



Supported by

Dorset HealthCare NHS Trust



Carers Festival of Emotional and Mental Health

Day 1

Thursday 17th December 2020

10:30 – 11:00	Introduction to Day 1 of the Carers Festival
All day	'Gather and Chat' in Main Room
11:00 – 11:45	'A Conversation with Carers' with Joy Ford and Babs Plumbridge
11:45 – 12:30	'Mindful Moments' with Tracey Saunders, DHC and Angela Thomson, DMHF
12:30 – 13:30	'Psychological First Aid – caring for ourselves and others' with Kerry Pocock, DHC
LUNCH	
14:30 – 15:00	'The Advantages of registering as an unpaid Carer' with Carer Support Dorset
15:00 – 15:30	'Parents and Young Carers' with The Discovery Project
15:30 – 16:00	'Introduction to Pain Management' with Ann Smith, DHC
16:00 – 16:20	'The Benefits of registering as a Carer with your GP' with Harriet Stevens, DHC
16:20 – 16:30	CLOSE

How to join this Event

Register your interest by email stating which sessions you would like to attend to

Olivia.stevens@rethink.org or

carers@dorsetmentalhealthforum.org.uk