

# Local Support Groups

**NB: This information was as accurate as we could make it in December 2017 but all details will need checking before use**

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## 1. General

### Citizens' Advice Bureau

- Drop-in service at St Michael's Business Centre in Lyme on Wednesdays from 10.00am - 3.00pm (outreach from Bridport)
- Appointments with Bridport CAB by phoning 0344-245-1291.
- Legal, Universal Credit and benefits, health, housing, utilities.

## 2. Frailty / hospital discharge / caring / isolation / bereavement etc

### My Life My Care

Web-based information and advice about care and support for adults across Dorset, Bournemouth and Poole. <https://www.mylifemycare.com/>

### Help at Hand

(primarily Uplyme)

- Volunteer support available for all ages.
- Transport to doctors, chemists, dentists etc
- Home visits
- Meals
- Outings, lunches, coffee mornings
- Over 30 volunteers.
- Coordinator: Anne Hardman.
- Contact: Anne (01297-444799) or Marilyn (07885-859946);  
transport: Jenny 01297-32254) or Sue (01297-444289).

### Red Cross

- Support at Home Service to help over 65s get out of hospital.
- Shopping, household chores, transport for appointments etc.
- Currently covers Dorchester and Blandford with 7 volunteers and 2 support workers, 2 admin staff.
- Coordinator: Nicola Can. Hopes to be expanding.

### Royal Voluntary Society (RVS)

- Provides a 'befriending' service, typically an hour session of in-home support dependent on individual needs.
- Local to Lyme Regis, Charmouth and Uplyme.
- Local organiser: David Sarson (01297-442544 / sarsondavid791@gmail.com)

### SAIL programme

SAIL provides a multi-agency referral approach enabling access to signposting, support, and services for those aged 50+ or experiencing vulnerability. Through this route people can complete a benefits check, receive a home safety check, find out

about energy saving and insulation grants, learn about food and nutrition, get help to stop smoking or drinking alcohol, etc.

See also My Life My Care <https://www.mylifemycare.com/Safe-and-independent-living>

Locally, LymeForward has made use of the Safety at Home advice, especially for the elderly, provided by Dorset Fire & Rescue Service.

### **Partnership for Older People Programme (POPP) (Dorset Help and Care)**

Angela O'Connor is the local POPP 'Wayfinder'. 07702-336753 / [angela.oconnor@helpandcare.org.uk](mailto:angela.oconnor@helpandcare.org.uk).

The Wayfinder works with adults having an identified need or a concern that reduces their ability to maintain independence or quality of life while living in their own homes for as long as they wish to. Wayfinders connect people with different sources and types of support available in their community such as social groups, community education, information and advice, self help / support groups, physical activities, learning opportunities, debt and benefit advice etc.

### **Cruse Bereavement Care**

- Volunteer support for those experiencing bereavement (not trained counselling).
- Currently 4 trained volunteers, based in Bridport Hub.
- Offer a drop-in group on the third Friday each month, 10.00am - 12noon at Bridport Hospital, and 1:1 support at home or another setting as required.
- Self-referrals, or signposting by GPs, health visitor, Steps to Wellbeing.
- Volunteers trained by CRUSE (2 hours per week over 10 weeks) and DBS checks arranged.
- Interested in recruiting Lyme / Charmouth based volunteers and a local room to use for group / 1:1 sessions.
- Contact: Rosemary Pinney (01305-260216).

## **3. Mental Health**

### **The Altogether group**

- Volunteer support for those living with mental health issues (not trained counselling).
- Fridays from 10.30am - 1.30pm in the Bethany Chapel, Coombe Street, Lyme Regis.
- Wednesdays from 10.00am - 1.00pm in The Hollands Room at Bridge House, Charmouth.
- Social activities and outings.
- Volunteer leader: Julie Barton / [bartonjulianne@gmail.com](mailto:bartonjulianne@gmail.com).
- Core group of 6-8 members, with another 4-6 semi-regulars. New members welcome.
- New members are generally referred by the Community Mental Nurses or GPs.
- No costs for members.
- More volunteer help required.

### **Meet and Remember**

- Support group for those living with dementia and their carers.
- Starting 21st February 2018.

- Meet 3rd Wednesday of each month, 2.00pm - 3.30pm at Lyme Regis Football Club, Davey Fort – venue provided free-of-charge as a community contribution.
- Assisted by adult volunteers with some training and Sixth Form students from Woodroffe School, with support funding from Lyme Regis Regatta & Carnival Committee and the Rotary Club.
- Some funding and support for activities via AONB Stepping into Nature (Julie Hammon).
- Coordinator: Jane Thomas / lymememory@gmail.com / 07765-555894.

### **Carers Support Group**

- Hosted and run by Claire Stapley, social worker, for unpaid carers (without the cared-for) across all three Practice areas.
- Drop-in service for free coffee and tea with opportunities for mutual support and asking questions with professional advice.
- First Friday of each month, 10.30am - 12.00noon, at Lyme Regis Medical Centre.

### **The Project in Axminster**

<http://theprojectyp.org.uk/>

- Serving East Devon and West Dorset.
- Charitable support centre and peer support group for young people between 12 and 24, focussed on improving the emotional wellbeing and mental health of young people, and on providing support to the parents and carers of young people experiencing mental distress.
- Designed as an early intervention/prevention service, mainly for those not eligible to access support from other services, or who are waiting for that support.
- Self-referral, or by any professional or lay person already providing support, with the client's agreement.
- Based in the Young People's Centre, Lyme Road, Axminster. Free of charge.
- 13-18 year olds: 6.00pm - 8.00pm alternate Thursdays in the month.
- 18-24 year olds: 6.00pm - 8.00pm intervening alternate Thursdays in the month.
- Run by a team of staff and volunteers.
- In an informal, non-clinical setting, participants meet others, talk, share food, give and receive support and take part in a range of activities to support emotional and mental wellbeing, as well as building confidence and self esteem.
- Contact: 01404-549045

## **4. Physical Health**

### **REACH (for drug and alcohol issues).**

<http://www.edp.org.uk/reach/>

- A partnership between EDP Drug & Alcohol Services, Avon and Wiltshire Mental Health Partnership Trust and Essential Drug and Alcohol Services.
- Integrated service **commissioned by Public Health Dorset**.
- REACH staff available Mondays and Wednesdays 9.00am - 4.00pm in the Bethany Chapel, Coombe Street. Scheduled provision:  
Monday 10.00am - 11.00am 'Lets get started'  
Monday 1.00pm - 2.30pm 'UK Smart Recovery'  
Wednesday 10.00am - 11.00am 'Taking it Forward'  
Wednesday 1.00pm - 2.30pm 'Lose the Booze'
- Provides professionally-led advice and information for drug and/or alcohol users or

anyone concerned about someone's use (friends, family, employers).

- Young People Substance Misuse advice, information, brief interventions and engagement.
- Harm reduction interventions, detoxification, and needle exchange.
- Prescribing for drug misuse.
- Group work programmes.
- One to one working.
- Whole Family support and interventions.
- Aftercare, relapse prevention and post treatment programmes and activities.
- Self-referral or referral by GP or other agencies. Freephone 0800-043-4656 for initial contact.
- Service Team Leader: Theresa Smith (theresasmith@reach-dorset.org / 07809-387943).
- Alternative contact: 01305-760799.

### **The Living Tree**

<http://www.thelivingtree.org.uk/>

- A self-help support group for people living with any cancer and for their families/carers.
- Fridays 2.00pm - 4.30pm at the Friends Meeting House, South Street, Bridport.
- Serves West Dorset, East Devon and South Somerset.
- Offers friendship, mutual support, creative activities, coping strategies, holistic therapies, relevant diet and lifestyle information, and access to further resources.
- Programme of speakers and therapists, activities and outings.
- Contact: Jo O'Farrell (01308-427851)
- Currently no Lyme Regis / Charmouth base.

### **Diabetes Support Group**

- Charmouth-based drop-in group, open to anyone in the area.
- Self-supporting volunteer group to share knowledge and experiences.
- 3rd Wednesday of each month, 7.00pm - 9.00pm, in The Hollands Room at Bridge House, Charmouth.
- Free, but 50p per session contribution to refreshments.
- Contact: Helen Parker (01297-561580).

## **5. Nutrition**

### **Lyme Regis Food Bank**

The Food Bank has been running for several years under LymeForward auspices. Its way of operating is currently under review to determine the most efficient and effective system of referrals and provision.

### **Lyme Regis Community Lunches**

- Second Wednesday of each month in The Pine Hall, Baptist Church, Broad Street.
- Professional chef with volunteer assistance.
- Bookings made via Penny Black Café (07980-991685).

### **Cookery Classes**

- For men who have become isolated, particularly through bereavement, to develop skills and social connections.

- Organised by Uplyme Help at Hand.
- Mostly held in participants' own homes.
- Mutual support for confidence and skills.
- The group produces and serves a community lunch for 30 people 4 or 5 times a year with a morning's input from a professional chef.
- Access by personal contact / invitation.
- Contact: Anne Hardman / 01297-444799 / anne.uplyme@gmail.com.

## **6. Employment**

### **Face Forward programme**

Programme designed to offer personal development/careers help for 15-24 year old NEETS in Dorset. LymeForward in partnership with Ansbury and the Lyme Regis Development Trust.

### **Working Links**

Provides hands-on support (counselling, training etc) to those trapped in long term unemployment, helping them to deal with the barriers they face in achieving employment. Each case is personalised and tailored to the individual's needs. LymeForward in partnership with the Lyme Regis Development Trust.