

Where can I get practical help?

A wide range of support is available to you if you need help with practical issues during the COVID-19 outbreak.

Council community response support

Your local council may be a good place to start if you need support with getting food and essentials or if you are feeling isolated.

Bournemouth, Christchurch and Poole (BCP) Council:

0300 123 7052 / bcpcouncil.gov.uk/togetherwecan

Dorset Council: 01305 221000 / communityresponse@dorsetcouncil.gov.uk

Contact Citizens Advice



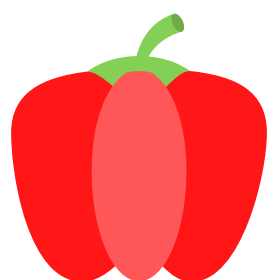
Citizens Advice can advise you on lots of things including finances, benefits and housing. Go to citizensadvice.org.uk for information. If you're in the BCP Council area you can call 01202 985104 and if you're in the Dorset Council area you can call 0344 411 1444.

Apply for Universal Credit



If coronavirus has affected your work, you may be eligible for Universal Credit - a payment to help with your living costs. Find out more and apply at gov.uk/universal-credit.

Get support with accessing food



The current situation means that some people are finding it more difficult to access or afford food. Help is available if you need it:

- Healthy Start vouchers for eligible families with young children - go to healthystart.nhs.uk or call 0345 607 6823
- Free school meals for eligible children - find out more from BCP Council (poole.gov.uk/schools-and-education/schools-and-colleges/free-school-meals | 01202 634250) or Dorset Council (dorsetcouncil.gov.uk/education-and-training/schools-and-learning/at-school/free-school-meals | 01305 221090)
- Find out about food banks in the [BCP Council](#) and [Dorset Council](#) areas on the councils' websites.

Bereavement support

Various organisations offer practical and emotional support if you've experienced a bereavement. See joinourdorset.nhs.uk/wellbeing/myemotions/bereavement/