

Useful information – Lyme Regis

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

<p>Axminster Job Club Pippins Community Centre Lyme Road, Axminster, Devon EX13 5AZ</p> <p>Email axminsterjobclub@gmail.com</p> <p>Tel: 07934 978405</p>	<p>Thursday 9am – 12 noon</p> <p>Axminster Job Club is available to anyone who would like our support in the local communities of East Devon, South Somerset and West Dorset. Including Axminster, Lyme Regis, Charmouth, Beer, Seaton, Chard and Honiton.</p>
<p>Skills and Learning: E-mail: enquiries@salbc.p.com Tel: 01202 262300 / 01305 819059 www.skillsandlearning.ace.com</p>	<p>Developing work skills Age Well – courses for the over 60s Digital skills courses are also available at different entry levels</p>

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
Yeovil College	01935 423921	https://www.yeovil.ac.uk/ email iZone@yeovil.ac.uk
Wiseability (UCan)	0300 303 3737	https://wiseability.co.uk/ Back to work training and mentoring provision for those claiming benefits or who are economically inactive Bespoke training offered for groups of 4, eg CSCS
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
Dorset Community Action – Inspire Dorset	01305 216411	https://www.dorsetcommunityaction.org.uk/inspire-dorset-bbo/ Range of project to engage with – Seed to Plate, Marketing Workshops, Self-Employment Support – team challenges and 1:1 support Eligibility - You must not be in employment of any kind, have the right to live and work in the UK and be over 15 to be eligible for the Inspire Dorset Programme.

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	Lyme Regis Council Offices DT7 3BS	Beaminster Prout Bridge DT8 3AY
Monday 10 - 3pm Tuesday 10 - 3pm Wednesday 10 - 1pm Thursday 10 - 3pm Friday 10 - 1pm	Wednesday 10 - 3pm	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.

Money Helper – 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

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.

Author: VP

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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		
Vouchers to obtain a food parcel are available from: <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) Vouchers cover enough food for 3 meals a day for 3 days per person		
The Lyme Regis Food Bank	Office 2, Unit 5, Lyme Regis Business Park, Uplyme Road, Lyme Regis tel:07955 772314 (Sue Davies)	Wednesday 10-12 noon

Social Supermarket		
Seaside Store	The Hub, Church Street, Lyme Regis	Tuesday 10am -1pm

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.	<p>Warm Hub - Community Cafe Lyme Regis Development Trust 01297445021</p> <p>You will find a Warm Welcome at the Community Cafe every Tuesday, Wednesday, Thursday and Friday afternoon from 1pm until 3:30pm</p>

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
Coastal Community Cupboard	tel:07835 799469 or 01297 255002 – Lisa or Mary The Hub, Church Street, Lyme Regis, Dorset DT7 3DB	https://www.lrdt.co.uk/coastal-community-cupboard
Lyme Forward	Our objectives are to improve nutrition, social inclusion and wellbeing within the local community. We do this	https://lymeforward.com/ Email: manager@lymeforward.com

	through the delivery of practical projects locally such as the Foodbank, Community Lunch, School Holidays Food Project and mutual support groups such as the Carers' Café.	tel: 07955 772314
Lyme Regis Development Trust	<p>Lyme Regis Development Trust (LRDT) is a community-based charity, working collaboratively with other local organisations to improve the economic, social, environmental and personal well-being for all in Lyme Regis and its surrounding area. We run a number of projects with these objectives in focus including The Seaside Store, local radio station, a community workshop and a community café. We have also organised the Lyme Regis Fossil Festival for over 10 years.</p> <p>Most people know us best as being the charity behind The Hub on Church Street, a large multifunctional building that has a sports hall, cafe/meeting area and a commercial kitchen, all for affordable space hire or used by the projects we run. It is home to our local Youth Club, The Seaside Store and Lyme Bay Radio amongst its many other roles. We're proud to be the venue for a range of regular vibrant clubs and societies.</p>	https://www.lrdt.co.uk/
Social prescribers	<p>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.</p>	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>
- <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
- 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/>