



**Corona Virus, Covid – 19 Response
Community Newsletter 2.
21 April 2020**

Message from our Mayor – Richard Biggs

It's undoubtedly been a very trying time for us all. I know some of you are facing very challenging financial circumstances. Some of you may be on the front line working for our fabulous NHS or a care worker, member of the blue light services, local council workers, pharmacies, utility providers, delivery drivers, charities and volunteers etc to name a few. I'm also acutely aware some of you may be sick or recovering and that some of you may have lost loved ones. For those who have lost loved ones my deepest condolences.

Yet out of the bleakest of times people like you are stepping up and going the extra mile. So many hours of volunteering so much professionalism and selfless duty. Dorchester's community spirit has been tested and has been proven to be highly resilient and it has made me very proud.

I was saddened to hear that Tim Brooke-Taylor has recently passed from Covid-19. For those of a certain age like me you may have fond memories of the 1970s TV series the Goodies. In one episode the trio of Goodies had a bath in the Dorchester Borough Gardens Fountain. The gardens remain open in all their spring glory so when you next take your exercise do pause at the fountain briefly and think of the humour Tim brought into our homes (and we could all do with that right now). Stay safe and stay well, together we will get through this and the recovery will start in earnest.'

Best Wishes
Richard

Community Support

For help if you have no support, call the Dorset Council response team on 01305 221000 from 8am – 8pm, 7 days a week – or email: communityresponse@dorsetcouncil.gov.uk

Dorchester Community Support Group (DCSG)

Tel: 07562 389519

Call the DCSG group if you need help with things like doing your shopping or collecting your medicine.

- They also have lots of lovely volunteers who are happy to chat with you if you are just feeling a bit isolated.
- Last week the group, with support from the Town Council, created a very helpful list of shops and business who are still doing deliveries as well as opening times for local pharmacies, vets, banks and other useful services <https://bit.ly/dorchestershops2020>

If you are a local business who would like to be added to the list, please submit your information using this form and your details will be added in a weekly round-up

<https://forms.gle/jBC6wkef12MMtgLc8>

- Find out more about the DCSG by going to their Facebook page at: www.facebook.com/groups/dorchestersupport or contact them directly by emailing dorchestercommunityhelp@gmail.com

This amazing group of volunteers has only been running for just under 3 weeks now and by Friday they had already helped 176 local people, with residents calling them directly or being referred to them by a range of agencies including the Red Cross, Age Concern, the Citizens Advice Bureau and many more.

If you would like to go on their register of volunteers, to help out in the community or to be a listening ear, do send them an email.

Help and Kindness website

You can find out more about groups and services operating in Dorchester – and across Dorset by going to the very useful Help and Kindness website where you can search the area you are interested in:

<https://www.helpandkindness.co.uk/search/dorset/coronavirus>

Citizens Advice Bureau

The CAB are continuing to provide free, independent and confidential advice and information whatever your question.

They offer a full range of advice including help with: Benefits entitlement and claims, Debt management and budgeting, Employment advice including Statutory Sick Pay and rights when laid off work & Advice for the self-employed.

- Call the Dorset Advice line on 0344 411 1444
or email them via: <http://westdorsetca.org.uk/contact-dorchester>

Dorset Community Action (DCA)

Contains useful information on a range of topics including:

- Government support for Charitable Sector
- Their free Webinars which are held every Weds – the next one is ‘Marketing for Crisis Recovery’ on Weds 22nd at 11.30am – sign up here: <https://www.eventbrite.co.uk/o/dorset-community-action-8226681465>
- Links to current funding
- And for a wealth of useful links visit <https://www.dorsetcommunityaction.org.uk/covid-19-updates/>

Free Public Liability Insurance!

The Dorset Community Response Team are proud to promote an extraordinary offer from Neighbourhood Watch nationally for all informal volunteers supporting our neighbourhood communities.

The aim of this offer is to give all informal volunteers' access to **Free Public Liability Insurance**.

To join Neighbourhood Community Watch visit <https://www.ourwatch.org.uk/join>

Or contact Dorset Community Action if you have any further questions by emailing them at

info@dorsetcommunityaction.org.uk

Covid Mutual Aid

If you have a friend or relative living elsewhere in the UK and would like to know if there are any groups that can help them locally, you can find details on the Covid Mutual Aid website at

<https://covidmutualaid.org> then go to 'Find your local group'

Dorchester - Food Banks

Many of us have faced significant financial impact as a result of Covid-19. And for some this means shortfalls in being able to pay for food and essential items.

Anyone needing help should feel confident that our 3 local food bank projects in Dorchester can offer support.

All Foodbanks would welcome donations towards these purchases; details below. All are registered charities and donations can therefore be Gift Aided.

If you are struggling and need the support of our local food banks, please ask for a referral by phoning Citizens Advice on the Dorset Adviceline: 0344 411 1444.

Or you can self-refer to the Dorchester Community Kitchen – more information below.

In the current emergency demand is much increased on the local food banks and they are struggling to maintain sufficient stocks. They are now needing to purchase vital items for their parcels from suppliers.

Dorchester Food Bank

- **Run from the Dorford Centre, Bridport Road, DT1 1RR**
- **Contact: Tracy Hughes - 07554 983978**
- **Website: <http://dorchesterbc.org.uk/food-bank>**
- **Email: foodbank@dorchesterbc.org.uk**
- **Referrals - Professional referral only – via health visitors, social workers, Citizens Advice and other local organisations. If you were a previous voucher holder and have not been contacted by the Foodbank, please let them know.**
- **Non-perishable/longlife food and essential items can be donated by leaving in the porch of the Dorford Centre whilst the Foodbank is open.**
- **Opening times for the Foodbank are Mon 12pm-2pm, Weds 10.30am-12.30pm, Fri 10.30am-12.30pm.**

- Food may be collected from the centre by recipient or on their behalf. They can deliver as last resort.
- To make a financial donation by cheque please send them a cheque made out to Dorchester's Foodbank. For details on how to make a direct payment to them, please check the website for details (soon to be added).

Food Share

- **Run from the Dorchester Community Church, Liscombe Street, Poundbury, DT1 3DF**
- **Contact: Liz Meech: 07798 586116**
- **Email: contact@dorchestercommunitychurch.org.uk**
- **Website: www.dorchestercommunitychurch.org.uk/ministries/food-share**
- **Referrals - Professional referral only – via health visitors, social workers, Citizens Advice and other local organisations. Referrals can made over the phone to Liz 01305 267171 or to her mobile.**
- Details of how to donate fresh and non-perishable food and essential items can be found on their website.
- Food will be delivered to recipients.
- To make a financial donation by cheque, please post it to them with 'Food Share' marked clearly on the back. To make a donation via bank transfer or Paypal, please go to their website page.

Dorchester Community Kitchen

- **Run from the Storehouse Church, Cambridge Road, Dorchester DT1 2LR**
- **Details on their website www.dorchestercommunitykitchen.org**
- **Email: dorchestercommunitykitchen@gmail.com**
- **No referral necessary. This service is aimed primarily at carers & people in acute need.**
- Please complete a form to sign up for support – which can be found on their website.
- They will then schedule a delivery to you.
- To make a donation of fresh, refrigerated/frozen, or non-perishable food or essential items, go to the Storehouse 10am-2pm on a Tuesday, Wednesday or Friday or email them to organise a time to donate.
- You can also make a financial donation via the website.
- If you are able to volunteer, please let them know via the website.
- Information and updates from the group can also be found on Facebook at: www.facebook.com/DorchesterCommunityKitchen

Government Support for Clinically Extremely Vulnerable People

In addition, the Government have announced that very vulnerable people who have been advised to shield themselves for 12 weeks and who do not have family, friends or neighbours who can support them, can apply for Government assistance to include help with food, shopping or deliveries and additional care.

To register for support please go to: www.gov.uk/coronavirus-extremely-vulnerable

Please note that any support offered through this service may take time to arrive.

All of these projects remain busy and need our support and help during this time, either with donations of food and essential items, or with financial contributions.

Thanks to all of the extremely hardworking volunteers involved in these groups.

Suggested items to donate to the Foodbanks:

(All Foodbanks are unable to accept donations of homemade food)

Tins of	Other items/toiletries:	Packets/jars or cartons of:
<ul style="list-style-type: none">• Corned beef• Cooked mince• Hot dogs• Tuna• Sardines• Pilchards• Peas• Carrots• Sweetcorn• Lentils• Whole tomatoes• Baked beans• Spaghetti fruit• Peaches• Fruit salad• Pears• Rice pudding• Custard.• Sponge pudding	<ul style="list-style-type: none">• Soap• Toothpaste And Brushes• Razors & Shaving Foam• Toilet Rolls• Washing Powder• Dishwasher Tablets• Women's Sanitary Products• Hand Sanitiser	<ul style="list-style-type: none">• UHT or Powdered Milk (<i>Dorchester Foodbank Does Not Currently Require This</i>)• Cereals• Fruit Juice• Pasta• Pasta Sauce• Rice• Instant Mashed Potato• Coffee• Tea Bags• Sugar (Small Bags Preferred)• Biscuits Or Snack Bars• Tomato Ketchup• Brown Sauce• Cooking Oil• Marmite• Instant Custard Powder

Fresh fruit and vegetables

In addition, the Food Share project and the Dorchester Community Kitchen are keen to receive fresh fruit and vegetables.

Refrigerated and frozen items

The Dorchester Community Kitchen are also able to accept refrigerated and frozen goods and would particularly like protein items such as sausages, bacon and cheese.

Additional items the Dorchester Community Kitchen would like to receive:

- Dried/formula baby milk
- Children's nappies – all sizes
- Women's sanitary items
- Disposable incontinence pads – all sizes

Domestic Violence and Abuse

The Dorset Police are running a campaign to raise awareness around domestic abuse amid concerns it may increase over the coming weeks due to the impact of Coronavirus. Communities are being reassured they will still have access to vital support services despite the current uncertainty.

A new campaign will highlight the fact that whatever type of abuse takes place – whether it is physical, sexual, emotional, psychological or financial – the abuser is trying to control the victim and uses abuse or violence to achieve that control. It will also tell victims how to access help and support.

The campaign aims both to raise awareness that domestic abuse may increase with people self-isolating, and to provide reassurance that help is available during these unprecedented times.

For ideas of places to go for help go to: <https://www.dorset.police.uk/abuse-help>

Or visit the Dorset Council website - <https://www.dorsetcouncil.gov.uk/your-community/community-safety/domestic-abuse/help-for-those-who-have-experienced-domestic-abuse.aspx>

Mental Health and Wellbeing

These are difficult times for many of us, and we all need to look after our mental wellbeing. We may be finding fun and creative ways to do this, or using online apps to introduce us to mediation or mindfulness.

For other sources of help available during Covid-19, or if you are experiencing more serious issues visit <https://dorsetmind.uk/>

Additional Information

Zoom

Many of us are using the website Zoom from home now for online meetings, gatherings with friends & family and quizzes!

For some (free) top tips check out this helpful youtube video

<https://www.youtube.com/watch?v=v5SPEOoXvO0> by Chris Croft, a local management and leadership trainer.

Healthwatch Dorset

Has launched a new survey asking local people to share their stories to help identify how health and care services are adapting and working well during the coronavirus, and to highlight common challenges that need to be addressed.

The survey gives local people an opportunity to anonymously share their views and experiences of how coronavirus has changed the way they access services.

Healthwatch Dorset will review this public feedback and report back to those in charge of health and care services to help them learn and adapt, now and in the future when the virus outbreak has passed.

To share your experiences, complete the survey online: www.smartsurvey.co.uk/s/CoronavirusHWD/

Lastly

As this continues, we need more than ever to look out for each other and try and minimise the harm many people are experiencing.

On a positive note, I see great acts of selflessness and small acts of kindness every day and look forward to being able to celebrate these with you all at some point.

Best wishes

Emma Scott

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