

Carers Support Service 01202 128787 | [www.crispweb.org](http://www.crispweb.org)

## Carers 'Care Free' Choir

It may be cold outside, but the Carers 'Care Free' Choir are here to warm you up with some joyful singing. New members are always welcome.

They meet **every Monday 10.30am – 12noon** at St Dunstan Orthodox Church Hall, St Osmunds Road, Poole, BH14 9JG. No auditions, and no experience needed.

For more information, contact Chrissy on 07840 976584.



## Arts Wellbeing Course with The Power House

Throughout 2022, The Power House Poole will be running FREE 8-week Art Wellbeing courses for carers and those struggling with isolation, stress, anxiety or low mood. They will introduce you to a range of techniques to creatively explore art, relaxation, and wellbeing.

The first **8-week course** will be held on Friday mornings, starting **Friday 14<sup>th</sup> January 2022**, at the **Hamworthy Liberal Club, 243 Blandford Rd, Poole BH15 4AZ**.

Throughout the year, they will be able to accommodate afternoon sessions and other venues, so please do get in touch to register your interest, ask questions, or book a place. Priority will be given to carers who have not previously accessed a Power House Arts Wellbeing Session before.

For more information, contact **Alix** on 07743 386911 or email [alix@thepowerhousepoole.org](mailto:alix@thepowerhousepoole.org)

## Online Social Activities

We are continuing to run our social activities online using the online video-conferencing software 'Zoom'. **They are free and the person you care for is welcome to join in too.**



### How does it work?

- Visit our website [www.crispweb.org](http://www.crispweb.org) to find out about our upcoming events.
- Email [carersupport@bcpcouncil.gov.uk](mailto:carersupport@bcpcouncil.gov.uk) to say which events you would like to join in with. We'll reply to let you know if you have a place. First come first served.

If you are new to Zoom and have any questions about how Zoom works, do please email beforehand and we will try our best to answer them.

We also love to hear your ideas for further on-line social activities. Let us know by emailing us at: [carersupport@bcpcouncil.gov.uk](mailto:carersupport@bcpcouncil.gov.uk)

## Carers Corner

Written by Carers for Carers

**Check your smoke detectors!** As the cold weather creeps in, the batteries may have a more difficult time keeping your smoke detector working. So, it is important to test them regularly.

Find out more about safety at home here: [www.dwfire.org.uk/safety/safety-at-home/](http://www.dwfire.org.uk/safety/safety-at-home/)

**Thank you to Dorset & Wiltshire Fire and Rescue for this edition's contribution.**

**If you would like to make any contributions to Carers Corner, please do send them to us.**



[carersupport@bcpcouncil.gov.uk](mailto:carersupport@bcpcouncil.gov.uk)



Bournemouth, Christchurch and Poole Carers Centre, St Ambrose Cottage,  
Alumhurst Road, Westbourne, Bournemouth, BH4 8ER

## Carers Social Events – January and February 2022

Bookings will be taken from **9am on Tuesday 11<sup>th</sup> January 2022.**

### Indoor Bowls with Coaching

**Tuesday 25<sup>th</sup> January 2022**  
**2.00pm – 4.00pm**

**Bournemouth Indoor Bowls Centre,  
Kings Park Drive, Kings Park,  
Bournemouth, BH7 6JD.**

#### Come and try Indoor Bowls!

Meet Eve for a session of this popular indoor sport with a coach on-hand to show you the ropes. Bowls and tuition are included, and you can either bring your own flat-soled shoes (that have not been worn outside) or there are shoes that you can borrow. Light refreshments will be served afterwards.



**An event for carers only**

### St Valentine's Day Quiz & Fish & Chip Night

**Monday 14<sup>th</sup> February 2022 at 7.00pm**

**St Ambrose Church Hall,  
72 West Cliff Rd, Westbourne,  
Bournemouth, BH4 8BE**

Join quizmaster Eve for a fun quiz evening with a sprinkling of Valentine's Day themed questions to puzzle over! Choose between fried Fish, Chicken, Jumbo Sausage & Vegcake (V) when booking. Gluten Free Fish & Chips also available.



**An event for carers &  
the person they care for**

### To book your in-person Carers Social Event call: The Carers Support Service on **01202 128787**

- Try to phone soon after the bookings open as events fill up very quickly.
- All calls will go to answerphone on this day, **leave one message** to let us know your name, number, which event you would like to attend and how many places you require. **Any calls before 9am will go to the back of the queue.**
- If you can't get through to our answerphone on booking days, please put the phone down and try again.
- Please limit additional enquiries on this day so we can respond to as many calls as possible.
- We will call you back to confirm your booking.
- There is a £6 non-refundable contribution per person per event.

**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:

**The Carers Support Service, St Ambrose Cottage, Alumhurst Road, Westbourne, Bournemouth, BH4 8ER.** Cheques to be made payable to: **BCP Council.**

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

If you will struggle to find the £6, we have 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.
- We encourage you to wear a mask, if you are able to, and to sanitise your hands regularly.
- Whilst not mandatory, we would encourage you to undertake a Lateral Flow Test prior to the event.
- We will try to ensure that adequate ventilation is available, to the best of our ability.

