

### Useful information – Weymouth and Portland

The purpose of this resource is for colleagues to provide clients with selected appropriate information – it is not the intention that this resource should be send direct to clients

Steps2Wellbeing do not endorse any organisations named in this fact sheet

### CV AND CAREER ADVICE

Organisation	Telephone number	Website
National Careers Service On line Skills Health check	0800 100 900	<a href="https://nationalcareersservice.direct.gov.uk/">https://nationalcareersservice.direct.gov.uk/</a>

JOB CLUBS	
<b>Skills and Learning:</b> E-mail: <a href="mailto:enquiries@salbc.p.com">enquiries@salbc.p.com</a> Telephone: 01202 262300 / 01305 819059 <a href="http://www.skillsandlearning.ace.com">www.skillsandlearning.ace.com</a>	<b>Developing work skills</b> <b>Age Well – courses for the over 60s</b> <b>Digital skills</b> courses are also available at different entry levels
<b>Weymouth College:</b> 106 St Thomas Street Telephone: 01305 759683 Email - <a href="mailto:Job_club@weymouth.ac.uk">Job_club@weymouth.ac.uk</a>	Free courses to improve your Maths, English and IT skills. Weekly job club provides support to write or update your CV, create an email address, job searching, completing application forms or electronic applications, interview support and other identified needs.  Prince's Trust courses available – contact Weymouth College for further details

**LEARNING PROVIDERS** – other providers are also available; for free training contact National Careers Service for advice before starting a course <https://nationalcareers.service.gov.uk/find-a-course/the-skills-toolkit>

Organisation	Telephone	Email/Website
Apprenticeships		<a href="https://www.findapprenticeship.service.gov.uk/apprenticeshipsearch">https://www.findapprenticeship.service.gov.uk/apprenticeshipsearch</a>
Arts University Bournemouth	01202 363222	<a href="mailto:scourses@aub.ac.uk">scourses@aub.ac.uk</a> In addition to full time provision also offer creative short courses evenings and Saturdays
Bridgwater and Taunton College	01823 366612	<a href="mailto:distancelearningteam@btc.ac.uk">distancelearningteam@btc.ac.uk</a> <a href="https://www.btc.ac.uk/find-a-course/distance-learning/">https://www.btc.ac.uk/find-a-course/distance-learning/</a> Distance learning – free L1 and L2 courses

Kingston Maurward College, Dorchester	01305 215215	<a href="https://www.kmc.ac.uk/college">https://www.kmc.ac.uk/college</a> Full and part time countryside management, Apprenticeships
Skills and Learning BDP	01305 819059	<a href="https://www.webenrol.com/SkillsAndLearningbdp/Default.asp">https://www.webenrol.com/SkillsAndLearningbdp/Default.asp</a> Maths, English, IT, Apprenticeships, LiveWell, AgeWell, Family Learning, Job Clubs and Road to Work, Distance Learning
Wiseability (UCan)	0300 303 3737	<a href="https://wiseability.co.uk/">https://wiseability.co.uk/</a> Back to work training and mentoring provision
Weymouth College	01305 761100	<a href="https://www.weymouth.ac.uk/subjects/leisure-courses/">https://www.weymouth.ac.uk/subjects/leisure-courses/</a> Maths, English, IT, Apprenticeships, Adult Returners, Sixth Form, Full and part-time vocational learning, Job Clubs
Age UK		<a href="https://www.ageuk.org.uk/information-advice/work-learning/education-training/">https://www.ageuk.org.uk/information-advice/work-learning/education-training/</a>
Free Courses England		<a href="https://freecoursesinengland.co.uk/free-courses-1/">https://freecoursesinengland.co.uk/free-courses-1/</a>
Whitehead Ross	07387 269779	<a href="mailto:dorsetskills@wrecltd.co.uk">dorsetskills@wrecltd.co.uk</a> Traineeships, youth and adult provision

**JOB SEARCH WEBSITES – it is also worth looking on Facebook and shop windows for local opportunities**

<https://jobs.dorsetcouncil.gov.uk/>

<https://www.weymouthtowncouncil.gov.uk/vacancies/>

<https://www.jobs.nhs.uk/>

<https://gettingyoubacktowork.co.uk/dorset/>

<https://www.gov.uk/find-a-job>

<https://jobhelp.campaign.gov.uk/>

<https://www.gumtree.com/jobs/b/dorset/>

<https://www.adviza.org.uk/regional-redeployment-service>

Google Jobs – use the Google search engine to look across a range of different job search engines

Twitter - @jcpinDorset

**INTERVIEW/JOB PREPARATION SITE**

<https://nationalcareers.service.gov.uk/careers-advice/interview-advice>

<https://www.how2become.com/>

**VOLUNTEERING** - Good if you want to try something new, or need a reference

- <https://do-it.org/>

- <http://www.volunteeringdorset.org.uk/>

- <https://www.dorsetcommunityfoundation.org/stories/people-first-dorset-2/>

- Each GP surgery also has a Social Prescribing team who can help you connect with local projects and groups – just ask your GP surgery for a referral

## BENEFITS

Organisation	Address	Telephone Number
JOB CENTRE PLUS Weymouth	Westwey House, Westwey Rd, Weymouth DT4 8TG	0800 169 0190
Help to Claim		0800 144 8444
Department of Work and Pension	<a href="https://www.gov.uk/government/organisations/department-for-work-pensions">https://www.gov.uk/government/organisations/department-for-work-pensions</a>	0800 169 0310
Benefits Calculators	Turn2us <a href="https://benefits-calculator.turn2us.org.uk/">https://benefits-calculator.turn2us.org.uk/</a>  Policy in Practice <a href="https://www.betteroffcalculator.co.uk/#/free">https://www.betteroffcalculator.co.uk/#/free</a>  Entitledto <a href="https://www.entitledto.co.uk/">https://www.entitledto.co.uk/</a>	These are the three main online tools for calculating your potential benefit entitlement – accept no substitutes
Tax Credits	<a href="https://www.gov.uk/browse/benefits/tax-credits">https://www.gov.uk/browse/benefits/tax-credits</a>	
Universal Credits	<a href="https://www.gov.uk/universal-credit">https://www.gov.uk/universal-credit</a>	<a href="#">Understanding Universal Credit - Home</a>
<b>Citizens Advice Bureau</b> – have been trained to support you in finding out if you are eligible to claim benefits, support to make claims and make appeals. Information available regarding outreach centres.	<a href="https://citizensadvisedorset.org.uk/">https://citizensadvisedorset.org.uk/</a> <a href="https://centraldorsetca.org.uk/">https://centraldorsetca.org.uk/</a>  <b>Weymouth Living and Learning Centre</b> Great George Street, Weymouth DT4 8NN Monday – Friday mornings	0800 144 8848

## COST OF LIVING SUPPORT

<https://www.dorsetcouncil.gov.uk/w/cost-of-living-help>

Information signposting to support with:

- Money and Benefits
- Access to food
- Warm Spaces
- Housing
- Healthy Homes Dorset – free impartial advice on energy
- Support for children

- Support for older people
- Mental Health and Wellbeing
- Energy, Water, Phone and Broadband
- Employment
- Managing Debt

[Warm Welcomes in Dorset - Cost of Living Crisis Community Support \(helpandkindness.co.uk\)](https://helpandkindness.co.uk)  
[Get help to buy food and milk \(Healthy Start\)](#)

This NHS scheme provides vouchers and top-up cards for pregnant women and families with a child under 4 years old on low income to buy basic food items.

Money Helper – [www.moneyhelper.org.uk/en](http://www.moneyhelper.org.uk/en) - provides financial and legal advice on a variety of topics. Call their helpline or use the live chat function on their website. Useful guide on living on a squeezed income: [www.moneyhelper.org.uk/en/money-troubles/way-forward/squeezed-income](http://www.moneyhelper.org.uk/en/money-troubles/way-forward/squeezed-income)

## **SOCIAL TARIFF**

What is a social tariff?

Social tariffs are cheaper broadband and phone packages for people claiming Universal Credit, Pension Credit and some other benefits. Some providers call them 'essential' or 'basic' broadband. They're delivered in the same way as normal packages, just at a lower price.

*Once you've benchmarked prices, do a normal broadband comparison to see what's best for you.*

**FREE HAIR CUTS** – to arrange please contact [tiaroos@dorsetmentalhealthforum.org.uk](mailto:tiaroos@dorsetmentalhealthforum.org.uk)

## **DEBT SUPPORT**

<https://www.entitledto.co.uk/> - check you are receiving the right benefits

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

[www.capmoney.org](http://www.capmoney.org) (budgeting)

[www.mhma.org.uk/toolkit](http://www.mhma.org.uk/toolkit)

[www.citizensadvice.org.uk/debt-and-money/help-with-debt/](http://www.citizensadvice.org.uk/debt-and-money/help-with-debt/)

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

[www.moneyhelper.org.uk/en](http://www.moneyhelper.org.uk/en)

[www.turn2us.org.uk/](http://www.turn2us.org.uk/)

[www.ageuk.org.uk/information-advice/money-legal/debt-savings/debt-advice/](http://www.ageuk.org.uk/information-advice/money-legal/debt-savings/debt-advice/)

[Debt advice | Free debt advice | National Debtline | National Debtline](#)

[StepChange Debt Charity - Free Expert Debt Advice.](#)

[Payplan | free debt advice and free debt management. Ivas & dmps](#)

## SUPPORT AROUND HOMELESSNESS

<https://www.dorsetcouncil.gov.uk/housing/homelessness/homelessness-advice-and-assistance>

<https://lanterntrust.org.uk/>

<https://theyoutrust.org.uk/first-point-dips/>

[Get help from shelter - Shelter England](#)

Foodbanks		
<p>Vouchers to obtain a food parcel are available from:</p> <ul style="list-style-type: none"> <li>• Doctors, health visitors, schools, drug and alcohol advisory offices, Soul Food, The Lantern, housing associations and others</li> <li>• Vouchers are also available on Portland from the Portland Centre (CAB), Island Community Action (ICA) and Outlooks (Action for Children)</li> </ul> <p>Vouchers cover enough food for 3 meals a day for 3 days per person</p>		
Weymouth	Please call – 07531 167465	
Littlemoor	Please call – 07809 905412	
Lanehouse and Wyke	St Edmunds Church, Lanehouse Rocks Road	Thursday 1030-1230
Portland	St Johns Church Hall Ventnor Lane	01305 824381 <a href="mailto:portlandfoodbank@gmail.com">portlandfoodbank@gmail.com</a>
Chickerell	St Mary Chickerell located off North Square DT3 4DX. Mary's Place – Pantry	07872 861 523 or <a href="mailto:placemarys4@gmail.com">placemarys4@gmail.com</a> . Janet or Jeremy are always happy to help  Wednesday lunch times

Hot Food		
<p><b>Soulfood</b> The Prayerhouse 2 Dorchester Road, Weymouth, DT4 7JS 07514 774491</p>	<p>A team of volunteers from the Prayerhouse began feeding the rough sleepers and the vulnerably housed of Weymouth &amp; Portland. The service we offer has now grown from two hot meals a week, to four, plus showers, clothes, a Nurse Practitioner, a Community Mental Health Team access worker and our own Outreach Worker. We are able to offer support in many areas: housing, health, mental health and advocacy. Homeless, but not friendless</p>	<p>Monday evenings including bank holidays: 7pm - 9pm Wednesday evenings 7pm - 9pm Thursday mornings 10am - 12am Friday mornings 9.30am - 11.30am</p>
<p>Weymouth Family Church, Bethany Hall, Weymouth, Dorset DT4 8NP</p>	<p>The soup Kitchen runs on Saturday evenings urns of soup are taken to a drop of point in the town for those in need. The Soup Kitchen provides a 3 course meal; signposting; listening; prayer; hats; gloves; warm clothing.</p>	<p>Saturday evenings</p>

Community fridge free food that is donated to stop it going to waste. (may include fresh produce and dairy.) Open to everyone. No referral needed.

Portland Community Venue (PCV) Three Yards Close, Portland, Dorset, DT5 IJN TEL: 01305 821638	Wednesday 11-1
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Social Supermarket		
The Nest  Please get in touch to use the shop  You can buy 2 bags of shopping for £4 for an individual (10 items) or families £6 for 15 items plus free bread, fruit and vegetables	The Waverley, 121 Abbotsbury Road, Weymouth DT4 0JX 07724 285851 <a href="https://www.thenestweymouth.co.uk/">https://www.thenestweymouth.co.uk/</a>  Top Club Littlemoor 07743 526474	Tuesday and Saturday 0930-1230 Thursday 0930-1330  Tuesday and Friday 1000 – 1400  <b>Trial</b> from November 2022 Wednesday 1700-1900

Clothes Bank	
Cambridge Road, Weymouth, Dorset	From 31st May 2022, open:  Tuesday 10am - 12pm Wednesday 10am - 12pm Thursday 10am - 12pm

Baby bank	
Family Matters  Donated items of donated good quality clothing, toys and equipment for babies and pre school children	If you are experiencing hardship, you can ask your midwife, health visitor, doctor or local children's centre for a referral to family matters. You can then visit a centre to select your items

Repair Café - where local residents take household items to be repaired to avoid them going in the bin unnecessarily.	
Top Club Louviars Road Littlemoor, Weymouth DT3 6AY	Repair Cafe events are held* on the second Saturday of every month (except in July and August), from 10:30 to 12:30.  <a href="https://www.repaircafeweymouth.org">https://www.repaircafeweymouth.org</a>

Warm Welcome [www.warmwelcome.com](http://www.warmwelcome.com) and Warm Bank

Throughout the winter public spaces are open to everyone looking for warmth, company or support during these difficult times, offering a warm space, hot drinks and a place to sit quietly or chat or do an activity. Come on your own or bring a friend or your children.

From 31 October 2022:

Monday	1030-3.30 1230-3 1030-1230	Methodist Church, Newstead Road St Aldhelm's Church, Spa Road St Mary's Church, St Mary's Street
Tuesday	1030-1330	St Mary's Church, St Mary's Street
Wednesday	2-4pm 11-2 1030-1330	St Joseph's Hall, Stavordale Rd St Anne Hall, Radipole Lane St Mary's Church, St Mary's Street (Craft Group)
Thursday	10-12 1030-1230 1030-12 10-1300	Ebenezer Hall, Abbotsbury Road St Joseph's Hall, Stavordale Road Bethany Hall, 14 Westham Road St Aldhelm's Church, Spa Road
Friday	10-4 10-2	St Paul's Hall, Abbotsbury Road Littlemoore Community Centre
Saturday	10-4	St Paul's Hall, Abbotsbury Road

From 9 November 2022:  
Wednesday 10-4 Portland Community Venue (PCV)

**PETS**

**PDSA**  
Nationwide charity that provides preventative care and treatment for the pets of people in receipt of benefits  
[Saving pets, Changing lives - PDSA](#)

Bournemouth PDSA Pet Hospital  
54-70 Castle Lane West  
Bournemouth  
Dorset  
BH9 3JU  
[01202 533630](tel:01202533630)  
[Bournemouth Pdsa Pet Hospital - Pdsa](#)

**SUPPORT ORGANISATIONS**

**Advice and support**

Dorset Mental Health Forum	Provides a range of services to support and encourage people experiencing	<a href="http://www.dorsetmentalhealthforum.org.uk/employmentservice.html">http://www.dorsetmentalhealthforum.org.uk/employmentservice.html</a>
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	mental health difficulties; includes Recovery Education Centre – free short courses around mental health and wellbeing	01305 257172 <a href="mailto:tiaroos@dorsetmentalhealthforum.org.uk">tiaroos@dorsetmentalhealthforum.org.uk</a>
Equality Advisory and Support Service	Advice about rights and how to advocate for your self	<a href="http://www.equalityadvisoryservice.com/app/home">http://www.equalityadvisoryservice.com/app/home</a> 0808 800 0082
Home Start	Support to families with young children	<a href="https://www.home-start.org.uk/contact">https://www.home-start.org.uk/contact</a>
LiveWell Dorset	Support to lose weight, get active, quit smoking or drink less	<a href="https://www.livewelldorset.co.uk/">https://www.livewelldorset.co.uk/</a> 0800 840 1628
Mind	Promoting mental health understanding and supporting people	<a href="https://www.mind.org.uk/">https://www.mind.org.uk/</a> <a href="https://dorsetmind.uk/help-and-support/befriending/">https://dorsetmind.uk/help-and-support/befriending/</a>
My Health My Way	Free support to help live with a health condition	<a href="http://www.myhealthdorset.org.uk/">http://www.myhealthdorset.org.uk/</a> 0300 111 3303
Worksmart	TUC advice and support site, varied range of tools and advice	<a href="https://worksmart.org.uk/">https://worksmart.org.uk/</a>
Dorset Healthcare	<b>Community Front Rooms</b> are back open for face-to-face drop-ins and will continue to provide virtual drop-in sessions. Both are available Thursday-Sunday from 3.15-10.45pm for support	<a href="https://www.dorsethealthcare.nhs.uk/access-mental-health/community-front-rooms">https://www.dorsethealthcare.nhs.uk/access-mental-health/community-front-rooms</a>
Veteran's Hub 114 Portland Road, Weymouth, Dorset	A community project with the intent of providing a safe and secure location for veterans and their families to come together in an environment that would enable them to socialise in a non-clinical setting in order to provide peer to peer support for each other.	<a href="https://www.theveteranshub.co.uk/">https://www.theveteranshub.co.uk/</a>  01305 777788 <a href="mailto:theveteranshubweymouth@outlook.com">theveteranshubweymouth@outlook.com</a>
Weymouth Park Community Centre Chelmsford St, Weymouth DT4 7HR	Daily activities and community events	<a href="https://theparkarea.co.uk/">https://theparkarea.co.uk/</a>  01305 839579
Social prescribers	Social prescribing can lead to a range of positive health and wellbeing outcomes for people such as improved quality of life and emotional wellbeing. Schemes can involve a variety of activities which are non-clinical and are typically provided by voluntary and community sector organisations, or professional health and wellbeing coaches from your GP Practice.	Ask at your GP surgery for a referral to your Social Prescribing team

	Examples include befriending, gardening, support with healthier eating, exercise, debt guidance and what's important to you for your health and wellbeing.	
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**Weymouth Information Shop** – 98 St Mary Street, Weymouth 10am and 4pm Monday to Saturday

<https://www.weymouthinformationshop.co.uk/>

The Weymouth Information Shop is for residents and visitors to find information about...

- wellbeing, community and health services
- access to volunteering opportunities
- what's on in Weymouth for tourists and visitors
- help for community groups
- access to local services, events and activities

You can drop in and chat to the team, pick up leaflets and information, and find out about all kinds of support and services available in Weymouth.

### IT Support

<https://www.dorsetcouncil.gov.uk/digital-champions> 01305 221048 and select option 2 – Support also available in your GP surgery to help access NHS app, making appointments and ordering repeat prescriptions

<https://www.ageuk.org.uk/northsouthwestdorset/services/it-training/>

### IN WORK SUPPORT

- ACAS - helpline number: 0300 123 1100 available Monday to Friday 8am-6pm.
- Access To Work - Telephone: 0800 121 7479 - <https://www.gov.uk/access-to-work>
- <https://www.maximusuk.co.uk/our-services/employability>
- Mind – wellness action plan [https://www.mind.org.uk/media-a/5760/mind-guide-for-employees-wellness-action-plans\\_final.pdf](https://www.mind.org.uk/media-a/5760/mind-guide-for-employees-wellness-action-plans_final.pdf)
- Union support Mind tools <https://www.mindtools.com/>
- HSE toolkit <https://www.hse.gov.uk/stress/help-employee.htm>
- CAB <https://www.citizensadvice.org.uk/work/problems-at-work/>
- Business balls- <http://www.businessballs.com/>
- [https://www.cipd.co.uk/Images/mental-health-at-work-1\\_tcm18-10567.pdf](https://www.cipd.co.uk/Images/mental-health-at-work-1_tcm18-10567.pdf) a resource for line managers which includes information on phased returns and wellness action plans
- Pennisular <https://www.peninsulagrouplimited.com/services/hr/hr-advice-help/>