

HEALTH AND WELLBEING WEEK PROGRAMME

18th-20th SEPTEMBER

Health Information Fair

all day Thursday 18th & 19th Sept and
in the morning on Saturday 20th

**Exhibitors, presentations and workshops
in the Sealy Suite at the Crown Hotel.**

Get involved, get active, try something new

Saturday 20th

**A range of activities taking place across Blandford including
kayaking, bowls, cycling, walking and fun run.**



Introduction

NHS Dorset CCG and the DT11 Forum Community partnership have joined forces to organise a Health & Wellbeing event to help the public access services more easily.

This will be in the format of a Health Information Fair on Thursday 18th/Friday 19th September and a 'Get involved, Get active Day' on Saturday 20th September providing the opportunity for people to try out some new activities that can help people to stay healthy and active.

Organisation	Description and Timetable
Thursday 18th September	
<p>Osteoporosis Dorset</p> 	<p>Osteoporosis Dorset is a registered charity established in 1992 to raise awareness and increase public interest in bone health, falls and fragility fractures through our educational initiatives. "Prevention Through Education" was its rubric from the outset.</p> <p>Osteoporosis Dorset has relentlessly campaigned for the last two decades to improve bone health in the County. The charity has played a key role in raising awareness.</p> <p>It has a track record of providing health care professionals and the public with 'free' high quality evidence-based information via a concerted programme of 'activity'. This has played a key role in raising awareness and increasing public interest in falls and bone health.</p> <p>Our peer support programmes have the potential to heighten motivation, improve function, adherence to treatment, resulting not just in better clinical outcomes but the development of a network of social support and lifelong friendship.</p> <p>If you would like any further information or would like to attend one of our free educational events or speak with a nurse, please contact the Charity today.</p> <p>3 Easy Ways to contact the Charity: Email: mail@osteodorset.org.uk Tel: 01202 443064 (Mon-Fri 9am-5pm)</p> <p>www.osteodorset.org.uk</p> <p>Presentation by Carol Jones, Sealy Suite, The Crown Hotel, Blandford: Thursday 18th September 11.00</p>
<p>MyoDynamics</p> 	<p>Our bodies are very complex, continually striving and compensating in order to achieve balance. A healthy balance is required between structural, chemical and emotional aspects within the body, if these cornerstones of health are not in equilibrium then adaptation arises and dysfunction may develop. We believe that the resting postures and functional patterns of the head and neck such as breathing chewing and swallowing play a vital role in body balance and function.</p> <p>Depending upon an individual's needs or goals a MyoDynamic personalised programme utilizes Orofacial Myofunctional therapy with breathing and postural techniques to help balance the stomatognathic system (head and neck), be that a young child needing to cease a noxious habit such as thumb sucking, a young person undergoing orthodontic treatment requiring support to reduce therapy duration and improve outcome/stability or an elder person simply wanting to improve facial aesthetics. For further information please email eva@myodynamics.co.uk, Tel: 07970 722410 or visit www.myodynamics.co.uk</p>

Organisation Description and Timetable

Thursday 18th September

MyoDynamics



There are many signs of dysfunction within the stomatognathic system when such therapy can help:

- o Noxious Habits - nail biting, digit sucking and other compulsive disorders.
- o Breathing - Habitual mouth breathing, over breathing, Asthma and hay fever, stress and anxiety
- o Snoring and Sleep – poor sleeping patterns, restlessness, snoring or sleep apnea.
- o Resting postures – open mouth posture, low tongue posture, head and neck postures or face leaning
- o Swallow pattern – forward or low position on the tongue during swallowing (tongue thrust), difficulty swallowing tablets, messy eating and drinking, bloating or wind
- o Teeth – crooked/tilted teeth, delayed eruption of the teeth, narrow arches, occlusal discrepancies, periodontal conditions, caries active patients.
- o Temporomandibular Dysfunction (TMD) - jaw pain, clicking, locking, asymmetrical movement.
- o Surgical support – orthognathic or cosmetic surgery.
- o Tongue tie – difficulties with breast feeding, chewing and swallowing patterns and speech.
- o Voice and Speech – delayed speech, lisps, problems with articulation and resonance, stroke suffers or neurological deterioration.
- o Posture – head forward posture, hand leaning, neck posture, pelvis, hip, knee ankle problems

Presentation by Eva Tanner, Sealy Suite, The Crown Hotel, Blandford: Thursday 18th September 11.45

Blandford Chiropody Surgery

Blandford Chiropody Surgery has over 20 years experience in managing minor and complex foot conditions

- * Opening hours include Monday to Saturday 8.00 am until 5.30 pm
- * Diabetic foot checks are undertaken in line with NICE guidelines by Dr Michelle Spruce
- * Advice and treatment is provided for:
 - Verrucas
 - Corns and callus
 - Ingrowing toenails
 - Nail care
 - Insoles and orthotics
 - Diabetes footcare including footwear advice
 - Gait (walking) problems
 - Dementia Champion trained staff
- * Dr Michelle Spruce holds an honorary research contract with London South Bank University, links with Age Concern North Dorset and is committed to promoting health and wellbeing for the lower limb to ensure mobility for all.

Contact: Tel: 01258 452451

Presentation by Michelle Spruce, Sealy Suite, The Crown Hotel, Blandford: Thursday 18th September 12.00

Organisation Description and Timetable

Thursday 18th September

Blandford Children's Centre

About the Blandford Children's Centre 2014

The Children's Centre is the Hub of most services for families and children who are under 5.

We run drop in groups, under Ones, 1.Y parenting / Exploring together programmes along with Baby massage – Health clinics – Breastfeeding support – Young parent to be courses and a group for parents under 25.

All our groups also offer a range of activities from arts and crafts, sensory, stay healthy, physical and many more. We also provide a healthy snack.

The centre is also the home of OSCARS our after school/holiday club and the Blandford Nursery for childcare.

The Centre has lots of professionals, such as outreach/Social care team workers, locality, adult Education.

CAMHS along with Children Physiotherapy / Dieticians hold appointments at the centre. Children's contact visits can also be held within the centre.

Presentation by Sam White, Sealy Suite, The Crown Hotel, Blandford: Thursday 18th September 12.45

Blandford Centre for Complimentary Health



Here at the Blandford Centre for Complimentary Health we take physical and mental health very seriously and have been providing a variety of health treatments to Blandford and the surrounding area for over 14 years. We have 10 practitioners working from the clinic all offering something different, including Acupuncture, Hopi Ear Candles, Pilates, 2 McTimoney Chiropractors, Cranial Sacral Therapy, Homeopathy, Bio-resonance Testing, Process Acupressure, NLP, EFT, Metamorphic Technique, Life Coaching, Counselling, Psychotherapy, Reflexology, Zero Balancing a variety of different massage ranging from relaxing Hot Stones, Aromatherapy and Holistic massage to Deeper Massage, Indian Head, and Thai Foot Massage. People often come to us as a last resort, when other treatments have failed, but then wish they had found us years ago. Please contact us for more information about any of the treatments offered to see how we might be able to help you. We will be offering taster sessions throughout the Health and Wellbeing event.

BCCHC, 3 Old Sarum House, The Plocks, Blandford, DT11 7AA

(between and above the Forum Café and Anna's Alterations)

Tel: 01258 458120 Email: blandfordcchc@tiscali.co.uk

www.bcchc.co.uk

Presentation by Karen Donnelly, Sealy Suite, The Crown Hotel, Blandford: Diabetes: Thursday 18th September 1.30

Organisation Description and Timetable

Thursday 18th September

Home Start



Home-Start North Dorset is an independent registered charity that supports struggling families living in the North Dorset District Council area and where there is at least one child under five.

Family life can be hard and challenging for many parents. Loneliness, relationship breakdown, bereavement, physical and mental illness or even multiple births can have a profound effect on families. We believe that the best possible start in life for a child begins at home with their family. Strong families raise happy children. Happy children grow up to be better parents. We work with families who, for whatever reason, aren't getting the help they need. Very often we're the last chance they have.

Our trained volunteers visit families in their own homes and help parents cope by providing practical help and emotional support lending a hand towards independence and a better future.

We are funded by charitable trusts, funds, district and county council grants and local fundraising, enabling us to provide this service at no cost to families. Contact Jamie or Ruth on 01258 473038

Presentation by Jamie Keast, Sealy Suite, The Crown Hotel, Blandford: Thursday 18th September 1.45

My Health My Way



My Health My Way is a support service for people in Dorset whose daily lives are affected by a health condition.

If the quality of your life is affected by a health condition, perhaps stopping you doing something's you used to do or generally getting you down, My Health My Way could be for you.

It is a support service that aims to help you overcome some of the challenges you may be facing, working with you to develop your confidence to manage.

Contact: Tel: 0303 3030153

Email: info@myhealthdorset.org.uk to see what could work for you

www.myhealthdorset.org.uk

Presentation by Judith Bradfield, Sealy Suite, The Crown Hotel, Blandford: Thursday 18th September 2.30

Disability Wessex



Help from Disability Wessex Advice – They will assist you with:

- Deciding whether to create a financial Lasting Power of Attorney (LPA) or welfare or both.
- Filling out the application form.
- Ensuring the form is certified and witnessed correctly.
- Registration of the LPA's
- Applying for exemption from or a reduction of fees charged by the Office of the Public Guardian.
- Only charging you an affordable fee and we will not be making a profit.

Contact: advice@diverseabilitiesplus.org.uk Tel: 0300 3305514

www.diverseabilitiesplus.org.uk

Presentation by Nikki Haswell, Sealy Suite, The Crown Hotel, Blandford: Thursday 18th September 3.30

Organisation Description and Timetable

Thursday 18th September

Elemental Tai Chi



Elemental Tai Chi offers specialist teaching to help achieve improved balance, improved fitness and reduce stress. The non-strenuous movements, combined with the breath, engage body and mind in a moving meditation. Ultimately, this allows us to feel more connected with ourselves, the world and those around us, while increasing overall vitality.

For more details visit www.elemental-taichi.co.uk

Presentation by Robert, Sealy Suite, The Crown Hotel, Blandford: Thursday 18th September 4.15

Blandford Centre for Complimentary Health

For details see page 3

Website: www.bcchc.co.uk

Presentation by Karen Donnelly, Sealy Suite, The Crown Hotel, Blandford: Thursday 18th September 5.00

Senior Cardiologist

Presentation by Dr Tim Edwards, Sealy Suite, The Crown Hotel, Blandford: Thursday 18th September 6.30

Blandford Heart Forum



Blandford Heart Forum was formed in 1994 by patients, their carers and local health professionals after the successful running of two Cardiac Rehabilitation Courses at Blandford Community Hospital. The Group is affiliated to the British Heart Foundation and it has as it's President Dr Tim Edwards, a Senior Cardiologist at Dorchester County Hospital. The group offers mutual support, education and a sympathetic ear to those discharged from hospital, and their spouses/partners, following heart attack and/or major surgery.. from this, they benefit by meeting others in similar circumstances to theirs. BHF meets every 3rd Thursday in the month at 7 PM in the Williams Opportunity Hall in Whitecliffe Gardens, Blandford. In deference to our older members, during the Winter months, we meet in Blandford Community Hospital at 2.30 PM every 3rd Thursday from November to March. Included in our meetings we have speakers throughout the year covering varying subjects from developments in cardiac procedures /treatment to lighter topics.

Apart from rehabilitation courses referred to above, a Rambling group was created together with Knees Up Classes. Full details of the Group's Programme of Events and Activities can be seen on our website; www.blandfordheartforum.org.uk Further details can be obtained by contacting our membership secretary Liz Hoghton on 01258 860880 or Ray Suter on 01258 860787.

Presentation by Blandford Heart Forum AGM, Sealy Suite, The Crown Hotel, Blandford: Thursday 18th September 7.30

Organisation	Description and Timetable
Friday 19th September	
<p>Everyone Active</p> 	<p>Need to become Active? Come up to Everyone Active, we have a wide range of affordable activities to enable you to give a go. Our staff will endeavour to provide a supportive, positive and progressive environment creating the best value experience that makes you feel better from being active 30 minutes, 5 days a week. Contact: Tel: 01258 455566 www.everyoneactive.com 'Total Toning', Sealy Suite, The Crown Hotel, Blandford: Friday 19th September 10.00</p>
<p>The Friendly Food Club</p>	<p>Free Cookery Workshops in Blandford, Gillingham and Sherborne area. Free cookery workshops for everyone whether you can cook an egg or not. Everything included, ingredients, recipe cards, pots & pans and help with child minding costs. Find out how to prepare tasty, economical dishes using fresh ingredients and save money. Easy-going atmosphere, friendly fun and you get to eat what we make for lunch or take home for tea. Includes a National Food Safety Certificate which you need if you want to work in catering (normally £40). Contact: Tony Gibbons at tony.gibbons01@sky.com Tel: 01308 868700 Activity, Sealy Suite, The Crown Hotel, Blandford: Friday 19th September 10.45</p>
<p>Elemental Tai Chi</p> 	<p>For details see page 5 www.elemental-taichi.co.uk Activity, Sealy Suite, The Crown Hotel, Blandford: Friday 19th September 11.45</p>
<p>Blandford Centre for Complimentary Health</p>	<p>For details see page 3 Website: www.bcchc.co.uk Activity, Sealy Suite, The Crown Hotel, Blandford: Friday 19th September 12.30</p>
<p>Knees Up</p>	<p>Originally formed to provide continued exercise for those progressing from cardiac rehab, we are delighted to have extended our exercise & fitness programme over the years to include medical referrals, & for those over 50s that just want to keep fit. We have a class for Parkinsons sufferers, catering for a wide range of abilities, including chair based exercises & the use of gym equipment. Our balance, Strength, & Flexibility class is for those who suffer from balance problems-also for those who need to regain strength following illness, trauma, or joint replacement. Our programme provides a good range of exercise classes from low impact to energetic. Come along & see what we do-your first exercise class is free! Contact Anne on 01258 459380, or Hazel on 01258 453550 between 9am-6pm. www.knees-up.co.uk Activity 'Fitness', Sealy Suite, The Crown Hotel, Blandford: Friday 19th September 1.15</p>

Organisation	Description and Timetable
The Friendly Food Club	For details see page 6 Activity 'Cookery Demonstration', Sealy Suite, The Crown Hotel, Blandford: Friday 19th September 2.00
Everyone Active 	For details see page 6 www.everyoneactive.com Activity 'Leg's bums & tums', Sealy Suite, The Crown Hotel, Blandford: Friday 19th September 3.00
Blandford Chiropody Surgery	For details see page 2 Presentation by Michelle Spruce about Dementia, Sealy Suite, The Crown Hotel, Blandford: Thursday 18th September 3.45
The Friendly Food Club	For details see page 6 Activity 'Cookery Demonstration', Sealy Suite, The Crown Hotel, Blandford: Friday 19th September 4.30

The DT11 Forum Community Partnership

is a partnership of organisations, businesses, individuals and communities covering Blandford and the surrounding area. Our vision for the DT11 area is to create a thriving, vibrant and environmentally sustainable future for the towns and villages of the DT11 Forum area, set in accessible and well managed countryside.



DT11 FORUM
community partnership

'Run by the community for the community'

Contact Julie: 01258 489998

julie@dt11forum.org.uk

www.dt11forum.org.uk

Organisation Description and Timetable

Saturday 20th September

Free activities at Blandford Health & Wellbeing Week


NHS
Dorset
Clinical Commissioning Group



DT11 FORUM
community partnership

NHS Dorset CCG & the DT11 Forum Community Partnership have jointly organised a 'Get involved, Get active' Day on Saturday 20th September providing the opportunity for people to try out some new activities that can help them to stay healthy and active. Local Clubs and Groups in Blandford will be offering free taster sessions including:

- The Blandford parkrun 5k along the Trailway, Jubilee Way Bridge, 9am
- Demonstration of the fitness equipment on Larksmead
- at the Recreation Ground, 10.30am-12.30pm
- Bowls at Blandford Bowls Club, 10am-12pm
- Kayaking on the River Stour with Stour Valley Canoe Club, 9.30am-12.30pm
- A 3 mile Guided Walk organised by Blandford & District U3A, 11 am at The Crown Hotel
- Free exercise classes at Blandford Leisure Centre
- A 5 mile 'Family-friendly' Bike Ride, Kwik Save car park, 10.30am
- The pottery Parlour – (behind Morrisons, Blandford Forum)

All activities are completely free and no previous experience is required.

There is no need to book, you can just turn up!

For further information visit the DT11 Forum website
www.dt11forum.org.uk
or contact 01258 489998.

Everyone Active



For details see page 6
www.everyoneactive.com

'Core Blimey', Sealy Suite, The Crown Hotel, Blandford: Saturday 20th September 9.00

Knees Up

For details see page 7

www.knees-up.co.uk

Fitness Activity, Sealy Suite, The Crown Hotel, Blandford: Saturday 20th September 10.00

The Shottesford Pealers

Bell Ringing Activity, Sealy Suite, The Crown Hotel, Blandford: Saturday 20th September 10.45

Everyone Active



For details see page 6






www.everyoneactive.com


'Fat blast workshop', Sealy Suite, The Crown Hotel, Blandford: Saturday 20th September 11.45

Throughout the event

The Blandford Centre for Complimentary Health will be offering free taster sessions throughout the event including:

- head and neck massage (£5 charge),
- free indian head massage,
- hot stone neck and shoulder massage,
- bio-resonance testing,
- free spine checks.

Organisation	Description
Other organisations taking part	
Age Concern Blandford 	Services for older people living in and around Blandford Forum including: <ul style="list-style-type: none"> • Advice on benefits and help with form filling • Advice on care and help with daily living • Advice to older people and their carers. • Advice on Housing needs and Residential homes. • An outreach service if you are unable to visit their office. Contact: Tel: 01258 458250
The Volunteer Centre, Dorset 	Volunteering gives you the chance to meet new people, have fun, get involved with your local community, use your skills and develop new ones. You can help manage organisations, work on a one to one basis with individuals or get physical on environmental projects. You can give as much or as little time as you have available; become involved on a long term basis or help out at a single event. Although you won't get paid you will normally receive any out of pocket expenses, be given any training or equipment you need and work in a safe and supportive environment. The Volunteer Centre are constantly looking for organisations to register with them so that they can support the valuable work they do within the community and provide a wider choice for volunteers. Contact: info@volunteeringdorset.org.uk Tel: 01305 269214 www.volunteeringdorset.org.uk www.do-it.org.uk
Blandford Carers	Provides for the health and wellbeing of carers in the community, giving them 'me time', information, a chance to meet others in the same situation and so much more. Contact: Pete Collins – 01258 469215
Healthwatch Dorset 	The new consumer champion for health & social care services. Tell us what's going on in health and care services where you live. We want to hear the good and the bad. We will tell services about your experiences of health and care and hold them to account. We're independent, transparent and accountable and we're powerful. We can provide you with information about health and care services and help you navigate the system. Contact: Telephone us on 0300 111 0102
Essential Drug and Alcohol Services 	The ethos of the EDAS mission statement: Grow. Progress. Achieve. Empower. Is embedded in all of our clinical practice and training Programmes which challenge stereotypes about Substance Misuse. EDAS Dorset provides structured programmes of support for Adults and Young People as they construct a solid foundation for recovery from addiction.
Whitecliff Patient Group and Eagle House Patient Group	Across the UK, approximately ten million patients are regularly involved in shaping their own health services across nearly a thousand GP practices. Representatives from both of the GP surgeries in Blandford are inviting local people to come and meet members of their own Patients Group to find out about its activities. As well as supporting your own GP Practice, information will also be available about other opportunities to get involved in shaping your local NHS services in North Dorset.
Bowling Club 	Committee members available to show visitors around the Clubhouse on Saturday only 10am-12pm. Contact – Kevin Donaldson, Club Secretary kevinjdonaldson@hotmail.co.uk Please note Saturday only.

Organisation	Description
Other organisations taking part	
Friends of Blandford Hospital	<p>Blandford Community hospital was established in 1889 as a small 5 bed cottage hospital in Salisbury Street, paid for by public subscriptions and a generous donation from the Portman family. Following its success a larger hospital was needed. Two years later the present hospital was built after the 2nd Viscount Portman gave the freehold of the current site to the people of Blandford, together with a further generous donation.</p> <p>In 1948, with the establishment of the NHS, the existing hospital was handed over to the NHS for its management and funding.</p> <p>Currently, Blandford Community Hospital is managed by Dorset Healthcare University NHS Foundation Trust and provides both inpatient and out patient care with a 24 bedded ward supported by various departments to ensure safe, professional care is delivered.</p> <p>Recently over £1 million has been spent on improving and extending the hospital, paid for largely by the 'Friends of Blandford Community Hospital' (£750,000).</p> <p>Health and Social Care services are to be co-located at one end of the hospital, to enable this group of services to be able to work together more effectively within integrated teams, with a new office at its' hub.</p>
Dorset POPP Wayfinders 	<p>Are you over 50, live in Dorset and need some information? Dorset Partnership for Older People Programme (POPP) provides a free and confidential information service, supported and funded by the Dorset County Council and NHS Dorset Clinical Commissioning Group. A Dorset POPP Wayfinder, who works in your community, can provide information or put you in contact with specialist help on many topics including: money/benefits, transport, learning new skills, keeping your home warm, local clubs, support for you if you are caring for someone and much more. They want to know what is important to you and will help you find the information you need. Contact your Local Wayfinder(s); Central contact numbers: 01202 946111 / 01305 548111 Emails: wayfindersinfo@helpandcare.org.uk, www.dorsetforyou.com/popp</p>
Blandford Library	<p>Blandford Library is a free and friendly place, opposite the Post Office, where it costs nothing to join and everyone is welcome. We run lots of free groups and events for all ages- for parents with babies and toddlers there are our rhyme time and toddler time groups, with noisy drop in sessions 3 times a week; we have 2 Chatterbooks groups, for children aged 8-10 and 11-14; we have 3 writing groups, catering for young people, beginners and amateurs and those with a work in progress; we also have lots of reading groups, a drum circle and a knit and natter group. We have free wi-fi and computer access, a fantastic DVD rental section and are stocked up to support the 'Book prescription' service run between Dorset Libraries and local hospitals and GPs surgeries. We regularly host 'Mood Boosting Book' displays. We believe very strongly that books, and friendly people who can match the right books to the right people can help make the local area a warmer and better place to live in. We're proud to be a gateway to free reading, learning and community engagement- please pop in and see us! Call 01258 452075 for details or visit www.dorsetforyou.com/libraries</p>

Organisation	Description
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Other organisations taking part

Disability Action Group



The Disability Action Group (North Dorset) based in Nightingale Court is a registered charity which makes mobility scooters, power chairs and wheelchairs available at low cost to its members, who can hire out equipment on a long-term or short-term basis. Referrals can be made by health professionals, but applications are also accepted from individuals in need of assistance. Donations of equipment no longer needed are welcome. Contact Tel: 01258 268309 or see the website at www.dt11dag.co.uk

Blandford and District U3A



The University of the Third Age is a growing national organisation for people no longer in full-time work and looking to broaden their knowledge and keep active in mind and body. Members come together and learn together in self-help or leader-lead groups, not for qualifications but for its own reward: the sheer joy of discovery. Members share their skills and life experiences: the learners teach and the teachers learn and there is no distinction between them. Blandford & District U3A has over 260 members and 36 interest groups ranging from Ancient Rome to Writing for Pleasure, Singing for Fun to Walking. In addition we have Open Meetings with speakers, social events and a quarterly newsletter. There are over 900 U3As throughout the UK and 17 in Dorset, all slightly different but all working towards the same goal of providing its members with the opportunities to learn something new and keep the little grey cells on their toes!

Bus2Go







Using the buses and drivers of Dorset Community Transport, we offer a reasonably priced door-to-door intergenerational service within the DT11 area. The buses are fully accessible for wheelchairs, rollators and pushchairs. We go out to places of interest, mainly within Dorset. During the school day we go out for lunch, to pubs and garden centres. Weekends we venture further afield. After this show, we are going on the Steam Ship Waverley for a cruise around the Jurassic Coast-line from Swanage to Weymouth. We have one and half hours ashore, in Weymouth then steam back to Swanage. The ethos of Bus2Go is to get out and about whilst having fun, socialising and making new friends thus reducing isolation. We have three outings a month. One of our outings last month was to Buckham Fair at Martin Clunes farm in Beaminstor. You can follow us on Facebook Bus2Go, Twitter @bus2gonow and email bus2go@btinternet.com we advertise in the Valley News, Milborne St Andrew Reporter and Forum Focus. For further information please google Bus2Go. Looking forward to welcoming you on board very soon. Margo Kirk – Project Leader 01258 837749 / 07917298321



Herbalife



My name is Patrick Gray and I am a Wellness Coach helping people to understand the basics of good nutrition and make better and informed decisions about their nutritional intake. Through nutritional education, dedicated 1-2-1 support and Herbalife's exceptional range of products I have been successfully helping people achieve fantastic results and the goals that they wish for but as of yet, for whatever reason, had failed to achieved through other methods. What I do works. How do I know? I have done it myself and have never felt better. Contact: Patrick Gray, Independent Herbalife Distributor Mobile: 07792 666684 Email: wellness.patgray@gmail.com www.herbalife.co.uk

Organisation	Description
Other organisations taking part	
<p>Cambridge Weight Loss</p>  <p>Independent Cambridge Consultant</p>	<p>My name is Nicki Edwards and I have been an Independent Cambridge Weight Plan Consultant now for 10 months. I have to say that it has been the best 10 months of my working career to date.</p> <p>The Cambridge Weight Plan is a choice of '6 Steps' each being a different daily calorie/food intake choice. Each Step is made up of delicious Cambridge porridges, shakes, soups, rice pudding, ready made shakes, bars and meals and/or varying levels of conventional food. I work hard to tailor the diet to each individual person who is looking to lose weight dependant on their lifestyles, how quickly they want to lose their weight and their health situation. Between us we choose the Step that is most suitable for them. No diet is easy and there is never the right time either - there is no easy ticket to lose weight, including getting going some 'self help' and exercising too - it does take your commitment and determination to become the new you! My customers are my inspiration and make me so proud. They are all doing so well, feeling great, are so much more healthy and they look amazing too. I so want to help everyone achieve the same.</p> <p>Contact: Nicki Edwards, Independent Cambridge Weight Plan Consultant Home: 01258 857 454 Mobile: 07904 331 589 Email: nicki-edwards@btconnect.com</p>
<p>Rethink Mental Illness Carers Support Service</p> 	<ul style="list-style-type: none"> • Supporting people who care for someone with mental health issues • Advice and information on caring issues • Information on mental illnesses • Information on mental health services • Liaison between carers and mental health professionals • Information on support services and groups for carers <p>Rethink Mental Illness is a charity that believes a better life is possible for millions of people affected by mental illness. For 40 years we have brought people together to support each other. We run services and support groups that change peoples lives and challenge attitudes about mental illness.</p> <p>Come along and meet some of the carers support team and find out about the services we run for people, but especially carers in Dorset. Find out more about mental illnesses, medication and how we can help or support you. Contact: Karen Giles Tel: 07866 252046</p>
<p>Keep Love Sweet</p> 	<p>Dorset Healthcare University NHS Foundation Trust Contraception AND Sexual Health Service</p> <p>Keep Love Sweet is part of the National Chlamydia Screening Programme, we organise and attend events all over Dorset, offering simple screening tests to young people and groups who are not in a traditional Health setting.</p> <p>We also offer free condoms and information leaflets and we are keen to promote the importance of good sexual health.</p> <p>Karen James, Chlamydia Outreach Worker 20 Trinity Street, Dorchester DT1 1TU Tel: 0300 303 1948</p>
<p>Stour Valley Canoe Club</p> 	<p>Free taster sessions on Saturday 9.30am-12.30pm to have a go at kayaking & canoeing on the River Stour. Open to all. No booking required – just turn up.</p> <p>Please note: Saturday only.</p> <p>Contact Ray McIlmurray - raysvcc@btinternet.com Website - www.stourvalley.cc</p>

Organisation	Description
Other organisations taking part	
<p>Park Run</p> 	<p>Blandford parkrun is a free to enter timed weekly 5K run held at 9.00am every Saturday on the trail way starting from the Jubilee way bridge and continuing along the trail way till France Farm and the returning along the same route back to the finish. It is run by volunteers and aims to encourage all to take part whatever their abilities be they olympians or first time runners young or old.</p> <p>For more information visit the parkrun website Please note Saturday only. www.parkrun.org.uk or contact Mark Way blandfordoffice@parkrun.org</p>
<p>The Food Bank</p> 	<p>Blandford Food Bank was set up to help those people going through a crisis; providing them with emergency food parcels, sources of support and a warm welcome. The Blandford Food Bank is open on Tuesdays and Thursdays from 10am to 12am.</p> <p>Social workers, health visitors, local Citizen Advice Bureau, housing officers and housing associations and other care professionals give food bank vouchers to people in crisis. Food bank vouchers are exchanged for an emergency food parcel containing enough food for three days. Churches, schools and other community groups can also apply to distribute Food Bank Vouchers. Please contact Blandford Food Bank for details: Blandford Food Bank, Blandford Forum Methodist Church, The Close, Blandford Forum, DT11 7HA. Tel: 01258 456093. email: blandfordfoodbank@gmail.com</p>
<p>The Pottery Parlour</p> 	<p>The Pottery Parlour is a secret paradise of pottery wheels, glittering ceramics, creative freedom, and lots and lots of clay!</p> <p>Established in 2008 by ceramicist Vanessa Conyers, The Parlour has an emphasis on nurturing creative talent rather than technical perfection, and the relaxed atmosphere is part of that philosophy.</p> <p>We are dedicated to proper pottery, creating work from the very beginning, starting with raw clay, and we aim to provide you with a memorable and rewarding creative experience.</p> <p>Contact: Vanessa Tel: 01258 455232</p>
<p>Juice +</p> 	<p>The company is a 40yr old company based in the US. The products are 20yr+ old and still going strong. We deliver to 26 different countries. The products are 100% organic fruit and vegetables which are available in capsules, shakes and bars, with soup being available at the end of October. The products have been very successful and the results have been amazing. The products have 31 scientific research awards which money cannot buy, they have also been given 16 gold standard awards. The benefits from the products are widely recognised and given results such as weight and inch loss, repair to skin, hair and nails, reduces cancer, renal, and cardiovascular disease, we have also noticed that the diabetic community are seeing some great results too in their blood sugar levels. I personally have reduced my Fibromyalgia, M.E, Arthritis and IBS medication by over half and I'm feeling alive and well again.</p>

Organisation	Description
Other organisations taking part	
<p>Telehealth Homepod</p>	<p>The Aims of Telehealth are; To improve the quality of life for patients with long term conditions including, but not limited to, Chronic Obstructive Pulmonary Disease (COPD) and Chronic Heart Failure (CHF) through self awareness and self management of their condition. To reduce non-elective/unplanned hospital admissions for patients, offer care closer to home and assist with directing clinical resources where they are most beneficial/ required. Telehealth started in Dorset in 2012. We have to date received 554 referrals and have a total of 279 patients currently using Telehealth. Our main disease groups are COPD and CHF, although we are doing some work with oncology and mental health. We are also making enquiries regarding the use of Telehealth in UTI's, which is being trialled elsewhere in the country. In practice Telehealth allows identified patients to monitor their own health by using electronic devices at home. These devices can monitor a number of things including; temperature, weight, pulse, and oxygen levels. Readings are taken and the information is sent through the telephone line to a central secure data point for monitoring. You can find out more about telehealth from our website: www.dorsetccg.nhs.uk/telehealth or email telehealth.project@dorsetccg.nhs.uk</p>
<p>Prama</p> 	<p>Our vision is to enable vulnerable adults and older people to enjoy the independence of living in their own homes and to encourage ongoing support from family, friends and community. Prama is not only local care agency but also a charity which offers additional activities to improve the quality of life for clients, carers and community. Compassion is the number one value of Prama which is reflected in the quality of care for our clients as well as how we care for our care support workers. In the 2011 annual survey completed by over 300 clients, 99% said they would recommend Prama to a friend. "Thank you for everyone who gives over and above what they are expected and for all the loving care." Prama Client We are currently recruiting care support workers and volunteers for projects in Dorset. Please contact us for more details or even an informal chat about how you could support your local community. Recruitment: hr@pramacare.co.uk Telephone: Blandford office – 01258 459 772 Volunteering: chloe.mutton@pramacare.co.uk</p>
<p>Read Easy</p> 	<p>Helping adults who struggle to read</p> <ul style="list-style-type: none"> • Trained volunteer coaches offer FREE one-to-one help • No group or time pressure • Simple and successfully proven method • Builds confidence and self esteem and opens new doors. <p>Contact: annfookes@hotmail.com or on 07789 771999</p>

Have a go

A range of activities taking place across Blandford Saturday 20th September

<p>Stour Valley Canoe Club</p> 	<p>Free taster sessions 9.30am-12.30pm to have a go at kayaking & canoeing on the River Stour. Open to all. No booking required – just turn up. Website - www.stourvalley.cc Contact Ray McAllmurray - raysvcc@btinternet.com</p>
<p>parkrun</p> 	<p>5k run – it's not a race, it's you against the clock. Starts at 9am at Jubilee Way, DT11 7DD. Registration is required before the run, it's free but a printed barcode is needed in order to get your result. For more details see page 13 Website - www.parkrun.org.uk/blandford</p>
<p>Bowling Club</p> 	<p>Committee members available to show visitors around the Clubhouse 10am-12pm. Contact – Kevin Donaldson, Club Secretary kevindjdonaldson@hotmail.co.uk</p>
<p>Family Friendly Bike Ride</p>	<p>Led by Bill Symonds, Bournemouth Jubilee Wheelers (qualified Skyride leader) hillclimber@btinternet.com Starting from Cooperative Car Park, 10.30am and taking the trailway to Spetisbury then back through quiet lanes via Langton Long (approx. 5-6 miles). Carol & Roland Tilley will be supporting.</p>
<p>Everyone Active Blandford Leisure Centre</p> 	<p>Free classes – see timetable for details or contact the Centre on 01258 455566 or see www.everyoneactive.com/Centre/Blandford-Leisure-Centre/48/Home Participants must have an Everyone Active active card (which is free) and to book into the session (limited spaces). When booking mention the Health and Wellbeing week to receive the class free of charge! Contact – James Baker For details see page 6</p>
<p>U3A Guided Walk</p> 	<p>Led by John Draper. Approx. 3 miles, starting at The Crown at 11.00am and taking in the Trailway to Milldown and then back via Shaftesbury Lane, Larksmead, Black Lane and then across Stour Meadows before returning to The Crown. About 2 hours total time. John knows the back lanes and alleyways around Blandford and says it will show residents of Blandford that they can walk some interesting and scenic routes around town. For details see page 11</p>
<p>Cricket Club</p>	<p>Blandford Cricket Club – taster sessions at Blandford Recreation Ground, 10.30am-12.30pm Contact – Tom Snape tom.snape@which.net</p>

dt11forum.org.uk


Dorset
 Clinical Commissioning Group