



WELLBEING DIRECTORY

The outbreak of the COVID-19 has impacted us all in varying ways. It is understandable that during times like this, we may be feeling afraid, worried, anxious and overwhelmed by the constantly changing alerts and media coverage regarding the spread of the virus. The sudden change of routine and how we previously filled our days is one of the hardest things.

There are lots of creative options for people to get involved with from exercise classes to learning new skills. As well as some practical support options for those who need it.

Below are some top tips to help you through these times:

1. **Continue with the basics.** Get up, shower, brush your teeth, dress and have breakfast. This will help you to feel more 'human' every day and will help with your structure and routines.
2. **Open the curtains open the window** – connect with the outdoors and have some fresh air.
3. **Create a new routine.** The loss of our usual routine can be the hardest thing and we suddenly find ourselves wondering how to fill our days. Use our *Wellbeing Directory* for isolation as inspiration. Plan ahead if you can – we are more likely to do something if we have committed to it by planning in advance.
4. **Be Kind to Yourself.** Choose something positive to do for yourself every day. It might be something small, like taking a bath or reading a chapter of a book but take notice of the moment and recognise it a nourishing act of kindness.
5. **Limit the amount of news you see.** While it is great to feel informed, too much news can feel overwhelming. Try to get your information from a reliable source at set times such as newsbeat on the radio or the 6pm news on the TV.
6. **Health and Exercise** – what we eat massively effects the way we feel so do aim to maintain a healthy diet with fruit and vegetables and make effective use of your daily exercise allowance and garden if you have one.
7. **Try something new** – there are lots of exciting initiatives happening in the online world, but you also might have a book or activities stashed away somewhere gathering dust that its finally time to revisit!
8. **Contact your Keyworker for support** - our Young Peoples workers are available to support you by telephone and/or digital media, whatever way works best for you.
9. **Find support, learn new things, take time out and keep fit** – use our helpful directory below to find services available both locally and Nationally to support you during this time.



SEEK SUPPORT

Topic	Activity	How to access
Young Peoples Addiction Services	<p>Contact the local drug and alcohol charities offering 1:1 support for 11-25 year olds who are experiencing substance misuse issues</p> <p>Bournemouth – We Are with You</p> <p>Poole – EDAS YP Team</p> <p>Christchurch & Dorset – EDAS/REACH YP Team</p>	<p>Tel: 01202 830173 www.wearewithyou.org.uk</p> <p>Tel:01202 741414 www.edasuk.org/treatment/poole/poole-yadas/</p> <p>Tel: 0800 043 4656 Option 2 www.edasuk.org/treatment/dorset/sh/</p>
SMART Recovery Meetings	<p>Meetings can be accessed by smart phone, tablet, laptop or PC. Really good guidance on what you'll need and how to access meetings on their website above. If you experience difficulties in attending please call Central office on 0330 053 6022, during office hours, for help.</p>	<p>www.smartrecovery.org.uk/online-meetings/</p>
Narcotics Anonymous	<p>Face to face meetings are closing down and being encouraged to close down temporarily. BlueJeans & Zoom platforms have been set up for online meetings. You do not need an account to join and there are options to join from mobile if you are without internet connection. Several meetings taking place at all times of the day, every day – locally and across the world.</p>	<p>www.ukna.org/ www.virtual-na.org/</p> <p>Helpline: 10.00am - midnight 0300 999 1212</p>
Alcoholics Anonymous	<p>The meeting start time is always indicated and meetings are usually 90 minutes unless a finish time is stipulated. Some meetings may be 'open' (to non-alcoholic visitors) or 'closed' (for alcoholics & those who think they might have a drink problem) - some meetings give information on open and closed meetings.</p>	<p>www.alcoholics-anonymous.org.uk/AA-Meetings/Find-a-Meeting/Online</p> <p>Tel: 0800 9177 650</p>
Cocaine Anonymous	<p>Email meetings – These are email based and run 24 hours a day, 7 days a week.</p> <p>Voice meetings (VoIP) – OSA voice only meetings are held on Skype or Go to Meeting, Free conference call and are similar in format to face to face meetings. As a general rule we only use the voice part, no cameras.</p>	<p>www.meetings.cocaineanonymous.org.uk/meetings/?tsml-type=ONLINE</p> <p>Tel: 0800 612 0225, 10:00-22:00, 7 days a week</p>

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Topic	Activity	How to access
Breaking Free Online	<p>Comprehensive evidence-based recovery tool that can be accessed 24/7. Support is tailored to your own needs and experience via an interactive and online assessment.</p> <p>Provides an extensive toolkit of psychoeducation, practical resources and positive coping skills to support long-term recovery.</p>	<p>www.breakingfreeonline.com</p> <p>Ask your keyworker for a code.</p>
Gambling Therapy	<p>In partnership with GamCare, Steven James Counselling provides a specialist free counselling service for anyone suffering with a gambling problem or friends and family members affected by someone else's gambling.</p>	<p>www.sjcounselling.co.uk/</p> <p>Tel: 01202 740044</p>
Fresh Start (Dorset only)	<p>This is an eight-week programme which runs at The Lantern for two hours on a Thursday lunchtime. This course supports clients with addiction and other issues through social interaction. 2:1 support is provided for up to six months.</p>	<p>Referral is via Sally Tel: 07738 987280</p> <p>sallyhunt@capuk.org</p>
Kooth	<p>A safe and anonymous online support and counselling space for young people.</p>	<p>www.kooth.com</p>
Child Bereavement UK	<p>We help children and young people (up to age 25), parents, and families, to rebuild their lives when a child grieves or when a child dies.</p>	<p>National Helpline 0800 02 888 40 (Freephone. Monday – Friday, 9am – 5pm)</p> <p>Live chat (Monday - Friday, 9am - 5pm)</p> <p>www.childbereavementuk.org</p>
Papyrus	<p>Support, practical advice and information for anyone concerned that a young person they know may be at risk of suicide.</p>	<p>www.papyrus-uk.org/</p> <p>HOPELINE UK - 0800 068 41 41</p>
Young Minds	<p>Young Minds are there to make sure YP get the best possible mental health support and have the resilience to overcome life's difficulties. Young Minds are there to make sure YP get the best possible mental health support and have the resilience to overcome life's difficulties.</p>	<p>www.youngminds.org.uk/</p>

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Samaritans	Need support? We're here to listen 24 hours, 365 days a year.	Tel: 116 123 www.samaritans.org
Connection	A 24/7 mental health helpline for people in Dorset of all ages. If you are feeling overwhelmed.	Tel: 0300 124 5440
YOU Trust	The YOU Trust is a charity that supports vulnerable people. We work across a wide range of specialist areas from Learning Disabilities to Mental Health and Stalking, Domestic Abuse & Sexual Violence Services and everything we do is about ensuring the people we support can have the life they want.	Tel: 01329 825 930 www.theyoutrust.org.uk/
National Domestic Violence Helpline	As someone fleeing domestic abuse, you may want to access specialist refuge accommodation. They can also support you to find other specialist services in your community, which can provide support whether or not you have left your partner.	Helpline - 0808 2000 247 (run in partnership between Women's Aid & Refuge) www.nationaldahelpline.org.uk
STARS: Sexual Trauma and Recovery Service	STARS is a pan-Dorset charity that offers one to one support, free of charge, for anyone of any age or gender, who lives works or studies in Dorset and has experienced any form of sexual violence at any time in their lives.	Tel: 01202 308840 www.starsdorset.org/
Child and Adolescent Mental Health (CAMHS)	CAMHS offers assessment and treatment to children and young people aged up to the age of 18 (and their families/carers) who are suffering significant mental difficulties. BCP Bournemouth and Christchurch Shelley Clinic, 22 Tower Road, Boscombe, BH1 4LB Poole - Poole Health Community Clinic, Shaftsbury Road, BH15 2NT Dorset Blandford - Milldown Road, Blandford, DT11 7DD Weymouth & Portland - Weymouth Community Hospital, Melcombe Avenue, Weymouth, DT4 7TB Dorchester - The Children's Centre, Damer's Road, Dorchester, DT1 2LB	Services available 8.30am to 5pm Monday to Friday. Tel: 01202 646300 Tel: 01202 584600 Tel: 01258 394149 Tel: 01305 762810 Tel: 01305 255705 www.dorsethealthcare.nhs.uk/patients-and-visitors/our-services-hospitals/mental-health/child-and-adolescent-mental-health-camhs

SEEK SUPPORT

Topic	Activity	How to access
Childline	Childline is a free, private and confidential service where you can talk about anything.	Tel: 0800 1111 www.childline.org.uk/
Sexual Health Services	We provide contraceptive and sexual health services for people of all ages across Dorset at the following venues: The Junction, Bournemouth (Under 25's), Bournemouth Hospital. Number 18, Poole (Under 25's), Poole Community Health Clinic Christchurch –Ladders (Under 25's) Wessex Health Network. Dorset NHS – Wareham, Weymouth, Bridport, Blandford.	Tel: 0300 303 1948 www.dorsethealthcare.nhs.uk/patients-and-visitors/our-services-hospitals/physical-health/sexual-health
LGBTQ++ Services	Space Youth Project support young people who are or may be lesbian, gay, bisexual, trans or questioning their sexuality and/or gender identity. Mermaids aims to reduce isolation and loneliness for gender variant and transgender children, young people and their families Over the Rainbow is a sexual health clinic for the LGBTQ++ community providing STI testing, alongside advice and support. Chrysalis are a charity supporting transgender and questioning people, their families and close friends	Tel: 01202 205279 www.spaceyouthproject.co.uk Tel: 0808 801 0400 www.mermaidsuk.org.uk Tel: 01202 257478 www.exualhealthdorset.org/about-us/over-the-rainbow Tel: 07823 504306 www.chrysalisgim.org.uk
Citizens Advice Bureau	If you need advice about a consumer issue such as getting a refund for a cancelled holiday: If you need advice or help to claim Universal Credit: Other issues:	Consumer Helpline: 0808 223 1133 Help to Claim line: 0800 144 8444 Tel: 03444 11144 www.citizensadvice.org.uk/
National Debtline	Service to help you find solutions to your debt.	Tel: 0808 808 4000 9am - 8pm Monday to Friday www.nationaldebtline.co.uk

SEEK SUPPORT

Topic	Activity	How to access
Housing Advice	<p>BCP</p> <p>Bournemouth</p> <p>Poole</p> <p>Christchurch</p> <p>Dorset North Dorset East Dorset West Dorset Weymouth & Portland Purbeck</p>	<p>Tel: 01202 451467 Emergency Out of Hours Team on 01202 451467</p> <p>Tel: 01202 633804, or 0800 506050 outside of normal office hours</p> <p>Tel: 01202 795213</p> <p>Tel: 01305 251010 Tel: 01202 228947 Tel: 01305 251010 Tel: 01305 251010 Tel: 01929 557370</p>
Food Banks	<p>BCP</p> <p>Bournemouth</p> <p>Poole</p> <p>Christchurch</p> <p>Dorset Corfe Mullen Swanage Portland Verwood Wimborne Gillingham Ferndown Weymouth Wareham Beaminster Blandford Lyme Regis Dorchester</p>	<p>Tel: 01202 394505 bournemouth.foodbank.org.uk</p> <p>Tel: 01202 669566 www.faithworkswessex.org.uk/poolefoodbank.htm</p> <p>Tel: 07587 371088 www.faithworkswessex.org.uk</p> <p>Tel:01202 602948 Tel:07759 230313 Tel:01305 824381 Tel:01425 600134 Tel:07766 395944 Tel: 07895 148094 Tel: 01425 600134 Tel:07531 167465 Tel: 07840 408475 Tel: 01308 861030 Tel: 01258 456093 Tel: 01297 441224 Tel: 01305 262045</p>
Useful Apps	<p>Clear Fear provides you with a range of ways to manage the symptoms of anxiety.</p> <p>Calm Harm is a free app to help teenagers manage the urge to self-harm</p> <p>Breaking Free online</p> <p>Talk Space - a text-based therapy app</p>	<p>Search in the App store or download from Google play</p>

LEARN NEW THINGS

Topic	Activity	How to access
Drug Education	Honest information about drugs and their effects.	Call FRANK 24 hours a day, 7 days a week on 0300 123 6600 www.talktofrank.com/contact-frank
Skills & Careers Advice	There Are So Many Career Routes to The Job You Want. Our Skills and Careers Hub provides 14-24-year olds with free resources, advice and guidance. Designed with input from young people, the Skills and Careers Hub offers practical tools to support young people through education, transition into employment and beyond in a process of lifelong learning.	Tel: 01536 513388 www.youthemployment.org.uk/careers-hub/
Languages	Learn and practise languages including French, Spanish, German, Italian and even Mandarin at a key stage 2 level.	www.bbc.co.uk/bitesize/subjects/zdmtsbk
Open University	Anyone can learn for free on OpenLearn but signing-up will give you access to your personal learning profile and record of achievements that you earn while you study.	www.open.edu/openlearn/free-courses/full-catalogue
Astronomy	This is a link to the first lesson in a series of about Astronomy.	www.youtube.com/watch?v=7ZYn4xv7a44
Zoo Live Cams	Want to spy on some of your favourite animals and see what they get up to when no one is around? Well now is your chance! Tune into these live streams from Edinburgh Zoo, San Diego Zoo and Paignton Zoo.	www.edinburghzoo.org.uk/webcams/panda-cam/ www.zoo.sandiegozoo.org/live-cams www.paigntonzoo.org.uk/explore/webcams
Draw with Rob	Rob Biddulph is the bestselling and multi-award-winning author/illustrator and also the official World Book Day Illustrator for 2019 and 2020. Every Tuesday and Thursday he is uploading new draw-along videos where everyone can learn to draw some of the characters from his books.	www.robbiddulph.com/draw-with-rob

LEARN NEW THINGS

Topic	Activity	How to access
Art Classes with Grayson Perry	While you may not be a dab hand when it comes art, that's not to say you haven't got some skills. Here to help you embrace your inner artist and develop that budding skill set is none other than Grayson Perry and his new show, Art Club.	www.secretldn.com/grayson-perrys-artclub-tv-show/?fbclid=IwAR3nFuyJ6pnWfkoYS4roTtSO1nT_dsFn31bpmuORDzWqLlrgudoqHTi6kl
Crochet	How to crochet for absolute beginners. A detailed step-by-step tutorial on how to crochet from the beginning.	www.youtube.com/watch?v=aAxGTnVNJiE
Introduction to Digital Photography	Learn how to compose the perfect shot using your digital camera with this free online photography course	www.alison.com/course/introduction-to-digital-photography
Explore Today	National Geographic is proud to offer a wide assortment of professional learning opportunities for educators engaging with students from pre-K to post-secondary. Our programs and resources range from in-the-field projects to digital resources to online networks to grant opportunities and courses.	www.nationalgeographic.com
Future Learn	Browse our course list to find something that you'd like to learn about. We have courses in a diverse range of subjects and are always adding more. Courses vary in length. Most are six to ten weeks long, but we also have some shorter two- and three-week courses.	www.futurelearn.com/using-futurelearn
Helpful Apps	Lessonly The Great Courses Duolingo Brainscape Memrise edX Ted Khan Academy	Search in the App store or download from Google play

KEEP FIT

Topic	Activity	How to access
Fitness Videos	Choose from 24 free instructor led videos ranging from 10 minutes to 45 minutes. Includes all sorts from yoga to aerobic exercises to strength and resistance.	www.nhs.uk/conditions/nhs-fitness-studio/
Joe Wicks	Joe known as the body coach gives you the tools to transform your body and get you fitter, stronger, healthier and happy.	www.thebodycoach.com/
Davina McCall	This website lets you work out alongside Davina and her favourite trainers from home with online classes, including HIIT, boxing, dance and more on offer. Davina's site also gives you access to work out plans, and nutritionist-approved recipes.	www.ownyourgoalsdavina.com/
Live Well Dorset	Find Activities to help you get fit near you by using the search tool on the website.	www.livewelldorset.co.uk/get-active/
QuitDAS	An EDAS project that provides Nicotine Replacement Therapy (NRT) as an aid to treating tobacco dependence in people who want to stop smoking.	www.edasuk.org/treatment/poole/quitdas/
Get Fit for Free	The secret to getting fit for free is to use every opportunity to be active.	www.nhs.uk/live-well/exercise/free-fitness-ideas/
Dance Syndrome	People with a range of abilities and disabilities will be able to participate. It will be a great way to keep active, boost your mental health and take your mind off the outside world!	www.youtube.com/channel/UC7HCxumGLOPXF-Jodw0gkjw
Helpful Apps	My FitnessPal Aaptiv Dance Fit lite Fitnet 8Fit Blogilates Better Points Nerd Fitness One you couch to 5K Runtastic Gr8 Chat & Brew	Search in the App store or download from Google play

TAKE TIME OUT

Topic	Activity	How to access
Watch the Northern Lights	<p>Looking at the same four walls can get tiresome. Luckily, if you could do with a change of scenery or a way to pretend you've gone on a fabulous trip, there's a live stream in Canada that will allow you to try and see the Northern Lights.</p>	https://www.tyla.com/life/life-news-live-stream-northern-lights-online-video-feeds-aurora-borealis-canada-20200327
Free audio books	<p>For as long as schools are closed, we're open. Starting today, young people everywhere can instantly stream an incredible collection of stories, including titles across six different languages, that will help them continue dreaming, learning, and just being kids.</p> <p>All stories are free to stream on your desktop, laptop, phone or tablet. Explore the collection, select a title and start listening.</p>	www.stories.audible.com/discovery
Photo Magazines	<p>Free online photography magazines with monthly, changing content.</p>	www.slrphotographyguide.com/free-online-photography-magazines/
Musicals	<p>Lord Andrew Lloyd Webber is calling all musical lovers! Starting this Friday, we'll be releasing a full-length, smash-hit musical once a week for you to watch for free!</p>	www.youtube.com/theshowsmustgoon
Wind in the Willows	<p>The producers of the West End production of The Wind in the Willows will stream the show online for free, though ask for a small donation that will be given to theatre charities. Based on the classic children's story the piece follows the various characters of the book including Mr Toad, Ratty and Mole, as they follow Toad's insatiable need for speed.</p>	www.willowsmusical.com/
Explore museums and exhibitions	<p>Visit museums and exhibitions that you might never have been able to in real-life - you could probably look at this all day every day and not even have scratched the surface. There are museums (such as the National History Museum in London) from all over the world, art (where you can zoom in) and famous landmarks and buildings.</p>	www.artsandculture.google.com/

TAKE TIME OUT

Topic	Activity	How to access
Helpful Apps	Smiling Mind – Meditation app Cove – Relaxing music app Headspace – Mindfulness app Combined minds - Helps families and friends to find ways to provide the right environment to help the individuals they support affect their own change. Daylio – Mood tracker Whats Up – Teaches you coping Mechanisms Happify – Evidence based games and mindfulness The Gr8 Chat and Brew Happy Color - colour by number game	Search in the App store or download from Google play