

**From:** Emma Scott <E.Scott@dorchester-tc.gov.uk>

**Date:** 10 June 2021 at 11:00:34 BST

**Subject:** Dorchester Community Mail-out 9 June

Dear colleague,

I hope you are all enjoying this (generally) much improved weather!

Please find a range of information and opportunities below. As ever, if you would like me to share something on behalf of your organisation, do feel free to forward it.

And if you would like to be removed, or added, to this mailing list, do let me know.

## Events and Activities

### National Carers Week 7-13 June

(see attached list of Carers Week tips)

Carers Week is an annual national event held to raise awareness of, recognise and value unpaid carers.

The theme for this year's Carers Week is 'Making Carers Visible and Valued' to recognise the amount of work unpaid carers put in that often goes unseen. During the pandemic, the number of carers is estimated to have risen dramatically, and also as a result, the majority of carers (81%) are now providing more care than before, with less support from family and friends.

To read the latest report from Carers Week go to: <https://www.carersweek.org/>

Carers Support Dorset are a great local organisation providing help to access services and information. Visit them at: <https://www.carersupportdorset.co.uk/>

This week they will be running several additional activities (information on the website) including:

- **Thursday 10 June 2-3pm** – Craft session with a wellbeing theme.
- Friday 11 June 4-5pm – Pamper session.

### Dorset Museum

As you probably know, Dorset Museum reopened their doors on the 28 May, and it is looking fantastic. You can find out more about the Museum, including current and future exhibitions, via their website at: <https://www.dorsetmuseum.org/>

Or on their Facebook page at: <https://www.facebook.com/dorsetcountymuseum>

As an additional offer, called **My Creative Life**, they will be running a series of six FREE clay workshops for adults with learning difficulties, older people looking to socialise and young men looking to improve their mental health. The sessions will run from 24 June-29 July on Thursdays 10am-1pm.

Working with Dorset Council, Arts Development Company and an Artist, Janna Edwards- this series of artist-led workshops will introduce participants to the work of Elisabeth Frink.

Over 6 weeks the project will encourage people to reproduce their thoughts, feelings and personalities in the form of clay heads and figures.

Participants will be inspired by Elisabeth Frink's own work in the Artist's Dorset Gallery. The works will then be displayed in the Museum in 2022.

**To register for a place go to:** Creative Clay Workshop Tickets, Thu 24 Jun 2021 at 10:00 | Eventbrite

## **Thomas Hardy Victorian Fair**

The Thomas Hardy Victorian Fair was launched online on Sunday 6 June, with a fantastic new website full of interesting Thomas Hardy related resources.

You can view it at: <http://thomashardyvictorianfair.co.uk/>

There were also several live events on the day, including town tours, demonstrations of Victorian crafts at Shire Hall, and additionally an event in Borough Gardens with Dorset Food and Drink, featuring the musicians of Tatterdemalion performing on the bandstand. Many thanks to all those who were a part of the day, and to Miranda Woodgate for coordinating it.

**Additionally**, local groups have created a number of super displays in the empty shops in Antelope Walk, which will be viewable until the end of June – and there is a competition you can take part in to win free tickets for some of our local attractions.

Entry forms are available at: CW Hats and Accessories and Naturalife (in Antelope Walk), Shire Hall, Goulds (Household), the Library, and the Town Council offices.

## **Great British Spring Clean**

The Great British Spring Clean is still underway, until the 13 June, with the campaign being run by Keep Britain Tidy, and locally by Litter free Dorset. Dorset Council Waste Services are also supporting the campaign by providing guidance and equipment for litter-picks.

If you are organising a litter pick, make sure you have your waste disposal organised - whether that's disposing of the rubbish in a bin at home, or prior to your clean, organising waste collection with Dorset Council Waste Services.

To get in touch with the Waste Services team to let them know details of your clean, organise loaning of equipment and waste removal, [click here to find out the contact details for your local depot](#) or email [wasteteam@dorsetcouncil.gov.uk](mailto:wasteteam@dorsetcouncil.gov.uk).

Want to get involved with the nation's biggest mass-action environmental campaign? Head to the [Keep Britain Tidy website](#) for more information and to pledge to pick as an individual or group of up to 30 or link up with a local litter picking community group near you.

But litter picking does not have to stop on the 13 June!

This year, Dorchester Town Council have joined with the [Preventing Plastic Pollution project](#) to combine Great British Spring Clean efforts with collecting data about amount and/or types of litter collected to help inform solutions to tackle plastic pollution long term. This project will be running over the next year.

To find out more, about how you could help with local litter picking, and tackling plastic pollution at the same time, please get in touch by emailing me at: [e.scott@dorchester-tc.gov.uk](mailto:e.scott@dorchester-tc.gov.uk)

## **Dorchester Arts**

Dorchester Arts are launching their summer season with a production, of Tess of the D'Urbervilles, taking place at Maumbury Rings on Thursday the 24 June at 7pm.

To see their full programme, and to purchase a ticket go to: <https://www.dorchesterarts.org.uk/>

Or you can purchase a ticket by phone – lines are open Mon-Fri from 9.30am-1.30pm. Call: 01305 266926.

## **Dorchester Choral Society**

<https://www.dorchesterchoralsociety.org/our+events>

Dorchester Choral Society are hosting a free outdoor concert in Borough Gardens on Saturday 26 June at 7pm (alternate date will be considered in case of bad weather)

The choir will be performing a popular programme of short choral pieces, accompanied by a local string quintet.

For more details, visit the website.

## **Small Charities Fair**

Sat 18 Sept from 9.30am-12.30pm.

A local Councillor, sponsored by Casterbridge Rotary Club, is organising a small charities fair to help local community groups raise funds for their causes.

Stall holders representing small local groups are wanted (there will be no charge for stalls). If you are interested in being part of this, please contact Janet Hewitt with your contact details and a bit of information about what you would like to do on your stall. Email: [janet.hewitt99@googlemail.com](mailto:janet.hewitt99@googlemail.com)

## **Advice, information & support**

### **Wessex Water point opens**

Dorchester Town Council, in partnership with Wessex Water, have installed a new water refill point at the bottom of South Street near 5 ways junction. The water quality will be monitored regularly by Wessex Water. Please feel free to refill your water bottles as often as you like - and help us to reduce the number of single use plastic bottles being used in the town.

### **New Discover Dorchester App has launched!**

The Discover Dorchester App is the result of a partnership between Dorchester Town Council, the Dorchester Business Improvement (DBID) and local company Key Digital.

The purpose of the '**Discover Dorchester App**' is to promote the town, its heritage, attractions and the town's businesses. This will be useful for visitors coming (or thinking of coming) to the South West, so that they can discover how much there is to see and do in Dorchester, plan an itinerary, or just navigate around town when they arrive.

The app will also be valuable for local people, to be informed about events and special offers in town, make a list of their favourite places/shops or just explore and discover new shops or other businesses around town centre.

**For more information**, and to download the App via a QR code, go to: <https://discoverdorchester.co.uk> or look out for one of our posters in town. This FREE App is available from the Apple Store, and on Google Play.

### **FREE Range cookers available to community spaces**

(see email attached below)

Public Health Dorset and Dorset Council have created a grant for 10 brand new range cookers to be purchased for community spaces, such as village halls, who are looking to offer food to their local community – perhaps through setting up a lunch club or children's activities. The grants are being distributed through Dorset Community Action – with a short deadline of 20 June to apply.

### **Healthy Homes Dorset (HHD)**

Healthy Homes Dorset helps keep Dorset residents warm by installing loft and cavity wall insulation. They can also offer free, impartial energy advice. HHD is funded by Bournemouth, Christchurch and Poole Council, Dorset Council and Public Health Dorset and is delivered by Ridgewater Energy. For more information, or to book an appointment, go to: <https://www.healthyhomesdorset.org.uk/> or call: 0300 0037023.

## **Steps2wellbeing**

Steps2wellbeing offer a wide range of free online courses to support people with their mental health and wellbeing.

For more information about courses available, including several specific ones to help people with the impact of living with long covid, or dealing with the grief of having lost someone over the last year, go to: [https://](https://www.steps2wellbeing.co.uk/dorset/course_information/introduction/)

[www.steps2wellbeing.co.uk/dorset/course\\_information/introduction/](https://www.steps2wellbeing.co.uk/dorset/course_information/introduction/)

To refer yourself, just scroll down the page, and click to complete the self-referral form.

## **Funding – open**

### **DCF Bursary Scheme – Dorset Community Foundation**

<https://www.dorsetcommunityfoundation.org/funds/dcf-bursary-scheme/>

This fund will support Dorset residents between the ages of 16-25 to help them with the costs of vocational (job related) courses.

Bursaries of up to £1000 are available. Round 1 open until 8/10/2021.

### **The Burns Price Foundation**

<https://burnspricefoundation.org.uk/>

Grants up to £5,000 for young people in the UK aged 11-18 to undertake a community project that will result in positive change for the community and the young person carrying out the project. Application deadline: Saturday 17 July.

### **Holiday Activities and Food programme (HAF)**

<https://www.dorsetcouncil.gov.uk/children-families/holiday-activities-and-food-programme/holiday-activities-and-food-programme-providers.aspx>

Please note that the deadline has been extended for the Holiday and Food programme (HAF) – but before making an application do contact the coordinators, as soon as possible, to discuss your project. Email: [summerindorset@dorsetcouncil.gov.uk](mailto:summerindorset@dorsetcouncil.gov.uk) or the HAF coordinator Sarah Crabb at: [sarah.crabb@dorsetcouncil.gov.uk](mailto:sarah.crabb@dorsetcouncil.gov.uk)

The HAF programme is a Government scheme that aims to provide healthy food and enriching activities to children and young people aged 5 to 16 who are eligible for free school meals.

Sessions offered need to be a minimum of 4 hours long. Funding of up to £20 per child per session is available – for full details go to the website.

### **ESFA Training grants**

(see attached email)

Are you a third sector organisation helping to support people over 16 who are not in full time work or employment to get back into education, or the workforce?

Grant funding is available for projects - which can be anything from softer confidence building skills to CV writing and getting people ready for interview, to more vocational skills.

**Next deadline for applications is 21 June** – grants are from £5000-20,000 – and they are very keen to hear from projects in Dorset.

## **Consultations open**

## **Healthwatch Dorset**

Healthwatch Dorset is the county's independent champion for people who use health and social care services.

They are currently supporting several consultations and would like to hear from you:

1. Firstly, they would like to hear about your experiences of health and social care services - particularly about your experiences of dentistry, good or bad at:

Your views and experiences - Healthwatch Dorset

2. Also they are carrying out a survey about the vaccine programme, asking local people to share their views and experiences of the vaccination programme to help identify what is working well and where changes could be made [Covid-19 vaccination programme - Healthwatch Dorset](#)

## **Wessex Voices**

Wessex Voices, in partnership with Healthwatch Dorset, and the Wessex Cancer Alliance, are seeking young people's views of cancer services in a project called 'Our Cancer Our Way'.

The aim is to creatively engage with children, teenagers, young people, and their parents and carers, to understand what cancer services in our area feel like and where improvements could be made. Find out more at: [Our Cancer Our Way - Welcome to Wessex Cancer Alliance](#)

***Volunteer Week, took place last week (1-7 June) and whilst I am a little late for this, there is always time to say a heartfelt thanks to our local volunteers who are so essential to our community, working often behind the scenes, or in informal ways, such as shopping for a neighbour. In January, we had an outstanding response to our call out for volunteers to help out with the vaccine clinic at the Atrium, with over 670 people coming forward – and 450 people actually deployed. For everyone that has gone above and beyond in the last year, which is most of you, I know that Dorchester appreciates you.***

Thanks, and all the best,  
Emma

**Emma Scott**

**Community Development Officer**

Dorchester Town Council

19 North Square

Dorchester

DT1 1JF

e.scott@dorchester-tc.gov.uk  
Tel: 01305 819463  
Mob: 07956 896114

# Attachments



# Carers Week



## 8<sup>th</sup> till 14<sup>th</sup> June 2021

### Welcome to carers week A tip for each day to take care of YOU

#### Monday's carers week tip

Deep Breathing

Deep breathing activates the relaxation response. Multiple methods can help you learn how to breathe deeply.

<https://www.nhs.uk/mental-health/self-help/guides-tools-and-activities/breathing-exercises-for-stress/>

#### Tuesday's carers week tip

Find time even if it's only 10 minutes to sit outside or indoors and enjoy the 5 senses exercise

<https://positivepsychology.com/wp-content/uploads/2017/01/Five-Senses-Worksheet.pdf>

#### Wednesday's carers week tip

Learn to say NO without feeling guilty

- Learn to say "no" while respecting the other person's feelings.
- Learn to say, "I'm sorry I have to say no, and I know it hurts, and I will do anything to help make that hurt better — except for [this thing], because you and I both know that [this thing] is not good for you."

And if the asker is rude, pushy, or disrespectful, just adjust your style to be firmer. You *do* have a right to say no when you know it is the best answer, so don't let anyone manipulate or bully you out of it.

<https://medium.com/the-mission/how-to-say-no-with-joy-and-conviction-and-without-feeling-guilty-mean-or-selfish-c7fd3f09711e>

#### Thursday's carers week tip

If you cannot change the situation you are struggling with then change how you deal with it as we cannot control others but can control how we react to them.

<https://www.truity.com/blog/how-change-your-attitude-when-you-cant-change-your-situation>

#### Friday's carers week tip

Treat yourself as you are important.

To **treat yourself** means to **do** something good and pleasurable for **yourself**

<https://www.lifehack.org/379347/30-ways-to-treat-yourself-no-matter-what>

#### Saturday carers week tip

Find something that makes you laugh, this maybe a funny film/cartoon/social media  
Laughter can help lift your mood.

<https://www.helpguide.org/articles/mental-health/laughter-is-the-best-medicine.htm>

#### Sunday carers week tip

Find time to Connect with friends.

There are many ways we can link with people via telephone, social media, meeting up for a coffee or visiting them.

<https://www.helpguide.org/articles/relationships-communication/making-good-friends.htm>

Pat Wilkins Carers Development Lead Dorset HealthCare



**From:** Emma Scott E.Scott@dorchester-tc.gov.uk   
**Subject:** URGENT! - Village Hall/community space range cooker grant deadline 20th June  
**Date:** 10 June 2021 at 10:38  
**To:** Emma Scott E.Scott@dorchester-tc.gov.uk

---

## Range Cooker Grants

We all remember sitting down and eating together, whether it was with a big group friends, family or with members of your community.

Cooking and sharing food together is part of life all over the world. For some however, it isn't as easy as that. It may be that cooking skills aren't great, perhaps people find it difficult to socialise, especially in areas where there is more isolation or food deprivation.

Village halls and community spaces are great at getting people together. Low income families learning to cook together and sitting down to enjoy a nutritious and above all tasty meal is a wonderful way to make new friends and support one another. It is intergenerational, it can be international with different communities sharing their traditions and much, much more. For children, food activities are great fun and encourage them to explore different foods and where they come from. This is part of improving food inequality in Dorset, having the opportunity to eat good quality food and learn about community fridges and social supermarkets.

With this in mind, Public Health Dorset and Dorset Council have given DCA the opportunity to give out **grants for ten brand new range cookers**. Having a range cooker means 6 rings on top as well as two ovens so all sorts of cooking can be done at once. The grant would cover the new cooker, installation and removal and disposal of the old cooker.

Is this something you would be interested in, or perhaps you know of a community building locally where a new cooker could help?

If you feel that a new cooker of this type could improve your offer to the community, such as getting families together to have sessions with the Friendly Food Club and being able to provide community lunches for lunch clubs then please contact me as soon as possible.

The money has to be allocated by 20<sup>th</sup> June so that paperwork and orders can be put in!

My contact details are:

[Joanna.keats@dorsetcommunityaction.org.uk](mailto:Joanna.keats@dorsetcommunityaction.org.uk)

Phone number 01202 847609

Best wishes

Jo

**Joanna Keats**  
**DCA Project Officer**  
**Trusted Voices Project**  
**Dorset Community Action**

\*\*\*\*\*

**Our Continued COVID-19 Support for You:**

**Free Webinars and Current Guidance** to help you navigate resources needed in the current pandemic.

**Dorset Council Community Response**– Dorset Council, ourselves and others have joined forces to support communities and community groups.

**Want to help?** Sign up here with Volunteer Centre Dorset Registering your interest? Visit [Volunteer Centre sign up individuals page](#) Registering your community group? Visit [Volunteer Centre sign up community groups](#)

If you would like to speak to an advisor about a project or funding, please go to <https://www.dorsetcommunityaction.org.uk/request-an-advisor/>

\*\*\*\*\*

CLaRC 41-44 King Street, Wimborne BH21 1EB  
Tel: 01202 847609  
Mobile: 07421 994591  
[joanna.keats@dorsetcommunityaction.org.uk](mailto:joanna.keats@dorsetcommunityaction.org.uk)  
Normal Working Hours: Monday-Fridays, 9.30am-5.30pm

**Community-Based Solutions**  
[www.dorsetcommunityaction.org.uk](http://www.dorsetcommunityaction.org.uk)



# Community Grants from Groundwork including ESFA Training Grants

From: Elizabeth Hodgson <Elizabeth.Hodgson@groundwork.org.uk>

Hello

I am emailing as you have contacted us or been funded by one of our funding Grants

We currently have a fantastic opportunity for funding in Dorset so if you have a project that will support people over 16 who are not in full time work or employment to get back into training or the labour force please have a look at the attached flyer

The next round cut off is the 21<sup>st</sup> June so not long to apply but if you have the right project you could achieve up to £20k to get a project off the ground or to maintain and develop a current project

If you would like more information or you would like to discuss an idea please don't hesitate to contact me and as Dorset is really under subscribed for the ESFA Community Training Grants and the funding is available for the county please do share the flyer and my contact details

I hope I can help you support a project in a time where I am sure the need for this funding is really high

Projects can be anything from softer confidence building skills to CV writing and getting people ready for interview to more vocational skills that could lead directly to a place in the workforce or education

We will also be launching a new stream of Comic Relief Community Grants very soon so please do sign up to our newsletter for further information

And you can reapply to the Tesco Community Grants as soon as any live project is signed off

Take care and I look forward to hearing from you very soon with your project ideas

**Elizabeth Hodgson**  
**Community Enabler**  
**Groundwork South (Hampshire Dorset IoW West Sussex & Surrey Area)**

Mobile: 07736132691

[www.south.groundwork.org.uk](http://www.south.groundwork.org.uk)

Youth Energy Eastleigh  
Leigh Road  
Eastleigh  
Hants  
SO50 9DQ

<https://www.facebook.com/GWKSOUTH/>  
twitter @GwkSolent

**Tesco Community Grants**

<https://tescocommunitygrants.org.uk/>

**Carriers for Causes One Stop Grants**

<http://www.groundwork.org.uk/Pages/Category/Carriers-for-Causes-uk>

**ESFA Training Grants**

[www.groundwork.org.uk/esfa-grants-dorset /](http://www.groundwork.org.uk/esfa-grants-dorset/)

# Community Training Grants Now Available!

Do you have a project which helps people improve their employment prospects?

Grants of **£5,000 - £20,000** are available for Dorset projects which help move individuals either into employment, or establish a route towards employment.

## What are Community Training Grants?

The focus of these grants is to fund projects which support individuals who are either unemployed or economically inactive, through advice, guidance, education and training opportunities.

## Are you eligible?

Applicants **MUST** be from either a third sector organisation or small organisation (less than 49 employees with an annual turnover of less than 10 million Euros).

## Who are the funders?

The Education and Skills Funding Agency, and European Social Fund, are co-financing the grant scheme to help projects which develop both tangible and emotional skills.

## Find out more...

[www.groundwork.org.uk/esfa-community-training-grants-dorset](http://www.groundwork.org.uk/esfa-community-training-grants-dorset)



Education & Skills  
Funding Agency



European Union  
European  
Social Fund



**DORSET**  
Local Enterprise Partnership



CHANGING PLACES  
CHANGING LIVES

# Priorities for Dorset

## The Dorset Local Enterprise Partnership\* (LEP) priorities include:

- Those in rural areas who face barriers to accessing the labour market.
- Those within isolated pockets in urban areas who face barriers to accessing the labour market.
- NEET young people, especially those in rural areas
- Those in areas with low social mobility

*\*LEPs are voluntary partnerships between local authorities and businesses that help determine local economic priorities.*



## The Education and Skills Funding Agency priorities include:

- Participants over 50 years of age
- Participants with disabilities
- Participants from Ethnic Minorities
- Participants who are women

**For more information and to apply, please see:**

**Website:** [www.groundwork.org.uk/esfa-community-training-grants-dorset](http://www.groundwork.org.uk/esfa-community-training-grants-dorset)

**Contact:** [communitytraininggrants@groundwork.org.uk](mailto:communitytraininggrants@groundwork.org.uk) / 0207 239 1390