

BOX OF LEAFLETS

Blackmore Vale Partnership, Health Champions, Vale Primary Care Network

The Blackmore Vale Partnership

The Patient Participation Group

Help and Care - Self Management Coaches and Link Workers

Westminster Memorial Hospital (including League of Friends)

Dorset Council - A guide to adult social care services

Shaftesbury Town Neighbourhood Policing Team

Shaftesbury Plus Activity Planner

Help and Benefits

Citizen's Advice Bureau (CAB)

North Dorset Citizens Advice Bureau

HOPE PROJECTS (Shaftesbury & District Carers Association)

First Point, You

Open House, Shaftesbury

Healthy Homes Dorset

FCN, The Farming Community Network

StoreHouse Shaftesbury

Christians Against Poverty - Debt Help (at Open House)

Stop Loan Sharks

Safe and Well (Fire service)

Total Wellbeing Matters

British Red Cross,, Independent Living Services

Armed Forces Community Health & Wellbeing Team

Helpline Guide (mental illness inc. bereavement etc)

National Asbestos Helpline (financial support)

Training, Jobs and Learning

Read Easy

Shaftesbury Library Computer Basics

Ability Net Computer Help

Shaftesbury Job Club

Wiseability Ucan

Skills and Learning, Train & Grow

Skills and Learning, Living Well

Stepping Stones

Inspire Dorset

Community Catalysts

Be Scam Wise, advice from Trading Standards

Stepping Stones - learning difficulties training and work

Help with Health and illness

LiveWell Dorset

Dorset Musculoskeletal Outpatient Physiotherapy

Abbey View Physiotherapy

Boots Travel Vaccinations & Health Advice Service

Boots Online Clinics - Erectile Dysfunction, Hair Loss, Stop Smoking, Acne, Period Delay, Malaria prevention

Slimming World

Boots Advice Products and Services to help feel well this winter

Manage your Menopause - Healthandher.com

Macmillan Cancer Support

Sylk Lubricant for vaginal dryness

Just Ask "Could it be Sepsis"

Boobs Breast Cancer Awareness - inc. help with items, facilities, services and financial **(IN FOLDER)**

Breast Cancer - How to spot symptoms and reduce your risk, Cancer Research UK

Physical Activity

Happy Hearts

Walking for Health

Walking Football for Wellbeing - Dorset Mind

Odstock Health and Fitness

Stourview Hydrotherapy Pool

Nordic Walking

Hawkers Hill Gym, Shaftesbury

South Wiltshire Ramblers' Group

Coffee and Company

Shaftesbury Coffee Companions

Shaftesbury Arts Centre Chat and Chill (and other activities)

Shaftesbury Royal British Legion Coffee Mornings

Disabled, Differently enabled, Chronic and Mental Illness

NorDDis - North Dorset Disability Information Service

Books on Prescription - The Reading Agency (library)

Reading Well for people with long term conditions (library)

Coping: A Survival Guide for People with Asperger Syndrome

Autism Spectrum Book Collection

Autism Wessex - free information and advice

Action on Hearing Loss

Thistle Assistance Card

Wiltshire Hearing and Vision Team

Carry on Reading - RNIB

Read it Hear, Lipreading Classes

Help a Loved One to Better Hearing

Tips when speaking to someone with a hearing loss

Helping you to take on Tinnitus

Epworth Sleepiness Scale (sleep apnoea)

Shaftesbury Community Hub

Home Library Service - Bringing the Library to You

Parkinson's UK inc local adviser details.

Gillingham and Shaftesbury Macular Support Group

Blackmore Stroke Club, **(IN FOLDER)**

Questions about stroke? - Stroke Association

HEADSMART - be brain tumour aware

Children, Parents and Relationships

Home-Start North Dorset

Rhyme Time at Shaftesbury Library

Children's Centre activities (North Family Partnership Zone)
The Friendly Food Club - Eat a Rainbow
Children's Mental Wellbeing
Bath, Book, Bed, Peppa Pig simple steps to a better night's sleep
Is my child Anxious? - Self-Help Guide
You First Isolated Communities Engagement Project - domestic abuse
National Domestic Violence Helpline
Mediation Information and Assessment Meetings (MIAMs)
Georgina Robson Mediation & Dispute Resolution
Spotting Sepsis in children

Youth

Young People and abusive relationships
A Guide for parents - Working it out with Your Teenager
Dorset Mind Your Head
Reading Well Shelf Help
LGBT Help and Support
MenACWY vaccine (Meningitis)

Creative Activities

Making Space Creative Workshops for Adults
Learn the Ukulele
Borrow Box Library App
The Reading Agency Library Groups
Libraries West Digital Magazines
Reading Well Mood Busting Books
Shaftesbury Library Drop in story, craft and games session
Scribblers Writing Group

Bereavement and End of Life

Bereavement Drop-In, Bell St United Church
The Martinsey Isle Trust Art of Living and Dying
The Bereavement Centre
Support for Bereaved Young Adults
Support for Bereaved Men
Weldmar Hospicecare Day Services
Sue Ryder On-line bereavement support

Other Activities

Hope2Cycle
Sustainable Dorset
A Walk Among Our Trees
Swans Yard - A place to Relax and be Inspired
Swans trust Printing Services
GANG - Gillingham Action for Nature Group
Blackmore Vale Line Community Rail Partnership
Shaftesbury Civic Society
Shaftesbury Town Twinning Association
Stepping into Nature - Dorset
Shaston Social Club

White Hart Link Walking Route
Duncliffe Wood
Dorset Dogs
Shaftesbury Road Map and Attractions Guide
This is Alfred Community Radio
Repair Café

Transport

Shaftesbury Car Link
Gillingham Area Car Link
Combined Bus Timetable
Train Times - South Western Railway
Berrys Coaches London Superfast
Dorset Community Transport

Elderly

Age Concern Pop-In at the Pavilions
Age UK Home Support
Rapid Access to Care for the Elderly (RACE) Clinic
The Silver Line
Tricuro Shaftesbury Plus Day Centre
Tricuro Knit, Natter and Games
Dorset Driver GOLD, A Guide for Older Drivers
Skills and Learning AgeWell Learning Courses
Community Lunch at Shaftesbury Plus Day Centre
Age Concern Volunteer Friends
Cedars Castle Hill Day Room Service
Age UK - Have you made a will
Age UK Personal Alarms
Well being Personal Alarms

Dementia and Alzheimers

Memory Gateway - Memory Services for People living in Dorset
Social Activities for those Living with Dementia or Memory Loss, and their Carers
Marching on Group for Men, St Martin's Grange, Gillingham
Mindful Café at St Martin's Grange, Gillingham
My House of Memories app
Aster Group technology for safety
Admiral Nurse Dementia Support
Memory Café, Shaftesbury
Boots - Living with dementia
Alzheimer's Society dementia booklet
Alzheimer's society support helpline

Mental Health

Reading Well for Mental Health - Library
Community Front Room, Shaftesbury
Mind Blue Light - counselling/therapy for emergency workers
Samaritans
Dorset Mind

Dorset Mental Health Forum
Dorset Mental Health Advocacy
The Recovery Education Centre
Relate Counselling and Support
Rural Mental Health Matters RMHM (SOMH!)
STARS Dorset - Sexual trauma and recovery Service - counselling
Jax Beatty Psychotherapy
REACH Drug and Alcohol Services
Citizens Advice Gambling Support Service
Stars Dorset Volunteer Counselling Team (Sexual Trauma & Recovery)
Money and Mental Health Policy Institute and GLAD Study
Adult Psychology Service - Understanding unusual experiences
Mental Health Chaplaincy
Websites and useful numbers
How does it really feel - Mental Health UK
UKSMART Recovery - help with compulsive or addictive behaviours (Blandford) **(FOLDER)**

Carers

My Time Carers' Support Group
Carers Surgery Factsheet and Debbie Martin, Carers Lead
Carers Support Services Checklist DORSET
Dorset District Nursing Service
Caring Matters Magazine
The Leonardo Trust
Age Uk Advice for carers - A practical Guide
Plan ahead for emergencies
Computer Help for Carers
Priority Services Register
Standard Care - Dorset HealthCare University NHS Trust
Shaftesbury Integrated Community Rehabilitation Team
Community Support Worker Service
CQB CareConsultancy
Your future Care - Dorset Council
Carers emergency plan
Supporting Someone With a Mental Illness
Caring Hands at home

NHS - general

WaitLess App
Prepare to Live Better, Are you ready
Dorset Care Record
Have Your Say
Tell us about your patient experience
Healthwatch Dorset
Dorset CCG Health Involvement Network
"Procedures of Low Clinical Value" - New Hall Hospital
Development plans for Dorset County Hospital, Dorchester
Law around organ donation changing
Share your organ donation decision yet?
Keeping Adults Safe - Stop Abuse

Volunteering

Volunteer Centre Dorset
Dorset Mind
Rural Dorset Adult Befriending - Dorset Mind
Volunteer Befrienders for Young People
Royal Voluntary Service - Together for Older People
British Red Cross - Volunteer with us

Other towns - Sturminster Newton, Gillingham, Sherborne

Who's Who in Sturminster Newton 2019
Senior Stur, Young Sturs, SturYouth Club
List of Councillors 2019, Town Council
Arts and Crafts for All - The Exchange
Tricuro Stour Connect
Sturminster Parkinson's Café
Age Concern - Sturminster and North Dorset
NewTech - Sturminster Newton Community Learning Centre
Men's Shed Stour
Community Chest Shop
Bus 2 Go, Days out - pick up in Sturminster and Marnhull
StepChange Debt Advice - Gillingham
Green Gang - environmental help for recovery in mental health. Gillingham
U3A activities
U3A dancing
The Oddfellows - Cuppa and Chat at the Exchange plus other activities
Friends of Stour Connect
Dorset Lavender Farm Project
Marnhull Men's Shed
Gillingham Foodbank
Gillingham's Weekly Companions Hours
Mindful - support with memory/mental health problems - Gillingham/Stalbridge
RiversMeet Gillingham
Dorset Council
The Countrymen Club, Rylands Farm
Riding for the Disabled, Blandford
The Tisbury Therapist - Counselling and Psychotherapy
Who's Who in the Sherborne Area 2019
Sherborne Wellbeing Support Group
Start Support, Transition and Recovery Team - Dorchester and Bridport
National Rural Support Groups
Dorset Countryside Volunteers

General Information

The 5 Ways to Wellbeing
Quick Tips on Panic Attacks
Quick Tips on Physical Activity
Quick Tips on Stress
Quick Tips on Relaxation
Signs and Symptoms of Cancer (Macmillan)

Other

Repair Café

Dentons directory - Shaftesbury, Gillingham, Mere, Stur and Marnhull

The Ideal Health Exhibition Directory of Exhibitors

Self-referral List

What's happening

Clubs and Organisations in Shaftesbury and Gillingham

Welcome to Shaftesbury and Gillingham

Understanding Dorset Council

Wiltshire Farm Foods