

**ESSENTIAL SUPPORT FOR THOSE AGED 65+ AND THOSE IDENTIFIED IN HIGH RISK GROUPS.**

1. [www.portlandcommunitypartnership.co.uk](http://www.portlandcommunitypartnership.co.uk)
2. [www.wessexfm.com/crononavirus-messages](http://www.wessexfm.com/crononavirus-messages)
3. **Portland Coronavirus Community Support Group – 01305 823789**  
or message via Facebook [www.Facebook.com/island community action](https://www.facebook.com/islandcommunityaction)  
Shopping, prescriptions or other small errands  
For more information about ICA and its work <https://islandcommunityaction.org>
4. **Keep in Touch run by Refresh and the churches in Weymouth & Portland – 07514114680**  
10am – 3pm Mon - Thursday deliver food, do shopping, deliver medication, even walk a dog
5. **Free Help & Assist (Spa Road Area)**  
Email: [simonshuttletaylor@gmail.com](mailto:simonshuttletaylor@gmail.com) Text: 07531 547 700 9am – 1pm  
Free help with dog walking/shopping/running errands etc.
6. **Age Uk Advice Line – 0800 169 65 65**
7. **Silverline for a chat day or night – 0800 470 80 90**  
For elderly patients
8. **Help & Care –they have a SPOA arrangement - 0300 111 3303 – email: [conrtacts@helpandcare.org.uk](mailto:conrtacts@helpandcare.org.uk) or use the referral form on the website [www.helpandcare.org.uk/services/self-management](http://www.helpandcare.org.uk/services/self-management)**  
Call and leave a message and they will call back for information.  
They will do a Wellness check and try and link them up with the support they need whether it's internal or external. They are plugged into the resilience response arrangements across the County.
9. **Care Calls.co.uk – 0330058 8244**  
Care calls delivers reminders and check-ins via landline or mobile. They can deliver as many phone calls as needed 24 hours a day 7 days a week. When a call is answered they play a message reminding the listener to do important tasks, such as taking medication. If they don't answer the phone at any time, other people/family members can be informed.  
  
No commitment – 14 day free trial doesn't require and payment details to set up and will help you decide in Care Calls helps. Then our month-by-month subscription means you can cancel any time. Cost is £12.00 per month
10. **Weymouth Community Volunteers – 01305 830255 – Phones will be answered between 10am – 11 am for requests**  
Volunteers are on call to help with shopping requests, prescription collection

**11. Refresh – 07514114680 available 10am – 3pm Mon – Thurs**

**KEEP IN TOUCH!**

**DO YOU NEED A HELPING HAND?**

- Are you stuck at home and need a pint of milk or a few days shopping?
- Worried about what to do and need a friend to chat with?
- Need a prescription collecting from the pharmacy, a magazine or newspaper?
- Run out of something essential?
- Need someone to walk the dog or take the cat to the vets?

**WE CAN HELP!**

If you are safely at home because of the concern around Coronavirus. Worried about going out, but need a helping hand or someone to talk to? Just call Keep In Touch and one of our friendly volunteers will help you out. - **After all, that's what neighbours are for!**

We can deliver food, do a shop, drop and collect medicine or even walk your dog.  
**Call us on 07514114680 between 10 am and 3 pm Monday to Thursday.**

Keep In Touch is for everyone in Weymouth and Portland during the Coronavirus and is run by Refresh and The Churches in Weymouth and Portland.



**12. Careers support Dorset - 0800 3688349 – [www.careersupportdorset.co.uk](http://www.careersupportdorset.co.uk) - Email: [admin@carersupportdorset.co.uk](mailto:admin@carersupportdorset.co.uk)**

Please see link [https://www.carersuk.org/?gclid=EAlaIqObChMlj9r-kfuX6AIVibbtCh3zEwZ5EAAyASAAEgKqbvD\\_BwE](https://www.carersuk.org/?gclid=EAlaIqObChMlj9r-kfuX6AIVibbtCh3zEwZ5EAAyASAAEgKqbvD_BwE) for advice from carers UK for carers who may need to look after a corona virus patient, or might get corona virus themselves and need assistance to help look after an elderly relative.

**13. Age Uk (North, South and West Dorset) Email: [enquiries@ageuknswd.org](mailto:enquiries@ageuknswd.org) – 01305 269444**

Co-ordinating requests for help with issues relating to loneliness and isolation, or support in accessing items such as food, cash or medication. Each request will be individually assessed and categorised according to the individual's level of need.

People can volunteer at: [www.dorsetcouncil.gov.uk/emergencies-severe-weather/emergencies.coronavirus/co-ordinated-community-response.aspx](http://www.dorsetcouncil.gov.uk/emergencies-severe-weather/emergencies.coronavirus/co-ordinated-community-response.aspx)

**14. Red Cross – 0808 802 2000 Monday to Friday 9am – 5.30pm**

Get help with money problems. If you're struggling with money problems, you can get help through a period of financial difficulty. You can get advice online from Turn2Us, including: What benefits you might be entitled to, charitable grants you can apply for, how to reduce fuel bills, local services that could support you.

Red Cross can help people of all ages who feel isolated or alone. You may be bereaved, retired, just out of hospital, dealing with an illness or condition, facing a crisis

**15. Preston Angels – Email: [standrewsangels@hotmail.co.uk](mailto:standrewsangels@hotmail.co.uk) – tel: 01305 837147**

Shopping, prescription collection, errands