

SWANAGE AREA FORUM

INCLUDING SURROUNDING VILLAGES

NEWSLETTER

JULY 2020 - No. 4



Swanage & Purbeck
Development Trust

Welcome to the July Newsletter of the Swanage Area Forum and Swanage & Purbeck Development Trust ,

Purbeck relies heavily on tourism. The vast majority of local employment with so many businesses, so many of our hotels, guesthouses, B&Bs, shops, pubs, camp and caravan sites - the list is endless... and we are dependent on visitors coming to share our beautiful coastline and countryside, especially during the current summer months.

The tourist business is vital, but so is the health and wellbeing of our resident community. Despite the joy of being told that Lockdown is easing nationally and in our own Purbeck area, there is also a feeling of nervousness, too. We need to remind ourselves every day that this pandemic is not over and that we should all remain careful and vigilant.

The big bonus for us folk living in Purbeck is that over the last few months there have been amazing displays of public service, resilience, improvisation and solidarity. Something positive to remember and long may it continue.

Mel Norris, Chair Swanage Area Forum and Swanage & Purbeck Development Trustee

melvyn.norris@talktalkbusiness.net





The Swanage Medical Practice

Message from Swanage Medical Practice

We have some more gloriously sunny weather ahead of us and some of the lockdown restrictions have been cautiously lifted. Social distancing of 2m is still the ideal, from 4th July a 1m+ with precautions, being the barest minimum. This is the new normal going forward.

We'd like to commend you for the immense effort you've all made to help protect yourselves and others in our little community. This is by no means over and we value your continued efforts.

The Surgery is very much open for business and we too have a 'new normal'. All GP appointments, including, our daily urgent surgery (the old Sit&Wait), are telephone first with a clinician asking you to come down if clinically appropriate. All our face to face appointments are taking more time due to the clinicians having to clean the areas in their room that patients have touched and to put on and take off their PPE before the next patient arrives. These extra measures are to ensure your safety as well as theirs.

All visitors invited to the surgery for a **face to face (f2f)** appointment are required to wear a face covering, and we have an intercom on the door for the reception team to confirm that you have a booking. You will notice when you arrive that we have indicated a queuing protocol at our entrance.

On ringing the intercom bell the receptionist will ask you if you have an appointment, check that you have no viral symptoms, advise you to put on a mask and open the door.

We kindly ask that you manage all other enquiries by telephone. Repeat prescriptions can be requested online (sign up for our online access) or via your pharmacist. They can also be placed in our letter box, as can all other correspondence.

E-Consult, our new online virtual consultation service, is proving a fantastic resource and is enthusiastically used by patients for health issues that are problematic but not urgent; you get a response directly from a GP, Advanced Nurse Practitioner, Paramedic or they will ask a receptionist to contact you with their response, all within 48hrs. This can be by email, text, or phone.

The layout in our waiting room has changed too. There are fewer chairs, spaced 2m apart, and we ask that if you do have a **f2f** appointment, you don't arrive too early. Our aim is to have as few patients as possible in the waiting room at any one time.

To some, these arrangements may appear like a barrier to support. This is emphatically not the case. As the pandemic continues, and with a potentially long wait for a vaccine, our objective is to keep you and us safe and maintain our ability to keep the surgery open.

Summary

Continue to social distance at least 1m+, ideally 2m

Remember washing your hands regularly is of utmost importance

Wear a face covering when attending the surgery

Be prepared to speak to any of our clinical staff, not just a GP.

Use E-Consult for a quick and efficient response:
<https://www.swanagemedical.org.uk/pages/eConsult>

Thank you so much for your ongoing patience and understanding.

Swanage Medical Practice



PETITION TO KEEP OUR CAR: UPDATE

We have a little more time to gather signatures on this vital petition! Swanage Forum has had a letter from Tim Goodson, the Chief Executive of Dorset Clinical Commissioning Group, reassuring us that there will be community consultation prior to any withdrawal of funding for our Paramedic Car. We are waiting to hear about the time frame for the consultation.

We in the community really value our Paramedic Car, based at Swanage and covering Purbeck, helping to vitally support our health, and our lives. Unlike the Swanage Ambulance, which could be in use outside of Purbeck all day, our Paramedic Car does not leave Purbeck to take patients to hospital. In an emergency, the fast Paramedic Car is often the nearest help for residents and visitors, and is able to negotiate the narrow, winding roads to get to us.

Our Paramedic Car

- Sustains life until the Ambulance arrives
- Treats many patients 'on the spot' saving valuable Ambulance time
- Supports us overnight when our Cottage Hospital is closed
- Helps Purbeck GP's with home visits

Let's all work together to keep our car! This is challenging, without a paper petition, so please help to get the word out! We have an online petition, and we would like to get to at least 5,000 signatures by the end of July.

Please sign and share:

<https://you.38degrees.org.uk/petitions/save-swanage-ambulance-car>

Other ways to sign the petition:

- Type 'Save the Swanage Ambulance Car' into Google search; the petition will come up.
- The Petition is being shared regularly on Facebook, including on Swanage Community Coronavirus Response page.
- Email Swanage Town Councillor Debby Monkhouse on debmonkh@aol.com and she will send you the link.



MORE USEFUL CONTACT NUMBERS

On behalf of Dorset Council, Dorset NHS Partners & the Voluntary Sector

SWANAGE HEALTH CENTRE - 01929 422231 (Mon-Fri)

8.30am-1pm & 2pm-6.30pm)

For further information please visit: -

<https://www.swanagemedical.org.uk/Home>

SWANAGE FOOD BANK: Tel: 07759 230313

DORSET COUNCIL'S HELPLINE - If you don't have family, friends or a support network that can help you get what you need, you can call **01305 221000**, 8am to 8pm, 7 days a week.

Alternatively, you can email:

communityresponse@dorsetcouncil.gov.uk;

DORSET CARERS' SUPPORT Call **0800 368 8348** - support and advice for carers across the Dorset Council area linking into local groups admin@carerssupportdorset.co.uk;

DORSET POLICE counter services, and for contact details, please visit:

<https://www.dorset.police.uk/covid-19-coronavirus/covid-19-faqs/>

<https://www.dorset.police.uk/contact-us/email-us/>

DORSET REGISTRATION SERVICES (births, deaths and marriages) Tel: No: **01305 225153** or email:

registrars@dorsetcouncil.gov.uk; please visit

<https://www.dorsetcouncil.gov.uk/births-deaths-marriages/registration-offices-in-dorset.aspx>

POST OFFICE CASHLESS SYSTEM - The Post Office has made it easier for self-isolating people to access cash: first, contact your bank, building society or credit union to obtain a bar-code voucher; THEN access the following:

“**Payout Now**” - voucher sent by text, email or post that you then share with a trusted individual to withdraw cash on your behalf; or ‘**Fast PACE**’ - this allows you to arrange for a trusted individual to collect a cheque from you, cash it at the Post Office and return with the cash. For either - please go to:

postoffice.co.uk/post-office-payout/;

PURBECK CITIZENS ADVICE BUREAU visit:

<http://www.purbeckadvice.org.uk/>

Tel: **01929 551913** leaving your name and number and an adviser will call you back.

Email: adviser@purbeck.cabnet.org.uk;

DIGITAL HOTLINE SUPPORT IF YOU'RE SELF-ISOLATING -

For those not confident using online services, we have set up a free hotline, run by digital volunteers for anyone with queries about getting online or improving your online skills. If you are on a low income and do not have a broadband connection or device at home to connect to the internet, we may be able to help you to get set up. Please **CALL 01305 221048**. Or you can sign up at www.dorsetcouncil.gov.uk/e-newsletter;



A message from the Mayor of Swanage, Councillor Mike Bonfield

As we enter July, we are halfway through 2020. What a different six months it has been. At the start of the year we saw a deluged January and here is a line from the national press in early February: “*Parts of southern England have seen the wettest January since records began in 1910, statistics from the Met Office show.*”

We then saw the weather improve, but ominously, more and more reports of Coronavirus were creeping into the news. By early March, it became apparent the planet was seeing a worldwide crisis. The weather continued to improve as we went into isolation and lockdown, but we have been so fortunate that the Swanage community really pulled out all the stops to help one another.

As I write this, I am thinking of the many organisations and residents that have pulled together - and continue to do so - to help us all get through this terrible pandemic.

We must not forget these special people, organisations and businesses and now do our best to support them.

As we start to see our wonderful area coming alive again, I ask everyone to please carry on thinking of others. Many of our residents have been in isolation for three months and although they are now allowed to venture out, I understand that some are very nervous about the present situation, especially with the expected increased numbers of visitors as the summer evolves. We must remember that although the government have allowed more businesses to open from the 4th July, and it seems that people are saying that social distancing is being reduced, this is **not** the case.

At the moment, the government guidelines are that 2 metres is still the safe social distancing, but where this is not possible, then we must try to keep to 1 metre plus.

Please keep safe and I look forward to hopefully seeing you out and about soon.

KEEP WELL - KEEP SAFE

information on Town Council services is available on the council's website www.swanage.gov.uk and Facebook Page:

<https://www.facebook.com/pg/swanagetowncouncil/posts/>



Pat Cooper, Services Manager of Swanage & Wareham Hospitals
has a message for you:

“Please see the request and making instructions for ‘Button Bands’. These are little rectangles of fabric with two buttons that hold the loops of their face masks – they’re much more comfortable than having masks looped around your ears, especially if you are wearing and changing masks all the time.

“The volunteer team at the Dorset Healthcare NHS Foundation Trust, have been in touch to say they have had requests for 900 of these bands and asking that we send out to our Friends and other organisations to see if we can find volunteers to make some. I think we have enough button bands at Swanage Hospital, but other community hospitals and community teams are short and any spare will go to care homes and ambulance crews etc working in and around Dorset.

“So, if you like sewing, know of anyone who does, or belong to a group where you could circulate this Newsletter with the instructions for making these ‘Button Bands’, that would be wonderful.

“The completed bands can come back to me at Swanage Hospital and I will send them on to where they’re needed.

“Many thanks – keep well everyone”.

Pat Cooper

BUTTON BANDS – CAN YOU MAKE SOME FOR OUR TEAMS ACROSS DORSET?

We need them for hospital staff, community teams, care homes – anyone delivering care who needs to wear a mask.



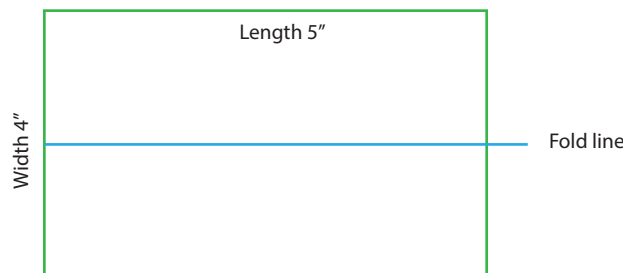
**Dorset HealthCare
University**
NHS Foundation Trust



Button Bands sit at the back of your head when you are wearing a mask and the elastic goes round the buttons instead of making ears sore from constant wear and rubbing. If you need any material or buttons or have any questions, please contact Lynne Regan on 07824 624535.

Completed button bands may be delivered to Swanage Hospital for the attention of Pat Cooper.

1. Cut a piece of *cotton fabric or *poly cotton fabric 5" long x 4" wide.
2. Fold the fabric in half, by bringing the bottom of the rectangle up to meet the top making sure the correct side of the fabric is folded inwards.



3. Place a few pins along the top raw edges to secure them together.
4. Sew along the three raw edges using a 3/8" seam allowance leaving a 1" opening along the edge for turning the correct side of the fabric out.
5. Clip the corners of the rectangle to reduce the bulk of the fabric. This will help you to get sharper corners once it's turned correct side out.
6. Turn the rectangle correct side out through the 1" opening and gently push out the corners.
7. Press the fabric with an iron and topstitch around the entire rectangle using a 1/4" seam allowance.
9. For each button, thread a needle with about 20" of thread. Pull the thread so you have an equal amount of length on both sides and tie the end in a double-knot.
10. Position the button on the fabric (for placement of the buttons see the picture above). Push the needle from the back of the fabric upwards through one hole of the button, pulling upwards until the knot is flush with the fabric. Pull the thread back downwards through the opposite hole and repeat this process about 6 times.
11. On the backside of the button, slide the needle underneath the tightly woven thread and pull gently until you have created a small loop. Thread the needle through the loop and pull tightly. Repeat this process several times. Cut the threads.

Thank you for help.



FRIENDS OF SWANAGE HOSPITAL

<https://www.friendsofswanagehospital.org.uk/>

CHAIR, JAN TURNBULL WRITES:

Dear Friends

I am delighted to report that the first two phases of our major project at the hospital have been completed. Under the ward we now have an attractive and comfortable en suite bedsitting room for the relatives of palliative care patients, plus a meeting room and staff room. It is a wonderful use of the unused space and it just needs the fixtures and fittings and it will be ready for its first occupants.

The car park is almost finished but work on the patient garden has yet to start. However, now that a contractor has been appointed and plans agreed, we hope it will be under way very soon so that the major planting can be done in the Autumn and more next Spring.

We were fortunate that despite the pandemic, the building contractors were able to work, but of course the normal running of the hospital saw a dramatic change. The Friends are very mindful of the enormous strain put on staff and have offered support throughout this dreadful time.

By the way, the final total raised by our Treasurer was a staggering £3,513.50. Well done Terry!



"HELLO" FROM THE FRIENDS OF WAREHAM HOSPITAL

The Friends of Wareham Hospital are delighted to say that plans are progressing to re-introduce those out-patient services at Wareham Hospital suspended during the pandemic; the hospital offers a wide range of valuable services to the whole of the Purbeck area.

We have been pleased to send a 'basket of goodies' to staff at the Purbeck Community Hub in Bonnets Lane to thank them for all they have done in recent weeks where staff have worked so hard to support patients in their own homes or in the community.

We are also pleased to hear from Dorset Council that whilst Covid -19 has had an impact with the Purbeck Gateway Community Development, on the old Wareham Middle School site, work has been continuing behind the scenes with a meeting arranged for July 1st to 're-launch' the project with internal and partner stakeholders and they will be sharing this update more widely later in July.

A design brief will be shared with Wareham Town Council on 11th August at which time an engagement strategy for local residents will be presented.

We are also reassured by a senior representative from Dorset Healthcare, who manage the hospital, that the commitment to integrated working remains a priority for the Purbeck area.

Any donations to support Purbeck Community staff would be gratefully received and can be made through Wareham Hospital Friends, Streche Road, Wareham BH20 4RN

MAGGIE HARDY, FRIENDS CHAIR

Charity number 252073

SWANAGE SPECIAL AMBULANCE CAR



Remember to sign and share the petition:

<https://you.38degrees.org.uk/petitions/save-swanage-ambulance-car>



BACK IN BUSINESS: INSTITUTE ROAD REOPENS

THERE WAS a huge sigh of relief as, at last, the long-awaited town centre improvement works in Institute Road, Swanage were completed and it was officially reopened by Swanage Mayor, Mike Bonfield, on 15 June. This coincides with government easing of lockdown rules when shops and businesses are able to open. Dorset Council and Swanage Town Council have been working together for over four years developing a scheme for Institute Road that balances the needs of businesses, residents and visitors to the town. The route has had long-running safety concerns for pedestrians and traffic, which it was decided were increasingly dangerous. The £450k project has been funded by Dorset Council, Swanage Town Council and Section 106 money from developers.

The delighted Mayor said: *"I would like to express my sincere thanks to Dorset Highways and the team of workers who have managed to complete the works within a couple of weeks of the originally planned completion date; especially considering the unprecedented situation we have all found ourselves in over the last few months. Well done all."*

The work has widened both pavements to give more space for shoppers, raised pavements on both sides of the road to full height and relocated loading bays to either end of Institute Road. New, discreet water drainage channels have been installed in the centre of the widened pavements to help manage rainwater run-off from shop guttering.

The pedestrian crossing on Station Road has been upgraded to a puffin crossing, the traffic island on Shore Road has been rebuilt to help the flow of traffic pass the disabled parking bays and new crossing features have been introduced on Institute Road to highlight the pedestrian nature of the street to drivers.

Cllr Gary Suttle, Dorset Council elected member for Swanage, said: *"The works have greatly enhanced the town centre shopping experience for pedestrians and I'm sure residents and visitors will now feel safer using this busy route. I'd like to thank the project team on site for working so hard to get this finished in time for the reopening of our high street, enabling us to shop locally and help support businesses here in town."*

Kings Road East will remain with the flow into town, which was put in place as part of the traffic management during work on Institute Road. This will be carefully monitored over coming weeks and then a decision will be made in discussion with local councillors whether or not to make it permanent. People can register their support or objections by emailing highway engineers:

highwayimprovements@dorsetcouncil.gov.uk



MORE COUNCIL NEWS

COUNCIL EMPLOYEES TAKE ON NEW ROLES DURING COVID-19

The current COVID-19 crisis has seen almost 250 Dorset Council employees take up temporary new roles to support frontline services. From delivering essential supplies and supporting registration services, to helping Household Recycling Centres and contacting those who were shielding. The employees have made a big difference.

As soon as the crisis hit, we identified our critical services and matched employees working in lower priority services to provide much needed cover – to either deal with increasing demand or fill in for colleagues who were shielding.

NEWS ON CONCESSIONARY BUS PASSES

Dorset Council and bus operators had suspended the normal conditions for holders of an older persons' or disabled persons' bus pass in March, so that people were able to get to supermarkets that were opening early for the elderly and those 'at risk' of catching the coronavirus.

On Monday (15 June), the terms and conditions for these bus passes were reinstated to those that were in place before lockdown. This is to coincide with more businesses and shops reopening and the resulting increase in people using public transport before 9.30am. People who are vulnerable to catching coronavirus due to age or underlying conditions will want to avoid these busy times.

From Monday (15 June) you must wear a face covering on public transport.

DORSET COUNCIL CLIMATE PANEL HEARS THAT STRATEGY AND ACTION PLAN IS "ALMOST HERE"

Dorset Council's Climate Change and Ecological Emergency Executive Advisory Panel (EAP) members virtually met on Friday 5 June to discuss the progress of the Climate Change strategy and action plan. The Panel were reassured that, despite delays due to the pandemic, good progress has been made towards the first draft of the Climate Change strategy and action plan. Further work on the strategy will be ready soon for the EAP to discuss, develop and refine before it goes to Cabinet and is published for consultation with the public later in the summer.

15 HRS FUNDED CHILDCARE FOR 2 YEAR OLDS

We're sending out over 500 golden tickets to Dorset families who are eligible to get up to 15 hours funded childcare for their 2 year old. If you get a ticket, you can use it to book your child's place with an approved childcare provider.

If you don't get a ticket, your child could still be eligible if:

- you have a low income
- you receive certain benefits
- your child has an education, health and care (EHC) plan
- your child has a disability

If you can't use your funded hours at the moment, you'll hopefully be able to use them later this year when government guidelines become clearer.

Any questions Email: familyinfo@dorsetcouncil.gov.uk

or Tel: 01305 221066

PREPARING FOR LIFE, STUDY AND WORK AFTER SCHOOL

Flying Start Dorset Wide which incorporates Bournemouth, Christchurch and Poole and Dorset Local Authorities, is designed to help young people, especially in Year 11, plan and prepare for life, study and work after school.

A spokesperson said: "It gives you the resources you need when considering your future, including a course at college or sixth form, apprenticeship or other school-year transition. Alongside this, it holds beneficial links to careers and employment.

"We know that this year of your education is very different from that you might have imagined; however, it is really important that you now spend time planning and preparing for your next step and *Flying Start* can help you do that, especially if you're unsure about what you want to do next. Don't worry. We're here for you.

"If you already have a plan for September, then the *Flying Start Dorset Wide* programme has a range of information and activities for you to work through to make sure you're ready and prepared for your next step.

"So do get in touch. We'd love to hear from you."

To find out more, please go to our website **Flying Start Dorset Wide** or Email:

familyinfo@dorsetcouncil.gov.uk

or Tel: 01305 221066

Digital Hotline volunteers 'do their byte' to get couple to friends' 70th birthday party video celebrations

A highly experienced team of digital volunteers from the **Dorset Digital Hotline** have been praised for the way they helped a local 'shielding' couple connect with loved ones and the outside world during the COVID lockdown.

Arthur and Daniel Brown who are both 'shielding', moved to new sheltered accommodation in Wareham, with hours to spare before lockdown but their broadband connection didn't move with them. The couple found themselves isolated, alone with no connection to the outside world save their GP surgery.

Arthur said: "We were on our own for 10 weeks in all. We always said we didn't want to go digital, but once in lockdown, it became crystal clear that all essential services and human contact relied on us getting broadband and video conferencing.

"We tried some internet service providers but the cost was far too high and neither of us are able to work. Our GP surgery suggested we call the **Dorset Digital Hotline** who suggested we apply for the BT Basic Broadband package. This package is available for people on lower incomes and was installed extremely efficiently and with full safeguarding. Their advisers were on the end of a phone throughout to make sure the broadband and video technology works for us."

Daniel continued: "It was installed midweek and last Sunday we were invited to a 70th digital birthday party on Zoom. There were multiple screens so we could catch up with lots of people, many we hadn't seen for years, and all party together. It was so wonderful - and utterly amazing! Anyone who needs IT or digital support should get in touch with the hotline now. We thoroughly recommend it."

Cllr. Gary Suttle, Dorset Council cabinet lead for skills, said: "Without broadband or digital skills it must be incredibly difficult to shield. During the COVID lockdown, people without broadband have effectively been shut off. I am delighted we have been able to work as a team to find a good all-round solution for this couple."

A selection of some of the support the Dorset Digital Hotline can provide – no problem too small!

- helping families with digital applications for home schooling
- providing help to get online for home shopping
- support for all digital NHS services and e-Consult
- setting up video calls such as Skype and Facetime to keep in contact with friends and family
- support to use all digital appliances and solve problems

Anyone can call the Dorset Digital Hotline with an IT question on 01305 221000 (Option 2) weekdays from 10am to 12 noon

Wearing face coverings in public

If you can, the government advises that you wear face coverings in enclosed public spaces where social distancing isn't possible or where you're more likely to come into contact with people you don't normally meet. For example, on public transport or in shops.

The evidence suggests that face coverings can help us protect each other and reduce the spread of the disease if you are suffering from coronavirus, but not showing symptoms. To protect yourself, you should continue to follow the two metre social distancing measures and isolation guidance and wash your hands regularly.

A face covering is not the same as the surgical masks or respirators used as part of personal protective equipment by healthcare and other workers. These should continue to be reserved for those who need them to protect against risks in their workplace. You can purchase non-surgical face coverings or you can make your own.

A cloth face covering should cover your mouth and nose while allowing you to breathe comfortably. It can be as simple as a scarf or bandana that ties behind the head.

Wash your hands or use hand sanitiser before putting it on and after taking it off and after use. Avoid touching your eyes, nose, or mouth at all times and store used face coverings in a plastic bag until you have an opportunity to wash them. Once removed, make sure you clean any surfaces the face covering has touched.

Do not touch the front of the face covering, or the part of the face covering that has been in contact with your mouth and nose. Once removed, make sure you clean any surfaces the face covering has touched. You should wash a face covering regularly. It can go in with other laundry, using your normal detergent.



The NHS Test and Trace system has now been launched across England and Public Health Dorset is encouraging any residents with symptoms of coronavirus to use the service. NHS Test and Trace will identify those who have had close contact with people who have tested positive for coronavirus, helping to reduce the spread of the virus and save lives. **Sam Crowe, Director of Public Health Dorset said:**

“As lockdown restrictions begin to ease gradually, we all need to take responsibility for controlling the spread of coronavirus. Alongside continuing effective social distancing, the NHS Test and Trace service will be key for us to contain local cases and prevent a second peak in infections.

“The instruction is clear: if you have symptoms of coronavirus, self-isolate, get tested and share your contacts with NHS Test and Trace. We’re grateful for the role our communities have played so far in following the rules and limiting the spread of COVID-19 in Dorset, so we’re urging local people to keep this up by using this new service and following any advice they are given.”

Public Health Dorset is reminding residents of what they need to do if they develop coronavirus symptoms:

1. **Isolate:** As soon as you develop symptoms – a new, continuous cough OR a high fever OR a loss/change of taste or smell – you should self-isolate. Stay at home for 7 days, and anyone else in your household should stay home for 14 days.

2. **Test:** Book a test online at [uk/coronavirus](https://www.uk/coronavirus) or call 119 if you have no internet access. Anyone with symptoms can book a test, now including children under 5.

3. **Results:** If your test is positive, you and your household need to complete your period of isolation. If it’s negative, you can all end your isolation.

4. **Share contacts:** If your test is positive, the NHS Test and Trace service will contact you by text, email or phone to give you instructions on sharing details of places you’ve been and who you’ve been in close contact with so they can be given advice on what to do.

If you’re identified as a close contact of a positive case:

1. **Alert:** You will be contacted by NHS Track and Trace by text, email or phone call, and you’ll be told what you need to do to communicate with the service.

2. **Isolate:** You’ll be told to stay at home and self-isolate for 14 days from your last contact with the person who tested positive, even if you currently feel well, to avoid unknowingly spreading the virus. Other members of your household don’t need to self-isolate unless you have symptoms, but they should take extra care with handwashing, social distancing and avoiding contact with you.

3. **Test if needed:** If you develop symptoms, other members of your household should self-isolate immediately for 14 days. You should book a test – if it’s positive, you should stay home for 7 days and you will need to follow the process for identifying contacts. If it is negative, you must still complete your 14-day self-isolation period because the virus may not be detectable yet.

Staff from Public Health Dorset are joining NHS Test and Trace’s 25,000-strong contact tracing team which has the capacity to trace contacts of up to 10,000 people who test positive per day.

A package of £300 million of new funding has been made available to local authorities to work with NHS Test and Trace to develop local outbreak control plans, building on the work already done so far to respond to coronavirus. Public Health Dorset will work with Dorset Council and BCP Council to identify and contain potential outbreaks in places such as workplaces, housing complexes, care homes and schools, ensure testing capacity is deployed effectively and help the most vulnerable in self-isolation access essential services in their area.





OSMAY ROAD CELEBRATES VE DAY 2020

One of our residents here in Osmay Road, Swanage, had spotted a poster on Swanage Facebook that suggested a VE Day celebration could be possible if residents picnicked in their own front gardens and decorated put up bunting and flags. Everyone agreed it would be a good thing to do ... and it all started from there.

We decided an "Afternoon Tea" was the most traditional celebration, with some of us actually getting out the teapots! We had already thought that our road, a cul-de-sac, was wide enough to allow "social distancing" sorties up and down the road outside of our front gardens and would allow us to converse with other households. That was the outline plan. Anyway, this evolved and we all eventually seemed to gravitate to the top end of our wide cul-de-sac.

To the background of "40's" music that someone provided, we then had a joyful time, standing, sitting, chatting with each other - but carefully social distancing at the same time. It was a wonderful, happy occasion and brightened up a mid-lockdown day.

Ruth Spencer, resident of Osmay Road



YORK HOUSE

Care Home ● Swanage

YORK HOUSE VE DAY

We're sorry we didn't manage to get our joyful pictures of the staff and residents of York House to you in time for the June Newsletter, but here they are - do hope you can use them in your July Newsletter. We had a really wonderful time listening and singing to popular wartime songs...The residents and staff had a lovely day.

I am so very proud of all our dedicated staff, who have been able to keep the residents safe and well during the most unusual time we have ever experienced in our time as a care home.

We have received so much kindness from our understanding relatives and close friends of our residents, and the wider community also. As I say, I am unable to truly express how proud I am of our amazing staff, without whom we could not do what we do.

Mandi Mansbridge

Home Manager, York House

Contact details: TEL: 01929 425588

email: York.house@hotmail.com





OLLIE, A CONCERNED SWANAGE RESIDENT ASKS:

“Heathland and forest picnic fires: How Much Longer?”

“I take my mum and dad out every day for their healthy walks and one of our favourites is the wonderful heathland and forest area in Purbeck.

“I am trying to imagine being a local volunteer fire-fighter attempting to douse the recent widespread fires in our local vulnerable heathland and forests and coming across abandoned single-use BBQ after abandoned single-use BBQ - still smoking - left behind by the picnickers who had, in the main, purchased them that day at local retail outlets without a thought as to what to do with the red hot smoking ecological time bomb post-picnic.

“A fire in our local heathland is no more and no less than an ecological disaster. The Heath is home to slow-moving creatures; insects, reptiles and ground nesting birds, who, when fire occurs, have no escape and are incinerated. The fire-affected heathland vegetation itself, these small creatures’ fast-diminishing habitat, can take, dad tells me, 20 years to recover...

“Let’s cut to the chase. Single use BBQS are a disaster waiting to happen. They are to a large extent an impulse purchase so local action will be significant.

“I ask Swanage, Wareham, Corfe, Langton, Worth and Studland village councillors to call on Purbeck retail outlets to no longer profit from something which leads inevitably to tragic loss of our heathland and forest and the despoilation of our beaches. Councils’ past espousal of a ‘green agenda’ demands no less”.

Dorset Council is seeking agreement to look at measures prohibiting or controlling the use of disposable barbecues and other fire-related activities in the area.

In recent years, there have been a number of incidents of fire damage across Dorset as a result of disposable barbecues, bonfires close to heathland and dry wooded areas, the release of sky lanterns and other social activities. The most serious of these incidents was the devastating fire in Wareham Forest, which affected 180 hectares of heathland and was declared a major incident by the Fire and Rescue Service.

Approval from Dorset Council’s Cabinet will be sought for council officers to work closely with Dorset and Wiltshire Fire and Rescue Service, and other key stakeholders, to look at a range of enforcement options, and other alternatives to control or prohibit barbecues and other fire-related activities.

Councillor Ray Bryan, Portfolio Holder for Highways, Travel and Environment, said:

“We were all saddened by the fire at Wareham Forest this spring. Not only was it devastating for the forest’s wildlife and habitat, it risked human life and would have been horrendous for the wider environment due to the resulting smoke.

“We need a consistent approach which works across the whole area to prevent this happening again. This is a complex issue, for example we cannot risk pushing the problem to land managed by organisations which may not have the resources or enforcement powers in place to prohibit activities which present a fire risk. We need an approach that works across the area.

“The development of the options paper would enable us to understand how we can work effectively to cover all areas. We know we have wider support amongst Dorset residents to introduce new measures to help prevent further devastating fires like the recent one in Wareham, so now it’s up to us to establish what we can do.”

If you see a fire in the countryside, report it immediately by calling 999. There is a Petition asking for change re banning disposable bbqs in Dorset For details go to:

<https://www.change.org/p/dorset-council-ban-disposable-bbqs-in-dorset>



Durlston News - July 2020

Guillemots 2020

Sadly the Guillemots are coming to the end of the breeding season here at Durlston, having had a good and productive year.

With over 400 birds counted on the two main breeding ledges, and with each pair having just the one egg the parents are very diligent ensuring their single chick is well fed, there has been much activity with adults to-ing and fro-ing bringing sprats and sand eels back for the chicks to eat. We counted over 100 chicks this year, making it a good season all round. A warm still evening in mid-June saw some of the chicks fledging, which involves leaping off the ledge into the water below, with much calling and for some, plucking up of courage before the jump is made.

Enjoy some of the seasons videos at <https://www.durlston.co.uk/wildlife-and-marine-guillemots.aspx> or on <https://www.facebook.com/Durlston>



Photo by Phyl England

More New Arrivals!

Meanwhile, a little higher up the cliff, our resident pair of Kestrels have successfully fledged 4 chicks, who are now developing into stroppy teenagers! Keep an eye out around the Observation Point over the next few weeks, as they practise their hunting skills, before they are finally kicked out of the family home! The juveniles still look a little smaller and fluffier than their parents, with a blue-tinged beak.

Stars in the Grass...

Take a walk around the Learning Centre, or along the Lighthouse Road, on a still evening as it's getting dark and you may be lucky enough to spot the greenish glow of Glow-worms. The female beetles climb to the top of grass stems at dusk, and light their abdomens, to attract a male. Glow-worms feed on snails, so the lime-rich soil at Durlston is ideal for them!



Photo by Chris Court



Volunteers

A huge thank you to those volunteers who have been helping us keep the Park going – there is lots to do, so if you would like to get involved, either on your own, or working with others from your household, please get in touch with the Rangers. From painting, bramble snipping, or gentle gardening, to welcoming visitors, we would love to hear from you!



Reopening

The team are working hard to get the Castle ready to re-open safely, and we are looking forward to welcoming you back before school holidays start. In the meantime, there are toilets available at the Learning Centre and Emily and Shannon are offering take-away food and drink (and sit-down meals to pre-booked customers from the 4th July).

Tony Kerins: Walking and Drawing Exhibition

We will be celebrating our re-opening with an exhibition of new work of one of Purbeck's fantastic artists.

Painter and illustrator Tony Kerins has been a regular visitor to Durlston over many years and his new exhibition "**Walking and Drawing**" will celebrate his love of the Purbeck countryside.

The exhibition will be open daily from 10.30 from the 21st July – 9th August in the Fine Foundation Gallery at the Castle and Tony will be on hand throughout, and all work will be for sale.





Website: www.swanagemuseum.org.uk

e-mail address: museumswanage@gmail.com

THE GLOBE COMES HOME

Now that the prototype Victorian globe that was commissioned by George Burt is back in its home town, the Swanage Museum's committee along with The Swanage Town Council and other possible interested parties will have the job of deciding how and where it is to be placed for public exhibition. Swanage will have yet another wonderful Victorian artefact to add to the many others that can be seen in and around the town. The photo attached shows the globe in great perspective just before it was moved from its previous home in Hampshire.



MUSEUM AND HERITAGE CENTRE RE-OPENING PLANS

The Swanage Museum' management committee has in the present circumstances caused by the Covid-19 pandemic, decided not to re-open its Heritage Centre at The Square in Swanage for the 2020 high season.

The major refurbishment works are soon to be completed, but this means the public will have to wait for the days when they can visit us again. The Swanage Museum usually hosts over 55,000 visitors each year with a large portion of them visiting us in July and August.

This decision was taken because of the expected difficulty in controlling visitor spacing and also the constant cleaning and sanitising that would be required in our centre. The dangers of infection which could spread both among our visitors and our many vulnerable volunteers is a situation that we do not wish to gamble with.

The Swanage Museum committee will review the situation once the peak season is over.

NEW WEBSITE

In the meantime our new Swanage Museum website is now up and running and can be viewed by going to www.swanagemuseum.org.uk





**National
Trust**

Tom.clarke@nationaltrust.org.uk

NT STUDLAND: JUNE REFLECTIONS

And it all went a bit nuts in May!

It's raining outside. It's mid-June. It feels calmer. So I thought you might like a reflection of the past weeks from someone working for the Trust in Purbeck.

It seems so long ago that everyone was noticing nature on their doorstep, exploring every footpath and seeing the changes brought by Spring in intimate detail. Those quiet innocent times. The past few weeks have been challenging for everyone at the Trust. As lockdown changed, so did people's behaviour.

We reopened our car parks in Langton and Studland in mid-May, working with the local parish councils to help us get the balance right. This was stressful for everyone. The majority of local people felt we should keep car parks shut and hoped that no-one would visit. Then day-trippers from London (especially) were finally able to escape the suffocating city, they turned up in high numbers without the facilities in place to cope with them. Working out what to do and when to do it wasn't much fun for anyone.

And when we did open, it went a bit nuts. The volume of people and the intensity of the behaviour made it feel like it was a bank holiday every day for two weeks. We're alive, we're free, we're going to have BBQS by the sea, and we're going to drive five hours to do it!

We had all been living in a quiet bubble, and then suddenly we were dealing with some of the highest visitor numbers of the year. The people who came really did value their visit. Plenty were coming for the first time. They needed landscape and they found us. We're all obviously wary of over-tourism, but tourism is also an important part of our economy. Hopefully some of these first-timers who found Purbeck, will return when normality resumes.

It's important to reflect just how stressful it has been, but also to look forward for the future. Hopefully the most intense period of behaviour is behind us. Gradually, the infrastructure that helps cope with the numbers of visitors (cafes, toilets, pubs, attractions) will be reopening, helping to spread the load.

Corfe opened a couple of weeks ago on a reduced capacity, pre-booked ticket only basis. The local network of land managers has been critical in helping us make the right decisions. The local Police, fire brigade and coastguard have been tremendous in helping us prevent any serious fires, and so far we've kept everyone safe (including our staff).

Take care... and the offer for local talks etc. is still there, if any groups would like them!

Tom Clarke

Julia Galbenu Engagement Officer (Dorset),
Dynamic Dunescapes – DuneLIFE
National Trust, Studland Bay 07794885970

[@studlandbay_nt](https://www.nationaltrust.org.uk/studland-bay)

[dynamicdunescapes.co.uk](https://www.dynamicdunescapes.co.uk)

[@dynamicdunes](https://www.instagram.com/dynamicdunes)



**National
Trust**



IT'S PUFFIN TIME

June is very much the time to go and try and see puffins on the south Purbeck coast. The puffin colony has been reduced from being abundant prior to WWI to just the handful of pairs we have now. We've worked with climbers and the activity community to reduce disturbance around their nesting sites, we've installed cameras on their nesting ledge to check for any predation by rats (negative)... Which leads us to believe that climate change is their undoing.

These are some of the most southerly puffins in Europe (some on the Channel Islands and north Brittany coast). The changing climate is changing the species of fish in the sea. Puffins thrive on sand eels, but they are moving northwards as the seas warm. The adults will survive on other fish, the youngsters don't seem to though. Bad news for our charismatic birds, who most likely were born here (puffins are very loyal to the places they were born).

However – they are still here. Right now! Pop down to the cliffs around Dancing Ledge and scan the seas... check for razorbills and guillemots, then notice the small birds floating like rubber ducks. The evening is the best time. The light from the west catches their bills and they just show up so easily. Enjoy.

Tom Clarke, Studland National Trust



STUDLAND FERRY OPEN AGAIN WITH NEW SAFETY GUIDELINES

The Studland Ferry is now open, with special COVID-19 safety rules in operation.

A spokesperson for The Sandbanks Ferry Company said: "Following the government announcement that face masks would be compulsory on public transport from June 15, foot passengers and cyclists will be required to wear coverings while on board the ferry. "Passengers will need to provide their own face coverings and anyone not wearing one will not be able to travel.

"Motorcyclists will be required to wear their helmet while on board. "Meanwhile, those travelling by car will be unable to leave their vehicles or open windows (except for the driver's window) and convertible cars must keep their roofs up."



People First Dorset are a charity-led organisation, run by people with learning disabilities, with support from staff and volunteers.

We want to be independent, to have our voices heard and be included in community life. Our three main projects help us do that:

Friendship Club, Speaking Up & Quality Checkers

As we are all at home more at the moment and unable to see each other so often, **People First Dorset** have created a newsletter to help people with learning disabilities stay in touch, share activity ideas and support each other. We are producing it twice a month.

If you or anyone you know would like to have the newsletter posted to their home regularly, then please send a name and address to:

laurad@peoplefirstdorset.org.uk

or telephone **01305 257600**

Gingerbread

Single parents, equal families

The Gingerbread Single Parent Helpline provides support and expert advice on anything from dealing with a break-up to going back to work or sorting out child maintenance, benefit or tax credit issues. Our friendly advisers will talk through your options and send you useful information. Your call is free and confidential.

The helpline number is **0808 802 0925***

- Mondays: 10am to 6pm
- Tuesdays/Thursdays/Fridays: 10am to 4pm
- Wednesdays: 10am-1pm and 5pm-7pm

**At the moment, demand for the helpline is high and so callers often have to wait to speak to an adviser – the average waiting time is around 20 minutes. You can also get more info from:*

Email: groups@gingerbread.org.uk

Swanage Food Bank



As we come 'out of hibernation', for many of our clients their present and future circumstances are still bleak, so **Swanage Food Bank** expects to be just as needed for some time to come. As many referral agencies have been working from home, the usual voucher requirement has been eased, so that self-referrals have been encouraged rather than let households suffer from food deprivation. Every call is still logged, but very few clients have abused the system by claiming too frequently - each receives enough supplies, including fresh foods, for each household member for at least seven days.

We are greatly indebted to the increased support of individuals and local businesses/charitable organisations for food and money donations. These have been thanked personally by letter if known by name, and publicly on social media.

But great thanks are owed also to our Team Members who have been working extra-hard during this period, and also to the Team of Home Deliverers who have taken so many heavy loads of supplies to clients in town and in neighbouring villages. When we enter 'new normal', perhaps some may have to give up this work as other duties and work claim their time. But it's been great having such cheerful assistance.

Just a reminder, **Swanage Food Bank** has a Facebook account, so contact phone numbers, updates on needs and other news or information can be found there.

If you know of people needing food (referrals - including self-referrals) please contact **07759 230313**. For any other enquiries, eg donations, it's **07713 637208**.

CHAIR, PAULINE WERBA



Sand Patterns



THE MOWLEM THEATRE - JULY UPDATE

As you know, The Mowlem Theatre has been closed to the public since March, although the eagle-eyed may have noticed people working within the building throughout the lockdown. Volunteers have been hard at work redecorating all the public areas, always maintaining a strict social distance from one another as they work.

You may also have heard the news that cinemas are able to re-open from 4th July, but while we have plans in place to ensure that we can allow an audience into the theatre safely, we have taken the decision to wait until we are fully ready - and also until there are new films released which we'd like to show!

Please bear with us - we take the health and safety of our customers and staff extremely seriously and want you to feel safe when we reopen for both cinema and live performance. If you want to be first to know when we do re-open, please follow us on Facebook or sign up to our newsletter at www.mowlemtheatre.com We really look forward to welcoming you back as soon as we possibly can.

KEEP SAFE - KEEP WELL



In normal times, if you want to know exactly what is going on in our wonderful area, you turn to **The Purbeck Gazette**. Our wonderful, independent monthly community paper, is edited by Nico Johnson, who has been with us for many years now. 20,000 copies are distributed every month; from Swanage to Dorchester, from Lulworth to Bere Regis. The excellent online version is and has been available, even during this COVID-19 pandemic.

Now, Nico and her team are intending to be up-and-running with printed copies again in August. Great News.

TRAVEL BY STEAM TRAIN



RE-OPENING SERVICES

We are planning to re-open mid July. This, of course, is subject to Government restrictions. So keep an eye out in the local media for updates.

"We are getting ready - and can't wait to welcome you back!"

Contact details:

info@swanagerailway.co.uk

Tel 01929 425800



www.swanagerotary.org

ROTARY ISN'T CLOSED - IT'S JUST DIFFERENT!

In times like these, community spirit has never been more important and Swanage Rotary continues to adapt to the current circumstances.

It's been a pleasure for us to have been assisting the Friendly Food Club for more than a month now in preparing food boxes for families to cook and enjoy the results together. We have been diligently preparing 50 boxes every week at Herston Village Hall, socially distancing at all times of course, and each week is something different and alternates between a savoury and a sweet menu.

But we are adapting our other activities too. Although we've sadly had to cancel the Summer Fete, we are now meeting regularly on Wednesday evenings again, not in person but via Zoom, and we have a mixture of business, social and speakers meetings planned for the weeks ahead. Indeed, we are able to invite speakers from further afield as they don't have to travel. So if you've ever wondered what we are all about, just go to www.swanagerotary.org where you will be able to see what we have been doing and what we have planned. And if you'd like to join one of our meetings to find out more, just let us know via secretary@swanagerotary.org and we'll send you the joining instructions.

Stay safe.

Steve Parsons Club President

SCAMS ARE INCREASING PLEASE READ THE FOLLOWING CAREFULLY

News from Trading Standards

Warning about scams

Fraudsters are increasingly targeting the public and organisations with emails, texts, phone calls and WhatsApp messages offering advice and treatment for the coronavirus, as well as setting up fake websites selling products and offering 'cures'.

Scammers have also been setting up bogus websites asking for donations for victims or promoting awareness and prevention tips.

Cold callers have been contacting organisations suggesting they must have certain measures in place by a certain deadline.

To help members of the public protect themselves from becoming a victim of fraud, the advice from Dorset Council Trading Standard is:

- Be sceptical if you receive an email, text or WhatsApp message about the coronavirus, and never click on any attachments or links
- Never provide personal data such as your full name, address and date of birth – scammers can use this information to steal your identity
- Don't allow yourself to be pressured into donating money, and never make donations by cash or gift card, or send money through transfer agents such as Western Union or Moneygram
- If you think you've been the victim of a scam, then speak to your bank immediately and report any fraud to Action Fraud on 0300 123 2040

Further information on dealing with scams and fraud is available from the Citizens Advice Consumer Service at <https://www.citizensadvice.org.uk/consumer> or by calling their new freephone number:
0808 223 1133.

Arts and Crafts

Five easy creative projects to do when you are bored
<https://youtu.be/TyMEQ5cRx3I>

Five tips to improve your art
https://youtu.be/kSQAP3Q_4G4

Cheap and varied for children and the whole family <https://www.goodtoknow.co.uk/family/things-to-do-with-kids-66855>

Yes you really can draw a Gruffalo
<https://www.bl.uk/childrens-books/videos/axel-scheffler-how-to-draw-a-gruffalo>

Listen to poetry and watch poets being interviewed
www.poetryarchive.org

Free Craft Lessons knitting to making jewellery
www.creativebug.com

Education and Learning

Be the main character in your own story
<https://www.bl.uk/childrens-books/activities/the-book-of-me>

Create your own talking animal
<https://www.bl.uk/childrens-books/activities/write-an-animal-tale>

Design your own superhero
<https://www.bl.uk/childrens-books/activities/what-makes-a-hero-super>

Be your own fairy tale star
<https://www.bl.uk/childrens-books/activities/star-in-your-own-fairy-tale>

Free Distance Learning Courses (Levels 1 & 2)
www.skillsandlearningace.com

A series of free online dance classes for all ages and abilities
<https://www.pdsw.org.uk/classes/>

A special week of creative content for Parkinson's Awareness Week including a dance class, podcast and art projects
<https://www.pdsw.org.uk/news/day-5-parkinsons-awareness-week-parkinsons-dance-class/>

Online screenings of dance productions including children shows *Plink & Boo* and *Oh No George*
<https://www.pdsw.org.uk/news/online-screening-plink-boo/>



Who Cares?

An information booklet written

By Carers for Carers



Lewis-Manning Hospice Care

Lewis-Manning Hospice Care is a charity, helping people with life-limiting illnesses and their families across Purbeck, Poole, and East Dorset.

They promote acceptance, hope and peace of mind, helping people live well through their illness. Lewis-Manning Hospice Care offers a range of important services, which are run by their incredible clinical team.

These free services are:

- Day Hospice
- Lymphoedema Clinic
- Better Breathing Clinic
- Creative Arts & Wellbeing Support

Our aim is to help as many local people as possible, who are dealing with a life limiting illness, to live their precious lives well. This is done through improving symptoms and reaching individual goals all to support them in coping and managing their diagnosis. There is no charge to attend Lewis-Manning Hospice Care, if you wish to make a donation to support their extraordinary care, please visit

lewis-manning.co.uk/donate

If you would like to know more about the hospice's incredible services or discuss in greater detail please contact a member of the team on **01202 708470** or email, enquiries@lewis-manning.org.uk.



'WHO CARES?' is a free information booklet with stories written by Carers for Carers. These stories give good, clear information that may help others in a similar situation.

The number of people caring for someone is huge, one in ten, and rising. Many people do not recognise themselves as Carers; they are just helping a family member or friend. They care because they love them, and they would not manage without their help. Many Carers appear 'hidden' for this reason.

Debbie Hyde, Carers Commissioning Manager says:

"It is hard to understand what is happening when someone you have known for a long time develops dementia. Hearing about it is one thing, living with it quite another. Meeting other Carers can also be of great help, as you can swap tips and stories.

"I would strongly recommend trying to put in place the Lasting Powers of Attorney, if possible. I had this when I was a Carer, and it made both of our lives much easier, but don't leave it too late. It is important to consider this early, because the person who is granting the Power of Attorney, must be fully capable of understanding what is being done at the time of signing the forms. It cannot be done when mental capacity has already been lost. Seek the help of your solicitor, or your local Citizens' Advice Bureau (CAB).

"Supporting Carers is my job, but reading this booklet brought back many, many memories."

Peter Jones, Chair, 'Growing Compassionate

Communities' added: 'Carers are often the forgotten people in the life of the cared for. They don't seem to figure in the thinking or cultural context of caring for somebody. Often they are missed out in strategic planning for care services. In my experience, their voice does not seem to be heard among the clamour of professional voices.

"It is the purpose of our **'Who Cares?'** booklet - and the general vision of **'Growing Compassionate Communities'** to provide inclusive communities, where voices like those of Carers can be heard, listened to and understood. We can then include these people too. We would love to have more voices heard.

"If you would like a copy of this free booklet, or if you would like to contribute to the booklet in future publications, or simply wish to talk or email for more information, then please get in touch:

Tel: **07856 579 750** or email:

peterjonescipn@outlook.com



If you are concerned about a young person please #TellSomeone

A new campaign is asking children and young people to tell someone they trust, or call national charity Childline, if they feel unsafe in their environment during the current conditions associated with Covid-19.

For some children, this period of isolation has left them without their usual support systems such as teachers, extended family and friends. This lack of regular contact with trusted people can put children at increased risk of abuse or neglect.

Please check on family, friends and loved ones and contact the relevant teams should they or you need support.

If you use social media, please share the #TellSomeone messages. This could help a child or young person who is stuck in a situation where they feel unsafe to seek the help they need.

Child Abuse & Neglect

Child abuse is where a child does not receive the proper standard of care expected from a reasonable parent or carer and includes physical abuse, sexual abuse, emotional abuse or neglect. Contact us:

help@nspcc.org.uk Free Helpline: 0808 800 5000
pan-dorsetscp@dorsetcouncil.gov.uk
Telephone: 01305 228866 or 01305 221196
Or <https://www.dorset.police.uk/do-it-online/>

SWANAGE SPECIAL AMBULANCE CAR



Remember to sign and share the petition:
<https://you.38degrees.org.uk/petitions/save-swanage-ambulance-car>



AT THIS extraordinarily frightening time, PURBECK MS GROUP want to stress to MS sufferers and their families - you're not alone; we are here for you. Although at the moment we are unable to help as we have done in the past, if you need someone to chat to, or write to, please use the following contacts

Our Contact Details:

Carol Turner Chair 01929 556761
email. turnermc07@gmail.com

John Smith Deputy Chair
email john52wsmith@yahoo.co.uk

Gail Taylor Secretary
email gailtaylorulwell@hotmail.co.uk

Debbie Dunford Welfare Officer
email debbiedunford148@gmail.com



Dorset Energy Advice during Covid-19 pandemic



Citizens Advice is helping households experiencing difficulties with their

electricity and heating

Call or email today for help with

Topping up pre-payment meters

Advice if struggling with energy bills

Eligibility for extra income

Liaise to resolve issues with energy supplier

Refer on for other support,

particularly if in self-isolation

Contact our friendly energy advice team in Dorset
01929 775500

purbeckadvice.org.uk/contact-us.html



COMMUNICARE COMING TO TERMS WITH COVID-19

"A LISTENING EAR"

A trouble shared, is a trouble halved.

Jenny Lazenbury, Director has this message: "We have had some phone calls to our nine willing helpers (see below) who have volunteered to be "a listening ear". This service will be staying on as long as we all need it (look for our YELLOW cards). Regarding hospital visits, please check that our volunteers are still able to take you on their appointment list, as so many hospital appointments are being cancelled either due to the COVID-19 virus or lack of staff in particular departments. LINK Visiting volunteers still have a number of drivers (who have no health problems themselves) who are willing to take passengers in their cars so please contact them on the telephone numbers provided.

"Good Luck to all our lovely people in Swanage and District - keep well, keep safe, and do not take risks. We WILL be back soon to some normality. Blessings to you all."

480932 427576 423747 422951

477114 422118 288177 427346

Mobile: 07531 811375



At this time Link Visiting has of course had to suspend our visits and fall back on giving support and keeping in touch by phone.

When we are all able to assume a more normal existence you may think you'd like to visit someone who is isolated, on a weekly or fortnightly basis. You may also be able to identify an isolated neighbour who would welcome being put in contact with **Link Visiting**. Please then get in touch with **Roger Seaman on 07498 743036 or email at ivs.volunteers@outlook.com**. We would love to hear from you.

SWANAGE DEPRESSION GROUP

We are a group of people who experience depression or anxiety.

We are not experts, but we know how it feels.

We find that a problem shared, is a problem halved. We cannot meet face to face at the moment, but meet once a fortnight on the phone and we talk to each other individually all the time.

For more information please contact:

Nick 01929 439121 nickviney@hotmail.com

Andy 01929 481539 andy.knill@gmail.com

*Don't forget the official
mental health 24-hour Helpline: 0300 123 5440*

STRUGGLING WITH YOUR MENTAL HEALTH? THE FOLLOWING CAN HELP YOU...

SAMARITANS – 116 123. A free, 24/7 phone line.

SANE LINE - Works with anyone affected by mental illness, including families, friends and carers.

Tel: 0300 304 7000. 4.30pm–10.30pm daily

CHILDLINE – Confidential telephone number for under 19s **Tel: 0800 1111**

THE DORSET MENTAL CARERS PROJECT- Offering a telephone, text and email service from Monday to Friday phone line from 10.30am-4.30pm. You will be able to speak to one of the Peer Carer Specialist from the Carers Project. Please phone daily numbers as follows:

MONDAY - Joy Ford 01305 340045. Or text **07508 776410.**

TUESDAY - Dick Franklin 01202 380910 or leave message

WEDNESDAY - Babs Plumbridge 07961 159854 phone or text

THURSDAY - Jenny Hutchinson 01258 455771 phone or leave message

FRIDAY - Nigel Ford 01305 340045

In a medical emergency call 999 if you are seriously ill or injured and your life is at risk. A mental health emergency should be taken as seriously as a physical health emergency.



DOMESTIC ABUSE CAN AFFECT ANYONE

WE ARE HERE TO HELP:

YOU FIRST (Dorset Council)

0800 032 5204

OUTREACH (POOLE-BOURNEMOUTH)

01202 710 777

WOMEN'S AID

email – helpline@womensaid.org.uk

24HR NATIONAL DOMESTIC ABUSE -

HELPLINE 0808 2000 247

DORSET POLICE in an emergency **CALL 999**

or go to

www.dorset.police.uk/abuse-help



ALCOHOLICS ANONYMOUS® is a fellowship of men and women who share their experience, strength and hope with each other that they may solve their common problem and help others to recover from alcoholism. ... Our primary purpose is to stay sober and help other **alcoholics** to achieve sobriety.

This is a very unusual time. It is stressful for many people in many new ways. Some people turn to alcohol to help them cope and get through it. This can be more of a danger than a help to some of us. If you think you have a problem with alcohol we can help:

IF DRINK IS COSTING YOU MORE THAN MONEY

then we can help you. Please telephone our free Helpline today:

0800 917 7650



Harm Reduction advice for people who use Alcohol

This advice is important during the Coronavirus (COVID-19) pandemic. If you are drinking heavily, you are at increased risk of the health impacts of coronavirus (COVID-19). You may want to cut down or stop drinking to help improve your immunity, or because your supply of alcohol is running out.

Self-isolation may lead some people to drink more alcohol than usual.

If you are worried about your drinking levels increasing, you can contact any one of the following for help and support:

LiveWell Dorset to talk about how to reduce the amount of alcohol you are drinking.

Call **0800 840 1628** or **01305 233 105**

www.livewelldorset.co.uk.

Local alcohol treatment services are open and can provide further advice and support:

Dorset including Christchurch (REACH):

0800 043 4656

Poole (EDAS/SMART): 01202 735777

Drinkline the national alcohol helpline

Call **0300 123 1110**

weekdays 9am-8pm week end 11am-4pm

Drinkaware -

<https://www.drinkaware.co.uk/alcohol-support-services/>



SWANAGE
LIBRARY

MESSAGE FROM SWANAGE LIBRARY

Staff are now back in the library working in small 'bubbles' so that they can maintain social distancing recommendations.

The Home Library Service has restarted this week and so 22 of our customers, who receive books via our lovely RVS volunteers, will have some much needed new reading material delivered to their homes.

Dorset Libraries are also planning to start an '**Order and Collect**' service where customers will be able to collect a number of items from the front entrance of Swanage library. This is in the process of being set up so keep looking at our social media pages and Dorset Council website for updates and how it will work

<https://www.dorsetcouncil.gov.uk/libraries-history-culture/libraries/libraries.aspx>

Please be assured that we are working hard to get you back in Swanage Library once all measures are in place to keep both customers and staff safe.

In the meantime, keep reading and watch this space!

Nathalie Carter
Swanage Library Manager



FREE LOCAL CAREERS ADVICE

A local charity, **Ansbury Guidance** have a team of qualified Careers' Advisers who have a contract which offer **FREE** careers information, advice and guidance to adults (aged 19+) across Dorset. This includes:

CV development

Interview preparation skills

Support with job search

Up-to-date knowledge of local jobs' market

Support with returning to work - or education

Information on funding and finance for learning and training

Sharon McCallum of Ansbury said: "We are able to provide adults aged 19+ with free (government-funded) careers' support. We can offer a 45 minute one-to one telephone appointment (we phone the client) and support them with writing a CV, interview skills and job seeking advice. After this 'careers session', we can signpost them to other resources and services that will be of benefit.

"All potential clients need to do is call our appointment line on **01202 677557** and we will book them in for an appointment on a day/time that is suitable to them. Or for further information go to: www.ansbury.co.uk



**DORSET & WILTSHIRE
FIRE AND RESCUE**

Safe and well visits

In support of the national strategy relating to the coronavirus outbreak, we are looking at ways to deliver our work in a different way to prevent the inadvertent spread of the virus amongst vulnerable people.

Your safety is really important to us but during these circumstances, instead of visiting you we would like to provide free information about how you can stay safe and well in your home by having a telephone conversation at a convenient time to see what we can do together to make you safer. We can also have a conversation with you around improving your health and well-being. We can give advice about smoke alarms and in high-risk situations may deliver or fit free smoke alarms. The call can take between 10-30 minutes and covers topics such as:

- Using electricity safely
 - Cooking safely
 - Testing smoke alarms
 - Making an escape plan
 - What to do if there is a fire
 - Keeping children safe
 - Good practice – night-time routine and other points relevant to you
- Identifying and discussing any further support you may need if necessary

If you would like to find out more, or think we can help you, please call: **Freephone 0800 038 23 23** or visit our website at www.dwfire.org.uk



HARMANS CROSS VILLAGE HALL COVID-19 REOPENING ARRANGEMENTS

From July 4th community centres and village halls can reopen if they deem it safe to do so. The HXVH Management Committee met this week via video conference to discuss the possibility of reopening our hall. In view of what is involved the committee have decided not to reopen the hall for recreational and social purposes at the present time.

We are, however, hoping to reopen in a few weeks' time in a phased way, (which may have to be amended depending on government guidance). Towards this end, we have drafted a risk assessment with advice from ACRE (Action for Communities in Rural England) and this has led to development of a plan for the hygiene measures which will be needed on reopening and **Special Hire Conditions** which hirers will need to agree to when we do reopen.

So, if you are thinking of booking our Hall, and want to know what these special Hire Conditions are now, then please feel free to contact Alison Clough, on alison.an.clough@btinternet.com - Or phone **07768 558341**

Looking forward to hearing from you - and welcoming you very soon.

Alison Clough,
Chair of the HXVH Management Committee

A MESSAGE FROM THE DUBBER

Hello Everybody, Please find a direct link to the July Dubber below

<http://thedubber.co.uk/2020.07.pdf>

As you are probably aware, there is no printed Dubber this month. Please continue to send in your contributions; stories and poetry are welcome.

I hope you are all well and coping with your enforced isolation. Please remember that both Langton/Kingston

(langtonmatravers20@gmail.com)

and Worth/Harmans Cross

(worthmatravers20@gmail.com)

support groups are working well if you need anything.

Warm regards - Angela
ed@thedubber.co.uk

SNIPPETS FROM STUDLAND



STUDLAND PARISH COUNCIL is seeking to develop a traffic management plan for the area of Studland due to increasing problems of parking within the village and more visitors to the area. The idea is at an early stage and will benefit from wider engagement with others including Parish and Town Councils, the National Trust, and Dorset Council. To date there appears to be little strategic shared thinking within and outside of the Isle of Purbeck. Key issues likely to be considered are the volume of traffic, the suitability of the roads, and the need for preferred direct access routes into Swanage. The Parish Council is requesting a new Traffic Regulation Order for Beach Road.

For more info go to:

www.studlandparishcouncil.org

THE PURBECK SOCIETY is concerned with the reduction in scrutiny, accountability, and public participation in the planning process conducted by Dorset Council during the CV19 pandemic. The Purbeck Society is disappointed in the decision of the Eastern Area Planning Committee to approve the reserved matters for the proposed development of Spyway Orchard in Langton (- see 6/2018/0606).

For more info go to: www.purbeckociety.co.uk

THE CAMPAIGN TO PROTECT RURAL ENGLAND is launching a manifesto for post CV19 pandemic recovery. Watch out for this in July along with a report to Dorset CPRE on housing evidence where it shows that Dorset is being allocated too many houses beyond the local need, that in the last 10 years the vast majority of new houses in Dorset have been sold to persons from outside of the area, *and that local young people are unable to access the housing market.*

For more info go to: www.cpre.org.uk





reduce | reuse | recycle

DORSET SCRAPSTORE



How are you? I hope you are safe and well in these difficult times. We are very lucky with where we live and I suspect many of you are very busy supporting those in your community.

More people are finding it difficult to make ends meet at the moment so I thought I would remind you about how National Energy Action, the national fuel poverty charity, can help people who are struggling to afford their energy bills. I am based locally in Dorset and am able to offer advice and support to households throughout the South West. There is an advice leaflet, aimed at households requiring help and to share online or through your networks.

1-2-1 Telephone Advice

- issues covered include any energy-related problems such as switching supplier, understanding bills, tariffs, rebates, energy efficiency, mould and condensation, supplier issues, energy debt, Trust Fund applications, extra support for vulnerable people, income maximisation, benefits advice and lots more.

- make a referral here

<https://www.nea.org.uk/advice/make-a-referral/>

- Or call 0800 304 7159

Advice Group Sessions

- group advice sessions have been adapted to virtual Zoom interactive talks/ presentations/ quizzes available now
- provisionally booking face-to-face talks for the winter
- if any of your groups are meeting virtually and you'd like me to join then please let me know.

Free Training

- for frontline practitioners in the statutory/ voluntary/ community sector
- courses have been adapted to be held online either through e-learning or webinars
- more info:

<https://www.nea.org.uk/training/course-outlines/short-courses/> or email Lynsey.Thompson@nea.org.uk

Any questions, please get in touch.

Best wishes

**Bethany Redley-Steer, Project Development Coordinator
National Energy Action Mobile: 07703 819562**

Please note: I work Mondays, Wednesdays and Fridays between 0915 and 1415 but during working days/hours may vary.



We offer free confidential advice and support on:

- managing the cost of gas and electricity
- fuel debt
- help for prepayment meter customers
- understanding your energy bills and energy use
- water bills
- benefits advice and income maximization

We can talk to energy companies, housing providers and landlords on your behalf if needed.

Visit www.nea.org.uk/advice/make-a-referral/, email wash@nea.org.uk or phone 0800 304 7159 to arrange a call from your local caseworker Bethany Redley-Steer

Hello everyone. From all of us here at Dorset Scrapstore, we want to thank you for being so patient with us during this difficult time. We are pleased to let you know that we have now started up a new click-and-collect service from the Scrapstore using our new shop! Welcome news we are sure for those of us who need some low cost materials for gluing, snipping, painting and creating - particularly with little ones still at home. To see how this works, go to our new website and see exactly what is on offer. You can purchase your scrap items and pay through our website and we will phone you to organise a time for you to come and collect from the store at The Factory, Alder Hills, Poole. Our website is:

www.dorsetscrapstore.org.uk/store

Reminder of who we are and what we do

We are a not-for-profit charity. Our store is a place where you can find all kinds of resources that can be re-purposed in arts, crafts and play. We collect the majority of our materials from local donor businesses and manufacturers, saving their excess or unwanted items from landfill, and making them affordable and available for you

Want to use Dorset Scrapstore?

To use Dorset Scrapstore you need to become a member. Your annual membership fee contributes to our running costs; Membership Prices: Individual & Family: £5. Groups: £15. Schools: £35

How Scrapstore Works

At Dorset Scrapstore, rather than buy individual items, you pay for either a small or large bag, and fill it with a selection of whatever you need.

A small bag (bag for life size) is £4. A large binbag size is £7.

Want to donate to Scrapstore?

We're always happy to take donations of suitable materials from members of the public. Please discuss with a member of staff or a volunteer. For business' interested in arranging a collection, please give us call on 07565 577094

When you order anything with us, you will receive a confirmation email and then a member of staff will call you to give you the details on how to collect your order and confirm a time slot. When you do come to collect, there will be social distancing in place, but our staff will help you as best as we can. This is all new to us too!

Swanage Community Defibrillator Partnership

Keep the heart of Swanage beating



We promised that we would monitor any advice given by the *Resuscitation Council UK* and I now include a recent update.

- Recognise cardiac arrest by looking for the absence of signs of life
 - Do not listen or feel for breathing by placing an ear and cheek close to the patient's mouth
 - If you in any doubt start chest compressions until help arrives
 - Make sure an Ambulance is on its way. If Covid-19 is suspected tell them when you call 999
 - If there is a perceived risk of infection rescuers should place a cloth /towel over the victim's mouth and nose and attempt compression only CPR and early defibrillation until the ambulance or (advanced care team) arrives
- **EACH SCDP DEFIB CABINET NOW INCLUDES A GREEN TOWEL**
- Put hands together in the middle of the chest and push hard and fast
 - Early use of a defibrillator significantly increases the person's chance of survival and does not increase risk of infection
 - If the rescuer has access to any form of personal protective equipment (PPE) this should be worn
 - After performing compression - only CPR all rescuers should wash their hands thoroughly with soap and water; alcohol-based hand gel is a convenient alternative
 - Rescuers should also seek advice from the NHS 111 coronavirus advice service or a medical adviser

**Maggie Hardy
for SCDP July 2020**



'Aquarius', the ladies club based in Corfe Castle, has added making Button Bands for the back of protective face masks to their list of supportive activities for the NHS and Care Workers.

Despite some scaling back of the weekly round robins of emails by the Committee and the regular phone calls to members to keep in touch and check on well being, we have still continued these with quite a few people. This has been especially with those who are shielding or living alone and we continue to find that lots of folk like to chat and get to know one another better.

Our Zoom technology is moving forward from being just Committee based to trying out with the full membership, or at least with those that can and want to. We hope to restart our monthly meetings tentatively using this method in July, when Sue Sedgely, our Programme Organiser, will be giving us a short taster session about Tibetan Buddhism including some simple instructions to try at home.

As the further easing of lockdown makes things more possible, we are beginning to plan a Special Afternoon Tea for members as a simple way to gradually touch base with one another again. This will probably be a combination of 'click and collect' or in a well spaced gathering, preferably in the sunshine.

We are hoping we might make this a reality in August!

If you are interested in joining us in the future please contact me on 01929 480007

CHRISTINE KEMP (AQUARIUS JOINT CHAIR)



WE'RE STILL HERE FOR YOU



Although many local shops, restaurants, etc, will be opening again on 4 July under government guidelines, some local businesses are continuing to offer special services, allowing residents to phone with their orders, pay over phone, and then either collect at an agreed time and in some cases, Free Delivery is still offered.

So, still worth trying those listed below, if you require their help

BUDGENS SUPERMARKET Station Rd - baked, fresh, packaged goods **01929 422478**

(order by phone, pay over phone, can be picked up from store with assistance)

CEDAR ORGANIC – Organic meat **FREE DELIVERY** within Purbeck **01929 481393**

CHOCOCO – chocolates and sweet treats **01929 408288**

COUNTRY FOODS, 37 Station Rd - Shop open Mon-Sat 9am-4pm. **07789 289289**

THURS ONLY FREE DELIVERY (Orders over £20) to Swanage area only

COURT HILL STORES - Ordering & accept payment for goods on phone **01929 424796**

CRAB APPPLE CATERING – Fruit and Veg boxes julia@crabapplecatering.co.uk

FOLEYS GARAGE SPAR SHOP HX – **FREE DELIVERY** Groceries to:

HX, Corfe, Langton, Kingston, Swanage, Studland **Tel to place order 01929 480097**

JENKINS High St, Swanage. Orders **Tel: 01929 422786**

OPEN 7 Days a week 9-6 - Newsagents, groceries, wines, beers **Collect or FREE DELIVERY**

MASALA INDIAN CUISINE - Indian takeaway offering delivery website **01929 427299**

www.masalawanage.co.uk

JJ MOORES BUTCHERS – Meat, frozen ready meals, fresh fruit & veg **01929 424891**

PET-LUV – Pet food, fish food, rabbit food, much more **FREE DELIVERY 01929 426227**

PURBECK VALET – Dry cleaners & launderette - collection/del.service **01929 424900**

THE SALT PIG – Butchers, ready meals, eggs, veg, fish (Tel: orders) **01929 423616**

SWANAGE BAY FISH – Wet fish **01929 422288**

SWANAGE & PURBECK TAXIS - **07969 927424**

(Pick up and deliver grocery orders – order and pay directly from supplier by phone then phone our taxi company)

SWANAGE COMMUNITY CORONAVIRUS INFORMATION WEBPAGE:

<https://www.swanage.gov.uk/Community-information.aspx>

SHOPS & PHARMACIES IN SWANAGE - OPENING TIMES WEBPAGE:

<https://www.swanage.gov.uk/Openingtimes.aspx>