

# MISCELLANEOUS INFORMATION FOR THE USE OF HEALTH CHAMPIONS

## (CONTENTS OF LEAFLETS UNRELATED TO MENTAL HEALTH)

### **ALSO SEE:**

- **THIS WEBSITE**, LOTS OF INFORMATION FOR THINGS 'LOOSELY' CONNECTED WITH MENTAL HEALTH (HAVING MENTAL HEALTH DIFFICULTIES DOESN'T MEAN YOU DON'T HAVE ANY OTHER PROBLEMS!)
- **CLUBS AND ORGANISATIONS PDF** AT THE BOTTOM OF LOCAL INFORMATION
- **BOX OF LEAFLETS PDF** AT THE BOTTOM OF LOCAL INFORMATION
- **WHO'S WHO IN SHAFTESBURY PDF** AT THE BOTTOM OF LOCAL INFORMATION

### **NHS DORSET CLINICAL COMMISSIONING GROUP (CCG)**

Is responsible for commissioning health services for the people of Dorset. Its mission is to support people in Dorset to lead healthier lives and it does this by driving continuous improvements in services throughout the county. You can get involved and influence the work of the CCG by joining the Health Involvement Network at [www.dorsetccg.nhs.uk/involve/hin/form](http://www.dorsetccg.nhs.uk/involve/hin/form). You will then receive our Feedback bulletin [www.dorsetccg.nhs.uk/involve/](http://www.dorsetccg.nhs.uk/involve/). #HowCanIGetInvolved which promotes a wide range of opportunities and projects seeking the views of patients.

**"Procedures of Limited Clinical Value"** are those procedures which may not be funded by NHS locally.

### **PATIENT PARTICIPATION GROUPS (PPG)**

[www.dorsetccg.nhs.uk/ppg](http://www.dorsetccg.nhs.uk/ppg)

Each GP Practice in England Should Have a PPG

This might be.....

- .....a virtual (online only) group...
- .....one that meets in person.....
- .....or a bit of both.

Most PPGs have a MAIN GROUP that meets in person.

They use a variety of ways to keep in touch with their wider patient group.

The job of the PPG is to represent the views and interests of patients and the local community.

What does a PPG Do?

All PPGs are different but the things they do include:

- Feeding back ideas and concerns to help shape services and improve patient experiences.
- Carrying out patient surveys to find out what patients think about certain things.
- Helping to produce GP practice newsletters and information leaflets.

People of all ages and from all backgrounds are welcome to join their PPG. You can speak to the staff at your GP practice to find out more about their PPG and ways to get INVOLVED.

Why are they important?

PPGs allow patients to get involved with their GP Practice and help to improve and shape local NHS Services.

How to get INVOLVED?

Just speak to a member of staff to find out more about the PPG at your GP Practice.

You can choose how involved you want to be with your PPG, including signing up to receive the latest news and taking part in surveys, to joining the main group and attending their meetings. Most importantly, participation is voluntary and every contribution is VALUED.

Facebook: /NHSDorsetCCG, Twitter: @DorsetCCG

## **WESTMINSTER MEMORIAL HOSPITAL**

[www.friendsofwmh.org.uk](http://www.friendsofwmh.org.uk)

Abbey Walk, Shaftesbury, SP7 8BD, Tel. 01747 851 535

Minor Injuries Unit (MIU)

Mon – Fri 09.00 – 18.00, Sat/Sun 10.00 – 16.00, Bank Holidays 10.00 – 16.00. Last MIU patient will be seen 30 minutes before closing.

X-ray facilities: Mon – Fri 09.15 – 12.30 and 13.30-16.30 (Closed Wednesdays)

Visiting times: 15.00 – 16.30 daily and 18.30 – 20.00 daily.

### **Clinics at Westminster Hospital Outpatients' Department**

Low Vision / Diabetic Eyes / Foot clinic / RACE clinic / Parkinson's / Orthotics / Rheumatology / Child Diabetic clinic / Paediatrics / Older Persons Community Mental Health

Eye clinics / Glaucoma clinics / Haematology / Urology / Audiology / Aural care / Oral surgery / Orthoptist / Dermatology / General Surgery (coli-rectal) / Orthopaedics / Obstetrics / Pain clinic / Stroke clinic / MS clinic / Dietician.

Shaftesbury Integrated Community Rehabilitation Team. Tel. 01747 475253. 24 hour answerphone.

Email [dhc.crt.shaftesbury@nhs.net](mailto:dhc.crt.shaftesbury@nhs.net). [www.dorsethealthcare.nhs.uk](http://www.dorsethealthcare.nhs.uk)

Community Support Worker Service

[www.dorsethealthcare.nhs.uk](http://www.dorsethealthcare.nhs.uk)

Short term support for people allowing them to stay in their own home.

Referral only, support given for a maximum of 7 days.

Referral form available at [dhc.csw.northdorset@nhs.net](mailto:dhc.csw.northdorset@nhs.net)

Rapid Access to Care for the Elderly (RACE) Clinic

Consultant Geriatrician led clinic.

Assessment clinic for frail older patients. By referral only. Telephone 01747 475236

## **COMPUTER, TECHNICAL AND BUSINESS HELP**

Free 30 minutes one-to-one slot at Shaftesbury Library. Use a library computer or bring your own device. Tues 2.30 – 4.00 pm, Fri 10.30 am – 12.00 noon. Must be booked in advance.

[www.dorsetforyou.com/libraries](http://www.dorsetforyou.com/libraries). Tel. 01747 852256

AbilityNet

[www.abilitynet.org.uk/at-home](http://www.abilitynet.org.uk/at-home)

Free computer support to older people and disabled people of all ages.

Freephone: 0800 269 545.

Charity that provides free help with computers, tablets and smartphones.

Arrange a home visit. Book a session with one of our carefully selected and vetted ICanHelp volunteers.

Be Scam Wise. Advice from Trading Standards South West on how to spot, avoid and report scams.

[www.tssw.org.uk/scamwise](http://www.tssw.org.uk/scamwise)

Read Easy

A completely free one-to-one service designed for adults. People can learn to read at their own pace, without pressure. Tel. 07748 977330. [jenny@readeasy.org.uk](mailto:jenny@readeasy.org.uk).

Skills & Learning Train-&-Grow. [www.skillsandlearningbdp.co.uk](http://www.skillsandlearningbdp.co.uk)

Training solutions to help individuals and business improve skills and performance. Tel. 01202 262300.

<https://www.dorsetcouncil.gov.uk/care-and-support-for-adults/information-and-advice-pages/learning-disability-employment-training-and-support.aspx>

Vocational support and training for people with a learning disability.

NewTech - Sturminster Newton Community Learning Centre.

Use our computer/wi-fi facilities; get help & advice; problems solved; basic & advanced learning.

Lydden Room, The Exchange, Old Market Hill, Sturminster Newton DT10 1QU

01258 475272 (when open) or The Exchange 01258 475137, email [snclc@btconnect.com](mailto:snclc@btconnect.com)

[www.snclc.org.uk](http://www.snclc.org.uk).

**Inspire Dorset**, Ideas for change.

[www.dorsetcommunityaction.org.uk/inspiredorsetbbo](http://www.dorsetcommunityaction.org.uk/inspiredorsetbbo)

Are you unemployed and looking to find meaningful employment?

Ever considered self-employment, trying out a business idea or developing an idea to benefit your community; while you learn new business, employment and enterprise skills?

Inspire Dorset can help you make your project and business ideas a reality. Our flexible programme offers two opportunities:

One-to-One Coaching – where we will identify what type of work will fulfil you, the barriers currently standing in your way and the support needed to achieve your goals.

A Team Challenge – where we will support you, as part of a group to organise a community project that solves a local need. As part of the group you will take a project from an idea all the way through to reality.

### **Community Catalysts**

Do you have an idea that could be helpful to older people or those with health needs? Are you already helping people and would like to do more? Contact [anita.wingad@communitycatalysts.co.uk](mailto:anita.wingad@communitycatalysts.co.uk) or Tel. 07407789131

Not sure if this goes as far north as Shaftesbury. Definitely covers Sturminster Newton.

### **National Asbestos Helpline**

Freephone 0800 083 0411

[www.nationalasbestos.co.uk](http://www.nationalasbestos.co.uk)

[info@nationalasbestos.co.uk](mailto:info@nationalasbestos.co.uk)

You could be entitled to financial support.

### **ORGAN DONATION FROM SPRING 2020**

[www.organdonation.nhs.uk](http://www.organdonation.nhs.uk)

@NHSOrganDonor, 0300 303 2094, Text relay 18001 0845 730 0106, Text chat SMS 07860 034 343

### **SOUTH WESTERN AMBULANCE SERVICE**

[www.swast.nhs.uk/get-in-touch](http://www.swast.nhs.uk/get-in-touch)

[swast.patientexperience@nhs.net](mailto:swast.patientexperience@nhs.net)

Tel. 01392 261585

### **DISABLED**

[www.accessibletaxi.co.uk](http://www.accessibletaxi.co.uk)

**Accessible Taxis**, Local & Long Distance Airports & Seaports.

Wheelchair Friendly. 1 – 6 Passengers

Dorset Blind Association

[www.dorsetblind.org.uk](http://www.dorsetblind.org.uk)

Tel. 01202 712865. Email. [info@dorsetblind.org.uk](mailto:info@dorsetblind.org.uk)

### **Gillingham and Shaftesbury Macular Support Group**

No one need face macular degeneration alone.

Meets 3<sup>rd</sup> Monday of the month 10.30 am – 12.00 noon. Gillingham Library SP8 4UA

Please contact Anne 01747 822 201, helpline 0300 3030 111

[www.macularsociety.org](http://www.macularsociety.org)

### **Wiltshire Council Hearing and Vision Team**

Tel. 01380 725201, email [hearingandvisionteam@wiltshire.gov.uk](mailto:hearingandvisionteam@wiltshire.gov.uk), text 07899 067466

### **Royal Voluntary Service Home Library Service**

Dorset Library Service 01305 225 000, [dorsetlibraries@dorsetcouncil.gov.uk](mailto:dorsetlibraries@dorsetcouncil.gov.uk)  
Royal Voluntary Service 01305 236 666, [dorsetwiltshirehub@royalvoluntaryservice.org.uk](mailto:dorsetwiltshirehub@royalvoluntaryservice.org.uk)

### **Riding for the Disabled**

At Bryanston School, Blandford. Contact:  
Chairman, Lyn Johnson Tel. 01258 456571, email [johnsonl713@aol.com](mailto:johnsonl713@aol.com)  
Chief Instructor, Jackie Abbott Tel. 01258 863683, [springheadjackie@hotmail.com](mailto:springheadjackie@hotmail.com)

## **ILLNESSES AND HEALTH CONDITIONS**

### **CANCER**

[www.macmillan.org.uk](http://www.macmillan.org.uk)  
Tel. 0808 808 00 00

### **HEARING LOSS**

[www.actiononhearingloss.org.uk](http://www.actiononhearingloss.org.uk)

Action on Hearing Loss (formerly RNID) is the largest UK charity helping people who are confronting deafness, tinnitus and hearing loss.

We give support and care develop technology and treatments, and campaign for equality. We rely on donations to continue our vital work.

Questions about deafness, tinnitus or hearing loss?

Contact free, confidential Information Line:

Telephone 0808 808 0123  
Textphone 0808 808 9000  
SMS 0780 000 0360 (standard text message rates apply)  
Email [information@hearingloss.org.uk](mailto:information@hearingloss.org.uk)

Leaflet – Enjoying TV, film and the arts.

**Lipreading classes**, tutors and counsellors.

Skills and Learning – nearest is Wimborne  
Caroline Court (I think Salisbury) 07877 468450 text only.  
Email. [lipreadingtutor@gmail.com](mailto:lipreadingtutor@gmail.com)

### **PARTIALLY SIGHTED**

**Carry on Reading** – ways to books when you have difficulty reading print.  
RNIB Helpline 0303 123 9999

### **BREAST CANCER**

The Importance of Boob Checking  
[www.coppafeel.org](http://www.coppafeel.org)  
Breast Cancer, How to spot the symptoms and reduce your risk.  
[www.cruk.org](http://www.cruk.org)  
Cancer Research UK

### **PROSTATE CANCER**

Support organisation. [www.pcaso.org](http://www.pcaso.org) 01202 580 436

### **VAGINAL DRYNESS**

Sylk Lubricant available from larger Boots stores and Boots.com  
On prescription or ask the pharmacist. Free from hormones and parabens.  
[www.sylk.co.uk](http://www.sylk.co.uk).  
For more information visit [www.themenopausecourse.com](http://www.themenopausecourse.com)

**CONTINENCE ADVISORY SERVICE**, Information and support, both bladder and bowel,  
[www.dorsethealthcare.nhs.uk/continence-service](http://www.dorsethealthcare.nhs.uk/continence-service). 01305 259 978

## **SEPSIS**

[www.sepsistrust.org](http://www.sepsistrust.org)

## **WEIGHT LOSS**

Slimming World

[www.slimmingworld.co.uk](http://www.slimmingworld.co.uk)

Classes in Shaftesbury, day and evening. Call Charlene on 07857 392682 or Sharon on 07927 345808.

## **ACUPUNCTURE**

Ask your Physiotherapist about Acupuncture

Acupuncture Association of Chartered Physiotherapists

[www.aacp.co.uk](http://www.aacp.co.uk)

## **BOOTS THE CHEMIST SERVICES**

Malaria Prevention Service

Travel Vaccinations & Health Advice Service

Find out more & book an appointment at [www.boots.com/travelhealth](http://www.boots.com/travelhealth)

## **ABBAY VIEW PHYSIOTHERAPY**

[www.abbeyviewphysiotherapy.com](http://www.abbeyviewphysiotherapy.com)

Sports Massage, Pilates, Acupuncture, Running Biomechanics, Bike Fit, Body conditioning, Hip, Knee and back classes, Nutrition.

At Abbey View Medical Centre Shaftesbury.

Tel. 01747 856719

## **Dorset Musculoskeletal Outpatient Physiotherapy Service.**

Information for patients, relatives and carers.

Westminster Memorial Hospital, Shaftesbury. Tel. 01747 475261.

## **PHYSICAL ACTIVITY**

### **South Wiltshire Ramblers' Group**

[www.wiltsswindonramblers.org.uk/index.php/south-wiltshire-ramblers](http://www.wiltsswindonramblers.org.uk/index.php/south-wiltshire-ramblers).

And Facebook at [www.facebook.com/southwiltshireramblers](http://www.facebook.com/southwiltshireramblers)

**Hawkers Hill Gym** at Wessex House on Longmead Industrial Estate.

Run by Jack Leaver.

Email: [hawkershillgym@gmail.com](mailto:hawkershillgym@gmail.com)

### **Nordic Walking at Poles Ahead**

[www.polesahead.co.uk](http://www.polesahead.co.uk)

Poles Ahead PT

Helen Gilchrist – 07745 413194

[helengilchrist@polesahead.co.uk](mailto:helengilchrist@polesahead.co.uk)

Get active in a fun way and feel better every day!

Small Group Personal Training and One-to-One.

## **AQUATIC EXERCISE CLASSES – STOURVIEW HYDROTHERAPY POOL**

[www.neptuneaquatics.co.uk](http://www.neptuneaquatics.co.uk)

Tel. 01258 920020. Stour View Close, Sturminster Newton, Dorset DT10 1JF

Choose from our 3 great instructor-led exercise classes. Whether you're looking to lose weight, keep fit or just have some fun we have something for everyone!

**Hydrocise** – With a mixture of station based activities and individual work-outs this class really is suitable for all levels of fitness.

**Hydro4Fibro** – A low impact gentle class created specially for sufferers of Fibromyalgia. Helping to keep muscles functional and control pain.

**Hydro-Hiit** – Our high-impact exercise class based on the principles of High Intensity Interval Training. Perfect for cardiovascular fitness and weight loss.

**Family Swim** – Bring your family to the Stourview Hydrotherapy Pool for some after school fun or over the weekend. 45 minute sessions.

**Under 5s swim** – 45 minute sessions are perfect for babies, toddlers and pre-schoolers to enjoy a warm safe pool away from the noise of bigger children.

### **Walking for Health**

[www.walkingforhealth.org.uk/walkfinder](http://www.walkingforhealth.org.uk/walkfinder) (see Clubs/Orgs PDF)

**HAPPY HEARTS** – Sessions in Gillingham, Shaftesbury, Tisbury, Salisbury

[www.happy-hearts.org.uk](http://www.happy-hearts.org.uk)

Tel. Salli 07969909162, Geoff 07921319877

Wessex Health Living Exercise Consultants.

Leading the Way In Prevention Secondary and Remedial Health Care.

Affiliated to and supporting the British heart Foundation.

Happy Hearts was primarily for Phase IV Cardiac Rehabilitation patients, but due to the connections with other medical conditions it is now open to anyone of any age that may have a medical condition or just feel the need to get fit, although generally structured for the over 45's our youngest is 15 and oldest 94.

### **Odstock Health and Fitness Referral Memberships, Salisbury District Hospital**

[www.odstockhealthfit.co.uk](http://www.odstockhealthfit.co.uk)

Tel. 01722 425085

Referral from GP or other professional.

Hydrotherapy Spinal Pool, Swimming pools, Gym, Classes, Cardiac and Cancer programmes

### **VOLUNTEERING AND MISCELLANEOUS**

#### **Weldmar Hospicecare Complementary Health Practitioner Volunteers.**

Contact Jo Pasker 01305 215346

#### **Could you support a young person facing homelessness today?**

[www.stepbystep.org.uk](http://www.stepbystep.org.uk)

Supported Lodgings service helps young people aged 16-21 by placing them in safe and caring home environments.

Tel. 01329 283786, email: [Debbie.moreton@stepbystep.org.uk](mailto:Debbie.moreton@stepbystep.org.uk)

#### **Dorset Countryside Volunteers**

[www.dcv.org.uk](http://www.dcv.org.uk)

Tel. 07923 498760

#### **Community Chest – Shop for Sturminster.**

Tourist and Community Information. 7 Market Cross, Sturminster Newton DT10 1AN, email

[comcheststur@gmail.com](mailto:comcheststur@gmail.com), Tel. 07598 961372

### **CHILDREN'S ACTIVITIES**

[www.moo-music.co.uk](http://www.moo-music.co.uk)

**Moo Music** – Moosical Fun for your Little One

Sessions in Shaftesbury, Motcombe and Gillingham.

Contact Jules Bond on 07789 88 88 91

### **TRANSPORT**

#### **Shaftesbury Car Link**

Tel. 07763 42664 Martin and June Hull

[shaftesburycarlink@gmail.com](mailto:shaftesburycarlink@gmail.com).

Wheelchair friendly.

**Gillingham Area Car Link**

07599 311443

**Dorset Community Transport**

01258 287980

[www.ectcharity.co.uk/dorset](http://www.ectcharity.co.uk/dorset)

**South Western Railway**

<http://southwesternrailway.com>

**Wincanton Community Accessible Transport** 01963 33864