Dorset Council are inviting anyone with a point of view to join them in how to make day services, day activities and the things that ‘the people they support’ do with their day, better. These conversations are planned to start next Tuesday 22 June at 14:00 and will run until September. They are looking for a broad range of perspective, anyone can join, whether they are people with lived experience, Charity leads, Social workers or carers.

This includes carers and there will be some specific sessions aimed at carers as well some more general ones that are likely to be relevant. Dorset Council are interested in both finding out more on cares perspectives on advocating for their cared for but also for themselves.

Sessions desided for carers include:

1. Giving my carers a break and doing what I want to do

15 July, 13:00 – 14:00

2. New to caring? What support do you need?

10 August, 10:00 – 11:00

3. How do we support carers to take time for themselves?

18 August, 11:30 – 12:30

4. By your side - enjoying our time together.

26 August, 10:00 – 11:00

All giving you the chance to share what you need as a carer and look for solutions as a collative.

There are also plenty of other relevant topics, such as promoting independence, Learning new skills, accessing the local community, the role of charities and forumsyou can look at there full timetable to find what sessions interest you.

This programme was created as part of The Better Days initiative from Dorset Adult Services team at Dorset Council, who want to explore how to make day services, day activities and the things that ‘the people we support’ do with their day, better.

In January they launched a survey to ask people ‘what they did with their day’, ‘what they would like to do’ and ‘what was important to them’. Having collected this data they want to find out more and get the community involved in solving the problems identified.

• We want to hear from as many people as possible and would encourage your network to join any sessions that interest them – not only those intended for carers.

If you are uncomfortable when engaging in group discussion or using digital technology. You can also attend their scheduled drop-ins which can provide individual conversations by appointment. To book onto one of these drop in sessions email Josephe jndjfn.

• We also have an external SharePoint site (similar to a website).

• Unfortunately, this has been a little difficult for external visitors to access. (It is possible) But if there are problems, Please encourage people to email me directly. Joseph.morrell@dorsetcouncil.gov.uk

• Full Details of how to register / log-in are included in the calendar document (attached). You are welcome to share this.

In order to register for the events you will need to use the SharePoint site. This can be found at[**Visit SharePoint Site**](https://dorsetcc.sharepoint.com/sites/BetterDaysCoproduction)**. It will then prompt you to sign in or crete a microsfot account. Currently external users are being told tey are not part of the directory so are being manually added if yiu email kjsfihfib with the email you used to register for your microsfot account. This webspace** will help people keep up to date with meetings, ad provide a place to contribute to the conversation outside of meetings.

You can also – applicants can click here – Join Mailing List [**Join Mailing List**](https://outlook.office365.com/owa/BetterDaysCoproduction@Dorsetcc.onmicrosoft.com/groupsubscription.ashx?action=join&source=Outlook&guid=c4592b89-d7d4-43e3-8224-0f7e8748d09f)