

## **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 on 01202 458204 for more information.

### **Prama Care – Carers Support 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 Anita Erskine on 01202 207300

### **FACE – Family and Community Enrichment**

Day time Support Group, meets on the first Thursday of the month at 2pm at the Owen Room, Immanuel Church, 120 Southbourne Road, Bournemouth, BH6 3QJ. Contact Sally Nevitt on 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 first Tuesday of the month, 2pm-3pm at Rossmore Library, Herbert Avenue, BH12 4HR. Parking and refreshments available. Contact Pauline Lawrence on 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.

### **Companions Café**

Meets on the 3<sup>rd</sup> Friday of the month, 10am-12pm at The Link, St Saviours Church, 32 Colemore Road, Bournemouth, BH7 6RZ. For carers and the person they care for. Contact 01202 430078, or email [companionscafe@stsaviours.net](mailto:companionscafe@stsaviours.net)

**FOCUS Coffee time** meets every other Tuesday for coffee/chat/activities 10.30am – 12 at Faithworks, Heron Court Road, Winton, BH9 1DE, contact 01202 429037 for dates and more information.

## Specific Support for Carers

### Support for Carers of People with Dementia

A helpline for those who require support is run by the Alzheimers Society. Contact 0300 123 1916, or email [dorset@alzheimers.org.uk](mailto:dorset@alzheimers.org.uk)

Forget me Not Coffee Mornings held at –

Ludo Lounge, 34 Southbourne Grove, Southbourne, BH6 3RA, every Tuesday, 10.30am – 11.30am.

Conto Lounge, 418 Wimborne Road, Bournemouth, BH9 2HB, every Thursday, 10.30am – 11.30am

For more information on the above, contact the Alzheimers Society on 01202 716393.

### Support groups -

Afternoon sessions are held at Kings Park Community Hospital, Gloucester Road, Bournemouth, BH7 6JF. Telephone: 01202 705542.

Oakley Friends Group meets at Canford Magna Centre, Oakley Lane, Canford Magna, BH21 3AF on the last Wednesday of every month, 10.30am-12pm. Contact Judy Barnes on 01202 021705, Ann Nicoll on 01202 690554 or Judy James on 01202 880114,

Email: [oakleycom@oakleyfriends.co.uk](mailto:oakleycom@oakleyfriends.co.uk) or Visit:

[www.oakleyfriends.co.uk](http://www.oakleyfriends.co.uk)

### Support for Carers of someone younger 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. For more information, please contact Sue Mitchell (Occupational Therapist) on 01202 705568.

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 first Thursday of the month. Contact Tim Drew on 01202 575973 or email [timjdrew@hotmail.co.uk](mailto:timjdrew@hotmail.co.uk).

### **Memory Cafes -**

Westbourne Memory Cafe – Held on the 1<sup>st</sup> and 3<sup>rd</sup> Friday of each month at West Cliff Baptist Church, Poole Road, Westbourne, BH4 9DN. Contact 01202 764352 or email [dorset@alzheimers.org.uk](mailto:dorset@alzheimers.org.uk)

Prama Care – Held every 4<sup>th</sup> Wednesday of the month at 2pm at St Dunstons Church, Poole. Contact Bridget Barrett on 01202 207310 or 07867 354578, or email [bridget.barrett@pramacare.co.uk](mailto:bridget.barrett@pramacare.co.uk)

Sunrise of Westbourne – Memory Cafe meets on the 2<sup>nd</sup> Thursday of each month, 2.30-4pm. Singing for the Brain meets on the last Thursday of each month at 10.30am. Contact Sunrise of Westbourne on 01202 760966 or visit [www.SunriseWestbourne.co.uk](http://www.SunriseWestbourne.co.uk)

### **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 at the Branksome Centre weekly on Thursdays 10.30 – 11.30am no charge.

Poole Carers Forum meets every other month at Seaview (Parkstone Connect, Croft Road, Parkstone, Poole, BH12 3LD from 7-9pm. Contact Sam Pavey on 07854 154948 for more information.

### **Support for Carers of an adult with Asperger’s Syndrome**

The Dorset Adult Asperger’s Support Group meets in The Retreat at Talbot Campus, Bournemouth University, Poole, BH12 5BB. 7pm - 9.00pm on the 3<sup>rd</sup> Tuesday of the month. 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 Morphey on 01202 584440 for more information.

Poole: Support group meetings held on the second Wednesday of the month at The Leonardo Trust, 5 Dunyeats Road, Broadstone, BH18 8AA from 7pm – 9pm. Contact Debra Thistlethwaite on 01202 305062

### **Support for Carers of people with an eating disorder**

Restored: Eating Disorders Services carers group meets every Wednesday at 7.30pm - 8.45pm at Life House, 715 Wimborne Road, Bournemouth, BH9 2AU. One to One support is also available. Contact Restored on 01202 378822, Office no 07590 378822 or email [restoredcharity@gmail.com](mailto:restoredcharity@gmail.com)

### **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 7pm – 9pm, Faithworks Training Room, Heron Court Rd, 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 on 07740 473207 / 01202 570300, email [shirley.worner@ntlworld.com](mailto:shirley.worner@ntlworld.com), or visit [www.msbourne-mouth.org](http://www.msbourne-mouth.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 on 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 Parkinsons**

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

### **Support for young carers**

Poole: Contact Maggie Harris, Young Carers Officer on 01202 261590  
Bournemouth: Contact Sarah Simon Norris, Young Carers Support Worker at Bournemouth Borough Council on 01202 456230