



# Leisure, Social, Learning and Volunteering Opportunities in Poole factsheet

## LEISURE AND SOCIAL OPPORTUNITIES

You may feel that you have some time to spare and would like to take up a sport or gentle exercise, or perhaps meet new people or try a new hobby. Listed below are some local organisations that may be able to advise you.

Bournemouth and Christchurch Friendship Centre

Iford United Reform Church  
Ropley Road  
Iford  
Bournemouth

An independent group that arranges social activities, lunch clubs, coffee mornings, pub lunches, short walks and outings etc. Activities arranged at different venues across Bournemouth, Christchurch and East Dorset. For further information contact:

Gloria Godwin-Rudd  
1 Woodside Road  
West Moors, BH22 0LY  
Tel: 01202 874968

Brendon Care Friendship Clubs

We run 9 weekly friendship clubs, staffed by volunteers. For further information and details of future courses contact 01202 722211.

Contact the Elderly

15 Henrietta Street  
London  
WC2E 8QG  
Tel: 020 7240 0630  
Fax: 020 7379 5781  
Email; [info@contact-theelderly.org.uk](mailto:info@contact-theelderly.org.uk)

A national charity whose volunteers take small groups of older people from Bournemouth, Christchurch and Ferndown areas on outings once a month on a Sunday. A volunteer driver will collect you at your front door and drive you to the host's home for tea. For further information contact the local representative Carolyn Dennis on 01202 424482, email:

carolyn.dennis1@tesco.net

### Kinson Community Centre

Pelhams Park  
Millhams Road  
Kinson  
BH10 7LH  
Tel: 01202 572826

Over 75 clubs, groups and societies use the Centre on a regular basis, something for everyone. The Centre is open seven days a week from 9am – 10.30pm Monday to Friday and 9am – 5pm on Saturdays and Sunday (plus occasional Saturday evenings). The office is open Monday – Friday 9am – 4pm then 7pm – 9.45pm. All regular users of the Centre are asked to become members of the Kinson Community Association (£1 per year). For further details of activities and clubs contact the office on 01202 572826.

### Phoenix Legacy

The Phoenix Legacy aim is to enable people over 50 to engage in a more active lifestyle of the mind, body and spirit, through greater involvement in sport, culture and social encounter; and celebrate their abilities and contribution to society. Become a member and find out what you can do differently to stay active today. For further information contact: Rosie Barfoot Tel: 01305 261540, email: [rosie@training-for-results.co.uk](mailto:rosie@training-for-results.co.uk), [www.phoenixlegacy.org.uk](http://www.phoenixlegacy.org.uk) .

### Poole Poetry Group

Brings together like minded people who wish to write poetry; whether it is for fun, therapy or to be published. An opportunity to learn various writing skills, build confidence and reach out to a wider audience. The group meet mainly on a Wednesday evening from 7.30pm at:

Seaview Community Centre  
Croft Road  
Poole, BH12 3LD  
Telephone 07948493970, or visit their website [www.poolepoetrygroup.com](http://www.poolepoetrygroup.com) for more details.

### St Peter's Wheels Club – for electric wheelchair and scooter users

St Peter's Church  
Church Road  
Parkstone  
Poole  
BH14 0NN

Meets once a month on the 3rd Tuesday between 11am -12 noon. Enter St Peter's Church via the north porch door on Church Road and drive straight into the church. For further details contact Ann Horan on 01202 731336 or the church office on 01202 749085.

### Tea Dances - Bournemouth

Kinson Community Centre  
Millhams Lane  
Kinson  
BH10 7LH

Tea dances at Kinson are held once a month on a Wednesday between 1.30pm – 3.30pm, and are suitable for anyone interested in listening to or dancing to live music. Tickets are £5 per person to include tea and biscuits, free to groups from day centres, residential homes, and carers. For further information contact Sue Buck on 01202 451805 or email:sue.buck@bournemouthlibraries.org.uk to book tickets, or Poole 01202 633971 (enquiries only). Kinson Community Centre is fully accessible for the disabled.

Tea Dances - Poole

Lighthouse Theatre  
21 Kingland Road  
Poole  
BH15 1UG

Tea dances at Poole are held once a month on a Thursday (dates vary) between 2pm – 4pm, and are suitable for anyone interested in listening to or dancing to live music. Tickets are £5 including refreshments. Call booking office on 0844 406 8666 for further details.

Women's Institute – Dorset Federation

County House  
Icen Way  
Dorchester  
Dorset  
DT1 1EW  
Tel: 01305 266 366  
Email: dorsetwi@waitrose.com  
www.dorsetwi.co.uk

The Women's Institute has many clubs and groups across the county. The groups are friendly and welcoming, full of talented women and are always happy to welcome visitors and new members to their meetings. Contact the office above to find out where groups are in your area.

## **NATIONAL ORGANISATIONS**

National Network for Deaf Students

Ken Carter (CEO)  
c/o DEAFAX Technology Centre  
Bulmershe Court  
University of Reading,  
RG6 1HY  
Email: ken@deafax.org.uk  
www.deafax.org.uk  
www.deafchild.org.uk  
www.dccap.org.uk

“Not Forgotten” Association

Help with recreational activities for disabled Ex-Servicemen and women. Provides TV sets for people who are housebound, TV licenses for those in financial need, holidays, outings and concerts at Ex-Service Care Homes across the country. For further information contact:

4th Floor  
2 Grosvenor Gardens  
London, SW1W 0DH  
Telephone: 0207 730 2400/3660  
Fax; 0207 730 0020  
Email; info@nfassociation.org  
www.nfassociation.freereserve.org

#### Life Academy

Provides courses to help with planning for retirement and mid-life issues, including concerns about health and wellbeing, employment, finances, housing and leisure activities.

Dr Mary Davies  
9 Chesham Road,  
Guildford, Surrey, GU1 3LS  
Telephone: 01483 301170  
Email: info@life-academy.co.uk  
www.life-academy.co.uk

#### RNIB Talking Book Service

RNIB National Library Service  
PO Box 173  
Peterborough  
PE2 6WS  
Tel: 0303 123 9999  
Email: library@mib.org.uk

RNIB's Talking Books service offers over 16,000 audio books, paid for by annual subscription and delivered directly to your door. Titles are recorded in DAISY format, making them easy to navigate and enabling a whole audio book to be put onto a single CD. A full annual subscription includes the loan of a lightweight DAISY player with accessible controls. There are a variety of ways to choose books and you will have the support of professional librarians. A Talking Book catalogue is available to help you choose titles currently available for loan.

Subscription to Talking Books includes all the titles you read throughout the year. There are two subscription options:

- £82 - Full loan annual subscription – this includes the loan of a Plectalk PTX1 DAISY player.
- £50 – books only subscription



## HELP & CARE CONTACT DETAILS

Help us to help you

As a charitable organisation Help & Care relies heavily on the donations and goodwill of the local community. However large or small, every gift makes a difference!

Please contact us using the contact details below if you would like information about:

- *How to make a one off donation or*
- *How to set up a regular monthly donation or*
- *How to remember us in your Will*

Help & Care contact details

Help & Care offer a range of services and factsheets to older people, carers, and disabled people across Dorset. If you would like to know more about our information and support services, Advocacy, and our Handiworks Plus services, or you would like a copy of this factsheet in your own language, large print, Braille, or on audio tape or compact disc please contact us on the details below.

By telephone: 0300 111 3303

By fax: 01202 432299

Opening hours are: Monday - Thursday 9am -5pm and Friday 10am - 4.30pm. Answering machine available outside these hours.

Textphone for hard of hearing: 01202 416047

Email: [contact@helpandcare.org.uk](mailto:contact@helpandcare.org.uk)

Website: [www.helpandcare.org.uk](http://www.helpandcare.org.uk)

Use the "Contact" form within the website to let us know how best we can help you.

Contact by post: Help & Care, The Pokesdown Centre, 896 Christchurch Road, Bournemouth, BH7 6DL

You can also make an appointment to call in and see us at The Pokesdown Centre, Bournemouth.

This information has been researched and produced by Help & Care and was believed to be correct at the time of production. Inclusion does not imply a recommendation by Help & Care.

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*Latest amendment added: January 2017.*



## **SPORTS AND LEISURE CENTRES**

Lytchett Manor Sports Hall

Post Green Road  
Lychett Minster  
BH16 6JD  
Telephone: 01202 632765  
Timetable: weekdays from 6pm to 10pm / weekends from 10am

Purbeck Sports Centre and Swimming Pool

Worgret Road  
Wareham  
BH20 4PH  
Telephone: 01929 500000

## **NATIONAL SPORTS ORGANISATIONS**

British Wheelchair Sports Foundation

Guttman Road,  
Stoke Mandeville,  
Buckinghamshire, HP21 9PP

Help with training and financial aid for wheelchair sports. Also stages wheelchair sports events.  
Telephone: 01296 395995

British Wheel of Yoga

25 Jermyn Street,  
Lincolnshire, NG34 7RU  
Telephone: 01529 306 851  
Fax: 01529 303 233  
Email: [office@bwy.co.uk](mailto:office@bwy.co.uk)  
[www.bwy.org.uk](http://www.bwy.org.uk)

EXTEND Exercise Training Ltd

Exercise training for teachers of the Extend System of gentle exercise to music for people over 60 or disabled people of any age.

For details of local Extend classes' contact:  
Ms R Griffiths

2 Place Farm,  
Hertfordshire, AL4 8SB  
Telephone: 01582 832760

#### Nordic Walking UK

Learn to Nordic Walk and turn every walk into a workout. Nordic Walking was originally used by elite cross country skiers to keep them fit during the summer months. It has now grown into a popular way for people of all ages and fitness levels to gain fitness, tone up, lose weight and improve their health. For further information contact your local Nordic

Nordic Walking Instructor

Tel: 0845 260 9339

[www.nordicwalking.co.uk](http://www.nordicwalking.co.uk)



# VOLUNTEERING OPPORTUNITIES IN POOLE

## HELP AND CARE VOLUNTEERS

Help and Care have various opportunities for volunteers such as:

- Supporting older people with short term practical support such as shopping, escorting to appointments, dog walking or settling someone in at home after they have been discharged from hospital.
- Volunteers also provide a telephone support scheme by making regular telephone calls to isolated, lonely people. This may be done at Help and Care's local office or from the volunteer's own home.
- Help and Care volunteers also undertake small jobs around the home to help with jobs such as mattress turning, changing light bulbs or taking down curtains.
- Dorset POPPs volunteers act as information sharers to encourage older people to voice their views and concerns. Volunteers bring older people together in their community, at events such as coffee mornings. Volunteers must be over 55. They are supported by the Community Outreach and Development workers.
- Other opportunities include membership of steering groups, carrying out research and sitting on older people's panels.

All volunteers are given training, support and supervision, all out of pocket expenses are reimbursed, and we hold regular meetings. Volunteers only undertake the tasks they are happy to do and are free to offer as little or as much time as they wish.

If you have any interest in becoming a volunteer or would just like some more information about the opportunities available please telephone Help and Care on 0300 111 3303 or email [Nisa.Leach@helpandcare.org.uk](mailto:Nisa.Leach@helpandcare.org.uk)

## OTHER LOCAL VOLUNTEER PROJECTS

Age Concern – Poole

The Old Rope Walk  
Blandford Road  
Poole, BH15 4AU  
Telephone: Thelma Green on 01202 666195

Books on Wheels

People who are completely housebound may be able to arrange for a volunteer to bring books to them from their local library. Books on Wheels uses WRVS volunteers to find out what sort of books clients might like to read. Library staff will then choose a selection of books for the volunteer to deliver to their homes. The books are collected and returned to the library when they are due. To volunteer contact your local library for details.

British Red Cross



Need volunteers to help with a variety of services across Dorset including:

- Helping with refreshments
- Organising collections
- Collecting and counting payments
- Helping with administration
- Assisting customers
- Participating in training programmes
- Helping within the Emergency Response Team

Telephone the British Red Cross on 01823 273712 or email: [susanwhite@redcross.org.uk](mailto:susanwhite@redcross.org.uk) Monday to Friday from 9.00am to 5.00pm.

#### Focus office

Faithworks,  
Heron Court Road,  
Bournemouth  
BH9 1DE  
Tel: 01202 429037  
Email: [Hello@faithworkswessex.org.uk](mailto:Hello@faithworkswessex.org.uk)  
[www.faithworkswessex.org.uk](http://www.faithworkswessex.org.uk)

This scheme is funded by Bournemouth and Poole Social Services and managed by the Christian organisation 'Faithworks Wessex'. The scheme is for Carers of any faith or none in Poole who may have become isolated or lonely through their caring role. A volunteer befriender is matched to a carer and offers emotional support in the way of a listening ear via the telephone, email, a visit or an occasional outing. Training is given and expenses paid.

#### Contact the Elderly

A national charity whose volunteers take small groups of older people from Bournemouth, Christchurch and Ferndown areas on outings one Sunday a month. Volunteer drivers also help with transport or provide the venue for an older people's tea party twice a year.

Telephone Carolyn Dennis on 01202 424482  
Email: [Carolyn.dennis1@tesco.net](mailto:Carolyn.dennis1@tesco.net).

#### Corfe Mullen Community Aid (COMCA)

Volunteers needed for various services provided for residents of Corfe Mullen.  
Telephone: 07000 780593.

#### Dorset Blind Association

17 Bournemouth Road  
Lower Parkstone  
Poole  
BH14 0EF

Tel: 01202 712862  
Free Helpline: 08000 19 20 77  
Email: [members@dorsetblind.org.uk](mailto:members@dorsetblind.org.uk)  
[www.dorsetblind.org.uk](http://www.dorsetblind.org.uk)

Dorset Blind Association needs volunteers to help their members by:

- Becoming a home visitor
- Providing transport for members
- Helping at clubs and leisure activities
- Providing admin help at our Poole office
- Becoming a reader for our transcription service
- Helping to fundraise

#### Poole Volunteer Centre

PCVS, Poole Advice Centre,  
54 Lagland Street,  
Poole, BH15 1QG  
Telephone: 01202 675100  
Fax: 01202 667187  
Email: [gill.harris@poolecvs.org.uk](mailto:gill.harris@poolecvs.org.uk)

This service is run by Poole Council for Voluntary Service to link people who wish to volunteer with local organisations needing help. They also run a volunteer co-ordinator group and organise training. Covers geographical area of Poole, there is no charge for the service. Open Monday to Thursday 9.00am to 5.30pm and Friday 9.00am to 5.00pm.

#### Streetwise Safety Centre

Every year thousands of children are injured in accidents that could have been prevented if someone had warned them of the dangers and given them the knowledge and confidence to cope. As a Streetwise Volunteer Safety Guide you could be passing on information which might save a child's life one day. For Further details contact:

#### Streetwise Safety Centre

Unit 1 Roundways  
Elliott Road  
Bournemouth  
BH11 8JJ  
Tel: 01202 591330 Fax: 01202 381569  
Email: [volunteering@streetwise.org.uk](mailto:volunteering@streetwise.org.uk)  
[www.streetwise.org.uk](http://www.streetwise.org.uk)

#### Stroke Association

Volunteers required for Communication Support – Bournemouth and Poole supporting people with aphasia (speech and communication difficulties) following stroke.

We are looking for all types of volunteers including 1:1 home support volunteers, assistants at our talking workshops, group support volunteers, service promotion volunteers, volunteer supervisors. All out of pocket expenses paid as well as mileage allowance. All voluntary vacancies are flexible with regards to days and times.

For further information contact:

Faye Wright – Communication and Support Co-ordinator

Tel: 01202 826604

Mobile: 07717 275 832

Email: [Faye.wright@stroke.org.uk](mailto:Faye.wright@stroke.org.uk)

National volunteering organisations

Blue Cross Pet Bereavement Support Line

This service offers support to people who have lost their pet. If you are interested in becoming a Telephone Befriender call the number below.

Telephone: 0800 096 6606

Experience Corps

Volunteers over 50 are invited to offer their skills, talent and experience to local organisations that could benefit from them.

The Experience Corps,  
Room 217, Waterloo Business Centre  
117 Waterloo Road  
London, SE1 8UL

Tel: 0207 803 6001 to be put in touch with your local representative, or register online at [www.experiencecorps.co.uk](http://www.experiencecorps.co.uk)

Independent Age

Offers financial assistance to people over 65, or over 40 and unable to work because permanent ill health or disability. If you know of someone whom we can help or would like to join our team of volunteer visitors, please get in touch.

Care Officer  
Independent Age  
6 Avonmore Road  
London, W14 8RL  
Volunteer Manager: Gemma Holding  
[www.independentage.org.uk](http://www.independentage.org.uk)

National Council for Voluntary Organisations

The NCVO Helpdesk advises voluntary organisations of good practice and provides information and advice about the day-to-day running of voluntary organisations in England.

Regents Wharf  
8 All Saints Street  
London, N1 9RL  
Telephone: 0800 2798 798  
[www.askncvo.org.uk](http://www.askncvo.org.uk)  
[www.ncvo-vol.org.uk](http://www.ncvo-vol.org.uk)

## Pets as Therapy (Pat)

If you have a friendly dog you could become a PAT volunteer. All PAT dogs have to pass a temperament test. Once you and your dog are registered, you would visit residential and nursing homes and day centres to provide comfort and therapy to residents.

Dorset, Wareham, Elizabeth Spicer-Short  
Email: rupert.liz@gmail.com

## Pets as Therapy – Head Office

3 Grange Farm Cottages  
Wycombe Road  
Buckinghamshire, HP27 9NS  
Tel: 01844 345 445  
Email: Reception@petsastherapy.org [www.petsastherapy.org.uk](http://www.petsastherapy.org.uk)

## REACH volunteering

89 Albert Embankment  
London, SE1 7TP  
Telephone: 020 7582 6543  
Fax: 020 7582 2423  
Email: [mail@reach-online.org.uk](mailto:mail@reach-online.org.uk)  
[www.reach-online.org.uk](http://www.reach-online.org.uk)

REACH finds part time opportunities for experienced managers and professional people of all ages and backgrounds to help voluntary organisations with charitable aims. Volunteers' expenses are met. The free placement service is available throughout the UK.

## RNIB volunteering

Volunteering Operations Team  
Tel: 0303 123 9999  
Email: [volunteering@rnib.org.uk](mailto:volunteering@rnib.org.uk)  
[www.rnib.org.uk/volunteer](http://www.rnib.org.uk/volunteer)

Volunteering doesn't have to take up too much time – an hour a week, half a day a month or a one-off event makes a difference. We need people like you to be our local ambassadors in your community collecting cash from our Sooty collecting boxes, taking part in store collections or helping at events, or organising an event of your own





## **CHOOSING AND CARING FOR A PET IN POOLE**

Pets can provide a great source of companionship help to relieve stress and depending upon the animal, also help to keep you fit and active.

There are many reasons for wanting to keep a pet and the positive benefits from doing so have been well documented.

Pets can provide a great source of companionship help to relieve stress and depending upon the animal, also help to keep you fit and active. Keeping a pet requires a certain amount of responsibility and commitment; make sure that you are happy to fulfil these before making a decision.

You will need to consider the sort of animal you are interested in and the particular breed. Are you able to take on the responsibility and cost of caring for a pedigree cat or dog, or would you be happy with the companionship of a crossbreed or mongrel. Do you want a long or short haired breed, male or female; do you live near a busy road? These are all things you need to consider. There are extra costs involved in such things as neutering, injections, regular flea and worming treatments, and other vet bills. It is well worth finding out about these costs before deciding what pet you would like, especially if you are thinking of a pedigree animal.

To find out more about caring for a pet it is worth visiting your local library for books about the particular animal you are interested in. Family and friends may already have or know about the breed you are looking for. Vets surgeries, pet shows, newspapers, pet magazines and the internet are sources of information about where you can purchase your chosen animal. Animal welfare shelters and charities often have pets that need re-homing, especially older pets. However you can never be fully certain about their medical or behavioural history so you may wish to seek advice from a vet beforehand. If you are considering getting a pet it is important to take into account that you will need to keep their vaccinations up to date and to factor this in to the costs of keeping your pet. In the case of a sudden emergency or if you need to go away on holiday or be away from home without your pet no Kennel or Cattery will accept any animals who are not fully vaccinated and have up to date vaccination certificates.

If you plan to choose a pet from a pet shop, you can check with your local council to ensure that the shop has been inspected for hygiene and safety.

### **USEFUL CONTACTS FOR FURTHER INFORMATION**

The Blue Cross

Shilton Road  
Burford  
Oxon  
OX18 4PF  
Tel: 0300 777 1897  
Fax: 0300 777 1601  
Email: [info@bluecross.org.uk](mailto:info@bluecross.org.uk)  
[www.bluecross.org.uk](http://www.bluecross.org.uk)

Provide information, advice and practical support for pet and horse owners. Through its network of animal adoption centres it re-homes thousands of animals each year. Its hospitals provide veterinary care for the pets of people who cannot afford private vets fees.

Blue Cross - Southampton Adoption Centre: Cares for: cats, dogs, guinea pigs, and rabbits. Housed in boarding kennels formerly known as Goose Green, the centre serves communities across Hampshire, and East Dorset, as far west as Poole, as far north as Salisbury. The centre is located at:

Bubb Lane

West End

Southampton

Hants

SO30 2HL

Tel: 0300 777 1530

Fax: 0300 777 1531

[www.bluecross.org.uk/web/site/Centres/Southampton.asp](http://www.bluecross.org.uk/web/site/Centres/Southampton.asp)

Opening hours: 11am – 4pm: Monday, Tuesday, Wednesday, Friday and Saturday

Closed: Thursday

11am – 2pm – Sunday and Bank Holidays (excluding Christmas Day, Boxing Day, New Year's Day).

British Association of Homeopathic Veterinary Surgeons

Christopher Day, MA VetMB Cert/AVH VetFFHom MRCVS

Alternative Veterinary Medicine Centre

Chinham House

Stanford in the Vale

Oxon SN7 8NQ

Email: [sec@bahvs.com](mailto:sec@bahvs.com)

[www.bahvs-com](http://www.bahvs-com)

A service to animal owners seeking homeopathic help. The Assoc will supply names and addresses of vets with homeopathic qualifications. To receive this information please supply a stamped self addressed envelope, at least A5 size, to the address above.

Cats Protection League

National Cat Centre

Chelwood Gate

Haywards Heath

Sussex

RH17 7TT

Tel: (Switchboard) 01825 741 900

Tel: (National Helpline) 03000 12 12 12 (Monday-Friday 9am-5pm)

Tel: (Adoption Centre) 01825 741 330

Email: [helpline@cats.org.uk](mailto:helpline@cats.org.uk)

[www.cats.org.uk](http://www.cats.org.uk)

The UK's leading feline welfare charity cares for around 60,000 cats and kittens every year through their network of 29 Adoption Centres and 260 voluntary run branches. Information about caring for your cat, neutering, a friendly phone-in helpline service.

The Cinnamon Trust

10 Market Square

Hayle

Cornwall

Tel: 01736 757900

Email: [admin@cinnamon.org.uk](mailto:admin@cinnamon.org.uk)

[www.cinnamon.org.uk](http://www.cinnamon.org.uk)

The Trust's primary objective is to respect and preserve the treasured relationship between owners and their pets. A national network of 5,500 volunteers provides practical help with day to day care such as walking the dog for a housebound owner. A fostering service is provided for pets whose owners face a spell in hospital. Cinnamon Trust also provides long term care for pets whose owners have died or moved to residential accommodation which will not accept pets. Arrangements are made between owners and the Trust well in advance, if possible, so owners do have peace of mind in the knowledge that their beloved companion will have a safe and happy future. Emergency cards are available on request. When a pet is in the Trust's care either short or long term because the owner is in care, the owner is kept in touch with visits, if possible, or regular photos and letters.

## Dogs for the Disabled

The Frances Hay Centre  
Blacklocks Hill  
Banbury, Oxon  
OX17 2BS  
Tel: 01295 252600  
Email: [info@dogsforthedisabled.org](mailto:info@dogsforthedisabled.org)  
[www.dogsforthedisabled.org](http://www.dogsforthedisabled.org)

Disability can lead to isolation, loss of confidence and feelings of low self esteem. Dogs for the Disabled trains dogs to assist with practical, everyday tasks to help a disabled person live life to the full. The dogs are able to assist with:

- Opening or closing doors
- Help a person to dress and undress
- Bark to raise the alarm in an emergency
- Retrieve items such as a telephones or dropped items such as keys or a bag
- Empty the washing machine
- Switch the lights on and off
- Bring in the milk and fetch the post
- Press a pedestrian crossing button
- Reach up to shop-counters and carry a shopping basket
- Help people to walk by providing a stable base and forward motion

In addition the dogs give enormous psychological benefits, helping to break down barriers to the outside world and helping improve confidence and stress levels.

## Dogs Trust

17 Wakley Street  
London  
EC1V 7RQ  
Tel: 020 7837 0006  
[www.dogstrust.org.uk](http://www.dogstrust.org.uk)

Nationwide network of re-homing centres. The Canine Care Card scheme is a special free service that will guarantee you peace of mind, knowing that your dog's future can be a safe and happy one should anything happen to you and you are unable to continue caring for your dog.



Nearest re-homing centre is in Salisbury at:

45 Amesbury Road  
Newton Tony  
Salisbury  
Wiltshire  
SP4 0HW  
Tel: 01980 629634  
[www.dogstrust.org.uk](http://www.dogstrust.org.uk)

Opens: 12 noon – 4pm  
Closed: Wednesday. By appointment only outside of these times.

Guide Dogs for the Blind Association

Hillfields  
Burghfield Common  
Reading  
RG7 3YG  
Tel: 0118 983 5555  
Fax: 0118 983 5433  
Email: [guidedogs@guidedogs.org.uk](mailto:guidedogs@guidedogs.org.uk)  
Website: [www.guidedogs.org.uk](http://www.guidedogs.org.uk)

Dorset District Team:

Southern Counties District Team – Guide Dogs  
Chilworth Point  
1 Chilworth Road  
Southampton  
SO16 7JQ  
Tel: 0845 372 7428  
Email: [southern@guidedogs.org.uk](mailto:southern@guidedogs.org.uk)  
[www.guidedogs.org.uk](http://www.guidedogs.org.uk)

Our experienced team work closely with clients and in partnership with other agencies, to provide a quality service to blind and partially-sighted people living in Dorset, Hampshire and Wiltshire.

Hearing Dogs for the Deaf

Wycombe Road  
Saunderton  
Princes Risborough  
Buckinghamshire  
HP27 9NS  
Tel: 01844 348 100 (voice & Minicom)  
Fax: 01844 348 101  
Email: [info@hearingdogs.org.uk](mailto:info@hearingdogs.org.uk)  
[www.hearingdogs.org.uk](http://www.hearingdogs.org.uk)

Train dogs to assist people who are deaf or hard of hearing in everyday tasks.

National Animal Welfare Trust – HQ

Tyler's Way  
Watford-by-Pass  
Watford  
Hertfordshire  
WD25 8WT  
Tel: 020 8950 0177 – Opening hours: 9am – 5pm Monday – Friday  
Fax: 020 8420 4454  
[www.nawt.org.uk](http://www.nawt.org.uk)

Offers advice to older people about the care of their pets if they need to go to hospital and will provide short term care for animals at one of the trust's centres. The trust also has a retirement centre for elderly animals where they may spend the rest of their natural lives in purpose built home from home surroundings.

NAWT – Somerset – is a centre that cares for and re-home animals in need. The centre is for both domestic and farm animals providing shelter and care for an indefinite period of time. For further details contact:

Heaven's Gate Farm Animal Rescue Centre

West Henley  
Langport  
Somerset  
TA10 9BE  
Tel: 01458 252656  
Fax: 01458 253806  
Email: [hg.reception@nawt.org.uk](mailto:hg.reception@nawt.org.uk)  
[www.nawt.org.uk](http://www.nawt.org.uk)

Opening hours: 11am – 3.30pm. Tuesday – Sunday (closed Mondays, Christmas Day, Boxing Day).

Peoples Dispensary for Sick Animals (PDSA)

The PDSA provides free treatment for pets of owners who are receiving Housing or Council Tax benefit providing that registration on the scheme has been completed in advance. Full cost private care is available to all other clients. There are also local vets who participate in the Pet Aid Scheme who will provide treatment to registered owners. If your pet is in need of urgent treatment your local vet should be able to help even if they are not part of the scheme. However this only applies to emergency life saving treatment. To find out if you are eligible for Pet Aid, and the location of your nearest participating vet contact the Administration centre on 0800 731 2502. There is a local PDSA treatment centre at:

PDSA Bournemouth  
70 Castle Lane West  
Bournemouth  
BH9 3JU  
Tel: 01202 533630  
[www.pdsa.org.uk](http://www.pdsa.org.uk)

There are participating PetAid practices in Dorchester and Weymouth contact 0800 731 2502 for details.

Pets as Therapy (PAT)

3 Grange Farm Cottages  
Wycombe Road  
Saunderton  
Bucks  
HP27 9NS  
Tel: 01844 345 445 (Monday – Thursday 9am-5pm / Friday 9am- 4.30pm)

[www.petsastherapy.org.uk](http://www.petsastherapy.org.uk)

If you have a friendly dog you could become a PAT volunteer. All PAT dogs have to pass a temperament test. Once you and your dog are registered, you would visit residential and nursing homes and day centres to provide comfort and therapy to residents. Contact the number above to find out the details of your local representative.

#### Woofability

12 Garden Walk  
Ferndown  
Dorset  
BH22 9SN  
Tel: 01202 870067  
Mob: 07818217183  
Email: [dogs@the-lodge.myzen.co.uk](mailto:dogs@the-lodge.myzen.co.uk)  
[www.woofability.com](http://www.woofability.com)

Woofability is a newly established community organisation which trains dogs for disabled people in Dorset, Hampshire and Wiltshire. Based in Ferndown, the dogs are trained to carry out a wide range of tasks for their disabled partner such as emptying the washing machine, help with dressing or undressing, and shopping activities.

## LOCAL ANIMAL RESCUE CENTRES

#### Cats Protection League

Local contacts:

Bournemouth & District –  
01202 840543  
[www.bournemouthcats.org.uk](http://www.bournemouthcats.org.uk)

#### Dorset Animal Workers Group

Poole/Bournemouth, Dorset  
Tel: 01202 380467  
Email: [helengriffiths2110@hotmail.com](mailto:helengriffiths2110@hotmail.com)  
[www.dawgdogs.net](http://www.dawgdogs.net)

Animal re-homing in Dorset area.

#### Happy Dogs

Cobb's Cottage  
Kingston  
Ringwood  
Hants  
BH24 3AY  
Tel: 01425 477676  
[www.happydogsrescue.co.uk](http://www.happydogsrescue.co.uk)

Registered charity aiming to help dogs. Fostering service (short/long term) while owners are ill or in hospital. Financial help can be given to people on benefits to help with spaying/neutering their pets.

#### Margaret Green Foundation Trust Re-homing Centres

Animal Sanctuary and Visitor Centre

Church Knowle

Wareham

Dorset

BH20 5NQ

Tel: 01929 480474 (10am-4pm)

Email: [ck@margaretgreenanimalrescue.org.uk](mailto:ck@margaretgreenanimalrescue.org.uk)

[www.animalsanctuaryuk.com](http://www.animalsanctuaryuk.com)

Open every day (except Christmas Day) 10am – 4pm.

#### RSPCA – Local Branches

##### Poole & East Dorset Branch

Tel: 01202 890415 – general enquiries only.

##### RSPCA Ashley Heath Animal Centre

Horton Road

Ashley Heath

Ringwood

BH24 2ET

Tel: 0300 1230749

An animal centre in the local forest of Ringwood, Hampshire. The centre will look after dogs, cats, rabbits, and other small domestic animals. Services offered: adopt an animal, pet merchandise.

RSPCA National Emergency Helpline: 0300 1234 999

#### Waggy Tails Rescue

69 Cobham Road

Ferndown Industrial Estate

Wimborne

BH21 7QE

Tel: 01202 875000

[www.waggytails.org.uk](http://www.waggytails.org.uk)

Waggy Tails is a dog rescue centre, contact office for full details of services.

## **DOG WALKING AND TRANSPORT SERVICES**

### Pet Pals

Pet Pals will visit your home to feed, walk and play with your pets as often as you wish, so they can stay in their own safe and secure environment with familiar sights and smells. The service is particularly useful if you are going on holiday, or have to go into hospital or go into short term care. Services provided include:

- Regular or occasional dog walking
- Day visits for all pets, home and pet sitting
- Insured, trained and uniformed staff who are Criminal Records Board checked.
- Members of the Association of Professional Pet Sitters, Registered Dog Sitters, and the People and Dog Society.
- Pet Welfare approved and pet friendly vans.
- References available.

Local contacts:

Bournemouth, Poole, Christchurch: Nigel Carr – Tel: 01202 523939 bournemouth@petpals.com

Nigel provides all his services to Talbot Woods, Wallisdown, Kinson, Moordown, Charminster, Southbourne, Boscombe, Bournemouth, Westbourne, Parkstone, Branksome, Canford Cliffs, Sandbanks, Lilliput, Poole, Oakdale, Ensbury Park, Northbourne, Winton, Littledown, Pokesdown, Iford Bridge and Canford Heath.

## **PET GROOMING SERVICES**

Karen's Cat Grooming

13 Endfield Road

Christchurch

BH23 2HS

Tel: 01202 474293

[www.karencatgrooming.co.uk](http://www.karencatgrooming.co.uk)

Cat grooming service, contact for details of charges.

## **PET BEREAVEMENT**

Coming to terms with the death of a much loved pet can be very difficult, especially if you have had them for some time. You may want to speak to your vet about various options following the death of your pet. Some people gain assurance from using professional Cremation services whereas others prefer to make their own arrangements. Information about all aspects of pet bereavement is available from your vet or from the national helplines listed at the beginning of this factsheet.

### **Keeping your pet safe**

The theft of much loved pets is now quite a common event. Pedigree breeds of cats and dogs are the usual targets, although other breeds or animals may well be stolen too, or may appear to just go 'missing'. There are some simple measures you can take to ensure your pets safety.

- Make sure your cat or dog is micro-chipped and/or have one of their ears tattooed. Keep details of their microchip/tattoo in a safe place.
- Ensure that your cat or dog has a collar and tag with your contact details clearly inscribed.
- Try not to let your dog stray out of sight when out walking.
- Try to keep your dog in view when it is in the garden and never leave it in the garden alone while you are out. Make sure your garden fences and gates are secure and high enough to keep the dog in the garden and prevent intruders easily climbing in.

- Consider investing in some form of pet insurance especially if you have a pedigree or rare breed animal.
- Keep clear and recent photographs of your pets.
- Never leave your dog tethered outside a shop, library, and GP surgery, etc. or unattended in your car in a car park.
- Beware of strangers who take an undue interest in your pet. Try to vary your walks and routines. Think carefully about letting unaccompanied youngsters walk your dog.
- If your pet is stolen report it to the police and ask for a crime number as you will need this to claim against any insurance policy.



## OPPORTUNITIES FOR LEARNING IN POOLE

Whether you are looking for a new interest or want to follow an academic learning course the purpose of this factsheet is to signpost the reader to opportunities for learning in the local area. Learning providers are able to advise students about accessibility and learning support services, and some are able to offer fee concessions to eligible students.

### ADULT EDUCATION

#### Skills and Learning

Skills and Learning.

Oakdale Centre

Wimborne Road

Oakdale

Poole

BH15 3DL

Tel: 01202 262300

Email: [infopal@poole.gov.uk](mailto:infopal@poole.gov.uk)

[www.skillsandlearningbdp.co.uk](http://www.skillsandlearningbdp.co.uk)

A range of courses offered at various venues throughout the Bournemouth, Poole and Dorset.

#### Bournemouth & Poole College

Customer Enquiry Centre

The Lansdowne

Bournemouth

Meyrick Road

BH1 3JJ

Helpline: 01202 205205

Email: <http://www.thecollege.co.uk/about-us/contact-us>

<http://www.thecollege.co.uk/adult-skills>

### HIGHER EDUCATION IN POOLE AREA

#### Arts University Bournemouth

Wallisdown

Poole

BH12 5HH

Tel: 01202 533011 (General enquiries) – Email: [hello@aub.ac.uk](mailto:hello@aub.ac.uk)

Admissions: 01202 363228/363225 – Email: [admissions@aub.ac.uk](mailto:admissions@aub.ac.uk)

Short Courses: 01202 363222 – Email: [shortcourses@aub.ac.uk](mailto:shortcourses@aub.ac.uk)

Summer Courses: 01202 853605 – Email: [summercourses@aub.ac.uk](mailto:summercourses@aub.ac.uk)

<https://aub.ac.uk/>

A variety of Arts related courses available ranging from summer based interest courses, short courses, through to

undergraduate and post graduate degree courses. Access to student loans and bursaries to finance tuition and living costs.

## Bournemouth University

Talbot Campus

Fern Barrow, Poole

Telephone: 01202 961916

Fax: 01202 962736

Email: [askBUenquiries@bournemouth.ac.uk](mailto:askBUenquiries@bournemouth.ac.uk)

<https://www1.bournemouth.ac.uk/study/courses>

A range of undergraduate, postgraduate, and short courses available. Access to student loans and bursaries to help with tuition and living costs.

## EAST DORSET ADULT LEARNING

Dorset Adult Learning offer a wide range of vocational and general interest courses across the county, anything from accounting to yoga. Courses are available during the daytime, evening or on a Saturday. For further information and a copy of the current brochure visit <https://www.dorsetforyou.gov.uk/adultlearning/venues> OR contact Skills and Learning (listed above) on 01202 262300 [www.skillsandlearningbdp.co.uk](http://www.skillsandlearningbdp.co.uk)

## LOCAL ORGANISATIONS

The Kingcombe Centre

Dorset Wildlife Trust

The Kingcombe Centre,

Toller Porcorum,

Dorchester

DT2 0EQ

Tel: 01300 320684

Email: [kingcombe@dorsetwildlifetrust.org.uk](mailto:kingcombe@dorsetwildlifetrust.org.uk)

[www.kingcombecentre.org](http://www.kingcombecentre.org)

Holidays, courses and day events in a wide range of subjects relating to the arts and the countryside.

Kingston Maurwood College

Stinsford

Dorchester

DT2 8PY

Telephone: 01305 215000 (general enquiries) - Email: [administration@kmc.ac.uk](mailto:administration@kmc.ac.uk)

Courses Helpline: 01305 215215

Textphone: - 01305 215033

Fax: 01305 215001

[www.kmc.ac.uk](http://www.kmc.ac.uk)

A range of agricultural and land based courses available.

## LIBRARIES – POOLE

Most libraries provide information about learning opportunities.

For further information contact your local library or log on to [www.poole.gov.uk](http://www.poole.gov.uk)



Branksome Library - Ashley Road, BH14 9BY Tel: 01202 748832  
Email: [libraries@poole.gov.uk](mailto:libraries@poole.gov.uk)

Broadstone Library – Storey Lane, BH18 8EQ Tel: 01202 693504  
Email: [libraries@poole.gov.uk](mailto:libraries@poole.gov.uk)

Canford Cliffs Library – Western Road, BH13 7BN Tel: 01202 707805  
Email: [libraries@poole.gov.uk](mailto:libraries@poole.gov.uk)

Canford Heath Library – Mitchell Road, BH17 8UE Tel: 01202 678955  
Email: [libraries@poole.gov.uk](mailto:libraries@poole.gov.uk)

Creekmoor Library – Northmead Drive, BH17 7XZ Tel: 01202 659289  
Email: [libraries@poole.gov.uk](mailto:libraries@poole.gov.uk)

Hamworthy Library – Blandford Road, BH15 4BG Tel: 01202 672750  
Email: [libraries@poole.gov.uk](mailto:libraries@poole.gov.uk)

Oakdale Library – Wimborne Road, BH15 3EF Tel: 01202 674213  
Email: [libraries@poole.gov.uk](mailto:libraries@poole.gov.uk)

Parkstone Library – Britannia Road, BH14 8AZ Tel: 01202 742218  
Email: [libraries@poole.gov.uk](mailto:libraries@poole.gov.uk)

Poole Central Library – Dolphin Centre, BH15 1QE Tel: 01202 262421  
Email: [libraries@poole.gov.uk](mailto:libraries@poole.gov.uk)

Rossmore Library – Herbert Ave, BH12 4HR Tel: 01202 746023  
Email: [libraries@poole.gov.uk](mailto:libraries@poole.gov.uk)

#### Mobile Libraries

If you live in an isolated or rural area you can find out where and when the Mobile Library visits by contacting the Library nearest to you or logging on to [www.poole.gov.uk](http://www.poole.gov.uk) .

#### The University of the Third Age

Poole U3A Office  
Canford Heath Community Centre  
Mitchell Road  
Poole  
Tel: 01202 678113  
Email: [pooleu3a@gmail.com](mailto:pooleu3a@gmail.com)  
[www.pooleu3a.org.uk](http://www.pooleu3a.org.uk)

One of the largest groups in the country Poole U3A offers a wide range of activities and classes for people over 50.

#### Ferndown U3A

Courses and activities available for people over 50 who are no longer in full time employment. Also, there are social meetings. To be a member, call the number tel: 07799121926, email: [ferndownu3a@googlemail.com](mailto:ferndownu3a@googlemail.com)  
[www.ferndownu3a.co.uk](http://www.ferndownu3a.co.uk)

#### Verwood U3A

Courses and activities available in the Verwood area for people who are retired or semi-retired. Pick up an application form in Verwood Library or contact 01202 820823, or go online at [www.verwoodu3a.org.uk](http://www.verwoodu3a.org.uk)

Wimborne U3A

A varied selection of courses and social events for people aged over 55 who are no longer in full time employment. Contact Tel: 01202 887973 or go online to [www.wimborneu3a.org.uk](http://www.wimborneu3a.org.uk)

## **OPEN LEARNING**

If you are unable to attend timetabled lectures, you may prefer "open learning". This allows to you work independently at home, at their own pace, using specially designed resource material from libraries, TV and radio programmes, and online.

Association of British Correspondence Colleges (ABCC)

PO Box 17926  
London SW19 3WB  
Telephone: 020 8544 9559  
Email: [info@homestudy.org.uk](mailto:info@homestudy.org.uk)  
[www.homestudy.org.uk](http://www.homestudy.org.uk)

National Extension College

The Michael Young Centre  
School House  
Homerton Gardens  
Cambridge  
CB2 8EB  
Tel: 0800 389 2839  
Fax: 01223 400321  
Email: [info@nec.ac.uk](mailto:info@nec.ac.uk)  
[www.nec.ac.uk](http://www.nec.ac.uk)

Helpline open Monday – Friday 8am – 7pm, Saturday and Sunday 8am – 5pm.

The Open College of Arts/University of Creative Arts

The Open College of Arts  
Michael Young Arts Centre  
Redbrooke Business Park  
Wilthorpe Road  
Barnsley  
S75 1JN  
Telephone: 0800 731 2116  
Fax: 01226 730 838  
Email: [enquiries@oca.ac.uk](mailto:enquiries@oca.ac.uk)  
[www.oca.ac.uk](http://www.oca.ac.uk)

Via the OCA/University of the Creative Arts you can study for full BA (Hons) Degree following the flexible distance learning model at one third of the price of a traditional University degree. There are a range of Open Degree courses available from Foundation level through to an MA Fine Arts.

Open University

Student Recruitment

The Open University

PO Box 197

Milton Keynes

MK7 6BJ

Tel: 0300 303 0075 – Helpline open Mon – Friday 8am – 8pm, Saturday 9am – 5pm

Email: <http://www.open.ac.uk/contact/new>

[www.open.ac.uk](http://www.open.ac.uk)

The UL's largest university offering a range of courses including certificates in higher education, diplomas in higher education, open degrees, foundation degrees, honours degrees through to post graduate studies. Flexible distance learning full or part time, with assistance with fees if you are eligible, and easy payment plans available.

Open and distance learning quality council

If you already have a course in mind, you may wish to check the organisers' validity before paying any course fees. The Open and Distance Learning Quality Council is an independent body that checks the quality of organisations that offer open, distance and online learning opportunities. Help includes:

- Advice on open & distance learning
- Lists of currently accredited providers
- Online courses database
- Support for learners who study with accredited providers.

Email: <https://www.odlqc.org.uk/contact-us>

[www.odlqc.org.uk](http://www.odlqc.org.uk)

## **SPECIALIST ORGANISATIONS**

Deaf Learners

Deaf Learners aims to support deaf and hard of hearing students through universities and higher education establishments by holding workshops and introduction days, signposting to support services, and providing training for education providers. For further details contact them online at <http://www.deaflearners.org/about-us/> .

See also:

WDDA – Wiltshire and Dorset Deaf Assoc

Offer courses in BSL (British Sign Language) Levels 1 – 3. Contact them via <http://www.wdda.co.uk/index.html> . There is also a link via the Bournemouth Deaf Club website <http://www.bournemouthdeafclub.org.uk/courses> .

Royal National Institution for the Blind (RNIB) Education Centre

105 Judd Street

London

WC1H 9NE

Helpline: 0303 123 9999

Email: [helpline@rnib.org.uk](mailto:helpline@rnib.org.uk)

[www.rnib.org.uk](http://www.rnib.org.uk)

Educational courses and advice for the blind.

Thrive

The Geoffrey Udall Centre  
Beech Hill  
Reading  
RG7 2AT  
Tel: 0118 988 5688  
Fax: 0118 988 5677  
Email: [info@thrive.org.uk](mailto:info@thrive.org.uk)  
[www.thrive.org.uk](http://www.thrive.org.uk)

Thrive are a national charity that aim to create positive change in the lives of disabled, disadvantaged and older people through the use of gardening. Thrive run courses for children with learning difficulties right through to older people with dementia. They also have a national resource centre providing advice and support to local projects around the country.

Thrive also have a project specifically aimed at helping people "Carry on Gardening". The website [www.carryongardening.org.uk](http://www.carryongardening.org.uk) offers help and advice about how to adapt the garden and specialist tools and techniques for people who have had to give up gardening due to old age, illness or accident.

Refresh your driving skills

Dorset Driver Gold

Dorset Driver Gold provides drivers aged 65 or over (but younger drivers are welcome), with the opportunity to update their driving skills and knowledge, helping them deal with ever changing road conditions, and can reduce the risk of becoming involved in a road collision. The courses are held during the day, giving drivers an opportunity to discuss issues related to driving and receive help and guidance with things that may concern or worry them. The courses are delivered by Safewise tel: 01202 591330 <http://www.safewise.org/>.

There are two elements to Dorset Driver Gold:

Theory Session

This is an up to 3 hour course aimed at helping drivers update their knowledge and skills. No driving is involved.

Practical Course

You will be accompanied by an experienced driving professional, in your own car, on this 90 minute course. The route usually includes town and country driving; you can also ask the instructor for help with things that bother you, such as parking or reversing difficulties. The aim is to update and improve your driving skills to reduce the chance of you becoming involved in a collision.

Courses are held in Bournemouth and Weymouth areas. For further information about both courses and a list of charges contact: <http://www.safewise.org/bookings/dorset-driver-gold/> or tel: 01202 591330, text mobile 07713 499 777, or email [ddg@safewise.org](mailto:ddg@safewise.org) . There is also a link from the Dorset County Council website: <https://www.dorsetforyou.gov.uk/roadsafety/driving/older-drivers>

