

COVID 19 FACTSHEET

NATIONAL INFORMATION

Gov.uk <https://www.gov.uk/coronavirus>

NHS <https://www.nhs.uk/conditions/coronavirus-covid-19/>

LOCAL INFORMATION

Dorset County Council <https://www.dorsetcouncil.gov.uk>

Live Well Dorset <https://www.livewelldorset.co.uk>

Family Information <https://www.dorsetcouncil.gov.uk/children-families/get-help-for-your-family/family-information-service.aspx>

MANAGING ANXIETY AND STRESS RELATING TO CORONAVIRUS

CBT Resources Managing Stress and Worry during the COVID-19 Outbreak https://f17a1ac1-c0c3-4dcb-b5cc-f33829a12d.filesusr.com/ugd/4766de_01400a4122fb4f02bb08c497b12d335d.pdf

World Health Organisation – Guidance on the Coronavirus:
<https://www.who.int/emergencies/diseases/novel-coronavirus-2019>

World Health Organisation - Mental Health and Psychosocial Considerations During COVID-19 Outbreak: https://www.who.int/docs/default-source/coronaviruse/mental-health-considerations.pdf?sfvrsn=6d3578af_10

Centers for Disease Control and Prevention – Manage Anxiety and Stress:
<https://www.cdc.gov/coronavirus/2019-ncov/prepare/managing-stress-anxiety.html>

A Resource on Talking to Children about the Coronavirus:
<https://twitter.com/thelovelymaeve/status/1238399538878087169/photo/2>

MANAGING STRESS AND ANXIETY AT WORK

WorkGuru www.workguru.org

Steps2 Wellbeing <https://www.steps2wellbeing.co.uk>

Mental Health at Work <https://www.mentalhealthatwork.org.uk/toolkit/>

Mind <https://www.mind.org.uk/information-support/tips-for-everyday-living/workplace-mental-health/work-and-stress/>

Mental Health Foundation <https://www.mentalhealth.org.uk>

One You <https://www.nhs.uk/oneyou>

Mind Tools <https://www.mindtools.com/>

Access to Work <https://www.gov.uk/access-to-work>

Self-Help www.getselfhelp.co.uk

Mindtools <https://www.mindtools.com/>

Businessballs <https://www.businessballs.com/>

Health and Safety Executive <https://www.hse.gov.uk/stress/what-to-do.htm>

Action for Happiness <https://www.actionforhappiness.org/>

Work Smart <https://worksmart.org.uk/>

EMPLOYMENT LAW

ACAS <https://www.acas.org.uk/>

Health and Safety Executive <https://www.hse.gov.uk/>

Trade Union Congress <https://www.tuc.org.uk/>

FINANCIAL SUPPORT

Dorset Citizen Advice <https://www.citizensadvisedorset.org.uk/advice.html>

Council Tax Hardship Fund <https://www.gov.uk/government/publications/council-tax-covid-19-hardship-fund-2020-to-2021-guidance>

Step Change Debt Charity <https://www.stepchange.org/>

Turn to Us <https://www.turn2us.org.uk/>

Claiming Benefits <https://www.gov.uk/browse/benefits>

<https://www.gov.uk/government/news/coronavirus-support-for-employees-benefit-claimants-and-businesses>

Financial Support for Businesses <https://www.gov.uk/government/publications/guidance-to-employers-and-businesses-about-covid-19>

SELF-EMPLOYMENT AND SMALL BUSINESS SUPPORT

Dorset Growth Hub <https://www.dorsetgrowthhub.co.uk/covid-19/>

FSB <https://www.fsb.org.uk/campaign/covid19.html>

DORSET COMMUNITY ACTION_Ash Gordon, Supporting Enterprise Coach, Tel: 01305 216413

Mob: 07974723087 Email: ash.gordon@dorsetcommunityaction.org.uk

www.dorsetcommunityaction.org.uk

KEYWORKER SPECIFIC SUPPORT (including emotional and financial)

The Ambulance Staff Charity <https://www.theasc.org.uk/>

BT Staff www.benevolent.bt.com/bf or 0208 726145

Care Workers Charity <http://www.thecareworkerscharity.org.uk>

Doctors <https://www.bma.org.uk/advice/work-life-support/your-wellbeing/counselling-and-peer-support>

Civil Servants <https://www.foryoubyyou.org.uk/>

Education Staff <https://www.educationsupport.org.uk/>

Nurses <https://www.qni.org.uk/help-for-nurses/> and Cavell Nurses' www.cavellnursestrust.org

Mental Health Professionals <https://www.umind.ca/Home.aspx>

Retail Workers <https://www.retailtrust.org.uk/> and <https://www.usdaw.org.uk/>

Railworkers www.railwaybenefitfund.org.uk

Royal Mail and Post Office staff www.rowlandhillfund.org

Police <https://www.policecare.org.uk/> and <https://www.policecharitiesuk.org/>

British Transport Police https://careers.btp.police.uk/about_btp/support_groups.aspx

Probation Officers <https://www.napo.org.uk/> and The Edridge Fund www.edridgefund.org.

Social Workers Benevolent Fund www.swbt.org and <https://www.basw.co.uk/>

If your child's school is not open to key workers, then please contact your Local Education Authority who will seek to redirect you to a local school in your area that your child or children can attend. Contact details for the Local Education Authority are:

- Bournemouth and Christchurch: Schools.continuity@bcpcouncil.gov.uk
- Poole: School.admissions@bcpcouncil.gov.uk
- Dorset: admissions@dorsetcouncil.gov.uk
- Hampshire: Admissions.team@hants.gov.uk

CAREER ADVICE AND HELP WITH CV

National Careers <https://nationalcareers.service.gov.uk/>

Wise Ability <https://wiseability.co.uk/job-seekers/>

FREE ONLINE COURSES

Alison <https://alison.com/>

Open Learn <https://www.open.edu/openlearn/free-courses>

Skill and Learning <https://www.skillsandlearningace.com/distance-learning/>

Future Learn <https://www.futurelearn.com/>

VIRTUAL AND TELEPHONE VOLUNTEERING OPPORTUNITIES

UN Volunteers <https://www.onlinevolunteering.org/en>

Help from Home <http://www.helpfromhome.org/>

Volunteer Match <https://www.volunteermatch.org/>

Do It <https://do-it.org/>

NHS <https://www.goodsamapp.org/NHS>

JOB SEARCH

The following job search engines cover most employment areas and you are able to search by job and location. It is also possible to set up alerts on most of these sites. Should you decide to post your CV on line please remove your address and contact details; just include your name, town and email address which will prevent you having unwanted telephone calls from recruitment firms.

National sites: https://findajob.online/ https://www.jobs.nhs.uk/ https://www.allthetopbananas.com/ https://www.cv-library.co.uk/search-jobs https://www.indeed.co.uk/ https://www.reed.co.uk/ https://www.totaljobs.com/jobs/	Local sites: http://www.bridportnews.co.uk/jobs/ http://www.dorsetecho.co.uk/jobs/ https://jobs.dorsetforyou.gov.uk/ https://www.wessexfm.com/jobs/ https://www.westdorsetjobs.co.uk/
--	---

You can also search on Google Jobs or look on job pages on Facebook.

SELF-HELP APPS AND ONLINE RESOURCES

Big White Wall www.bigwhitewall.com

Breethe <https://breethe.com/>

Mood Gym www.moodgym.anu.edu.au

FearFighter <http://fearfighter.cbtprogram.com>

Happyhealthy www.happyhealthyapp.com

Headspace www.headspace.com

Mindfulness <https://oxfordmindfulness.org/online-sessions-podcasts/>

Moodscope www.moodscope.com

Sleepio www.sleepio.com

Crisis Support

- [Connection](#) – a 24/7 helpline open to all ages. Dorset residents or people visiting Dorset can call direct on 0300 123 5440 or access via NHS 111.
- The Samaritans 116123 or Jo@samaritans.org
- NHS Emergency Out of hours 111
- HopelineUK on 0800 068 41 41
- Shout text-line 852258 24 hour service
- www.thecalmzone.net
- Campaign for living miserably 08088025858
- Reach (Drug and Alcohol Service) 0800 043 4656 / <https://www.edp.org.uk/reach/>