

Links to Information

[Dorset SEND Newsletter](#) - Special Educational Needs and Disabilities

[Coping During Coronavirus, Through Babies Eyes](#) - mental health

[Laughter Yoga](#) - have fun, exercise and reduce stress levels

[Best Beginnings Videos](#) - award winning app for parents

[Psychotherapy Dorset](#) - FREE key worker counselling

[Harmony](#) - Bridport mental health group

[Dad Matters UK](#) - youtube channel

[Carer Support](#) - newsletter

[Bridport Food Festival](#) - virtual

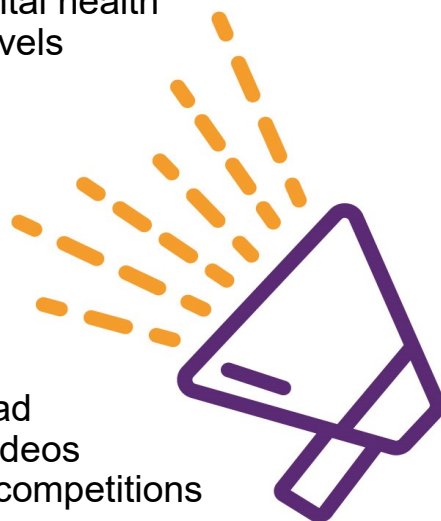
[Dorset Libraries](#) - online events and activities

[Uniquely you](#) - self esteem at home project by Dove

[Not Now, Bernard](#) - re-enactment and free book download

[BBC Tiny Happy People](#) - your words build their world videos

[National Rail](#) - educational resources, fun activities and competitions



Fundraising Quiz via Zoom

We will be hosting our first ever virtual quiz on **Wednesday 8th July**.

The quiz will start at 8.30 so hopefully most with little ones will be settled and ready for super fun quiz time. We aim to finish between 9.30 and 10.00pm for bedtime! You can play alone or with your household or your bubble... it's self marking and fun, fun, fun.

For those who may be quizzed out already be reassured it is not a test of your trivia intelligence. There are 6 fun rounds of varying length testing different brain skills.

The quiz is open to all volunteers and HSWD families. We won't be advertising publicly as it's a first trial run but feel free to share with your own friends and family if you would like to raise more for Home-Start West Dorset and have your own mini inter-competition going on!



To join in we ask that you please make a suggested minimum donation of £5 via our [Justgiving fundraising page](#)

and then you will receive the zoom invite link in the Thank You email.