



Carers Week

10th June – 16th June 2024

Carers Week is an annual campaign to raise awareness of caring, highlight the challenges unpaid carers face and recognise the contribution they make to families and communities throughout the UK.

Find out more about the events taking place across Dorset below:

Carer Support Dorset Sports day! Event for Young Carers and young adult carers

Carer Support Dorset's first ever sports day for young carers aged 14-25. There will be drinks and snacks available.

Saturday 8th June 1:30pm-4:30pm
Stourpaine Village Hall, Stourpaine,
Blandford Forum DT118TJ

Please email admin@carersupportdorset.co.uk if you would like to attend.

Minstead Trust - Furzey Gardens

To celebrate Carers Week, carers can enjoy a free hot drink and half price cake at Furzey Gardens between Monday 10th June to Sunday 16th June.

Furzey Gardens, School Lane, Minstead,
Lyndhurst, SO43 7GL

Please see website for details.

Advance booking is recommended for visiting Furzey Gardens - suggested entry prices apply, Disabled and Carers entry to park is free.

<https://furzeygardens.ticketsolve.com/ticketbooth/shows/1173651983/events/428641064>

Redhill Park Café – Carer event

This is an informal event to celebrate unpaid carers and all the work they do. The Carers Choir will be singing, and some local charities who support carers will be hosting information stalls. Coffee and cake will be available to purchase with a discount for attending.

No booking needed.

Monday 10th June between 10:00am – 1:00pm

Redhill Park Café, Redhill Park, Redhill Avenue,
Bournemouth, BH9 2SW

CRISP Carers Week Events

Join us this Carers Week and enjoy a sumptuous afternoon tea. With delicious savouries to start, then scones with cream and elegant, sweet delights to follow, it will certainly be a treat to remember!

Captains Club Afternoon Tea

Monday 10th June – 3.00pm

The Captains Club
Wick Ferry, Wick Lane,
Christchurch, BH23 1HU

The Cumberland Hotel Afternoon Tea, AT LUNCH!

Wednesday 12th June – 12.00pm

The Cumberland Hotel
27 East Overcliff Drive,
Bournemouth, BH1 3AF

These events are being held for carers who are registered with CRISP and supporting someone living in the BCP Council area.

Bookings open from 09:00am on the 14th May.

If you are registered with CRISP and would like to book a space, please contact CRISP on:

Phone: 01202 128787

Email: carersupport@bcpcouncil.gov.uk

Please advise us of any dietary requirements and if you are a wheelchair user when booking.

Please note that if you park in the (limited) venue parking, you must register your car at the relevant reception desk. The Suncliff can be used for the Cumberland but you must register with the Suncliff.



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Dorset Council & Yeatman Hospital Carers Information stand and drop in

Find out more about Carers services in Dorset and speak with a Carers Case Worker. Carer Caseworkers will be available to offer information, advice and guidance. No bookings are required, carers can stop by and have a chat.

Monday 10th June between 2.00pm – 4.00pm
The day room of The Willows,
Yeatman Hospital, Hospital Ln,
Sherborne DT9 3JU

Carers Support Dorset – Carers Information Event

Come along to one of our drop-ins to find out information especially for carers as well as speak face-to-face with a carer advisor if you choose, about any specific issues you'd like help with or services you'd like to know more about.

Monday 10th June between 10.00am – 2.00pm
Sherborne Library, Digby Hall,
Sherborne, DT9 3AA

No booking required.

For more information see the Carers Support Website:
<https://www.carersupportdorset.co.uk/whats-on/sherborne-3/>

Minstead Trust Learning Disability Family Carers Drop-ins

Come and have a chat with a free hot drink and tell us what you want Adult Social Care, Health Care and Learning Disability Services to know and we will collate feedback after carers week.

Monday 10th June - 10.30am -12.30pm
Wesley's Café, The Spire, High Street,
Poole, BH15 1DF

Wednesday 12th June - 10.30am -12.30pm Community Room, Tesco Extra, Riverside Avenue, Bournemouth, BH7 7DY

Come as you are, no need to book, but you can contact Sini Lucas on 07586 717228 or Sini.Lucas@minsteadtrust.org.uk to register and to be informed of any changes.

Kissing it Better – Carers Coffee Catch-ups

These informal sessions provide a chance for you to engage with other carers over a cup of tea or coffee on zoom. Please join us for a chat, or simply to listen, either in or out of vision. You are welcome to join us for all or part of the session. Carers, and those you care for, are both welcome.

scan QR code on poster to register.

Or email/call us at: mail@kibmail.co.uk 07831 136152

Zoom

Monday 10th June between 10:30am – 11:30am

Thursday 13th June between 5:00pm – 6:00pm

Friday 14th June between 10:30am – 11:30am

Adams Practice - Carers Information Event

The Adams Practice are passionate about supporting Carers and providing them with the information they need, to help care for their loved ones. They are running a Carers Information Event during Carers Week to showcase the support on offer with a range of services and providers who can provide advice and guidance. Carers will also be able to enjoy a free cream tea!

Monday 10th June between 10.00am – 2.00pm
The British Legion, 93 Dorchester Rd,
Poole, BH16 5NW

This event is for carers registered with the Adams Practice. No booking required. Drop in between 10.00am and 2.00pm

Dorset Council Carers Information Stand Information stand

Carer Caseworkers will be available with information and support for carers. No bookings are required, carers can stop by and have a chat.

Monday 10th June between 10.00am – 3.00pm
Asda Weymouth, Newstead Rd,
Weymouth DT4 8JQ



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Carers Support Dorset – Carers Information Event

We are excited to showcase the fantastic support on offer in Dorset this Carers Week!

Indulge in some delicious treats while getting information from health & social care, mental health & well-being services, and local clubs & activity groups!

Limited supply of goodie bags available for carers, courtesy of The Leonardo Trust.

Monday 10th June between 1.00pm – 4.00pm
The Barrington Centre, Pennys Walk,
Ferndown, BH22 9TH

Free entry and no booking required. Contact Carer Support Dorset for further information:

<https://www.carersupportdorset.co.uk/>

Tel: 0800 368 8349

For more information, visit:

<https://www.carersupportdorset.co.uk/whats-on/carers-week-connecting-the-community-putting-carers-on-the-map-event/>

Carers Support Dorset – Wareham Carers Café

Join us for our social carer cafes, a safe space for unpaid carers to connect with others who share your journey. Grab a hot drink and engage in meaningful conversations with fellow carers, dedicated volunteers, and knowledgeable staff members.

No reservation necessary, just drop by and stay as long as you'd like. We look forward to welcoming you!

Tuesday 11th June 10.00am – 2.00pm
The Bear, 14 South Street,
Wareham, Dorset BH20 4LT

More info: <https://www.carersupportdorset.co.uk/whats-on/wareham/>

Minstead Trust – A walk in the park

For Family Carers of adults with Learning Disability. Caring is not a walk in the park, but today for a while it could be.

A slow walk and chat, around a wheelchair accessible route for approximately an hour, stopping when we need to. Do bring a drink with you. We will then walk back to Ark and those who wish can join in the café for rest and a free hot drink after the walk.

Tuesday 11th June 12.00pm – 2.00pm
Poole Park

Meeting point: Ark Café entrance between 12.00pm – 12.15pm

Thursday 13th June 12.00pm – 2.00pm
Christchurch Quay

Meeting Point: On the green opposite Old Mill Tea Rooms (BH23 1BY) on Christchurch Quay between 12.00pm – 12.15pm

Please contact Sini on 07586 717228 or

Sini.Lucas@minsteadtrust.org.uk to register and to be informed of any changes.

Please note all participants are responsible for their own family members who may join on the walk.

Event is weather permitting, but a light drizzle won't stop the event.

Forward Carers Online Discovery session 'What does the new Carers Leave Act mean for you as an unpaid working carer?'

What does the Carers Leave Act mean for you as an unpaid working Carer? Are you Juggling work with your Caring commitments? Want to know how the NEW Carers Leave Act means for you? Join Forward Carers for a FREE 45 min online session and get informed about how your employer can support you at work.

Tuesday 11th June 7.00pm - 7:45pm
Zoom

Book Spaces now:

<https://www.eventbrite.co.uk/e/886308782427?aff=oddtcreator>



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Bournemouth Symphony Orchestra Concert for Carers

Working in partnership with Forward Carers and BCP Council, the BSO concert is offering Carers the opportunity to enjoy a relaxed chamber performance in beautiful setting. The concert will include a selection of works from popular classicals to light film music and songs from musicals. Tea, coffee, and delicious cakes will be served in the interval with the chance to chat and socialise with other Carers.

The Teatime Trio are three Bournemouth Symphony Orchestra musicians who frequently perform concerts specifically developed for people living with dementia. Eluned (harp), Owain (flute) and Kate (cello) perform across the southwest and they are excited to be performing for an audience of carers for the first time.

Tuesday 11th June – 2.00pm – 3.30pm
The Spire, High Street
Poole BH15 1DF

Activity schedule:

2pm - 2.30pm - music
2.30pm - 3.00pm - tea and cake
3.00pm - 3.30pm - music

Ticket Price: £6 (to include a hot drink and cake)

Booking: <https://bsolive.com/whats-on/>

The BSO Box Office is not public facing so we are unable to offer concessionary rates (bookings can only be made online or by phone).

Dorset Council & Westminster Memorial Hospital - Tea, Coffee and Cake afternoon

Tea, coffee, cake and an opportunity for Carers to Relax and chat with likeminded people.

Wednesday 12th June 2.00pm – 4.00pm
Westminster Memorial Hospital,
Shaftesbury, SP7 8BD

This event is open to carers in the Gillingham/Shaftesbury area, including those who are Carers of Patients on the ward.

Places are limited to 25 and are to be booked by emailing Name and Contact details to:
adultcarersteam@dorsetcouncil.gov.uk

Rethink Carers Events

The below events are for Carers registered with Rethink. To book events please contact:
dorsetcarers@rethink.org

Carers Art Therapy

Join Rethink and meet other carers by getting creative in an Art Therapy Workshop! Contact Rethink to find out more.

Tuesday 11th June
Wareham

Carers Picnic & meditation

Come and enjoy some refreshments at our carers picnic and take part in some guided meditation to help you relax and put your wellbeing first! Contact Rethink to find out more.

Wednesday 12th June
Dorchester

Rethink Cream tea

Join Rethink to enjoy some delicious cream tea and socialise with like-minded people. Contact Rethink to find out more.

Thursday 13th June
Bridport

Rethink Beach walk, talk and dip!

Enjoy a stroll along Weymouth beach whilst chatting with other carers and enjoying the views. If you're willing, why not take a dip! Contact Rethink to find out more.

Friday 14th June
Weymouth

To book, please contact: dorsetcarers@rethink.org



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Blandford Museums, Forward Carers & Dorset Council - Museum Tour and Cream Tea

Carers are welcome to engage in a guided tour of the Blandford Town Museum, The Blandford Fashion Museum and the Church before indulging in a garden luncheon tea, including, cream tea, coffee a light refreshments.

Wednesday 12th June 10.00am -2.00pm
Blandford Museum, Bere's Yard, The Marketplace,
Blandford Forum, DT11 7HQ

Tour will start at 10am from The Blandford Town Museum and return their at 12 noon for a luncheon tea. No booking required. FREE, just pop along!

Purbeck PCN Carers information event

The GPs of Purbeck (Purbeck PCN) want to say thank you to all unpaid carers in Purbeck. There will be a range of organisations at different stands who can share resources and information on vital support unpaid carers can access in the area of Purbeck.

Hot drinks and food will be provided.

Goody bags have been kindly supplied by the Leonardo Trust charity.

We thank Carey Hut Charitable Trust for kindly supplying the venue.

Wednesday 12th June between 1.00pm – 4.00pm
Carey Hall, Mistover Road
Wareham, BH20 4BY

No booking needed. Drop in anytime between 1.00pm – 4.00pm

All Saints Church – Blessed are the Carers

As part of national Carers Week, we will be celebrating carers with a service followed by a tea party. If you are a carer, or know someone who is, then please put this in your diary and spread the word!

Wednesday 12th June 2024

1.30pm - Service of Blessing for Carers

2.30pm - All Saints Tea Party in the hall celebrating carers.

All Saints' Church, 28 Western Road, Branksome Park, Poole, Dorset BH13 7BP

The tea party is being held in the hall two doors away from the Church

Carer Support Dorset - Carers Drop-in Bridport

Carer Caseworkers will be available with information and support for carers. No bookings are required, carers can stop by and have a chat.

Wednesday 12th June between 10.00am – 3.00pm
In the foyer of Morrison's
Bridport, DT6 4SB

Carer Support Dorset - Carers Drop-in Ferndown

Come along to one of our drop-ins to find out information especially for carers as well as speak face-to-face with a carer advisor if you choose, about any specific issues you'd like help with or services you'd like to know more about.

Thursday 13th June between 10.00am – 2.00pm
Ferndown library, Penny's Walk,
Ferndown BH22 9TH

No bookings required. For more information, visit:

<https://www.carersupportdorset.co.uk/whats-on/ferndown-drop-in-3/>



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Find out more about Carers services in Dorset and speak with a Carers Case Worker. Carer Caseworkers will be available to offer information, advice and guidance. No bookings are required, carers can stop by and have a chat.

Thursday 13th June between 2.00pm – 4.00pm
The day room of The Willows,
Yeatman Hospital, Hospital Ln,
Sherborne DT9 3JU

Carers Support Dorset – Bridport Carers Café

Join us for our social carer cafes, a safe space for unpaid carers to connect with others who share your journey. Grab a hot drink and engage in meaningful conversations with fellow carers, dedicated volunteers, and knowledgeable staff members.

No reservation necessary, just drop by and stay as long as you'd like. We look forward to welcoming you!

Thursday 13th June 10:30am-12:30pm
The Bull Hotel, 34 East Street,
Bridport, DT6 3LF

More info: <https://www.carersupportdorset.co.uk/whats-on/bridport-3/>

Dorset Council Carers Information stand

Carer Caseworkers will be available with information and support for carers. No bookings are required, carers can stop by and have a chat.

Friday 14th June between 2.00pm – 4.00pm
Portland Library, The Straits,
Easton, Portland, DT5 1HG

Help and Care – Drop in wellbeing event

Come along to our community-based event:

- Find out what support is available in your neighbourhood for your health and wellbeing
- Blood pressure checks
- Learn how to get the most out of your medication with PCN pharmacy team
- Experience how a person living with Dementia may feel, with a Virtual Dementia Tour
- Share a tea or coffee in a relaxed setting with friendly teams of professionals that are here to help.
- Resources available for carers and activities for their cared for person
- Information sessions. details to be confirmed.

No booking required.

Friday 14th June between 10:00am – 3:00pm

Bridport Youth and Community Centre

Gundry Lane, Bridport DT6 3RL



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Who is a carer?

A carer is someone who provides unpaid support to family or friends who could not manage without help. This could be due to illness, mental ill-health, disability, or a substance misuse problem.

A carer can be any age and you can become a carer without being aware of it. Carers are family members, friends or neighbours who, sometimes suddenly, sometimes gradually, find themselves offering support and simply get on with what needs to be done.



If you are a carer and the person you are caring for lives in the Dorset Council area:

Carer Support Dorset

Tel: 0800 3688349

Website: www.carersupportdorset.co.uk

Email: admin@carersupportdorset.co.uk

Carer Support Dorset supports all unpaid carers (aged 5+) who are supporting someone living within the Dorset Council area.

If you look after someone, you are not alone. Register with us and we'll do all we can to help you access the information and support you need.

We have a range of services that can be tailored to fit your needs as a carer. We offer:

- a freephone advice line,
- newsletters,
- regular training opportunities,
- events, carer cafes and support groups,
- a befriending service
- specific 1-1 support for young adult carers

Registering with Carer Support Dorset will also allow you free access to the Carer Friendly ID Card, distributed by Forward Carers, which offers a variety of discounts from a wealth of organisations and businesses across Dorset.



Carers Resource | Information | Support | Programme

If you are a carer and the person you are caring for lives in the Bournemouth, Christchurch and Poole (BCP) Council area:

If you are a carer over 18 years old - Carers' Resource Information and Support (CRISP)

Tel: 01202 128787

Website: www.crispweb.org

Email: carersupport@bcpcouncil.gov.uk

- Information and support
- Social events
- Regular newsletters
- Dorset carers card
- Carers beach huts
- Carers holiday lodges
- Help to take a break from caring
- Carers in Crisis (emergency back-up scheme)
- Befriending and mentoring
- Carers choir
- Carers advocacy
- Carers counselling

To celebrate Carers Week, CRISP will be launching their rebrand to the BCP Carer Support Service. Keep an eye out for information about the rebrand and how you can get involved in designing the new Website!

If you are a carer under 18 years old – Children's First Response Hub

Tel: 01202 123334

Email: childrensfirstresponse@bcpcouncil.gov.uk



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CARERS IN HOSPITAL

Are you caring or would you like to continue to care for your cared-for person if they were admitted to hospital?

Dorset Hospitals want to **Welcome, Involve and Support** you

Find out more about the Hospital Carer Passport by contacting us:



NHS
Dorset County Hospital
NHS Foundation Trust



Julia Woodhouse
Patient Experience Co-ordinator
pals@dchft.nhs.uk
Tel: 0800 783 8058

NHS
Dorset HealthCare
University
NHS Foundation Trust



Pat Wilkins
Carers Development Lead
Participation Team
pat.wilkins@nhs.net

NHS
University Hospitals Dorset
NHS Foundation Trust



Karen Uphill
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