



Friends of Portesham Surgery

Services & Support Organisations

Useful contact information

Home services & support organisations

Age UK

Angie - 01305 269444

Reach out service

Telephone or visit befriending

Bridport & District Good Neighbours

Jackie Webb or Veronica - 01308 420483

Mon - Fri 9am-1pm ; Sat 10am - noon (or leave message)

Help with simple tasks and transport for appointments

Shopping for essential items

Bride Valley Car Service

Lesley Dove - 01308 897695

Hospital/GP transport

Healthcare Travel Cost scheme

0300 330 1343

Help for low income patients not eligible
for hospital transport

Bridport Plus Bus 'C service'

01258 287980

Mon - Fri 9:30am-11:00pm

Bridport to Walditch, Shipton Gorge, Burton Bradstock,
Swyre, Puncknowle, Litton Cheney, Coopers Drive, South Lawns,
Gundry Road, Jessop Avenue, Bridport

U3A (University of the third age)

Bridport - Diana Coleridge - 01308 424431

Dorchester - Janet Kellewell - 01305 851922

Abbotsbury Care & Support Ltd

David & Wendy Huckle

Office - 01305 873917 : Mobile - 07887 743634

Assistance with personal care, shopping, cleaning and accompanying
to social activities

Lou's Mobile Hairdressing

07790 411086

Cutting service for Martinstown and Winterbourne Abbas

Sheena's Mobile Hairdressing

07703 327688

www.sheenashairfashions.co.uk

e-mail sheenabean1959@gmail.com

Events

Out and about events
Lyme Bay diary - 01297 561141

What's on in and around Dorset
www.visit-dorset.com

Contact/venue details for walks, country workshops,
theatres and art centres

Village Publications

Bride Valley News

Delivered by hand to all homes in the Bride Valley
Local news and contacts for local tradesmen
e-mail bridevalleynews@gmail.com

Valley and Valance

Local magazine covering Martinstown, Winterbourne Abbas,
Winterbourne Steepleton and Compton Valence
Contact Graham Herbert - 01305 889786



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If you notice any incorrect or missing information please let the Surgery or Friends of the Practice know so we can amend the leaflet—thank you.