dorset Parent Carer Council is run by parents for parents and their families. Formed in June 2009 they have over 700 members and work to help improve the lives and opportunities for families and children and young people age 0-25 years who are disabled in Dorset.

They do this this by being a voice to inform all agencies and services about the needs of disabled children and their families in Dorset.

Since they are made up of parent carers themselves they have also been adjusting to living their lives differently. As such they are acutely aware that for families of children and young people with Special Educational Needs and Disabilities the current situation bring so many challenges.

Contact DPCC

However they are still working to be there for Dorset families and can be contacted via their Social Media pages, by email and by telephone

Telephone: 07827 793244.

Email: dpcc@dorsetparentcarercouncil.co.uk

Twitter: @dpccnews

Facebook: www.facebook.com/groups/dpccnews/

New 'SEND Support Room'

Keeping connected with others during the period of social distancing or self-isolation may be hard so to help with this they have brought forward the launch of their new private Facebook group called –

The SEND Support Room (Dorset Parent Carer Council)

This new DPCC Facebook group is for parents and carers **only** and will, in time, replace the existing **private** DPCC Facebook group.

(Please note: The SEND Support Room Facebook group is separate to the 'public' Dorset Parent Carer Council Facebook page which can be found and followed by anyone.)

School Transport—UPDATES

School transport, including for those children and young people with SEND, is being reviewed daily.

If you do have to use school transport Dorset Council will contact you if there are changes to the service. To find out the latest position or If you have any concerns, please contact Dorset Travel on **01305 224537**.



The Remix are going digital !

Over the next few months the Remix will be posting online sessions for everyone to take part in.

Led by our Artistic Directors, Aimee Hobbs and Amy Eastwood we will be posting online videos through our Facebook page after the Easter weekend .

The sessions are open to everyone(including mums, dads and carers !).

To access the films, simply go the Remix page and click "Like"

www.facebook.com/The-Remix-211878315499892/



During April and May we will also be inviting guest dance artist Ki Shaw and DJ Andy Cleeton to post some online workshops especially developed for the Remix. Remix will be grooving to a DISCO theme, so grab your lycra and shiny satin and tune in to learn some disco moves. Plenty of room for Divos and Divas on your stay at home dance floor.

There'll be competitions, chances to learn some groovy moves and even the opportunity to upload your very own dance routines.

Look out for our first tutorial after the Easter holidays - stay groovy (oh and safe !)

The Chatterbox Project

The Chatterbox Project Wimborne for 15-18 year olds normally takes place every Monday evening—but is currently on hold. However the team from Bournemouth YMCA who run it have spent the last 3 weeks busy changing their way of working and moving online.



And are happy to support any new eligible young people who want to get involved—even if they are not existing members.

Currently they are offering:

- *3x 2 hour **virtual group youth sessions** per week via Zoom (young people from our Monday group are accessing our session on a Tuesday from 1- 2/3pm). We have kept the same routine as our normal face to face sessions so we have our peer mentors running parts of the session and are having guest speakers visit. Examples are last night we had a Maui Thai workshop, next week a young person is delivering a workshop about looking after your mental health when stuck indoors and we have a local councillor visiting us to example the local situation from BCP council.*

- *We are doing **1:1 phone/ video sessions** with young people (and their families) to offer support and advice at this challenging time and signposting them to other organisations who can help.*

- *We are hosting weekly **Chatterbox Challenges**. See attached example from this week. Each week young people send through their videos/ photos of the challenge and we collate them all and place on social media. We are linking them to AQA awards so they are still getting their certificates.*

*Last weeks **Chatterbox challenge** was to send in a video with your washing hands technique whilst singing.*

If your young person may be interested and looking for something new, then contact:

Poppy Sargeant
Chatterbox Coordinator,
YMCA Bournemouth
Mobile: 07827848479

Email:
poppy.sargeant@ymcabournemouth.org.uk

Website: www.ymcabournemouth.org.uk



Joining The Xchange



Please note that at the present time we are still registering new applications to join The Xchange but cannot issue Dorset Max Card or Dorset Carers Cards until the current situation changes.

Outstanding cards will be issued as soon as we are able but in the meantime new members will still receive newsletters and emails

School Transport



For those children who remain in school, school transport is being continually reviewed. Many routes now have no children travelling and so have been temporarily withdrawn. If you do have to use school transport we will contact you if there are changes to the service.

Parents and carers are being asked to use their own transport where possible. We will cover petrol and wear and tear expenses. This will not affect any benefits you may receive.

To claim please email or ring
01305 225023.

If you have other queries contact Dorset Travel on **01305 224537.**

The Curly Hair Project is a social enterprise which supports people on the autistic spectrum and people around them, founded by autistic author Alis Rowe. They use cool things like animated comic strips and diagrams to make their work interesting and easy to understand!



Due to Covid-19, all their events listed before summer 2020 will now take place ONLINE. This means they now have a whole list of almost daily webinars that you can book a place on.

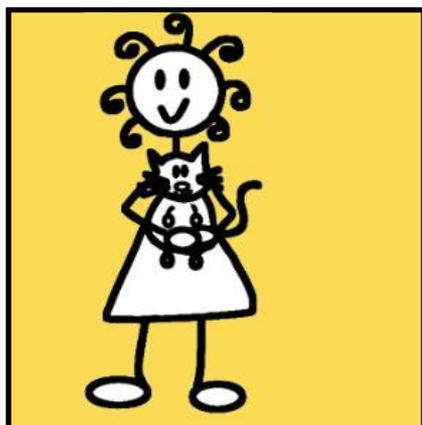
Here's the list of the huge number of events for the next few weeks in April.

[To book a place simply visit their website page here](#)

Their autism training events are designed and delivered by people who are all highly experienced in ASD.

They have lived with it, so they really know what autism is like.

Normally their events run all over the country and cover a variety of topics including: dealing with autism in everyday life, autism in adulthood, strategies for living with autism and autism and mental health.



Thu
09
Apr

[Recognising emotions as an autistic child](#) - Webinar

Tue
14
Apr

[Managing anxiety as an autistic child](#) - Webinar

Tue
14
Apr

[Strategies for Living with Autism in Covid-19 Times](#) - Webinar

Wed
15
Apr

[Autism & Sensory Processing](#) - Webinar

Thu
16
Apr

[How to manage an autistic child in an educational setting](#) - Webinar

Fri
17
Apr

[10 ways to stay productive when you are stuck at home](#) - Webinar

Mon
20
Apr

[Autism & Females](#) - Webinar

Tue
21
Apr

[Recognising emotions as an autistic child](#) - Webinar

Wed
22
Apr

[Emotions & Autism](#) - Webinar

Thu
23
Apr

[Strategies for Living with Autism](#) - Webinar

Thu
23
Apr

[Meltdowns & Shutdowns](#) - Webinar

Fri
24
Apr

[Ways to improve mental health](#) - Webinar

Sat
25
Apr

[Positive Traits of Autism](#) - Webinar

contact *For families
with disabled children*

**Call our free helpline
0808 808 3555**

National disability charity CONTACT has a website packed with information for families with disabled children, from finance to education and more. They also have dedicated Covid-19 (coronavirus) pages to offer you somewhere to go where all the most important information you need is in the one place.

They intend to keep adding to these pages as and when the situation changes, so recommend that keep checking back for additional information and resources that could be useful to you and your family.

And don't forget their FREE telephone helpline. The number is at the top.

Pus they also post all the latest news on their [Facebook](#) and [Twitter](#) pages too.

Links on their pages include:

[General and up-to-date coronavirus advice](#)

[Children with health needs](#)

[Coronavirus and your child's education](#)

[Coronavirus, welfare benefits and money](#)

[The Coronavirus Act 2020](#)

[Coping at home](#)

Disability Grants

New website with fresh modern appearance with a redesigned logo.

disability grants
Helping you Find the right grant

More accessible layout with a larger font and increased line spacing. Its clean look makes it easier to view on mobile as well as other platforms.

AN improved search option helps you find the right grant. The search box is fixed in desktop and moves down when scrolling. On viewing on a mobile you will see a large search box at the top of each page.

www.disability-grants.org/



The Council for Disabled Children new support email boxes

CDC has launched **two new email inboxes** aimed to answer questions, collect resources and share information on Coronavirus and the impact on children and young people with Special Educational Needs and Disabilities (SEND).

They can be used by professionals, practitioners, parent carers and families of children and young people with SEND.

BOX 1: The new **'CDC questions'** inbox, CDCquestions@ncb.org.uk, lets you ask questions about how coronavirus will impact on your children and young people as well as other questions relating to the impact on families; the education, health, social care sectors; and the voluntary and community sector.

Each week they will share FAQs with the Department for Education and Ministers and publish an FAQs newsflash each Friday. You can sign up for their FAQs newsflash from their mailing list, selecting the 'CDC Digest' option:

<https://councilfordisabledchildren.org.uk/about/subscribe-newsletter>

BOX 2: The **'CDC resources'** inbox, CDCresources@ncb.org.uk, lets parent carers, sector professionals and practitioners share resources to support families and practitioners. They will add these resources to their COVID-19 Support and Guidance webpage, <https://councilfordisabledchildren.org.uk/news-opinion/news/covid-19-support-and-guidance>. The webpage is kept under continuous review.

You can ask your questions by emailing: CDCquestions@ncb.org.uk



THE COUNCIL FOR DISABLED CHILDREN RESOURCE WEBPAGE

The Council For Disabled Children website has gathered a list of useful resources and guidance about coronavirus to share with [parent carers, children & young people](#) and [education, health](#) and [social care](#) practitioners. You can access plenty of useful links and information from a single page.

Their page will be kept under review and new resources added to the categories as they become available. You can find the page by clicking the link below

[Goto CDC Resources webpage](#)



CEREBRA: Parent guides , factsheets and free digital book lending library

Cerebra, have helped around half a million children and young people with brain conditions in the UK that result in complex medical, educational and social support needs.

Despite the disruption caused by the current COVID-19 pandemic we would like to reassure you that Cerebra is still operational and able to support families who are living with a child with a brain condition.

Guides:

They publish a whole series of downloadable informative guides and factsheets to help families of children with brain conditions with some of the common problems they may face.

The guides offer expert advice covering a whole range of issues from physical and mental health, dealing with social services, financial and legal affairs and education.

You can find the guides here: <https://cerebra.org.uk/get-advice-support/parent-guides/>



Foundations of our 'Stand Back Covid-19' 16 Week Plan



Maintain support
for our children
and adults



Maintain the health
and well-being of
our staff



Keep our people in
employment



Focus on our future

Determined to keep their services going, **Autism Wessex** is a charity offering education, advice, information and support services to anyone affected by autism and associated difficulties.

They produce a free monthly newsletter packed with information and news.

To sign up for the newsletter or for any information contact them call: **01305 213135**

or email: advice@autismwessex.org.uk

or visit their website: www.autismwessex.org.uk

Charity Hub, Portfield School, Parley Lane, Christchurch, Dorset, BH23 6BP

Help to make a Lasting Power of Attorney



A lasting power of attorney (LPA) is a safety net. It's a legal document ensuring a person or a group of people can manage and make decisions about someone's finances, property and care needs. Diverse Abilities Team can help you to decide whether an LPA is right for you, and if so, make the applications for you and oversee the registration. The Team may also save some money since their costs are substantially lower cost than most solicitors and they don't make a profit.

For more information, visit www.diverseabilities.org.uk/advice Or call on 0300 330 5514.

PLEASE NOTE:

We do our best to make sure that the information on this newsletter is correct and up to date but in these fast changing times things are constantly changing so if links and information has altered by the time you read this , we do apologise. Please do let us know though if you feel anything needs updating. *Thankyou.*

You are receiving this newsletter because you have registered as a member of The Xchange network for Dorset families with children who are disabled or because you have asked to receive a copy. If you no longer wish to be registered with The Xchange or to receive the newsletter, please send us an email with your details and marked '**unsubscribe me**' to info@xchangeonline.co.uk



Dorset Council's Local Offer is for children and young people from 0 to 25 years with special educational needs and/or disability (SEND) they provide information, advice and support for children and their families.

[Click here to sign up for Dorset Council's SEND Newsletter](#)

[About our Local Offer](#)
Information about our Local Offering Dorset including strategies and plans.

[Education and Learning](#)
Getting the right support for children and young people with SEND.

[Transport](#)
Find out about the support available for transport for children with SEND.

[Activities](#)
Details of activities, short breaks and events in Dorset for children and young people with SEND and their families.

[Children's social care](#)
Support advice and guidance for families of disabled children

[Childcare](#)
Childcare information and support for children with SEND and their families.

[Teen to Adult](#)
Preparing for adulthood-information and support for young people with SEND and their families.

[Services to help support your child](#)
Find information about services in Dorset to help you and your family.

[Money](#)
Funding available to children and young people with SEND and their families

[Health](#)
Health information and support for children and young people with SEND and their families

[I think my child may have SEN or a disability](#)
Who to talk to and where to find help.

[Give us your feedback](#)
Give feedback about any part of our SEND offering.

[Make a complaint](#)
Complain about a service you have received from the council or other organisations.

[You said, we did](#)
Feedback that you have given us and what we've done because of your comments.

[Safety and wellbeing](#)
I want to report a child protection concern.

[Get help for my family](#)
Help when you need it.



The Umbrella Group–

A parent led support group, for parents of children and young adults with ASD. They have been running for over 5 years. In their sessions they cover a wide spectrum of behaviours which all come under the same umbrella of ‘autism’.

PLEASE NOTE: At the moment all sessions are cancelled.

They are no longer able to offer anything to new or potential members although existing members may get email updates from time to time.

For more information please contact: Debbie Muldoon-Hall on 07900 693131



Family Support

Do you ever feel isolated with no family nearby and struggling to make friends? Do you

ever have a hard time coping with your child's illness? Or struggle to cope with your own disability? Are you tired, unhappy, exhausted or having relationship problems?

Home Start are still providing free support through telephone and online systems.

Contact them for more information or if you would like to become one of their volunteers when the coronavirus crisis ends.

For further information please contact;

For **West Dorset**

Call: 01305 265072

Email: office@homestartwestdorset.co.uk

For **North Dorset**

Call: 01258 473038

Email: office@home-start-northdorset.co.uk

For **South/East Dorset**

Call: 01202 574877

Email:

office@homestartsoutheastdorset.co.uk

Home Start support parents through trained Home-Start volunteers; parents supporting parents.

Information for Carers- Information, advice and support for Dorset carers

You are a carer if you provide unpaid support to someone who could not manage without your help. Many people do not think of themselves as carers, just someone who is looking after a relative or friend. Being a carer can have a huge impact on your own life. We offer advice on how to look after yourself and get the support that you need.

For more visit:

<https://www.dorsetcouncil.gov.uk/care-and-support-for-adults/information-for-carers/dorset-carers.aspx>

Disability Living Allowance (DLA)- from CONTACT

You don't need a diagnosis to claim DLA and your child's needs don't have to be severe. Their guide, Claiming Disability Living Allowance for Children, is full of hints and tips on claiming DLA for the first time and changing your DLA. The guide can be ordered on their helpline 0808 808 3555

Costs reduced due to Coronavirus crisis

BENEFITS ADVICE and SUPPORT; from application to appeals.

For more information, visit www.diverseabilities.org.uk/advice

Or call on 0300 330 5514.



Get a FREE copy of 'The helpful guide for families with disabled children'

As well as publishing a huge amount of information on their website, the national disability charity **Contact** (previously Contact a Family) produce a free guide for families. You can request a free copy of their helpful guide and “get all the information and help you need to enjoy family life”. Just click [here to reach the website order page.](#)



Dorset Falconry Park

The Falconry Park is currently closed due to the Covid –19 situation although they are still on site every day caring for the animals with regards to feeding, cleaning and exercising.



Enjoying Dorset's Countryside

All Dorset Council countryside car parks and all facilities now CLOSED

Following advice from central Government, we have now closed all public facilities at our country parks and open spaces until further notice. This includes the car parks, play areas, toilets, cafés, visitor centres and Moors Valley's golf course.

If you live within walking distance of one of our country parks or open spaces, you may visit by foot or bicycle for your daily exercise as long as it is your one piece of exercise a day, and you observe the 2m social distancing, and wash your hands on before coming and on returning home - as per the NHS guidance: <https://www.nhs.uk/conditions/coronavirus-covid-19/>




The SEND Support Room

Support **E**ncourage **N**ature **D**iscuss

The SEND Support Room is a new online Facebook support group for parent carers living in Dorset* who have children or young people aged 0 - 25 with any Special Educational Needs and Disabilities.

- A place to support one another
- A place to share information
- A place to 'talk' to others who understand

You can find the group on the Dorset Parent - Carer Council Facebook page:
<https://www.facebook.com/>

Dorset Parent Carer Council
 * not Bournemouth, Christchurch or Poole

Where to find reliable information

We live in fast changing times and families need reliable information, especially about Coronavirus. You will no doubt all be aware that there is a lot of misinformation about, so here are some useful reliable sources:

[UK Government information](#),

[Dorset Council information](#),

[Local Offer information](#) and

[Dorset Parent Carer Council \(DPCC\)](#).

Need help?

A helpline is open 8am to 8pm, 7 days a week for vulnerable people in need of vital support in the Dorset Council area

01305 221022

