

# #HelpAndKindness

Get Help - Give Help - Work Together

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### What is #HelpAndKindness?

- Help And Kindness was launched in November 2019 after 18 months of consultation and research.
- It's an ambitious project to bring together information about all kinds of help and support that are available to people living and working in Dorset.
- We want to make it easier to get help, easier to give help, and easier to work together to build projects that make Dorset an even better place to live.
- We're engaged with the public, private and community / voluntary sectors and we cover all kinds of needs.
- We hope to help to improve everyone's wellbeing, independence and sense of community across the county.





#### How do we do this?

We operate as a signposting service for people that need help and support

We help signpost to all kinds of services including:

- Social clubs and groups
- Support groups and networks peer support meetings, online and crisis support
- Training providers employability, skill sharing, supported employment
- Voluntary groups community support and action
- Food projects food banks, community fridges, pantries
- Cultural opportunities art clubs, pottery, drama, music and dance
- Health and fitness walking groups, sports teams, gyms, swimming, golf clubs
- Peer Support for carers, people with cancer, disability, SEND
- Services for adults and for children and young people
- in short, anyone who provides support to people in Dorset





Search our listings for organisations, groups and individuals who provide help and support to the people of Dorset





www.helpandkindness.co.uk





### **Dorset Community Response**

Dorset's Community Response is a strengths based partnership between Dorset Council, Volunteer Centre Dorset, #HelpAndKindness and the wider community.

### **Dorset's Community Response ...**

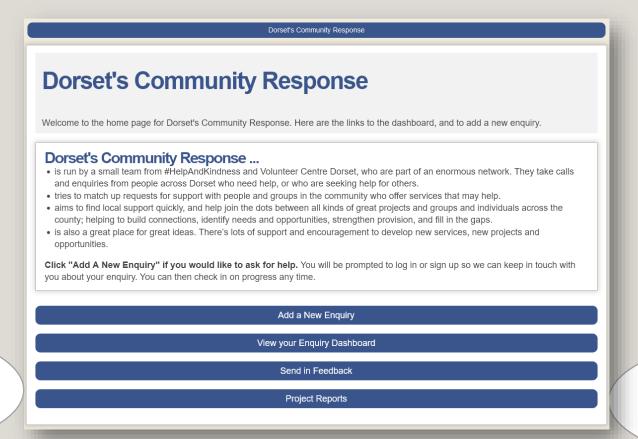
- is run by a small team who are part of an enormous network. They take calls and enquiries from people across Dorset who need help, or who are seeking help for others.
- tries to match up requests for support
  with people and groups in the community who offer services that may help.
- aims to find local support quickly, and help join the dots between all kinds of great projects and groups and individuals across the county; helping to build connections, identify needs and opportunities, strengthen provision, and fill in the gaps.

https://www.helpandkindness.co.uk/dorsets-community-response/



Find local support and services, volunteering opportunities, activities and help.

Contact us online





Phone us on 01305 595958



## Dorset's Community Response







### Thank you for listening

Q & A's

