








## Carers Support Services Checklist

Below is a list of some of the existing Carers Support Services available for carers in Bournemouth, Christchurch and Poole. None of the services are financially assessed and are open to self-funding people.

	<p><b>Carers Information Service.</b> Provides – regular newsletters with news and information; Carers Card for access to discounts for goods and services; Caring Matters magazine; annual A-Z of Carers Services; gateway to monthly social activities; contact for specialist outreach support (<i>keeps carers in the loop of what's happening</i>). Tel: The Carers Support Service on 01202 128787</p>
	<p><b>Carers in Crisis.</b> Emergency back-up scheme for carers. Tel: The Carers Support Service on 01202 128787</p>
	<p><b>Befriending and Mentoring</b> with PramaLife. Tel: 01202 207300</p>
	<p><b>Beach huts.</b> Available throughout the year £5 per day booking fee</p>
	<p><b>Holiday Lodge.</b> Available throughout the year - £10 per night booking fee. A short application form is available to complete. Tel: The Carers Support Service on 01202 128787</p>
	<p><b>Carers Choir.</b> A 'Care Free' choir held in St. Dunstan Orthodox Church Hall, St Osmunds Road, Parkstone, BH14 9JG on Monday's at 10.30am to 12pm – why not pop along and enjoy some joyful singing. Tel: Chrissy on 07840 976584</p>
	<p><b>Carers Assist.</b> Free assistive technology for carers to give them 'peace of mind' at home. Tel: The Carers Support Service on 01202 128787</p>
	<p><b>Home Safely.</b> A bracelet for people with Dementia which helps the emergency services to contact the carer. Tel: 03301 233 293</p>
	<p><b>Advocacy.</b> Swan Advocacy help carers secure their rights, represent their views, and obtain services they need. Tel: 03333 447928</p>

A carers assessment will identify any needs you may have and give you access to other services to meet your outcomes. To request a carers assessment contact:

**The Carers Support Service on (01202) 128787**

## Important information for booking Carers Social Events

The points listed below are reminders for you when you want to book an event advertised in the Carers Newsletter.

### To Book Carers Social Events call the Carers Support Service on (01202) 128787

- Call the Carers Support Service on the number shown above to book an event or to make changes to an existing booking.
- Bookings are done on a first come first served basis
- The events where carers can take the person they care for are also available for carers to attend on their own
- Tell the Carers Support Service of any special requirements you may have such as diet or mobility limitations
- Give the Carers Support Service your mobile telephone number if you are taking it with you on the day
- There is a £6 non-refundable contribution per person per event and £10 per person for Christmas events
- **Payment must be made before the event and is non-refundable.**

**You can pay with a debit card over the phone** or send a non-refundable £6 contribution per person per event, with your name and event(s) you would like to attend made clear, to:

**Carers Support Service, BCP Council Civic Centre, Bourne Avenue, Bournemouth, BH2 6DY.**  
Cheques to be made payable to: BCP Council

### Payment must be received prior to the event.

If you will struggle to find the £6 or £10, we have some funding **for carers only** from Westbourne Rotary Club and the Leonardo Trust. Ask for a 'grant funded place' when you book, there is no financial assessment; it is done on an 'honesty box' basis.

## Important information about attending Carers Social Events:

If you, or anyone attending the event with you, have any symptoms of COVID-19, have a confirmed case of COVID-19, or have been advised to self-isolate, **you must not attend the event.** Please contact the Carer Support Service to let us know, so that we can offer a full refund.

- We would encourage you maintain social distance from others where possible.
- You are welcome to wear a mask if you would like to, and we encourage you to sanitise your hands regularly.
- We will try to ensure that adequate ventilation is available, to the best of our ability.

Please:

- Consider cancelling your attendance if you are suffering with any other infectious conditions, such as cold or upset stomachs, so as not to pass it on to other carers
- Contact the Carers Support Service on the telephone number above if you are unable to attend on the day or have a problem during an outing