

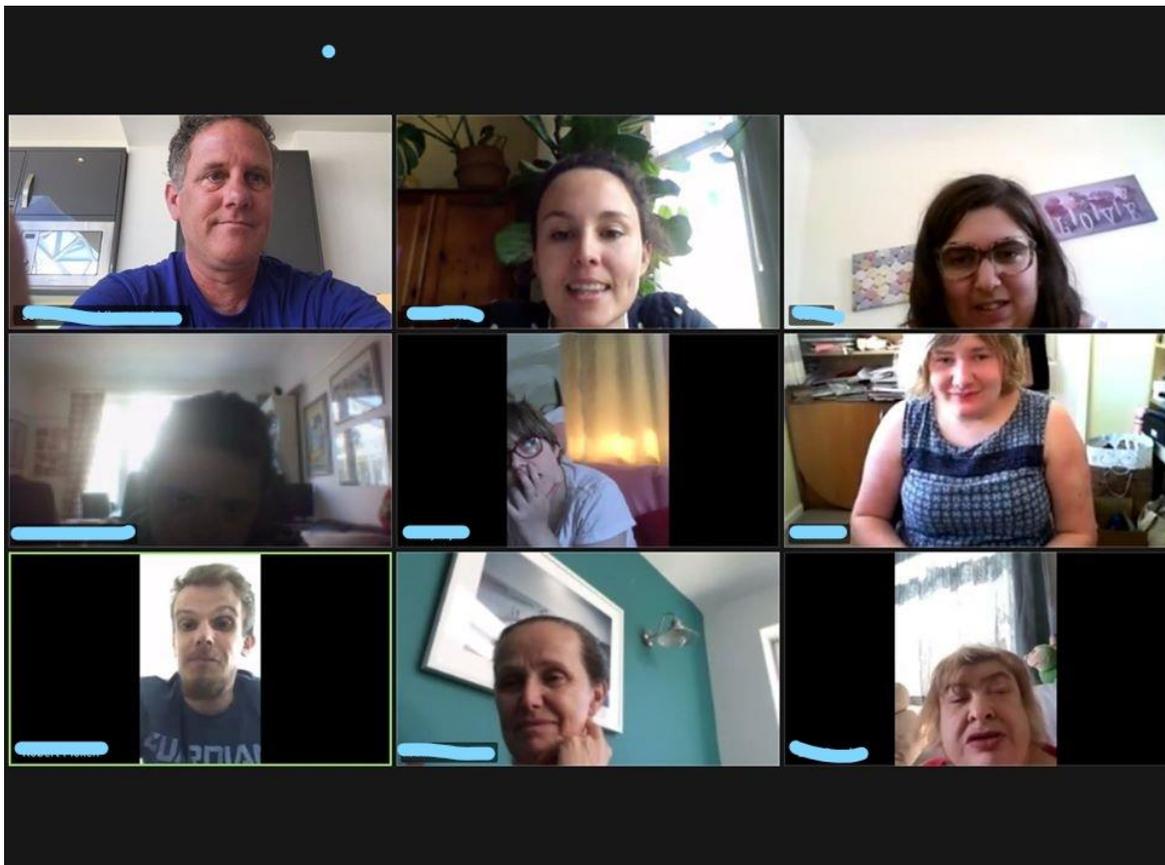
## *The Until Better Times*

April 2020

Greetings all in this very strange time! We appreciate that many of you will be self-isolating and all of us are struggling with not seeing many of our loved ones, at least not in person.

We wanted to let you know that we're still here for you at Access Dorset. We are all working from home as best we can, and our support and advice phone line is still open (01202 771336). We are continuing to support disabled people in crisis, and we are continuing with our Horizons vocational training program - on a video conferencing thingamabob called Zoom.

Here are some of the gang:



As brilliant Belinda wrote on our Facebook page:

“We had a fun and productive session - we talked about staying healthy in this time of social distancing. Here are some of the top tips we came up with:

1. Get outside when you can - if you're lucky enough to have even a tiny bit of outdoor space - make the most of it!
2. Do any exercise you can - outdoor or indoor - whether that might be Youtube exercise classes over zoom with friends, seated Yoga or digging a huge hole!
3. Eat healthily
4. Find your routine - and try to stick with it! This includes going to bed and waking up at sensible times. Note to self!
5. Staying in touch with friends - whether on zoom, Hangouts or even on the phone!
6. Trying to intentionally do something for yourself each day - this could be reading a book, trying something creative, or getting into mindfulness!

If you can access the internet and would like to join us, please contact [belinda@accessdorset.org.uk](mailto:belinda@accessdorset.org.uk) Everyone is welcome! Tomorrow, in place of our Wednesday Horizons café, we're going to have a social quiz. You've got to be in it to win it!" Failing that you can do our ***Until Better Times Quiz*** – read on!



Although all staff are working from home now and The Bridge is closed, the amazing Dave Penn is popping into the courtyard a few times each week to keep our plants alive and progress the polytunnels. He's also tidied the garage and might not let me in again in case I make a mess!

Just like you, Access Dorset staff and volunteers need to look after our mental health. We like this idea of concentrating just on the things we CAN control and trying not to worry about the things we CANNOT control.



I like the idea of finding fun things to do at home. For example, this is me dusting my ceiling.



The indefatigable Jayne and Sarah are working hard supporting our Help through Crisis clients who are understandably distressed. They are providing advice over the phone, issuing food vouchers and providing reassurance. For those that need urgent mental health support we refer to the CCG:

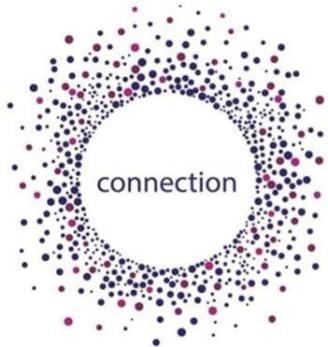
**NHS Dorset Clinical Commissioning Group**...

2 hrs • 🌐

If you require urgent mental health support, please call the 24/7 Connection phone line on 0300 123 5440 and you will be signposted to the right service for the support you need.  
<https://bit.ly/346aHrG>

**24/7 mental health helpline**  
**0300 123 5440**

Connection is available to people of all ages, anywhere in Dorset, to access round-the-clock mental health advice and support



**NHS**  
**Dorset HealthCare University**  
NHS Foundation Trust

supporting you in a crisis

Dave Thompson and Karen are doing a brilliant job managing the finances (yes, sadly we still have bills to pay) and Dave and I are forever working on funding bids. I'm in regular contact with Anne Simpson, the Chair of Access Dorset's Board of Trustees as we all work together to steer the ship through choppy waters.



We will keep you updated with news each month and in the meantime, stay safe and stay well.

With best wishes

Jonathan

### ***The Until Better Times Quiz***

#### Geography Quiz

1. What is the longest river in the world?
2. What is the capital city of Turkey?
3. In which present-day country would you have found the Hanging Gardens of Babylon?
4. What planet is closest to earth?
5. Which mountain range would you find Mount Everest in?
6. Which of these countries is the smallest? a) Russia b) Canada c) China
7. In which continent would you find Iran?
8. There are dolphins in the Ganges River, true or false?
9. Which continent is in all four hemispheres (North, south, east, west)
10. Which village in Norway has the shortest name in the world? a) Å b) B c) C or d) D

Answers on the final page – well done you!

# Useful Phone Numbers

## BCP helpline 0300 1237052

BCP Council has launched a Volunteer Hub and dedicated helpline to support vulnerable people who need vital support while isolating at home during the coronavirus outbreak.

The dedicated helpline can provide a range of support, from organising deliveries of food and household supplies to people in need, and providing information and advice. Additionally, staff working through the Volunteer Hub can make regular telephone calls to help keep people's spirits up during periods of isolation.

### Other Useful Numbers

- [Council Tax](#) enquiries 0345 034 4569
- [Council Tax reduction](#) 01202 451592
- [Housing benefit](#) 01202 451592
- UK Power Networks 0800 3163105 - 24 hour cover every day
- Gas - If you smell gas call the Gas Emergencies Services for all areas on 0800 111 999
- Samaritans Helpline 116 123 (UK) - available 24 hours, every day

### Housing

- [Council tenants](#) 0800 0281870
- [Blue badges](#) 01202 458744
- [Roads and pavements](#) 01202 451199
- [Rubbish and recycling](#) 01202 451199
- [Street cleaning](#) 01202 451199
- [Streetlights](#) 01202 451199

### Other services

- [Bereavement Services](#) 01202 526238
- [Pest control](#) 01202 451199
- [111.nhs.uk/service/covid-19](https://111.nhs.uk/service/covid-19) - NHS coronavirus support website (only call 111 if you can't use the website)

## Quiz Answers

### Answers

1. The Nile
2. Ankara
3. Iraq
4. Mercury and Venus. Venus comes the closest on it's orbit however Mercury is close for a longer period of time.
5. The Himalayas
6. China
7. Asia
8. True, although they are endangered
9. Africa
10. Å