

CARING MATTERS

Autumn/Winter
2021/22

A FREE magazine for carers in Dorset

First-ever Carers Festival judged a resounding success

The first-ever Carers Dorset Festival at the end of November has been hailed as a resounding success by professionals and carers alike.

Held to mark national Carers Rights Day and hosted by Dorset Council, it was a real celebration of Dorset carers and joint working by Dorset Council, BCP Council, health, voluntary and community sector provider organisations.

The event was centred around two main venues - Dorset County Museum in Dorchester and the Kinson Community Centre in Bournemouth. There were also virtual sessions for people who could not attend.

Many carers took the opportunity to go along to the free festival where they could browse the many displays, meet others in a similar situation and enjoy the Care-Free Carers Choir at Dorchester.

Radio 2 DJ Johnnie Walker MBE and his wife Tiggy were among the special guest



Thirty young carers enjoyed a brilliant visit to Adventure Pirates in Lychett Minster as part of the Carers Dorset Festival. Please turn to page 23.



Masthead picture courtesy of Tim Newton

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Seek help early Marion urges parent-carers

WHEN Marion Burgess (pictured) decided with a friend to set up a website for parent-carers, she was backed by a lifetime of personal experience and hard-won information.

Marion (55) was a child when she helped her parents care for her younger sister, who has disabilities.

Later on, as a mother of three sons, one of whom has mental health difficulties and a second who has autism. she became a parent-carer, a role she still continues now they are in their twenties.

Marion has also cared for her elderly mother and her sister.

'My caring role was increasing, looking after four people. That's when it became a little too much,' said Marion. 'Other support is now in place for mum and sister.'

Eleven years ago Marion and her friend set up the Parent Carer Foundation, an independent and inclusive charity for parents and carers, which is run solely by volunteers.

The Foundation offers support to anyone living with the challenges of being a carer (young and adults).

The charity's small team of six is



dedicated to helping parent-carers of children and adults from any age with any type of disabilities, with or without a diagnosis, making sure their voices are being heard. 'We are campaigning on the quiet,' said Marion.

'Our vision is that all parent-carers count and should access the help they need to live improved and fulfilled lives.

'Parents' feedback is sent to the relevant organisation, within Bournemouth, Christchurch and Poole including BCP Council, Dorset CCG, and other local and national organisations.'

Carers have access to a comprehensive database and can keep up with news and developments via social media.

There are also monthly themed workshops (term-time only) at Slades Park Pavilion, Ensbury Ave, Bournemouth BH10 4HG.

There will also be regular coffee mornings for all carers at various venues, restarting in January.

Such resources would have been invaluable to Marion in her earlier caring days, which is why she is determined to help others now.

Looking back on her own experiences, Marion said: 'There were lots of things I didn't know at that time. Seeking support for myself was something that, in hindsight, I probably should have sought a lot earlier in the process of being a carer.'

'If I had actually taken a bit of time out and taken on board accessing support

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It's full steam ahead for 2022

AS THE lead carer organisation in the Dorset Council area, it has been a busy time for Carer Support Dorset.

As well as providing information, advice and guidance on anything related to your caring role, we have got back out in the community and increased our training programme for carers.

If you are unsure how we can help you, give us a call, no question is too small.

Training workshops have included mental health, Parkinson's Disease, falls prevention, first aid and carers' rights including Power of Attorney.

We have visited 16 rural communities across the Dorset Council area to distribute leaflets and posters and talked to key people in the villages about the support available for unpaid carers.

If you are local to Shaftesbury, then you may also have seen us at one of the ten events at Shaftesbury Town Hall.

We have visited carer support groups around the county and will continue to do so now that restrictions have eased.

We continue to offer carers telephone befriending via our 'Here to Talk' service

We have many volunteering opportunities including our Here to Talk service and Dorset Carer Reference Group.

Get in touch if you are interested in either opportunity. If you would like to sign up



COMMUNITY VISIT: Carer Support Dorset Carer Adviser, Kelly Hewitt at Kimmeridge



SHAFTESBURY MEETING: Anna Elston, Manager, CSD and Melanie Costas, Founder of Rural Mental Health Matters

to our service as an unpaid carer or find out more about us, call 0800 368 8349 or visit carersupportdorset.co.uk.

Seek help early Marion urges parent-carers

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services and even listening to those people close to me, I would have probably realised earlier on that, yes, it's vital that you get a lot of information.

'Meeting carers just like myself is extremely important because at the end of the day, it's a good way to share how you feel because it's only carers who are going to actually understand how you feel. You are going to have very similar issues, you are going to have very similar happy moments. So you've really got to talk to others sharing the same kind of scenario with you.

'My advice for other carers is, you are not alone, and that's really important. There are other people out there just like you going through exactly the same things as you, but unless you get yourself out there and talk to others – whether that's virtually, face-to-face or by telephone – then nothing will change in your life.'

To find out more:

Tel: 07585 404335 (office hours)

Email: officebpcf@gmail.com

Log on to:

<https://www.parentcarefoundation.org.co.uk>

Other sources of help

Bournemouth, Christchurch and Poole area

BCP Council's [Family Information Directory](#) is a comprehensive online guide for all parents including services

for children with SEND (special educational needs or disabilities).

Parents of a child aged from birth to 25 with SEND can share their concerns in several different ways, for example by joining a friendly online session or Email:

sendimprovement@bcpcouncil.gov.uk or

Log on to: www.fid.bcpcouncil.gov.uk

[Parent Carers Together](#) is a voluntary group of parents and carers working to ensure the services in the BCP local area meet the needs of children with SEND and their families. The group gathers the views of local families and then highlights where services are working well or challenge when changes or improvements need to be made.

Email: info@parentcarerstogether.org.uk

Log on to: parentcarerstogether.org.uk to find out more.

Dorset area

[Dorset Council's Xchange](#) is dedicated to improving communication and information for families with children who are disabled. The benefits of joining the Xchange includes the Dorset Max Card for discounts and money off in different venues around Dorset and beyond.

Email: info@xchangeonline.co.uk

Dorset Parent Carer Council

Dorset Parent Carer Council (DPCC) is a group of parents of children and young people with SEND living in Dorset. They offer help and advice and communicate with different agencies to improve services. To find out more: log on to:

www.dorsetparentcarercouncil.co.uk or

Email:

dpcc@dorsetparentcarercouncil.co.uk

Sign up for discounts with the free Carers Card

The Carers Card enables unpaid carers to obtain discounts on a wide range of goods and services.

This initiative, funded by Dorset Council, BCP Council and NHS Dorset Clinical Commissioning Group, was set up in 2016. It aims to:

- Support carers to remain safe and healthy
- Recognise the contribution carers make
- Support the development of carer-friendly communities.

Thousands of carers have now signed up and are using their free cards.

They can benefit from hundreds of businesses across the county with more signing up all the time.

There are far too many to list here, but they include shops, restaurants, fitness centres, yoga, other complementary therapies and more.

To find out what is available near you, go to mycarerscard.co.uk

How to obtain your card

If you are not a signed-up carer with the Carers Information Services this is the first step to obtain a Carers Card.

Contact BCP Council

Tel: 01202 128787

Email: carerssupport@bcpcouncil.gov.uk

Write to: CRISP
St Ambrose Cottage
Alumhurst Road Westbourne
Bournemouth BH4 8ER



First issue from CRISP, which will still be available to carers of someone living in the BCP Council area



Second issue with new Dorset Council logo following local government reorganisation



Third issue from Carer Support Dorset for carers looking after someone living in the Dorset Council area.

Log on to: www.crispweb.org for help and advice

Dorset Council

Tel: 0800 368 8349 (freephone)
Mon-Friday 9:30am-4pm

Write to: Carer Support Dorset, Unit B6
Nimrod Way, Ferndown
Dorset BH21 7UH

Log on to: www.carersupportdorset.co.uk

Seeking your views on Caring Matters

Caring Matters magazine was first published in 1990. Its aim was to provide a source of information and advice to support unpaid carers.

It is now produced twice-yearly by Dorset Council and BCP Council in partnership with the local NHS.

Around 15,000 printed free copies are produced and distributed to known carers across the county of Dorset and through other outlets..

An electronic copy is also available and appears on both councils' websites along with others of interest to carers.

Do you value the Caring Matters magazine and would you like it to continue?

- In the BCP Council area, of 23 responses 20 said **Yes**. Of three who said **No**, one did not actually receive it.

Do you retain the magazine as a reference?

- Sixteen BCP carers said they retained the magazine for reference and six did not.

What is missing from the magazine that you would like included?

- More information from the Dorset Council area.
- More information on local groups and events they plan, feeling that some were missed by carers because they

Since its launch, we have always aimed to keep carers informed about changes in legislation that affect their lives and local statutory and volunteer services that would help them in their caring role.

But nobody knows better than you, the carers, how Caring Matters can remain useful and relevant to your lives.

For this reason, from time to time, reader surveys have been held, the latest launched earlier this year.

These were the questions we asked and the responses we received.

were not funded by local authorities, but were self-funding or run by experienced volunteers. They would appreciate recognition.

- Information about courses for sign language.

- More support for those of us who may not be in a position to go out, everything might be opened up now, but we are still having to isolate due to waiting for the nasal Covid 19 vaccination for my autistic daughter.

Also the features are more for carers who are looking after someone elderly and my daughter is 21 and also very childlike.

- Sometimes it's sharing the wisdom of someone who has been there before, sometimes it might be useful to have



a guide of what to expect. Also, more about carers' rights.

- Some articles that might empower us as carers - the sort of questions we can/ should be asking on behalf of our family member.
- An e-magazine would be fine.
- A game - to do together - what is this photo, or crossword - easy. Name this flower/tree etc?
- Nothing missing from magazine, very informative.
- This is my first magazine. I think what I have read is excellent. The whole package you sent to me is so useful.

I would like to thank the people who send all this information to carers, a very sincere thank you. I need it often.

What is most helpful in Caring Matters?

- Just reading it makes me feel better

and knowing where to look for help if I need it. Keep up the good work.

- Staying in touch, contact details, mental health information. Really value paper copies, don't like online.
- Thank you for your support, all information very helpful to me with telephone numbers etc.
- Knowing help is available.
- Hearing other stories.
- Meeting up with carers when possible. Training workshops.
- It's not one particular thing, just is the many small hints and tips, but mainly just knowing there is someone out there to help me should I need it.
- I'm lucky just now to have my husband at my side for support, but I know there are other carers out there who are all alone and that's where the magazine is wonderful.

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Seeking your views on Caring Matters

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- Knowing there are things that can be done to make life a bit easier.
- Reassurance.
- Just good to read people's stories and how certain situations are sorted/resolved. It makes me realise there are others in my situation.
- All services available and contact numbers. I appreciate and value all of the items printed in the magazine.
- To have the telephone numbers to contact people when I need them.

What is least useful?

- All of the contents seem useful to me and would help others no doubt.
- Zoom etc., I don't have a smartphone etc.
- Too much about the elderly and not taking into consideration that some of us are caring for someone who could be a child or a young person.
- Poetry.
- Information on events that do not include my wife whom I care for, and I cannot attend even if I wanted to without her. Sorry if that sounds selfish.
- The fact the things are difficult to book.

Responses from the Dorset Council Carers Reference Group as follows:

- The Leonardo Trust magazine 'If

Only I'd Known That' and Caring Matters magazine should continue as both are equally important.

- Grants available to carers should be given a greater prominence. not just those available from the Leonardo Trust, increasing carers' options.

For example carer support groups that provide funding/financial assistance.

- It is important that contact numbers provided cover Dorset area services as well as BCP.

However, this list could become overwhelming so a link/signpost to 'Only I'd Known That' could be helpful in Caring Matters magazine as the contacts noted in this publication are quite comprehensive.

- Members felt they had seen improvements to the Caring Matters magazine over the last year.
- The magazine is a fantastic point of reference. Members stated that they had always found the magazine quite comprehensive as it covers lots of varied information.

Responses from the BCP Council's Carers Reference Group as follows:

Most had stopped reading it as they felt that, apart from the occasional article, it didn't have much content of interest.

They felt more inclined to read the CRISP newsletter.

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Seeking your views on Caring Matters

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- The publication looked professional and was well-written.

One person kept old copies for reference purposes. There was a sense that Caring Matters lacked relevance for carers living in the BCP area. Members also said:

- There should be pictures that appeal to a wider age group so it doesn't appear to just cater for the 'older' generation.
- If we don't have Caring Matters magazine, what is the alternative?
- Does the magazine still meet its aims when it was first published?

- For some people, this magazine is their only link when they do not use/have access to CRISP etc.

- The magazine is of general interest to carers.

- The magazine is important; could it possibly be funded by charities?

- Could the Leonardo Trust be approached for funding for a newsletter for carers?

- Two people kept the magazine with them to show people and provide easy access to the organisations' contact details.

There's still time to tell us your views on Caring Matters

The closing date is 1 March 2022

You can contact us by telephone if you care for someone in the BCP Council area:

Tel: 01202 128787 or

Email: carersupport@bcpcouncil.gov.uk.

If you care for someone in the Dorset Council area:

Tel: Carer Support Dorset on 0800 368 8349 or

Email: admin@carersupportdorset.co.uk

If you prefer to write to:

Freepost

Business Reply License No.RRYH-AGJZ-TRGG

Amanda Dunning W5

Dorset County Council, County Hall, Colliton Park,
Dorchester Dorset DT1 1XJ

There is also an online survey you can use:

www.dorsetcouncil.gov.uk/caring-matters-survey

Stay COVID safe this Christmas

As winter approaches, we're all enjoying getting back to a more normal way of life, from seeing friends and family to going out and doing the things we enjoy.

But it's important to keep yourselves and those you care for safe and well this winter.

Visit staywelldorset.nhs.uk to find information about preparing for winter.

People working in caring roles have been particularly affected by COVID-19, and our knowledge about the virus continues to change and evolve.

With the new Omicron variant in the UK, alongside high local case rates of COVID-19, Public Health Dorset is urging residents to keep taking measures to prevent the spread of the virus. Thanks to the vaccination programme, COVID-19 is making far fewer people seriously ill.

The most effective way to protect yourself and those you care for is to have your COVID-19 vaccines including your booster if eligible. It is very important to also boost immunity with your flu vaccine as soon as you can.

With Christmas around the corner we urge you to help reduce the transmission of COVID-19.

If you want to get on with your Christmas shopping or enjoy parties and events, take these steps to help to keep you and



your loved ones safe:

- COVID-19 is spread when people breathe in virus particles – ventilation and wearing a mask help prevent this.

You are at higher risk of catching or passing on COVID-19 in crowded and enclosed spaces. With around one in three people with COVID-19 showing no symptoms, the virus could be passed on to others without knowing.

With fewer restrictions following the success of the vaccination programme, refreshing air in the home when you have visitors and wearing face coverings in enclosed spaces is even more important to keep infections down.

- continue testing twice weekly and before you go into a high-risk situation.

Taking a test will help give you peace of mind that you're not spreading the virus.

If you do test positive, you can take action to help stop the virus spreading. The tests are free, easy to do, can be taken at home, and results come back within 30 minutes.

Further guidance on COVID-19 can be found at <https://www.gov.uk/coronavirus> For the latest local info, log on to the green link below.

Have a happy and healthy Christmas

www.publichealthdorset.org.uk/your-health/protecting-your-health/latest-updates-on-covid-19-in-dorset



Let's talk Winter – What's your plan?



Everyone should make a winter plan. Here are 10 Top Tips to stay safe and well. #LetsTalkWinter

LET'S TALK WINTER

Your Winter Plan Top 10

1. Boost your immunity with your flu and COVID-19 vaccines to protect yourself, your family and the people you love.
2. COVID-19 is still with us so we should all carry on protecting ourselves and those around us. You can do this by testing regularly, meeting outside if you can, washing hands, letting in the fresh air when you're inside and wearing a face covering in busy places.
3. Get repeat prescriptions in plenty of time and have a well-stocked medicine cabinet, including a thermometer.
4. Help and support relatives or friends to leave hospital so that they can be more comfortable and recover more quickly at home.
5. Get help early before your condition worsens – speak to your GP surgery, contact NHS 111, or speak to your local pharmacist.
6. Avoid slips, trips and falls by taking extra care in bad weather.
7. Keep an eye on elderly or frail friends, neighbours and relatives.
8. Try to heat your home effectively and safely – heat your home to at least 18°C. Take advantage of financial schemes and discounts to help you pay for heating.
9. Remember the five steps to wellbeing to stay well mentally and physically:
 - * connect with others
 - * be active as much as possible
 - * keep learning new skills to boost confidence and mood
 - * take notice and be in the present moment
 - * give your time and support to others.
10. Be kind and compassionate to those you meet, including hard-working staff who are supporting others.

To request this in an alternative format or language email communications@dorsetccg.nhs.uk

Joining forces to find the help you need close to home

DORSET'S Community Response is a new pilot scheme to 'join the dots' and link carers and vulnerable people with the support that can make a big difference to their lives.

It is being run by a partnership between HelpAndKindness, Dorset Council and the Volunteer Centre Dorset.

'We are trying to find people the help they need,' said HelpAndKindness director Jon Sloper (left). 'But we are not a crisis service as it may take us a few days to come up with an answer.'



People's needs can vary enormously. 'It may be that they need transport to somewhere,' said Jon.

'They may want to go to an event and need someone to go with them. Or it could be that they just need help to dispose of rubbish or to go to social events in the community.' But some people have more significant needs.

During the pilot the project is focused on working with social workers, social prescribers and carers.

Increasingly they are helping to find local support for people at home.

To find the right answer to an individual's needs as close to their home as possible, the project's researchers draw on a large network of local government organisations, commercial organisations like care

homes, charities, community groups and a growing sector of 'micro providers'.

These are independent self-employed people who work in the community and can provide all kinds of care and wellbeing support, including personal care.

Advice, training and help in promoting their work is on offer to help them get started and to ensure they operate to a high standard within a voluntary quality framework called 'Doing It Right'.

'The care crisis is upon us and we believe it's through this kind of collective action that we can find a way to tackle the challenges and continue to meet the needs of people across Dorset,' said Jon.

For more information on Community Care Micro Providers visit:

<https://tinyurl.com/ere9k9e3>

For information regarding adult social care visit:

www.dorsetcouncil.gov.uk/adult-social-care

The HelpAndKindness website is full of useful information. To contact the Community Response Team go to: <https://tinyurl.com/yc8fnmt> where



#HelpAndKindness

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Free fun, food and gifts at Hub's summer picnic

DORSET Carers Hub organised a picnic for 150 carers and their families at St Osmond's School in Dorchester in August.

Carers came from across Dorset to enjoy the day, at which one of the highlights was welly-wanging (see picture below), which proved very popular.



There was a free tent full of items such as chocolates, keyrings, pens, sweets and toys for the children.

Carers were provided with a goody bag of free picnic food for each person to enjoy as

Help and Kindness *Cont'd from p12*

there is an online form for requesting help. Or you can write to:

HelpAndKindness
Agriculture House, Acland Road
Dorchester, DT1 1EF
Tel: 01305 595958
Email: hello@helpandkindness.co.uk

To find out more information about what is available to help carers in the Dorset Council area, you can also contact Carer Support Dorset:

carersupportdorset.co.uk or call 0800 368 8349.



well as unlimited free drinks, cakes and biscuits and games.

Carers entered a baking competition which was well attended and judged by Mark Watson (co-founder of the Hub with his wife Sue), Pat Wilkins (NHS) and Kelly Johnson (volunteer).

Keep 106 were at the event providing music and information throughout.

NHS Healthcare University Foundation Trust, Rethink, Carer Support Dorset and Hidden Needs Trust were also there, giving carers an opportunity to find out about other services available to them.

Looking forward to next year, Sue said: 'We are beginning art sessions in January.'

'The first to start is on January 12 and will be held on alternate Wednesdays at Crosskeys, Cheap Street, Sherborne from 10am until 12 noon.

On January 19 a new class will be held at Guggleton Farm Arts at Stalbridge from 1pm to 3pm.

Everything will be provided for the sessions but it is advisable to bring an apron.

Book via dorsetcarershub@gmail.com or by calling 07989 306322 as numbers will be limited.

Health toll of caring for someone with mental illness

THERE has been a significant rise in the number of carers looking after someone with a mental illness according to the Rethink Mental Health charity.

At the Carers Dorset Festival, Ren Griffiths, (pictured) a mental health worker with the charity's Carers Support service, talked to many carers seeking information and advice.

Ren said: 'These carers often suffer with poor mental health themselves because of the stress they are under.

'Rethink Mental Health say as many as 70 per cent of carers caring for someone with a mental health diagnosis also have their own mental health issues.

'Constant worry often leads to poor sleep and eating patterns and a

RETHINK Dorset Carers Support service offers advice, information and peer support for people who look after someone living with mental illness throughout the Dorset Council area.

The service provides one-to-one and group support on a wide range of topics, including, specialist emotional support, targeted one-to-one support, navigating the mental health system, information on conditions, medications, as well as carers' rights.

There are group activities and outings so



deterioration of good health.

'Mental health carers feel more isolated as the associated stigma is still around.

'This means that often carers do not communicate their worry and it is then internalised which can lead to depression.'

Help and support is at hand (see below).



that our people can meet other carers in their local area.

The service also manages a carer respite fund providing a break for carers to improve their wellbeing. It also provides specialist training to support unpaid carers of someone with

a mental illness.

Email: dorsetcarers@rethink.org

Residents who live in Bournemouth and Poole who can contact CRISP (www.crispweb.org) For more information log on to: rethink.org



ENJOYING THE DAY: John Sellgren, Executive Director of Place (Dorset Council), Tiggy Walker, Cllr Cherry Brooks and Johnnie Walker

Success for first-ever Carers Festival

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speakers at the Dorset County Museum.

In 2003 Johnnie suffered from a life-threatening cancer and says his life was saved by Tiggy's unstinting care.

In 2014 he was able to do the same for her, when she went through breast cancer.

They are both co-patrons of the national charity Carers UK and live outside Shaftesbury.

The couple listened to personal stories

and questions from carers. 'A huge well done for what you achieved today,' said Tiggy.

'You pulled off something really special and as a result will have helped many. Glad we could help in a small way.'

Guest speaker was Vice President of Carers UK, Dame Philippa Russell, who has been caring for her disabled son, Simon, for over half a century.

Dame Philippa is also the former Chair of the Prime Minister's Standing Commission on Carers.

Her speech was described by one carer who said: 'Dame Philippa's words were amazing, perceptive and informative - an incredible lady all round.'

Wellbeing workshops are a hit with carers

AT THE Kinson Community Centre event, CRISP (Carers Resource Information Programme) held three workshops for carers.

They were:

Tai Chi with Paul Lockyer from Natural Elements,

Art for Wellbeing with Linda Rowe, and

Relaxation, Breathing and Gentle Stretching with Cindy Perry.

It was great to see carers enjoying themselves and being able to relax away from their caring role.

Pramalife, Help and Care, Dorset Advocacy, Ridgewater Energy, Lifeline and Dorset and Wiltshire Fire and Rescue were all present throughout the day to provide information to carers.

The Leonardo Trust also supported the event by providing goody bags for carers and funding afternoon tea boxes for lunch.



One provider commented:

'Really great event, everyone was very engaged and it was once again very worthwhile!'

For one carer, it was the first time they had attended a workshop in person after taking part in online sessions during the pandemic. She said:

'I really enjoyed the art class 'in person'. It felt quite different to the Zoom classes, more personal, although the Zoom ones are great too'. She added:

'I'm so grateful that I've found this wonderful way to relax, and actually slow my heartbeat down.'

The event was a success and great feedback has been received, including this message from one carer:

'A big thank you to all at CRISP and Leonardo' Trust for the carers day. I found lots of useful information, met some lovely ladies over lunch and had a goodie bag to take home.'

CRISP look forward to hosting more events like this in future.

Getting to know you ... carers meet the people behind the organisations that can offer support

THERE were 30 online events planned with 476 tickets booked. More people took part in some of the sessions than tickets sold in advance; Dame Philippa Russell's session attracting over 50 people at its peak.

Dorset Museum was fully booked with 120 free tickets issued and people unable to attend the two main venues enjoyed a virtual lunch.

Technical problems meant that the Dorset Mental Health Forum Carers Project could not take place.

As well as the wide variety of stands at both venues, the list below and continued on page 18 shows the online events for carers unable to attend. These were:

Dorset Council - Adult Social Care assessments explained, digital support for carers and providers, paying for care now and in the future.

Meet CRISP - BCP Council

Energy Saving Tips & Advice from CAiD

Carer Support Dorset (See page 3)

Meet Rethink Dorset (See page 14)

Learn about Healthwatch Dorset and carers' work

Carers Support Service in Acute Hospitals

Help for Young Carers by BCP Council



'I went to Dorchester Museum and it was lovely to be with like minded people,' said Julia Curtis-King (pictured). Julia cares for her sister and her husband.

'It was well organised and I really enjoyed the Care Free Choir and Johnnie and Tiggy Walker,' she said.



Carers settle in to hear guest speakers at the Dorset County Museum in Dorchester

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Dorset and Wilshire Fire and Rescue Service

Digital Support for Carers and Providers

Mindfulness wellbeing session. Have your say, tell us your thoughts

Welfare Benefits for Carers 16+

Triangle of Care

Technology Enabled Care and Tec lounge

Meet PramaLIFE and hear about their charity

Paragon Dragonfly - Domestic abuse, advice and support

Help and Kindness for Carers (see page 12)

Opportunities to connect with nature in Dorset

Dorset Carers Hub (see page 13)

LiveWell Dorset Support for Carers (see page 25)

Laughs for Living - Laughter workshop

My Carers Card (see page 5)

A HUGE thank-you to our sponsors . . .

Our sponsors made a major contribution to the success of the Carers Dorset Festival and we are very grateful.

The goody bags for carers were very kindly provided by The Leonardo Trust for all the face-to-face events. They also sponsored the flowers for the Care-Free Choir, part of the entry fees to the Dorset Museum and the afternoon tea boxes at the Kinson event.

Dorset Museum sponsored the

Dorchester event.

The Dorset Parent Carer Council provided the cake for the Museum event.

Westfield Arts College supported the refreshments with students who gained valuable work experience.



Mixing online access and face-to-face events will be 'a lifeline' for carers

KATE MEACHAM, volunteer Chair of the Pan Dorset Carers Steering Group and an unpaid carer, assesses the success of the Carers Dorset Festival.

She writes: 'I am grateful for just how much time and effort has been put into organising this amazing event, many thanks to all involved.'

'The event was very well attended, a massive achievement in the current situation where many carers will still be shielding or struggling with the digital technology to get themselves connected.'

'The festival has truly been a showcase for events with a mix of face-to-face and remote access which will no doubt be a lifeline for carers in the future.'

'I was unable to attend the live events on the day due to my caring role, but managed to watch many of the 28 digital

sessions and learned a lot of useful information. I am sure the recordings, when made available, will prove to be a massive resource for raising awareness and supporting carers in Dorset who were unable to attend on the day.

'It is clear that there is a lot of support out there, but we need to work harder at identifying carers at the earliest point and offering them the support they need.'

'In many cases this is as simple as a conversation, separate to the person being cared for, to ask them how they are, whether they are coping and to help them make a plan for themselves to keep safe and healthy.'

'As a carer I know where to look and have received amazing support from a range of services, but many carers are not so fortunate.'

'We are hoping that the Carers Festival will have reached people who may not recognise themselves as carers as well as supporting carers known to the system.'

Connecting the county

Carers across the county were able to enjoy the Festival, thanks to remote access. The two carers here attended the session hosted by Tricuro Weymouth Connect where some of the online sessions were shown on a large screen. The group enjoyed refreshments, goody bags and talking about the sessions together as a group.



Fade or last

By artist Debbie de Mornay Penny

IN MY thirties I was working full time in a position that came with many responsibilities.

Life for me then was about obtaining a good income, few select possessions, and perhaps a certain type of lifestyle.

I was single, fiercely independent, and life was very much about me. This way of living brought with it an increasing circle of friends, a busy social life, lots of fun and my very first mortgage.

The paths of our lives twist and turn, and sometimes the unexpected can happen. Someone once said to me 'there is only one thing in life that is certain, and that is, there are no certainties'.

My parents have always instilled the belief in me that somehow things always seem to work out.

I pondered on this for a while - do I believe in magic? Do they? Do I?

I answer: a resounding no. So how do things always seem to work out?

My thoughts are that perhaps it is about how we adapt, manage, and accept what life gives, takes away, and challenges us with along the way.

In my late forties I became very unwell.

A year on and I was looking after a relative who had herself become seriously poorly.

Now I was giving time for emotional and



practical support, hospital trips, form filling etc.

In my fifties, older relatives' health started to decline, and again the windows of 'me time' started to narrow further. Loss (people, possessions, time etc) can impact on us in many ways.

Losing 'me time', became frightening, my mind was full of 'what ifs?' that periodically bombarded my existence.

I questioned; 'how can I care for others if I am no longer me? Might I be neglecting myself?

'If my time to do the things that make me who I am, that bring me joy, laughter, happiness decreases and decreases, what then?'

I reduced my working hours to free up more time to help others, and also to buy back some 'me time'. 'Ah yes', I hear you say, 'that's ok if you can afford to do it', and for many years I may have said the same.

I go back now to my adopted belief that 'somehow things always work out'.

I discovered that by giving myself that extra bit of 'me time', I regained my

Cont'd on facing page

Valerie paddles her worries away

Valerie Croxon (pictured) went along to a social event organised by BCP Council's Carers Support Service to try her hand at paddle-boarding.

She loved it and says:

I thought the event was superb. Something so very different.

I think when we get to a more mature age, we tend to get pigeon holed into dominoes, crib, art classes, same old, same old.

I am just over 60, still working and don't want to be offered a class, chair and blanket for my knees!

Whoever thought of the idea needs congratulating as it was superb. From my own point of view, I found it to be challenging but relaxing.

There was so much concentration going on there was no time to think of our chores and commitments and for that time we were all ourselves enjoying the

focus. With that extra time, I was able to think clearly and creatively about how I could top up my income, reduce my outgoings, and still get by - and get by I did.

So, is there a deeper message here?

A wise lady once said to me, 'contentment is longer lasting than happiness'.

As I move through life, with all its twists and turns, I endeavour to keep those



moment rather than just carers.

I got so much from it, as I am sure we all did. It was also an excellent means of exercising too.

It's got me hooked and now I have had a taste, I think I will try to peruse it from time to time, just to be able to switch the thinking brain off.

wise words in my mind.

We can all fall into the trap of focusing our attention on discontent, those things that trouble, annoy, and perhaps challenge us in life.

I ask, how useful is that? What might be more useful? How can we refocus our minds, so that we can manage, cope, and accept life's challenges, when the need arises, in comfortable ways?

I ponder the difference.

News for young carers

The challenges and joys of caring for my mum

BEING a young carer is challenging enough; through the pandemic it was very isolating and lonely. However, I was thankful for the time I got to spend with my mum.

I have only recently been registered as a young carer so was not aware of the support available. I didn't think about the fact I could be a young carer.

I like the fact I have a part to play in helping a loved one.

I am very close with my mum and love spending time with her. We like to go shopping or watch Friends.

I think that being a young carer is great for life skills, learning things I may not have necessarily known about.

I feel like I am mature and that I am needed by someone. Of course, that also comes with difficulties, knowing that my mum sometimes needs me.

It also takes time away from being a child. I am always there for my mum though and I really like this.

But the hardest thing is the constant worry and shadow that something will happen.

I do wonder if people are in the same boat and would love to be able to chat and meet with peers.

I am looking forward to being a part of a young carers group.

This is helped by the support I receive having people to talk to and help take the worry away.

Tutoring helps me with my English and maths and transport helps me get to school. My mum is unable to do this so this helps us massively.

Young Carers Support helps me understand how to cope.

I am really looking forward to young carers activities and being involved in participation groups.

A young teenage carer

Log on to Kooth if you are stressed or sad

THE online service Kooth gives young people between the ages of 11 and 18 (up to 19th birthday) unlimited access to professional online counsellors along with other help with their mental wellbeing. The site is accessible at any

time, via any connected device, helping to eliminate the stigma often associated with asking for help. By logging on to www.kooth.com, young people can:

Find helpful articles, personal experiences and tips from young people and the Kooth team.

Cont'd on p 23

News for young carers

A day full of fun for young pirates

AS PART of the Dorset Carers Festival, MYTIME Young Carers invited 30 young carers from Burton Primary, Blandford School and St Aldhelm's Academy to attend a day full of fun at Adventure Pirates in Lychett Minster.

The young carers participated in a range of activities including axe throwing, archery and nerf gun battles!



Young carers' lives take centre stage at theatre

IN November, Carer Support Dorset (CSD) worked with LUNG Theatre on Who Cares?, a theatre production at Bridport Arts Centre about young carers.

Log on to Kooth *Cont'd from p22*

Start or join a conversation with our friendly Kooth community. Lots of topics to choose from! Chat to the helpful Kooth team about anything that's on your mind. Send a message or have a live chat.

Write in your own daily journal to track your feelings or emotions and reflect on how you're doing. There is a link to sources of help for young people facing a crisis.

Around one in ten young people are experiencing mental health issues. Kooth helps them get the support when and where they need it.

A hugely successful performance.

Going forward, we will be working with young carers approaching adulthood to support them in this transition.

Give us a call on 0800 368 8349 if you are a young carer and would like further support.

Come to us for friendly, free advice and support

CITIZENS Advice's friendly advisers are here to help whenever you need advice and support to find a way forward. Our advice is free and confidential.

At this time, we are particularly able to help those facing financial difficulties, including people in difficulty keeping warm this winter.

We are able to help most people either by phone or email

However, when required we can offer follow-up face-to-face appointments with specialist advisers at locations across Dorset.

In addition, we offer a full range of up-to-date advice, including help with:

- Benefits entitlement and claims

- Debt management, budgeting and income maximisation
- Employment advice including furlough, Statutory Sick Pay and rights when laid off work
- Advice for the self-employed including the Income Support Scheme
- Energy and water advice, support and winter schemes
- Housing and advice if at risk of homelessness
- Referrals for charitable support or to food bank

For local advice:

Dorset Council residents:

Call the Dorset Adviceline on 0800 144 8848 or visit

www.citizensadvisedorset.org.uk

BCP Council residents: Call the BCP Adviceline on 0808 2787 939 or visit

www.citizensadvicebcp.org.uk



It's never too early (or late) to plan ahead for your care

HOW you fund your possible future care needs has been in the news recently with the government proposing changes to the system. It is a worry for many people.

The Paying For Your Care stand at the Carers Dorset Festival was busy answering questions from carers.

However, the topic is complicated and we can't give the information the space needed in this issue of Caring Matters, but plan to carry next Spring.

In the meantime, if you subscribe to the consumer magazine *Which?* it has gathered a lot of useful information on subjects such as recording your wishes, power of attorney, making a will and preparing for a Care Needs Assessment. Log on to: www.which.co.uk

The NHS website also has information about planning ahead.

Log on to: www.nhs.uk, click on the Health A to Z button and then End of life care button.

This is something not just the elderly should be thinking about!

An invaluable free booklet written for carers by a carer

THE FREE booklet 'If Only I'd Known That' is packed with useful information for carers, written by a carer, Susan Hartnell-Beavis. Its 60 pages cover a wide range of topics including:

What is a Carer?

Let's Talk Money

Time for a Break

The Language of Love

Promoting Good Nutrition

Carers Information Directory (some of which is included on pages 28-30 of this publication).

To obtain a copy contact:

The Leonardo Trust

Tel: 01202 698325

Email: info@leonardotrust.org or

PramaLife

Tel: 01202 207329

Email: info@pramalife.org.uk

Support for carers who want a healthier life

WHEN you are looking after the health and wellbeing of someone in your care it is very easy to find your own health and wellbeing taking a back seat.

Looking after yourself is important, but where do you start? How do you take care of your own wellbeing when time is short and you are juggling many demands?

It can be overwhelming, yet help and understanding are just a phone call away.

LiveWell Dorset supports any adult in Dorset looking to live a healthier life.

It doesn't matter about your age, ability or disability, its team can help you become more active, lose weight, reduce drinking and

give up smoking – and it is all absolutely free.

Get advice and 1-2-1 coaching to help you make small changes to your lifestyle and be able to stick to an achievable plan to meet your health goals.

Having a friendly, specialist coach on your side, cheering you on, is a great motivator. You can register yourself or someone you care for – or both of you! - either by phone or online.

Tel: 0800 840 1628 or log on to: www.livewelldorset.co.uk and click the registration button to start.





CHRISTMAS WORDSEARCH

Answers on page 31

H	G	F	I	R	A	M	X	Q	D	S	S	B	B
C	R	I	B	P	W	I	N	T	E	R	T	A	O
D	P	G	F	R	O	S	T	K	C	S	A	U	W
L	I	G	H	T	X	T	A	R	E	T	R	B	S
M	C	T	O	Y	S	L	V	I	M	I	R	L	S
E	I	R	E	L	F	E	I	B	B	R	Y	E	L
R	C	J	H	W	H	T	X	B	E	L	L	S	E
R	L	A	O	J	Y	O	E	O	R	O	R	W	D
Y	E	N	L	L	U	E	N	N	M	A	G	I	C
W	S	O	L	I	L	O	G	T	I	C	Y	S	T
L	J	O	Y	O	E	Y	W	R	E	A	T	H	S

BAUBLES
BELLS
BOWS
CRIB
DECEMBER
ELF
FIG
FIR

FROST
GIFTS
HOLLY
ICICLES
ICY
JOLLY
JOY
LIGHT

LOG
MAGIC
MERRY
MISTLETOE
RIBBON
SLED
SNOWFLAKES
STARRY

STIR
TOYS
TREE
VIXEN
WINTER
WISH
WREATHS
YULE

Back to the '60s!!

Test your knowledge by unravelling the following anagrams of 1960s film stars.

1. sleepy sliver
2. try suction
3. ban later crust
4. never mail
5. round shock
6. blast racer nut
7. and ran time
8. grey rock peg
9. she poor nail
10. daisy rod



HELP AND WHERE YOU CAN FIND IT

Dorset Council residents

To contact Dorset Council call 01305 221000, Mon - Fri 8.30am to 5.00pm.

ADULT SOCIAL CARE

Tel: 01305 221016

Email: adultaccess@dorsetcouncil.gov.uk

Write to: Dorset Direct, County Hall, Colliton Park, Dorchester, DT1 1XJ

The Adult Social Care Out of Hours

Service provides emergency cover and access to essential services when daytime services are closed.

Tel: 01305 858250 5pm - 8am, Mon - Thurs; 4pm Fri - 8am Mon.

CHILDREN'S SERVICES

Tel: 01305 221000

www.dorsetcouncil.gov.uk/children-families/contact-childrens-services

Children's Advice and Duty Service (ChAD)

A single point of contact for safeguarding concerns

Tel: 01305 228866

CARER SUPPORT DORSET (CSD)

Provides support for adult and young carers of people living in the Dorset Council area,

Tel: 0800 368 8349

Email: admin@carersupportdorset.co.uk

or visit www.carersupportdorset.co.uk

For more information on Carer Support Dorset please, see p 3.

Bournemouth Christchurch and Poole residents

ADULT SOCIAL CARE

Tel: 01202 123654

Mon-Thurs 9am-5pm, Fri 9am-4.30pm

Email:

asc.contactcentre@bcpcouncil.gov.uk

Face-to-face contact is changing. It is best to telephone or e-mail first to find out if it is possible to meet, and where this may take place.

BCP Emergency Duty Service

For urgent social care help outside of office hours

Tel: 0300 1239895

To make a **comment, complaint or compliment** about Adult Social Care

Tel: 01202 123070

Email: comments.adultsocialcare@bcpcouncil.gov.uk

CHILDREN'S SERVICES

For young carers and parent carers of children

Tel: 01202 123334

Email: childrensfirstresponse@bcpcouncil.gov.uk

bcpcouncil.gov.uk

CRISP

Provides support for adult and young carers of people living in the BCP Council area

Tel: 01202 128787

Email: carersupport@bcpcouncil.gov.uk

Web: www.crispweb.org

These contact details are extracted from the booklet 'If Only I'd Known That.'

For more details of the booklet and how to obtain a free copy, please turn to page 25.

Age UK free helpline

0800 169 65 65

Alzheimer's Society

0300 222 1122

Memory Support and Advisory Service

01305 259740

British Heart Foundation Helpline

0300 330 3311

British Red Cross Equipment Hire

0300 456 1914

Care Lines.

Magna Housing 01305 755800

Aster Housing,0333 4008222

Lifeline and Careline: Bournemouth

Careline 01202 452795

Poole Lifeline 01202 733255

Carers Trust

0300 772 9600, info@carers.org

Community Alcohol and Drugs Advisory Service

01305 214500

Continence Advisory Service

The offices are open to enquiries from 8.30am until 4.30pm Monday to Friday.

Dorset Bladder & Bowel Continence Service

(West) 01305 259978

continence.dept@nhs.net

Dorset Bladder & Bowel Continence Service

(East) Tel: 01202 443111

CRISP

The Carers Support Service is a small, friendly and helpful team, organising support and services through the Carers Resource

www.crispweb.org 01202 128787

carersupport@bcpcouncil.gov.uk

Facebook: CRISP Carers

Twitter: @CRISPCARERS

Cruse

Bereavement care 08088 081676

Disability Living Foundation

Open Monday to Friday

Help and advice for older and disabled people.0300 9990004

Dorset Cancer Care Foundation

Cancer care Dorset offers advice, information and support to anyone diagnosed with cancer.

General Enquiries:

Nikki Davies-Thomas

07593 890 879

admin@dccf.co.uk info@dccf.co.uk

Dorset Diabetic Eye

ScreeningProgramme

01305 898600

Dorset Counselling - Steps to Wellbeing Service

A free, confidential NHS service for anyone aged 18+ who is registered at a GP surgery in Dorset (including Bournemouth and Poole) for people experiencing low mood, depression, anxiety or stress.

steps2wellbeing.co.uk

0300 123 1120 (Listening project)

Dorset CCG

Providing community health services to Dorset including mental health.

dorsetccg.nhs.uk

01305 368900

Dorset Direct

Help and advice from Adult Social Care Services.

01305 221016

adultaccess@dorsetcc.gov.uk

Dorset Carers in Crisis

Helps the person you care for in an emergency, when you are suddenly unable to provide your usual support.

Office hours: 01305 221016

Out of hours: 0300 123 9895

Epilepsy Action Helpline

epilepsy.org.uk

0808 800 5050

helpline@epilepsy.org.uk

GOV.UK

Public services in one place

www.gov.uk

Help and Care Handiworks PLUS

East & North Dorset and Purbeck

0300 111 3303

Headway Helpline

Help and advice for families following a head injury 0808 800 2244

Home Care Community Opticians

Home visit specialists. 01935 813800

Huntington's Disease Association

0151 331 5444

Independent Living

Impartial information about products and services to help with mobility and independence.

independentliving.co.uk

Mencap

The voice of learning disabilities

0808 808 1111

help@mencap.co.uk

Lions Club Message in a bottle

Provide a bottle for people to keep their basic personal and medical details on a standard form in the fridge in case of emergency. 0345 833 4745

Macmillan Cancer Support

Offering cancer information and support, open 7 days a week, 8am to 8pm

macmillan.org.uk

0808 808 00 00

Motability Car Scheme

0300 456 4566

Motor Neurone Disease

mndassociation.org

03457 626262

Multiple Sclerosis Helpline

mssociety.org

0808 800 8000

National Dementia Helpline

0300 222 11 22

NorDIS

North Dorset Disability Information Service also covers West Dorset. Hiring equipment and selling new and second-hand disability aids. 01747 821010

Older Peoples Mental Health Teams

Blandford: 01258 394045; Bridport: 01308 426292; Christchurch: 01202 858158; Dorchester: 01305 250861; Shaftesbury: 01747 475266; Weymouth & Portland: 01305 762505

Patient Advice Liaison Service (PALS)

0800 587 4997

Parkinson's UK Helpline

0808 800 0303

PramaCare

Registered charity providing Homecare services across Dorset and BCP
pramacare.org.uk, 01202 207300

PramaLife

Offers advice and support and runs a variety of clubs, groups and activities, across the county of Dorset.

pramalife.org

Tess Champion, 07912 272077

Carol Davies, 07736 133445

Bridget Barrett, 07867 354578/01202 207310

Radar Key Scheme

Purchase a RADAR key to access toilets with a RADAR lock.

Disability Rights UK

disabilityrightsuk.org

0203 687 0790 s

hop@disabilityrightsuk.org

Or from:

Poole Civic Centre Main 01202 633633

Poole Museum 01202 262600

Bournemouth Seafront Office

01202 451781

Christchurch Information Centre

01202 499199

Ridgewater Energy

For energy advice and assistance to homeowners, landlords and private tenants.

ridgewaterenergy.co.uk 01202 862717
info@ridgewaterenergy.co.uk

Samaritans

Providing 24-hour confidential, non-judgmental support.
116 123

SSAFA

Help and support to those who serve or used to serve in our Armed Forces and their immediate family.
0800 731 4880

Stroke Association Helpline

0303 3033 100

Wheelchair Service

Helpdesk

01202 892874

Red Cross Wheelchair Hire

Open Mon/Tues/Thurs 10am to 1pm.
01305 215951

Tax Help for Older People

Free advice for tax-related problems for people aged 60+ on low or modest earnings.

taxvol.org.uk,

01308 488066

Transport - Linking Dorset

Business and organisations across Dorset are together launching an initiative designed to help people get out-and-about more across the county.

Open 10am to 2pm on weekdays only
01202 586055

ANSWERS

Wordsearch

H	G	F	I	R	A	M	X	Q	D	S	S	B	B
C	R	I	B	P	W	I	N	T	E	R	T	A	O
D	P	G	F	R	O	S	T	K	C	S	A	U	W
L	I	G	H	T	X	T	A	R	E	T	R	B	S
M	C	T	O	Y	S	L	V	I	M	I	R	L	S
E	I	R	E	L	F	E	I	B	B	R	Y	E	L
R	C	J	H	W	H	T	X	B	E	L	L	S	E
R	L	A	O	J	Y	O	E	O	R	O	R	W	D
Y	E	N	L	L	U	E	N	N	M	A	G	I	C
W	S	O	L	I	L	O	G	T	I	C	Y	S	T
L	J	O	Y	O	E	Y	W	R	E	A	T	H	S

Back to the 60s

1. Elvis Presley
2. Tony Curtis
3. Burt Lancaster
4. Lee Marvin
5. Rock Hudson
6. Burt Lancaster
7. Dean Martin
8. Gregory Peck
9. Sophia Loren
10. Doris Day

Friday Fun gets you connected

THE Tricuro* Connect Service across Dorset aims to keep cared-for people healthy, active and connected to their local community for as long as possible.

For example, Stour Connect hosts a Friday Fun Day, where for £5 people can enjoy various games and have team-building fun, including skittles and curling, while listening to music.

There is a community café on site at Bath Road, Sturminster Newton, where members of the public are welcome to drop in for snacks and drinks. A pre-booked lunch is also available.

Stour Connect is open between 9am and 4.30pm, Monday to Friday, offering adult social care advice for clients, families and carers alike – as well as the wonderful programme of activities.

Friends of Stour Connect is a partner charitable organisation dedicated to improving facilities and access at the Stour Connect Day Service in Sturminster Newton and across the surrounding area.

Through their projects and invaluable support Stour Connect can provide:

- meals on wheels



- the Stour Men's Shed, a great place to socialise, share and learn skills.
- Connect Sports.
- Connect 2 Employment service.
- Twice But Nice charity shop attached to the cafe.

Please visit:

www.friendsofstourconnect.org for more information and ways to get in touch.

You can also call 01258 472957 or visit Tricuro's Facebook page.

For information about Tricuro services, visit www.tricuro.co.uk/services

**Tricuro is an organisation wholly owned by Dorset and BCP Councils.*

If you require Caring Matters information in an alternative format, please call: **01202 458204** for carers of people living in **Bournemouth Christchurch and Poole Council area** and **01305 221016** for carers of people living in the **Dorset Council area**.