

Carers Support Service 01202 458204



Connect at the Carers Centre

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



Tuesday 11th June 2pm – 4pm

To celebrate Carers Week, we would like to invite you to the Carers Centre to meet the team, other carers and enjoy some delicious cake and tea or coffee. We look forward to welcoming you.

Please call **the Carers Support Service on 01202 458204 today**, if you would like to attend. This does not count towards your two bookable social events. There is no on-site parking at the Carers Centre, a pay & display car park is in Alumhurst Road, next to the fire station.



Do you think you are entitled to a Carers Assessment?

Tesco Extra, Community Room, Riverside Avenue,
(just off Castle Lane East), Bournemouth, BH7 7DY.

Thursday 13th June 10.30am to 12.00noon.



Friends of CRISP are holding an information event for carers who would like to know more about a Carer's Assessment. You may be entitled to a Carers Assessment if you are caring for someone with a health problem or a disability, even if the person you care for doesn't want or need an assessment themselves. You can also sign up for the CRISP carers card if you haven't already done so. Refreshments will be provided.



Carers Groups at the Carers Centre

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

Ladies group on Tuesday 14th May & Tuesday 4th June 2pm – 4pm

Gentlemen's group on Friday 3rd May & Friday 7th June 10am – 12noon

Social chat with free tea, coffee and cakes on Tuesday 7th May 2pm – 4pm



Drop in's are every Tuesday 2pm – 4pm and Friday 10am – 12pm, when social chats or Ladies and Gentlemen's groups are not taking place.



Carers Social Events May and June 2019

Bookings will be taken from: 9am Tuesday 14th May

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

Any calls before 9am go to the back of the queue.

Abbotsbury Swannery

Tuesday 21st May



A chance to visit the only managed colony of nesting mute swans in the world, and hopefully see some newly hatched cygnets.

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

Christchurch (Bargates Stop H, by Conservative club):

pick up **9.15am**, drop off **4.45pm** (approx)

Bournemouth Interchange Stand J/K:

pick up **9.30am**, drop off **4.30pm** (approx)

Branksome Bus Stop opposite John Lewis:

pick up **9.45am**, drop off **4.15pm** (approx)

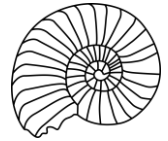
Seldown Bridge Car Park next to Bus Station:

pick up **10.00am**, drop off **4.00pm** (approx)

An event for carers only

London Day Trip

Sunday 2nd June



Dropping off and picking up at the Natural History Museum in Cromwell Road, London. Spend time visiting the museums, shopping or sight-seeing.

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

Seldown Bridge Car Park next to Bus Station:

pick up **8.00am**, drop off **8.00pm** (approx)

Branksome Bus Stop outside John Lewis:

pick up **8.15am**, drop off **7.45pm** (approx)

Bournemouth Interchange Stand J/K:

pick up **8.30am**, drop off **7.30pm** (approx)

Christchurch (Bargates Stop H, by Conservative club):

pick up **8.45am**, drop off **7.15pm** (approx)

An event for carers only

Bucklers Hard Maritime Museum

Thursday 13th June

An opportunity to explore Bucklers Hard in Beaulieu. Time to visit the Maritime Museum with a river cruise at 12.45pm included.

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

Seldown Bridge Car Park next to Bus Station:

pick up **9.15am**, drop off **4.45pm** (approx)

Branksome Bus Stop outside John Lewis:

pick up **9.30am**, drop off **4.30pm** (approx)

Bournemouth Interchange Stand J/K:

pick up **9.45am**, drop off **4.15pm** (approx)

Christchurch (Bargates Stop H, by Conservative club):

pick up **10.00am**, drop off **4.00pm** (approx)

An event for carers only

Afternoon Cream Tea

Monday 24th June 2 - 4pm

West Cliff Baptist Church Hall,
Poole Road, Bournemouth, BH4 9DN.

Enjoy an afternoon cream tea with us, including a selection of sandwiches, home made scones with clotted cream and jam, cakes and fruit.



An event for carers and the person they care for.



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



- Bookings will be taken from: **9am Tuesday 14th May**
- **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: **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.

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 07927 959468. Only to be used on the day of a Carers Social Event.

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



Do you want to be involved with how decisions in the Carers Support Service are made?

The Carers Reference Group works towards developing and improving support for carers, they meet every two months on a Tuesday morning in Kinson.

We will reimburse out of pocket expenses including replacement care. The group is chaired by a carer and is welcoming and relaxed.

To find out more and register your interest, please call the Carers Support Service on 01202 458204.

Training for carers of people with Dementia

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.

Only for those who have not attended before.



Life After Caring Information Event

West Cliff Baptist Church, Poole Road, Bournemouth, BH4 9DN

Monday 17th June 1pm – 4pm

Your circumstances changing may take some time to adjust to. Having more time for yourself may give you time for a much needed rest, but can also leave you with some time to fill. This information event will provide you with opportunities to talk to people about: taking time for yourself, learning something new, volunteering and starting (or returning to) paid employment. Refreshments will be provided.



Scam Marshals Scheme

The Scam Marshals scheme has been set up to prevent more people becoming targets of scams. It encourages those who have been targeted by scammers to sign up and share their stories and help others learn how to protect themselves from mail, phone, e-mail or doorstep scammers. It also encourages people to engage in positive activities to reduce loneliness and the chances of getting caught out by scammers.

Printable information is on their website for those who wish to find out more:

www.friendsagainstscams.org.uk/ScamMarshals

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!

Jungle Book (1967)
Wednesday 29th May at 2pm

Genevieve (1953)
Wednesday 26th June 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

“Carers are a selfless group of people who give their time and support due to their love for a relative or friend

It has an emotional and physical impact on your life however the rewards of a smile hearing “thank you so much for helping me” can make you so happy

Look after yourself. Take breaks to chat with your friends. Just know that you are doing a very special job and for me spending more time with my dad, uncle and now mum has been a privilege.”

If you would like to make any contributions to Carers Corner please e-mail us at:

carersupport@bcpcouncil.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!