

Carers Week

5th June – 11th June 2023



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:

The Dorset Carers Hub Carers Road Shows

The Dorset Carers Hub are on the road to raise awareness and support unpaid carers in Dorset. Stop by one of their local road shows for information and advice, including advocacy.

Monday 5th June 10am – 3pm
Pageant Gardens
Station Rd, Sherborne DT9 3LP

No bookings required for these events.
<https://www.dorsetcarershub.com/>

Rethink Carers Dorset

Join Rethink for a series of carers events across Dorset.

Carers Walk & Talk
Tuesday 6th June
Thorncombe Woods, Dorchester

Event specifications TBC. Carers must be registered with Rethink. Please e mail:
dorsetcarers@rethink.org

<https://www.rethink.org/help-in-your-area/services/carer-support/dorset-carers-support/>

The Dorset Carers Hub Carers Road Shows

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Tuesday 6th June 10am – 3pm
Lyme Regis
2 Uplyme Rd, Lyme Regis DT7 3LS

No bookings required for these events.
<https://www.dorsetcarershub.com/>

Help and Care

Dementia Awareness Event

Are you personally affected by dementia? Feel you have memory difficulties? Or simply would like more information? Come along to Help and Care's community-based event to find out:

- What support is available in your neighbourhood
- Chat with other local people who are living with dementia
- Share a tea or a coffee in a relaxed setting with friendly teams of professionals that are here to help

Monday 5th June 10am – 12.30pm

Bridport Town Hall
South Street, Bridport, DT63LF

No bookings required for this event.

<https://www.helpandcare.org.uk/services/dementia-coordinator-service/>

Carer Support Dorset Carers Cream Tea

Join Carer Support Dorset and other carers for an afternoon of cream tea. A carer adviser will be on hand for any questions or support you may need.

30 spaces available

Tuesday 6th June 2pm – 4pm

Woodhouse Gardens, Blandford
The Plocks, Blandford Forum DT11 7DN

Bookings only -

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

Email: admin@carersupportdorset.co.uk

Freephone: 0800 368 8349

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

Mid Dorset Primary Care Network

Caring for Carers Information Event – Mid Dorset residents

Mid Dorset Primary Care Network is a collaboration of the 9 GP Practices in the Mid Dorset area.

Hosting their first ever "Caring for Carers" Information Event, join them and over 20 other services to find out what support is available in your local community and the wider Dorset area.

Services include:

- Health and Wellbeing Services
- Community Support
- Health and Social Care Support
- Dedicated GP Practice Carers Leads
- Mini Health Checks

Wednesday 7th June 12pm – 3.30pm

Victorian Hall, Dorset Museum
High W St, Dorchester DT1 1XA

No booking is required for this event.

For further information please visit - <https://mid-dorsetpcn.co.uk/>

The Dorset Carers Hub

Carers Road Shows

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Stop by one of their local road shows for information and advice, including advocacy.

Wednesday 7th June 10am – 3pm

Shaftsbury Town Hall forecourt
The Town Hall, High St, Shaftesbury SP7 8LY

No bookings required for these events.

<https://www.dorsetcarershub.com/>

Parent Carer Foundation

Drop In Carer Event

Join the Parent Care Foundation for a drop in event to find out what support is available, participate in activities and enjoy some light refreshments with other carers in the area!

Wednesday 7th June 10am – 12pm

Tesco Community Room
Tower Park, Poole
BH12 4NX

Contact

Telephone 07585 404335 (office hours only) or email parentcarerfoundation@gmail.com

Poole North Primary Care Network

Cake for Carers

Indulge in an afternoon of coffee, tea, cake and support with Poole Norths Primary Care Network's carers team.

Come along for:

- Games
- Knit and natter
- Bee talk @ 3pm
- Friends group
- Young carers
- Jolly good company
- Stepping stones
- Free raffle

Wednesday 7th June 2.00pm – 4.00pm

The Junction
Broadstone Leisure Centre, Station Approach
Broadstone, Dorset BH18 8AX

Carers registered with participating surgeries.

Please contact the reception team at your surgery or you can reply to the text message to sign up.

Poole North PCN – Hadleigh, Harvey, Birchwood and Canford Heath Group Practice

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Rethink Carers Dorset

Join Rethink for a series of carers events across Dorset.

Mid Dorset Key Providers Carers Event
Wednesday 7th June

Event specifications TBC. Carers must be registered with Rethink. Please e mail:

dorsetcarers@rethink.org

<https://www.rethink.org/help-in-your-area/services/carer-support/dorset-carers-support/>

Dorset Council

Coffee Afternoon

Stop by Dorset Councils Coffee Afternoon and drop-in event for any advise and guidance you may require.

Thursday 8th June 2pm – 4.30pm

Portland Library
Library The, Straits, Easton, Portland DT5 1HG

No booking required as this is a drop in event for Carers

The Dorset Carers Hub

Carers Road Shows

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Thursday 8th June 10am – 3pm

Swanage Sea Front (Next to Tourist Information Office)
The White House, Swanage Information Centre,
Swanage BH19 1LB

No bookings required for these events.

<https://www.dorsetcarershub.com/>

Rethink Carers Dorset

Join Rethink for a series of carers events across Dorset.

Bridport Carers Cream Tea

Thursday 8th June

Carers Art Therapy Workshop

Thursday 8th June

Wimborne

Event specifications TBC. Carers must be registered with Rethink. Please e mail: dorsetcarers@rethink.org

<https://www.rethink.org/help-in-your-area/services/carer-support/dorset-carers-support/>

Carer Support Dorset

Young Carers Twilight Event

Join Carers Support Dorset for an open event for young carers offering family friendly activities and crafts.

Thursday 8th June 4pm – 6pm

Weymouth Library
Great George St, Weymouth DT4 8NN

Bookings only -

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

Email: admin@carersupportdorset.co.uk

Freephone: 0800 368 8349

Rethink Carers Dorset

Join Rethink for a series of carers events across Dorset.

Carers Beach Walk, Chat & Dip

Friday 9th June

Weymouth

Event specifications TBC. Carers must be registered with Rethink. Please e mail: dorsetcarers@rethink.org

<https://www.rethink.org/help-in-your-area/services/carer-support/dorset-carers-support/>

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MYTIME Young Carers

Making Memories Day – MYTIME Young Carers
Adventure Pirates

Young carers registered with MYTIME Young Carers can enjoy an adventurous day out! MYTIME's Activity Days can be a great way to meet other young carers and help a young carer to:

- make new friends
- feel less lonely
- feel less stressed
- have fun, try new things
- develop new skills

Friday 9th June

Lytchett Minster

62 spaces available for young carers signed up with MYTIME across BCP, Dorset and the Isle of Wight. Booking is required for this event.

<https://www.mytimeyoungcarers.org/activity-days>

The Adam Practice

Carers Event Information and Support

All carers registered with the Adam Practice will be invited to a carers information event, where local organisations who support carers will be available to offer advice and support. Refreshments will be available, and carers can have the opportunity to win some prizes in a raffle.

Friday 9th June 11am – 3pm

Hamworthy Labour Club
73 Lake Rd, Poole BH15 4LF

Registered carers only event. Information will be available on the website.

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

The Dorset Carers Hub

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Stop by one of their local road shows for information and advice, including advocacy.

Friday 9th June 10am – 3pm

Town Square, Beaminster

No bookings required for these events.

<https://www.dorsetcarershub.com/>

Dorset Council

Carers Information Stand

Drop by Dorset Councils information stand to get information and advice about your caring role.

Friday 9th June 10am – 3pm

Asda Weymouth
Newstead Rd, Weymouth DT4 8JQ

No booking required for this event.

The Dorset Carers Hub

Carers Road Shows

The Dorset Carers Hub are rounding off Carers Week with a day of activities at their main base in Dorchester.

Saturday 10th June 10am – 3pm

Dorchester Carers Hub,
48 South St, Dorchester DT1 1DL

No bookings required for these events.

<https://www.dorsetcarershub.com/>

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Are you
looking after
someone?

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

Carers Support Dorset holds the carers register for Dorset Council. They have a range of services that can be tailored to fit your needs as a carer including a phone line, regular training opportunities, events, a befriending service, and specific support for young carers.

They offer:

- Phoneline
- Here to talk
- Regular newsletters
- Training
- Dorset Carers card
- Events
- Information Hub
- Young carers support

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

CRISP (Carers Resource, Information and Support Programme) is our Carers Support Service offering a range of advice, information and support for carers including:

- help to look after yourself
- social events
- help to take a break from caring
- courses to help you care
- Carers in Crisis, an emergency back-up scheme.

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 are 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:




Dorset County Hospital
NHS Foundation Trust



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


Dorset HealthCare
University
NHS Foundation Trust



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


University Hospitals Dorset
NHS Foundation Trust



Karen Uphill
Carer Support Lead
carersupport@uhd.nhs.uk
Tel: 0300 019 8714