



Supported by

Dorset HealthCare NHS Trust



Carers Festival of Emotional and Mental Health

Day 2

Friday 18th December 2020

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| 10:30 – 11:00 | Introduction to Day 2 of the Carers Festival |
| All day | 'Gather and Chat' in Main Room |
| 11:00 – 12:00 | 'Social Prescribing in Dorset – what it is and how can Carers benefit' with Dorset Self Management Service |
| 12:00 – 13:00 | 'How to access Services in the BCP area' with CRISP |
| 13:00 – 13:30 | 'Rewrite your story' with Sheila Maycock |
| LUNCH | |
| 14:30 – 15:00 | 'The Advantages of registering as an unpaid Carer' with Carer Support Dorset |
| 15:00 – 16:00 | 'Advice and Information Services' update from organisations that are part of the Advice Dorset Partnership |
| 16:00 – 16:30 | Laughter Yoga |
| 16:30 – 16:45 | CLOSE |

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| 19:30 onwards | 'Online Virtual Quiz' – please see separate flyer for further information on this if you would like to take part |
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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