

**Weekly PPG Update 3.10.25**

1. **The Friendly Food Club – Eating Well in Pregnancy**

This October, in collaboration with **DorPIP**, we’re launching our brand-new **Eating Well in Pregnancy** 3-week course in **Somerford, Townsend, and Turlin Moor**.

These **FREE** courses are designed especially for parents-to-be and will give them the chance to:

* Feel more confident with food choices
* Learn simple changes for big health benefits
* Try out cost-conscious and nutritious foods
* Cook easy, budget-friendly recipes
* Connect with other parents-to-be
* Take steps towards setting your family up for a healthier future

[Each session will also include a friendly](https://www.thefriendlyfoodclub.org/pregnancy)**DorPIP** representative, on hand to offer extra guidance and support.

Plus, all participants will receive a printed booklet with simple, NHS-guided dietary advice to take home.

👉 For more details, visit [www.thefriendlyfoodclub.org/pregnancy](https://www.thefriendlyfoodclub.org/pregnancy)

✨ **Help us spread the word!** If you know any parents-to-be in your community, please share this opportunity with them. Together, we can support healthier starts for local families.

A huge thank you to **Dorset Community Foundation** and **BCP Energy & Food Fund** for making these courses possible.

With warmth and gratitude,
*The Friendly Food Club Team*

1. **Sport In Mind Timetable for October – Dorset (attachment**)

Please see the attached timetable for Dorset October 2025.

If you would like to find out all the other sessions Sport in Mind delivers through our Adult Programme, check out our activity map here - <https://www.sportinmind.org/find-an-activity>. To sign up or refer to Sport in Mind, please complete this form –  <https://www.sportinmind.org/online-sign-up>

If you have any questions, please do get in touch with Steve, the new Development Officer for Dorset. Steve is really enthusiastic about getting started and is looking forward to getting stuck in in the coming months.

Steve’s email is – steve.williams@sportinmind.org

1. **LiveWell Dorset – Stoptober campaign**

**Stoptober is the ideal time to stop smoking** as you'll join thousands of others battling to break the hold that tobacco has on their lives and quit for good. Research shows that smokers who can stay smoke-free for 28 days are more likely to succeed. LiveWell offers a free and flexible service for Dorset smokers looking to quit. You'll find everything you need here.

**Our team will put together a personal quit plan that works for you and offer ongoing support. Choose from:**

* Nicotine Replacement Therapy (NRT), nicotine gum and patches by post or from your local pharmacy
* a vape starter kit
* a place at an Allen Carr Easyway seminar (in person or online),  a fast-track, one-day session, worth £329
* six sessions of 1-2-1 coaching with a behaviour change coach to keep you on track and give you tips and tools to overcome barriers and setbacks. These sessions take place over the phone at a time that suits you

 Don’t worry if you have tried to quit before and failed – with the right help, you can win.

Online registration takes just a few minutes here [Livewell Dorset](https://my.livewelldorset.co.uk/register), or you can call us on freephone 0800 840 1628.

1. **Let’s talk SEND week 2025**

**Monday 13th October 2025**
**10am – 1pm**
**Kingston Maurward House, Dorchester, DT2 8PY**

Join this **free information event** to meet local SEND services, including Dorset Parent Carer Council, Dorset CAMHS, SENDIASS, and more.
This year’s focus: **Preparing for Adulthood** – advice and guidance for families with young people in Year 9 and above.

✅ Free parking & refreshments
✅ Disabled access available
✅ Support with transport – email familyinfo@dorsetcouncil.gov.uk

Perfect for parents and carers who want to learn about local support and opportunities for children and young people with SEND.

1. **Healthwatch Dorset – Smoking survey (attachment**)

If you’re a male smoker aged 18-65 then Healthwatch Dorset wants to hear from you!

Healthwatch is working on a project with Public Health over the next couple of months to gather insights on the smoking cessation offers across Dorset. They want to speak to working age men in four geographical areas where the take up of smoking cessation offers is lower: Shaftesbury, Blandford, Poole Old Town and Springbourne/Boscombe in Bournemouth.

If you’d like to take part, please scan the QR code on the attached poster or contact Lucy Cribb at lucy.cribb@healthwatchdorset.co.uk   And if you have space somewhere to put up a copy of the poster that would be great!

1. **Draft Local Transport Plan – Consultation: closing date 12 October**

A reminder that the consultation on the Local Transport Plan is live until **12 October**.

Transport is a key determinant of health and impacts all of us.  The plan focuses on reducing pollution, encouraging walking and cycling, and supporting economic growth by making travel easier and more reliable for residents, businesses, and visitors.

BCP Council would welcome your comments and feedback on the plan.  The consultation can be found here: [here](https://www.bcpcouncil.gov.uk/news-hub/news-articles/help-shape-the-future-of-travel-across-bcp)

“BCP Council is working with partners Dorset Council to co-create an updated joint Local Transport Plan to set out a vision for transport across BCP and Dorset for the next 15 years from 2026 through to 2041.

The ambition at the heart of the Local Transport plan is to develop and promote accessible and inclusive travel choices for residents, workers, and visitors through a transport network whilst continuing to support sustainable economic growth.

We want everyone to have access to a range of travel options and to deliver a sustainable and maintainable travel network.

We are asking residents, businesses, and others to take part in the consultation, to make sure we continue to hear directly from those who work, live, and travel around BCP and the wider Dorset area.

The public consultation is live and closes at 11.59pm on **12 October 2025**; it can be completed online at [bcpcouncil.gov.uk/local-transport-plan](http://bcpcouncil.gov.uk/local-transport-plan); paper copies of the consultation documents can be requested at any of BCP’s libraries.”

Where you work across or live in **Dorset,** please also refer to the Dorset consultation, which closes on **13 October**. [Local Transport Plan 2026 to 2041 - Dorset Council](https://www.dorsetcouncil.gov.uk/w/local-transport-plan-4)