

West Dorset Locality Monthly Montage
Information, Links and Updates for West Dorset Locality

October 2023



Health Protection

For up-to-date information on all Health Protection news and control measures

[UK Health Security Agency - GOV.UK \(www.gov.uk\)](https://www.gov.uk)

[Protecting your health - Public Health Dorset - Dorset Council](#)

[Local Outbreak Control Plans - Public Health Dorset - Dorset Council](#)



***Whether it's Flu, COVID-19 or any other illness,
it's better to stay at home for a while than risk passing any virus to others.***

PCN Training opportunity



Suicide First Aid Training

5 sessions during November 2023 - March 2024

Further training sessions may be available later in 2024 depending on need

Suicide First Aid training for PCN workforces in Dorset, including social prescribers, wellbeing coaches and smaller community services who work with vulnerable members of the community, in a paid or voluntary capacity.

Attendees will look at the skills to deliver a suicide intervention with an individual who may be having suicidal thoughts and work with someone to complete a safety plan.

To register interest and to receive session dates once confirmed, please email vicky.abbott@dorsetcouncil.gov.uk and include:

- The name of the organisation/ workforce/ group
- A main contact name and email address
- Number of spaces required

*** Please see further information attached to the email ***

PPG Webinar event

PPG Webinar – patient information sharing

Wednesday 29th November 2023 2pm - 3pm

[Patient Participation Group Webinar - the use of patient data in Dorset \(office.com\)](#)

The webinar features guest speaker **Tim Smith, the Communications Manager for Wessex Care Record**. Tim has had a 30-year career as a public sector communications professional and is currently working with Dorset and Hampshire/Isle of Wight Integrated Care Boards (ICBs) on a project to improve the understanding of how and why patient records are shared and reassure people on how these records are kept confidential, safe and secure.

Use the link above to register for the webinar

Pension Credit awareness



Independent Age UK

Pension Credit and Attendance Allowance

Free training dates for November released

Book at: <https://www.eventbrite.co.uk/o/independent-age-46710378753>

Maternity and Pre-Natal Services



Dorset Maternity
and Neonatal Voices

Dorset Maternity & Neonatal Voices

Please share where appropriate

Have you or your partner had a baby in Dorset in the last year?

Your voice matters – please fill in Dorset Maternity & Neonatal Voices survey about your experiences, so we can work to make things better for all.

Survey for those **who have been or are pregnant**: www.surveymonkey.co.uk/r/9LPWQJP

Survey for **partners**: <https://forms.office.com/e/AnPxNPFWWf>

Health & Wellbeing Training – LiveWell Dorset

New Training and Engagement Officer: sara.tattershall@livewelldorset.co.uk

Posters, flyers and business cards: <https://www.livewelldorset.co.uk/healthcare-professionals/resources/>

Contact My Patient: [Contact my Patient · LiveWell Dorset](#)

LiveWell Dorset –2023 Available Training dates

To book: <https://www.eventbrite.co.uk/o/livewell-dorset-30413911458>

or discuss **bespoke or F2F sessions** please contact: training@livewelldorset.co.uk



Supporting Lifestyle Change – 13th Nov, 10am-11:15am

Wellbeing Essentials for You – 7th Nov, 10am – 12:15pm

Wellbeing Essentials for Others – 28th Nov, 1 – 3:15pm

Wellbeing Essentials for Teams – 9th Nov, 12:30 – 4:30pm

Wellbeing Essentials for Managers – 30th Nov, 9:30am – 1:30pm

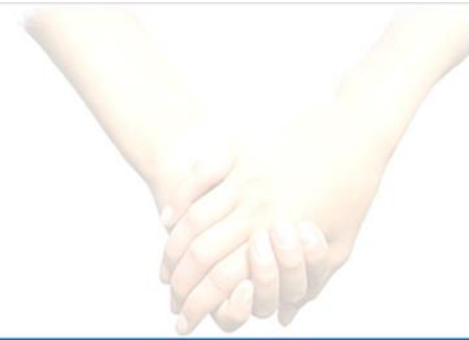
Smoking Cessation – 8th Nov, 1 – 2:30pm

Nutrition for Wellbeing - 28th Nov, 1 – 2:30pm

www.livewelldorset.co.uk

[Health and wellbeing training for your organisation · LiveWell Dorset](#)

Self-Harm: Children and Young People and Family support



SHARPS

Supporting Holistic Approaches - Risk, Parents and Self-Harm

[Sharps Training - 6, 7, 8 February 2024 - Vespasian House, Dorchester, DT1 1TG \(office.com\)](#)

[Sharps Training - 24, 25, 26 April 2024 - RNLi Poole, BH15 1HZ \(office.com\)](#)

[Sharps Training - 11, 12, 13 June 2024 - Vespasian House, Dorchester, DT1 1TG \(office.com\)](#)

[Flash Training - 14 June 2024 - Vespasian House, Dorchester, DT1 1TG \(office.com\)](#)

[Sharps Training - 9, 10, 11 July 2024 - AFC Bournemouth, BH7 7AF \(office.com\)](#)

[Sharps Training - 15, 16, 17 October 2024 - Vespasian House, Dorchester, DT1 1TG \(office.com\)](#)

[Sharps Training - 3, 4, 5 December 2024 - AFC Bournemouth, BH7 7AF \(office.com\)](#)

[Flash Training - 6 December 2024 - AFC Bournemouth, BH7 7AF \(office.com\)](#)

SHARPS 3-day training:

The training is suitable for:

- professionals who consult with patients,
- those working in schools,
- social care,
- mental health facilities and community settings

The training objectives:

- Gain a wider knowledge, awareness and understanding of self-harm behaviours in young people.
- Understand the basic approaches for professionals communicating with families where the young person is self-harming
- Provide practical strategies for professionals in managing the emotional demand
- Feel more competent/confident when working with young people who self-harm

FLASH training:

This course is for professionals who have completed the SHARPS training.

The FLASH training is for multi-disciplinary practitioners working with parents of children aged 11-17 years who are showing signs, or behaviours of self-harming.

This will allow course participants to:

- Understand the essential methodologies for implementing a FLASH parenting group programme.
- Gain wider knowledge, awareness and understanding of self-harming behaviours in young people.
- Provide practical, achievable strategies for parents

Citizen Advice Support



Citizens Advice provides advice services across [Dorset](#)

Dorset Adviceline: **0800 144 8848**

[Bridport and District Citizens Advice | Citizens Advice Bridport & District \(bridportca.org.uk\)](#)

Advice on includes:

Emergency help: food banks vouchers, PPM (prepayment meter) vouchers etc

Housing - emerging as a key issue: rising costs of rent and mortgages, notice, housing register, homelessness applications.

Energy advice: bills and payment methods (eg. Direct Debits), suppliers, grants, arrears, Warm Home Discount, Priority Service Register etc

Benefits: checks, changes, problems, deductions

Income maximisation: grants, Discretionary Housing Payments, budgeting, ways to save money

Debt management and options

Employment: insecure contracts, dismissal

[Winter Fuel Payment: Overview - GOV.UK \(www.gov.uk\)](#)

Energy Cost Support



[Healthy Homes Dorset | Home](#)

HUG2 (Home Upgrade Grant)

www.dorset-hug.co.uk

2-year program targeting energy inefficient non-mains gas heated properties.

Assisting:

- owner occupiers and
- private tenants on low income (<£31,000 per year) or living in a Lower Super Output Area.

Lower Super Output Areas include areas in and around Bridport (postcode checker on HUG website)

Contact with referral and the team can help sort out if application matches the criteria:

apply@dorset-hug.co.uk

**LEAP boilers
Ridgewater Energy
for Healthy Homes Dorset**

[LEAP Home Visit | Ridgewater Energy](#)

For further information, eligibility criteria and referral visit the Ridgewater Energy website:

[LEAP Home Visit | Ridgewater Energy](#)

Citizen Advice Support

Cost-of-Living Data Briefing

14 November 2023, 12:30 - 13:30

People are still struggling to afford daily living costs.

The data held for the last quarter shows that the cost-of-living crisis is no longer a crisis, but a terrifying ‘new normal’ of [people living on empty](#).

Register: [Citizens Advice November Cost of Living Briefing Tickets, Tue 14 Nov 2023 at 12:30 | Eventbrite](#)

** Reminders **

*for further information please email vicky.abbott@dorsetcouncil.gov.uk
for previous montage sheets if you wish*

Different to a Food Bank, “**The Community LARDER**” runs on a small subscription basis to help families top up with cupboard essentials through a community scheme

Drimpton: every Friday at the Village Hall 9.30am - 10.30am

Beaminster: every Thursday at St Marys Academy 1.30pm - 2.30pm

Various grants available.

Please be aware these are external to Public Health Dorset, Dorset Council.

- [Funding to Develop and Improve Local Community Partnerships](#)
(England) | £10,000+ | Rolling
- [Local Authorities can now apply for a Share of £9 Million to help deliver Biodiversity Net Gain](#)
(England)
- [£1 Million in Match Funding Available to Protect & Restore Nature](#) (UK) | £5,000
- [Local Communities can now Apply for Grants to Help them Develop Neighbourhood Plans](#)
(England) | £18,000 | No deadline, grant must be spent by 31 March 2024
- [Grants for the Planting and Care of Trees, Hedges & Orchards](#) (UK) | £2,500 | 3 Dec

**** Reminders ****

*for further information please email vicky.abbott@dorsetcouncil.gov.uk
for previous montage sheets if you wish*

CAVEAT is a **FREE toolkit** to help voluntary, community and social enterprise (VCSE) organisations working with older people to measure and demonstrate the impact they are making. **Visit for more information:**
[CAVEAT toolkit \(caveat-toolkit.co.uk\)](http://caveat-toolkit.co.uk)

Dorset, Poole and Bournemouth - Families and Babies (FAB)

BRIDPORT Group:

Thursdays, 9:30 – 11:00



For further information and to book a place:
josie@familiesandbabies.org.uk

Charity and community organisations helping vulnerable people set to benefit from £76 million government support - GOV.UK (www.gov.uk)

Organisations can apply for grants worth between £10,000 and £75,000 to cover project and core costs, including office rent, utilities, staff and volunteers.

For further information and to apply, visit:
[The National Lottery Community Fund website.](http://www.nationallotterycommunityfund.org.uk)

Local News



Visit Dorset Council and Public Health Dorset News pages for the latest updates

[Dorset Council news - Dorset Council news](#)

[News and updates - Public Health Dorset - Dorset Council](#)

[Have your say on the polling district, polling place and polling station review - Dorset Council news](#)

[Closing the gap between boys and girls in maths outcomes - Dorset Council news](#)

[Ten years of getting Dorset online - Dorset Council news](#)

[Grants available to help Dorset's vulnerable households save energy and lower bills - Dorset Council news](#)

[Careline owners urged to watch out for scammers - Dorset Council news](#)

[Putting our best foot forward - Smarter socks that could revolutionise patient care - Dorset Council news](#)

Local Events

For local activities in West Dorset:

<https://bridportandwestbay.co.uk/visit/events/>

<https://discoverbeaminster.co.uk/whats-on/>



To find out about all other events across the whole of Dorset:

[Things To Do in Dorset - Visit Dorset \(visit-dorset.com\)](https://www.visit-dorset.com/things-to-do)