

Carers Support Service 01202 458204



Friday 30th November

**10am – 4pm at Kinson Community Centre,
Pelhams Park, Millhams Road, Bournemouth, BH10 7LH.**

We will be holding a **free** information event for carers and the person they care for, with opportunities for you to find out about services to keep you happy, healthy and connected. Join us to find out about befriending, blood pressure checks and information about keeping active. We have two workshops you can book on to:

- 10.30am – 11.30am - Tai Chi with Robert from Elemental Tai Chi
- 1.30pm – 2.30pm - Mindfulness and relaxation with Sharon Bull

Refreshments will be available throughout the day, lunch provided. Plenty of free parking is available onsite.

If you would like to attend, so we order enough food and to book your place on the workshops - **call the Carers Support Service on 01202 458204 today.** This does not count towards your two bookable social events.

New

~~~~~ **Carers Groups at the Carers Centre**

St Ambrose Cottage, Alumhurst Road, Westbourne, Bournemouth, BH4 8ER.

We look forward to welcoming you to our brand new groups, which have been developed following feedback from carers, refreshments included:

- Ladies group on Tuesday 6th November at 2pm – 4pm**
- Gentlemen’s group on Friday 7th December at 10am – 12noon**



~~~~~ **Social chat at the Carers Centre with free tea, coffee and cakes**

Tuesday 13th November 2pm – 4pm and Friday 14th December 10am –12pm, December date includes a Christmas tea, coffee and cake with festive nibbles.

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Drop in’s are every Tuesday 2pm – 4pm and Friday 10am – 12pm, when social chats or new groups are not taking place. **There will be no drop in session on Friday 30<sup>th</sup> November, due to the team attending Carers Rights Day.**



## Carers Social Events November and December 2018

All calls will go to answerphone on this day, please leave just **one** message.

From November you can pay for social events over the phone with a debit card.

**Bookings will be taken from: 9am on Monday 5<sup>th</sup> November**

### Southampton Day Trip

**Monday 19th November**



A great opportunity for some Christmas shopping, and to browse the festive gifts at the German Market in Southampton.

By Coach: **Please arrive 5 minutes early**



Seldown Bridge Car Park next to Bus Station :  
pick up **9.30am**, drop off **4.30pm** (approx)  
Branksome Bus Stop outside John Lewis:  
pick up **9.45am**, drop off **4.15pm** (approx)  
Bournemouth Interchange Stand J/K:  
pick up **10.00am**, drop off **4.00pm** (approx)

**An event for carers only**

### Festive Adventure Golf

Mr Mulligans, BH2 Leisure Complex,  
Exeter Road, Bournemouth, BH2 5AF.

**Monday 3rd December at 6pm**

New to Bournemouth, Mr Mulligans adventure golf provides a unique immersive experience. Enjoy two games of indoor golf on its intergalactic courses, with a glass of prosecco and mince pies.



**An event for carers only**

**£10**

**Bookings will be taken from: 9am on Tuesday 6<sup>th</sup> November**

### Carers Christmas Parties – choose between lunch or Dinner

**The Cumberland, 27 East Overcliff Drive, Bournemouth, BH1 3AF.**

Please let us know all your menu choices when we phone you back to confirm your booking.

**Christmas Lunch**  
with entertainment

**Monday 10<sup>th</sup>  
December**

Arrive at **12.00noon**

**For carers and the  
person they care for**



#### Menu

Parsnip, Apple & Potato Soup  
Potted Salmon & Watercress Mousse  
Ham Hock & Tarragon Terrine

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Roast Turkey  
Irish Beef Stew  
Vegetable Crumble  
All mains served with seasonal  
vegetables

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Christmas Pudding  
Baileys Bread & Butter Pudding  
Black Forest Pavlova

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Tea or Coffee

**Christmas Dinner**  
followed by dancing

**Tuesday 18<sup>th</sup>  
December**

Arrive at **7.00pm**

**An event for carers  
only**





## To book your two Carers Social Events call: The Carers Support Service on 01202 458204



- Bookings will be taken from the dates shown opposite.
- **Please don't phone before 9am, all calls before 9am go to the back of the queue.**
- 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 **two** event(s) you would like to attend and how many places you require.
- 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.

**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: Bournemouth Borough Council.

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

If you will struggle to find the £6, or £10 for the Christmas Parties, 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.

Should you wish to attend a third event, please check with us a week before that event to see if there is availability.

If you are unable to attend any booked event, please let us know by calling 01202 458204.

The Carers Support Service will be hosting the social events on behalf of Bournemouth Borough Council, Dorset Clinical Commissioning Group and Borough of Poole. Wherever the meeting point or venue is for the event, a member of the team will be there to welcome you.



## Training for carers of people with Dementia

10am - 1pm at St Ambrose Cottage, Alumhurst Road, Westbourne, Bournemouth, BH4 8ER.

Practical tips and guidance to assist with managing changes in cognition and behaviour associated with Dementia. Run by qualified health professionals. Course content includes helpful tips for communication and managing: general confusion, confused talk, low mood, apathy, anxiety and agitation.

**To register your interest please call the Carers Support Service on 01202 458204**

## Volunteers needed



We are trying to form a community group to enable carers to receive donations and funds that are raised, for example by a Christmas raffle. We have two volunteers from the Carers Reference Group, but need at least one more person. It would not involve much commitment. The group needs to have a bank account, agree the purpose of the group, and meet an agreed number of times. The group could use the Carers Centre for meetings, and the Carers Support Service can provide out of pocket expenses.

In the past, any donations or funds have been used to buy equipment, such as the amplifier, or small prizes for quiz nights and raffles. If you would like to help us start a group, please let Debbie Hyde know by calling the Carers Centre on 01202 458204.

## Carers Services A-Z

Some of you may have spotted that the little A-Z's we send out expire in 2018. Much of the information will remain the same, but we have decided to postpone the next addition until after the new Bournemouth, Christchurch and Poole Council is formed. We intend to send out the new editions with Caring Matters in the Spring / Summer of 2019.



## What you told us

Thank you to everyone who completed the survey we sent out earlier this year. Lots of you did! We have analysed the results which were presented to the Carers Reference Group in September. They are going to decide how to use what you told us to either, congratulate services, keep carers informed about breaks, or improve services.

## Dementia-Friendly Exhibition Tour

Poole Museum, 4 High St, Poole BH15 1BW.

**Wednesday 21<sup>st</sup> November 2pm – 3.30pm**

Explore the sights and sounds of Poole Museum's 'Voyage' exhibition, with its bold shapes and musical accompaniment. A **free** interactive session for those living with dementia and their carers, includes tea and cake. Places must be booked in advance by calling Anna on 01202 633971 or e-mail: [a.shiels@poole.gov.uk](mailto:a.shiels@poole.gov.uk).

**Alerts:** Use these pointers to stop yourself becoming a target for fraudsters.

**Seems too good to be true**  
**Contacted out of the blue**  
**Asked for personal details**  
**Money is requested**



## Dementia-Friendly Screenings

Lighthouse, 21 Kingland Road,  
Poole, BH15 1UG.



Dementia friendly screenings are suitable for anyone, but specially adapted for people living with dementia, their families and friends. Films are screened in a supported and friendly environment with the lights up a little and the sound turned down a touch. There are always volunteers on hand, and a free hot drink and a biscuit for everyone!

**Paint Your Wagon**  
**Wednesday 28<sup>th</sup> November at 2pm**

**Miracle on 34th Street (1947)**  
**Wednesday 19<sup>th</sup> December at 2pm**

Tickets cost £5 from the Lighthouse on 01202 280000 (this is a subsidised price so no further discounts). Please advise of any access issues when booking. There is limited disabled parking at the front of Lighthouse. To be kept informed of future dementia-friendly screenings, ask to join their mailing list.

## Carers Corner

Written by Carers for Carers

“SMILING is infectious, you catch it like the flu, when someone SMILED at me today, I started SMILING too.  
I passed around the corner, and someone saw my grin. When he SMILED, I realised I'd passed it on to him.  
I thought about that smile, then I realised it's worth, a single SMILE just like mine could travel 'round the earth.  
So if you feel a SMILE begin, don't leave it undetected, let's start an epidemic quick, and the world gets infected.”



If you would like to make any contributions to Carers Corner please e-mail us at: [carersteam@bournemouth.gov.uk](mailto:carersteam@bournemouth.gov.uk)

Or write to: The Carers Support Service,  
St Ambrose Cottage, Alumhurst Road,  
Westbourne, Bournemouth, BH4 8ER.

We always like to hear from you!