

## General Support for all Carers

### Carers Centre Drop-in Sessions

Drop-in sessions help every Tuesday from 2pm-4pm and every Friday from 10am-12pm at: CRISP Carers Centre, St Ambrose Cottage (in the grounds of Alumhurst Day Centre) Alumhurst Road, Westbourne, Bournemouth, BH4 8ER.

Refreshments provided.

Contact the Carers Support Service 01202 458204 for more information.

### PramaLIFE – Carers Support Groups

Poole group meets on the 4<sup>th</sup> Wednesday of the month at 2pm at: St Dunstan's Church Lounge, Poole Road, Upton, BH16 5JA.

Contact Bridget Barrett on 01202 207310

or email [bridget.barrett@pramacare.co.uk](mailto:bridget.barrett@pramacare.co.uk)

### FACE – Family and Community Enrichment

Day time support group meets on the 1<sup>st</sup> Thursday of the month at 2pm at: The Owen Room, Immanuel Church, 120 Southbourne Road, Bournemouth, BH6 3QJ.

Contact Sally Nevitt 01202 419506,

email: [facesouthbourne@aol.com](mailto:facesouthbourne@aol.com) or visit [www.face-southbourne.org.uk](http://www.face-southbourne.org.uk)

### Carers Reading and Social Group

Meets every 1<sup>st</sup> Tuesday of the month, 2pm-3pm at:

Rossmore Library, Herbert Avenue, BH12 4HR.

Parking and refreshments available.

Contact Pauline Lawrence 01202 280441, or email:

[paulinegibbons59@hotmail.co.uk](mailto:paulinegibbons59@hotmail.co.uk)

### Canford Heath Library

Meets on the last Wednesday of the month, 2.30pm-4pm at:

Canford Heath Library, Mitchell Rd, Poole BH17 8UE.

Contact 01202 678955.

### GP Surgeries

Many local GP surgeries also have Carers Support Groups – check with your surgery.

### **Highcliffe and Christchurch Male Carers Support and Social Group**

Meets on the 1<sup>st</sup> Tuesday of each month, 11.30am-2pm at:  
The Globe, 266 Lymington Road, Highcliffe, BH23 5ET.  
Contact 07985 088549.

### **Christchurch Connect Carers Group**

Meets on the 2<sup>nd</sup> Thursday of each month, 1.30pm-3pm at:  
Christchurch Connect, Loring Road, Christchurch, BH23 2GZ.  
Contact 01202 486114 or email [Dorset.JuniperCentre@tricro.co.uk](mailto:Dorset.JuniperCentre@tricro.co.uk).

### **Highcliffe Carers Group**

Monthly support group meeting on various dates at:  
Woodlands View, Christchurch Day Centre, 250 Lymington Road, Highcliffe,  
BH23 5ET.  
Contact Carol Rigler 07867 354588 or email [carol.rigler@pramacare.co.uk](mailto:carol.rigler@pramacare.co.uk)  
for dates and more information.

### **Leonardo Trust Carers Support Group**

Meets on the last Wednesday of each month, 1pm-3pm at:  
The Leonardo Trust Office, 5 Dunyeats Road, Broadstone, BH18 8AA.  
Contact The Leonardo Trust on 01202 698325 or email  
[info@leonardotrust.org](mailto:info@leonardotrust.org).

### **Friends of CRISP**

Host regular coffee mornings on Wednesday, 9.30am-11.30am at:  
Slades Farm Pavilion, Ensbury Park, Bournemouth, BH10 4AG  
And on Thursday 10.30am-12noon at:  
Tesco Community Room, Riverside Avenue, Bournemouth, BH7 7DX.  
Coffee mornings are during term-time only.  
Contact Friends of CRISP for the date of their next meeting on  
07585 404335 or email [officebpcf@gmail.com](mailto:officebpcf@gmail.com)

## Support for Carers of People with Dementia

**Alzheimers Society** runs a helpline for those who require support. Contact 03001 231916, or email [dorset@alzheimers.org.uk](mailto:dorset@alzheimers.org.uk)

**Forget Me Not Coffee Mornings** held every Tuesday 10.30am–11.30am at: The Ludo Lounge, 34 Southbourne Grove, Southbourne, BH6 3RA, and every Thursday 10.30am–11.30am at: The Conto Lounge, 418 Wimborne Road, Bournemouth, BH9 2HB,

### Memory Cafes

**Age UK Melodies for Memories** meets in the 1<sup>st</sup> Wednesday of each month, 2pm-3.30pm at: St Catherine's Church Hall, 4 Lewens Lane, Wimborne, BH21 1LE.

Contact Judith Livingstone 01202 530530.

**Alzheimers Society Memory Cafes and Singing for the Brain** groups meet at various locations in Bournemouth, Christchurch and Poole.

Contact Alzheimers Society 01202 764352

or email [dorset@alzheimers.org.uk](mailto:dorset@alzheimers.org.uk) for more information

**Music for Memory** music and gentle movement classes meet in Bournemouth and New Milton.

Contact Gemma Dixon 07891 838969

or email [gemmadixon80@icloud.com](mailto:gemmadixon80@icloud.com) for more information.

### PramaLIFE Memory Lane

Groups meet at various locations in Poole.

Contact Bridget Barrett on 01202 207310

or email [bridget.barrett@pramacare.co.uk](mailto:bridget.barrett@pramacare.co.uk) for more information.

Bournemouth group meets every Thursday, 2pm-4pm at:

Kinson Community Centre, Milhams Road, Kinson, Bournemouth, BH10 7LH

Contact Tess Champion on 07912 272077

Or email [tess.champion@pramalife.org](mailto:tess.champion@pramalife.org)

**Sunrise of Westbourne Memory Café** meets on the 2<sup>nd</sup> Thursday of each month at 2.30pm. **Singing for the Brain** meets on the last Thursday of each month from 11am at: Sunrise of Westbourne, 16-18 Poole Road, Bournemouth, BH4 9DR.

Contact Sunrise of Westbourne 01202 760966

or visit [www.SunriseWestbourne.co.uk](http://www.SunriseWestbourne.co.uk)

**Carers Education and Support Groups** for carers of a person with a diagnosis of dementia, living in the Bournemouth and Christchurch area. The group runs over ten weeks, three times a year. Meetings on a Monday afternoon from 1.30pm – 3.30pm at: Kings Park Community Hospital, Gloucester Road, Bournemouth, BH7 6JF. Contact Sue Mitchell 01202 705568 for more details or to add your name to the list for the group.

**Oakley Friends Group** meets on the last Wednesday of every month, 10.30am-12pm at: Canford Magna Centre, Oakley Lane, Canford Magna, BH21 3AF. Contact Judy Barnes 01202 021705 or Ann Nicoll 01202 690554, email: [oakleycom@oakleyfriends.co.uk](mailto:oakleycom@oakleyfriends.co.uk) or visit: [www.oakleyfriends.co.uk](http://www.oakleyfriends.co.uk)

**Help and Care Carers Group** meetings held monthly on Wednesdays at: Alderney Hospital, Ringwood Road, Parkstone, Poole, BH12 4NB. Contact Help and Care on 0303 303 0153 for more information.

### **Support for Carers of someone under 65 with Dementia**

**Bi-monthly meeting** for carers of a person with young onset dementia, who is under the age of 65, at: Haymoor Day Hospital in the grounds of Alderney Hospital, Ringwood Rd, Poole, BH12 4NB on specific dates throughout the year.

Contact Sue Mitchell on 01202 705568 for more information.

**Peer support group** for carers and the cared for person, with a monthly daytime itinerary of activities as well as a monthly meal on the 1<sup>st</sup> Thursday of the month.

Contact Tim Drew 01202 575973 or email [timjdrew@hotmail.co.uk](mailto:timjdrew@hotmail.co.uk).

### **ADaPt Café for people living with Dementia, Alzheimer's, or Parkinson's and their carers**

Meets weekly on Wednesdays, 2.30pm–4.30pm, at:

Somerford ARC, 20 Southey Road, Christchurch, BH23 3EH.

Offering activities, advice and information and access to computers and 1:1 help. £2 per person per session.

Contact Lydia 01202 470770 or email: [info@somerfordarc.com](mailto:info@somerfordarc.com)

## Support for carers of people with Parkinson's

**CHORUS Carers group** meets on the 4<sup>th</sup> Thursday of each month at: Tesco Extra, Yarrow Road, Mannings Heath, Poole, BH12 4NX. Contact Patsy Smith on 01258 451352 or Lynne Jordan 01202 631400.

## Support for Carers of an adult with a learning disability

**Drop-in Group** for those who care for people with a learning disability, with support from Dorset Advocacy weekly on Thursdays 10.30–11.30am, no charge at: The Branksome Centre, Recreation Road, Poole, BH12 2BQ.

**Poole Carers Forum** meets every other month from 7-9pm at: Seaview (Parkstone Connect), Croft Road, Parkstone, Poole, BH12 3LD. Contact Tamsin Lucchesi on 07891 251033, or Dorset Advocacy on 01305 251033 for more information.

## Support for Carers of an adult with Asperger's Syndrome

**The Dorset Adult Asperger's Support Group** meets on the 3<sup>rd</sup> Tuesday of the month 7pm-9.00pm.

The Retreat at: Talbot Campus, Bournemouth University, Poole, BH12 5BB. Contact 07789 521758.

## Support for Carers of people with mental health problems

**Bournemouth:** Support group meetings held monthly on Monday afternoons at: The Carers Centre, St. Ambrose Cottage, Alumhurst Road, Westbourne, BH4 8ER.

Contact Jo Morphew 01202 584440 for more information.

**Poole:** Support group meetings held on the 2<sup>nd</sup> Wednesday of the month 7pm–9pm at:

The Leonardo Trust, 5 Dunyeats Road, Broadstone, BH18 8AA

Contact Debra Thistlethwaite 01202 305062

**Carers in Mind** meets on the 2<sup>nd</sup> and 4<sup>th</sup> Friday of the month 1pm-3pm at: Community Mental Health Clinic, Shaftesbury Road, Poole, BH15 2NT.

Contact Carmel 07561 474037 or email [carersinmind@dorsetmind.uk](mailto:carersinmind@dorsetmind.uk)

## **Support for Carers of people affected by drugs and alcohol**

**Poole: EDAS** offer one to one and group support for Carers.

Contact: 01202 733322

**‘Picking up the pieces’** meets every other Monday 6.30pm-8.30pm at:  
“R” Hub, Unit 1, Station Approach, Boscombe, BH1 4NB.

Contact 07552 913825

**The Recovery Support Group** meets Thursdays from 7pm–9pm at:  
Faithworks Training Room, Heron Court Road, Bournemouth, BH9 1DE.

Contact 01202 429037

## **Support for Carers of people with Multiple Sclerosis (MS)**

**Bournemouth MS Society** has a carers group meeting regularly to do social activities together.

Contact Shirley Worner 07740 473207 / 01202 570300,

email [shirley.worner@ntlworld.com](mailto:shirley.worner@ntlworld.com) or visit [www.msbourneouth.org](http://www.msbourneouth.org)

## **Support for those affected by head and neck cancer**

**About Face** offer a twice weekly drop in session on Tuesday and Friday, from 10am-4pm at: the About Face Centre, 111 Longfleet Road, Poole, BH15 2HP.

Contact About Face 01202 677340 or email [contact@about-face.info](mailto:contact@about-face.info)

## **Support for carers of people with cancer**

**Wessex Cancer Trust** offer a monthly coffee morning on the 2<sup>nd</sup> Wednesday of each month at 2pm at: Wessex Cancer Centre, Fairview House, 17 Hinton Road, Bournemouth, BH1 2EE.

Contact 01202 315824

or email [Bournemouth.centre@wessexcancer.org.uk](mailto:Bournemouth.centre@wessexcancer.org.uk)

## Support for Carers of people with an eating disorder

**Dorset Mind ‘Restored’** offers 1:1 support and counselling for carers of someone with an eating disorder.

Contact Dorset Mind on 07590 378822 or email [restored@dorsetmind.uk](mailto:restored@dorsetmind.uk)

**NHS support groups** are available at: Kimmeridge Court, 69 Haven Road, Poole, BH13 7LN.

A group for carers of young people meets from 7pm–8.30pm on the last Wednesday of each month.

A group for any carer meets from 7pm–8.30pm on the last Thursday of each month.

Contact 01202 492147 for more information about both groups.

## Support for carers of people with a Brain Tumour

**Brain Tumour Dorset Support Group** meets on the 1<sup>st</sup> Tuesday of each month from 1.30pm–3pm at: The Grove Hotel, 2 Grove Road, Bournemouth, BH1 3AU. Please confirm the dates before attending.

Contact:

Tessa Murphy 07711 597166 or email [tessa@braintumoursupport.co.uk](mailto:tessa@braintumoursupport.co.uk)

or the Support Team 01454 422701, or visit [www.braintumoursupport.co.uk](http://www.braintumoursupport.co.uk)

## Support for carers of people who have had a Stroke

**Poole Together for Stroke** meets on the 1<sup>st</sup> Friday of each month from 10.30am–12.30pm at: Lighthouse,

Ground Floor Coffee Shop, 21 Kingland Road, Poole, BH15 1UG.

**Westbourne Together for Stroke** meets on 2<sup>nd</sup> Wednesday of each month from 10.30am–12.30pm at Sunrise Senior Living,

16-18 Poole Road, Westbourne, Bournemouth BH4 9DR.

All are welcome to both groups for friendly chat, advice and signposting to other services.

Contact Tania Kremer-Yeatman 01202 442215

or email: [tania.kremeryeatman@bcpcouncil.gov.uk](mailto:tania.kremeryeatman@bcpcouncil.gov.uk)

**Different Strokes** are a volunteer-led support group for stroke survivors and their families, meeting on the 3<sup>rd</sup> Wednesday of each month from 7.30pm at: Ground Floor Lounge, Kingsley House, Coronation Avenue, Bournemouth, BH9 1TW.

Contact: Dave Cottrell 07883 088122

or email [dorset@differentstrokes.co.uk](mailto:dorset@differentstrokes.co.uk)

**The Royal Bournemouth and Christchurch Hospitals Stroke Unit** has a Patient and Family Forum with representatives of the Stroke Team, Stroke Association and Different Strokes on hand to give information and advice. Meeting on the 1<sup>st</sup> Tuesday of each month from 1.30pm – 2.30pm at Day Room, Stroke Unit, Royal Bournemouth Hospital, Castle Lane East, Bournemouth, BH7 7DW. All past and current patients and their family member/carers are welcome.

Contact: Tanya Davis 01202 704504 or email [tanya.davies@rbch.nhs.uk](mailto:tanya.davies@rbch.nhs.uk)

### **Support for carers of people who have epilepsy**

**Epilepsy Action Bournemouth and Poole Branch** meets on the 2<sup>nd</sup> Tuesday of each month from 7pm-9pm at: The Barking Cat Ale House, 182-184 Ashley Road, Poole, BH14 9BY.

Contact:

Mark 01202 861925 / 07833 633051 or email [eabournemouth@sky.com](mailto:eabournemouth@sky.com)

### **Support for carers of people who have Progressive Supranuclear Palsy (PSP)**

Support group meetings held monthly on Wednesdays at: The Community Room, Tesco Tower Park, Yarrow Road, Mannings Heath, Poole, BH12 4NX.

Contact: The PSP Association on 01327 332416 or email [volunteering@pspassociation.org.uk](mailto:volunteering@pspassociation.org.uk)

### **Support for young carers**

**Poole:** BCP Council Young Carers Officer:

Contact Maggie Harris 01202 261590

**Bournemouth and Christchurch:** BCP Council, Young Carers Support Worker: Contact Sarah Simon Norris 01202 456230