

Useful information – Bridport

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	https://nationalcareersservice.direct.gov.uk/

JOB CLUBS	
Skills and Learning: E-mail: enquiries@salbc.p.com Telephone: 01202 262300 / 01305 819059 www.skillsandlearning.ace.com	Developing work skills Age Well – courses for the over 60s Digital skills courses are also available at different entry levels
Weymouth College: 106 St Thomas Street Telephone: 01305 759683 Email - Job_club@weymouth.ac.uk	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		https://www.findapprenticeship.service.gov.uk/apprenticeshipsearch
Arts University Bournemouth	01202 363222	scourses@aub.ac.uk In addition to full time provision also offer creative short courses evenings and Saturdays
Bridgwater and Taunton College	01823 366612	distancelearningteam@btc.ac.uk https://www.btc.ac.uk/find-a-course/distance-learning/ Distance learning – free L1 and L2 courses

Kingston Maurward College, Dorchester	01305 215215	https://www.kmc.ac.uk/college Full and part time countryside management, Apprenticeships
Skills and Learning BDP	01305 819059	https://www.webenrol.com/SkillsAndLearningbdp/Default.asp Maths, English, IT, Apprenticeships, LiveWell, AgeWell, Family Learning, Job Clubs and Road to Work, Distance Learning
Wiseability (UCan)	0300 303 3737	https://wiseability.co.uk/ Back to work training and mentoring provision
Weymouth College	01305 761100	https://www.weymouth.ac.uk/subjects/leisure-courses/ Maths, English, IT, Apprenticeships, Adult Returners, Sixth Form, Full and part-time vocational learning, Job Clubs
Age UK		https://www.ageuk.org.uk/information-advice/work-learning/education-training/
Free Courses England		https://freecoursesinengland.co.uk/free-courses-1/
Whitehead Ross	07387 269779	dorsetskills@wrecltd.co.uk 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	1 West St, Bridport, DT6 3QJ Federated House, 29 - 31, Hendford, Yeovil BA20 1UU	0800 169 0190
Department of Work and Pension	https://www.gov.uk/government/organisations/department-for-work-pensions	0800 169 0310
Benefits Calculators	Turn2us https://benefits-calculator.turn2us.org.uk/ Policy in Practice https://www.betteroffcalculator.co.uk/#/free Entitledto https://www.entitledto.co.uk/	These are the three main online tools for calculating your potential benefit entitlement – accept no substitutes
Tax Credits	https://www.gov.uk/browse/benefits/tax-credits	
Universal Credits	https://www.gov.uk/universal-credit	Understanding Universal Credit - Home

Citizens Advice Bureau – 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.

Citizens Advice Offices Open Just drop in

Bridport
45 South Street
DT6 3NY

Monday 10 - 3pm
Tuesday 10 - 3pm
Wednesday 10 - 1pm
Thursday 10 - 3pm
Friday 10 - 1pm

Lyme Regis
Council Offices
DT7 3BS

Wednesday 10 - 3pm

Beaminster
Prout Bridge
DT8 3AY

Friday 10 - 12 noon

At other times contact us by ringing
Dorset Adviceline freephone: 0800 144 88 48

Or email us through our website at
www.bridportca.org.uk

citizens
advice

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 \(helpandkindness.co.uk\)](http://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.

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.

DEBT SUPPORT

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

www.capuk.org

www.capmoney.org (budgeting)

www.mhma.org.uk/toolkit

www.citizensadvice.org.uk/debt-and-money/help-with-debt/

www.wyvernsandl.co.uk

www.moneyhelper.org.uk/en

www.turn2us.org.uk/

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 & dmgs](#)

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"> • Doctors, health visitors, schools, drug and alcohol advisory offices, Soul Food, The Lantern, housing associations and others • Vouchers are also available on Portland from the Portland Centre (CAB), Island Community Action (ICA) and Outlooks (Action for Children) <p>Vouchers cover enough food for 3 meals a day for 3 days per person</p>		
<p>Bridport Cupboard Love Food Bank</p>	<p>St Marys Church, South Street, Bridport, Dorset DT6 3NW</p> <p>07443 596096</p>	<p><u>Opening Times</u> Wednesday 11:00am - 1pm</p>
<p>Beaminster</p>	<p>Beaminster Food Bank, 6 Prout Street, Beaminster, Dorset DT8 3AY</p> <p>07434654652</p>	<p>Open for pre-booked collections Mondays and Fridays 10.00 till 12.00</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.		
<p>BRIDPORT COMMUNITY FRIDGE</p>	<p>CHAPEL IN THE GARDEN 49 EAST STREET BRIDPORT DORSET DT6 3JX</p>	<p>TUESDAYS 10AM-12PM SATURDAYS 10AM - 12PM</p>
<p>THE FOOD STALL</p>	<p>ST SWITHEN'S CHURCH ST SWITHEN'S ROAD NORTH ALLINGTON BRIDPORT DORSET DT6 5DU</p>	<p><u>OPENING TIMES</u> <u>THURSDAY , 9:30AM UNTIL 11:00AM</u></p>

Baby bank	
<p>Family Matters</p> <p>Donated items of donated good quality clothing, toys and equipment for babies and pre school children</p>	<p>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</p>

Warm Welcome 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.

Beaminster Warm Hub

Beaminster Town Council, The Public Hall, The Skyrm Room, 8 Fleet Street, Beaminster, Dorset DT8 3EF

Phone: **01308 863634**

Facilities and services: Assistance dogs welcome, Child friendly, Dementia friendly, Food, Free WIFI, Hot drinks

Opening Times: Monday morning, Wednesday morning

SUPPORT ORGANISATIONS

Advice and support

Dorset Mental Health Forum	Provides a range of services to support and encourage people experiencing mental health difficulties; includes Recovery Education Centre – free short courses around mental health and wellbeing	http://www.dorsetmentalhealthforum.org.uk/employmentservice.html 01305 257172
Equality Advisory and Support Service	Advice about rights and how to advocate for your self	http://www.equalityadvisoryservice.com/app/home 0808 800 0082
Home Start	Support to families with young children	https://www.home-start.org.uk/contact
LiveWell Dorset	Support to lose weight, get active, quit smoking or drink less	https://www.livewelldorset.co.uk/ 0800 840 1628
Mind	Promoting mental health understanding and supporting people	https://www.mind.org.uk/ https://dorsetmind.uk/help-and-support/befriending/
My Health My Way	Free support to help live with a health condition	http://www.myhealthdorset.org.uk/ 0300 111 3303
Worksmart	TUC advice and support site, varied range of tools and advice	https://worksmart.org.uk/
Dorset Healthcare	Community Front Rooms 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	https://www.dorsethealthcare.nhs.uk/access-mental-health/community-front-rooms
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.	https://www.theveteranshub.co.uk/ 01305 777788 theveteranshubweymouth@outlook.com

Bridport Food Matters	information on all aspects of food matters in Bridport: just scan through the sections below and follow the links.	Home - Bridport Food Matters
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. Examples include befriending, gardening, support with healthier eating, exercise, debt guidance and what's important to you for your health and wellbeing.	Ask at your GP surgery for a referral to your Social Prescribing team

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>
- Remploy <https://www.remploy.co.uk/>
- Mind – wellness action plan 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 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/>