



Catherines Well, Milton Abbas, Blandford Forum, Dorset DT11 0AT

Dear Host Family

As sponsors of some of our Ukrainian patients, we wanted to make you aware of some of the support offered locally in case you were not already.

There is a Ukrainian Social Morning at the Winterborne Stickland Sports & Community Club held on Saturday mornings between 10am and 1pm. This is a chance for families to get together for a social morning and children would have access to the play area.

There is a Meet and Greet Café at the Dorchester Baptist Church DT1 1RR on Fridays between 10 – 12. Ones who come along with be able to speak with Citizens Advice Bureau advisors, and volunteers who can signpost to other areas of support and advice.

The Yellow Bicycle Café in Blandford offer vouchers that our Ukrainian families can then use it if they want to come in for a drink and/or a bite. It's reusable, there is no value on the voucher so they can use it towards anything they would like to drink and/or eat. You can find more details on their Facebook page @yellowbicyclecafe.

More activities and groups can be found on the Help & Kindness Website www.helpandkindness.co.uk.

There are also activities happening locally for all our patients run by our surgery Wellbeing Team and details can be found on the Wellbeing Team page on our surgery website www.masurgery.co.uk. In particular, the Nurtured by Nature session may be worth considering. I have enclosed a leaflet that tells you more about it.

Finally, may we ask you to encourage your Ukrainian families to book a health check with one of our GPs if they have not already.

Thank you for all the help and support you are giving these ones. If there is anything else that we can help with, please just let us know.

Kind regards,

Kelly Best
Social Prescriber

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