

What's On Guide and Newsletter

What's inside?

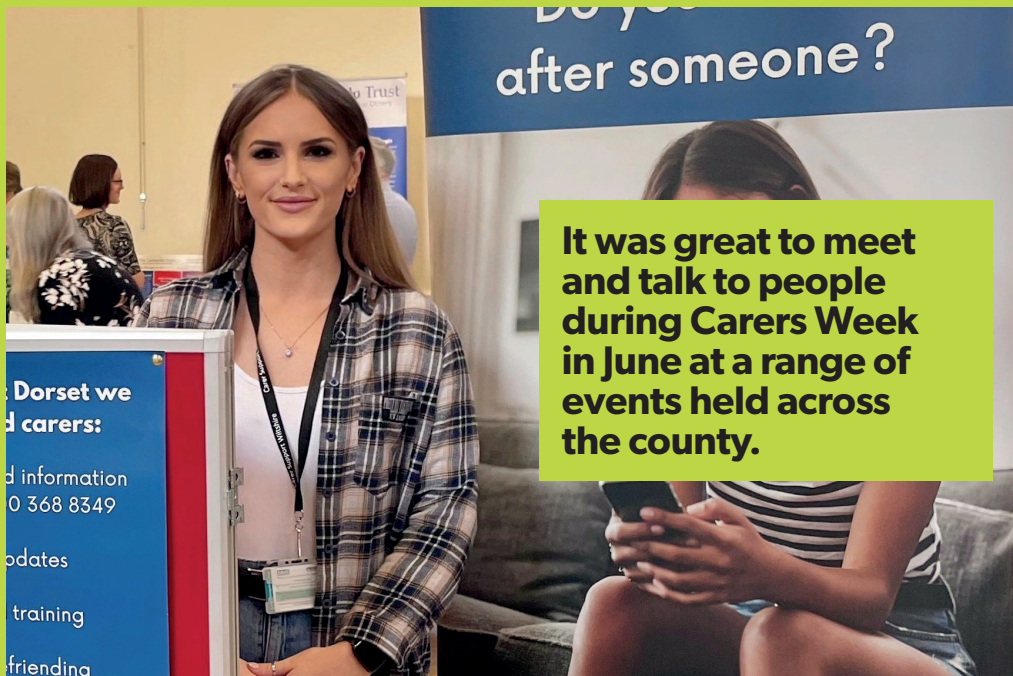
- Training – First aid • Mental health and more
- New digital support tool for carers • Free healthy home advice



September 2023



Carer Support
Dorset



It was great to meet and talk to people during Carers Week in June at a range of events held across the county.

Welcome to our September newsletter. We hope that the following information is helpful to you as someone who is supporting or caring for someone else.

We're pleased to be able to offer lots of great training opportunities this autumn, from first aid to managing your tax affairs. You will find details of all upcoming training in this booklet.

In the following pages you'll find out when and where you can speak to a carer adviser in-person at one of our drop-in sessions held across the county. Sometimes it feels better to speak to someone face-to-face, but we can also be contacted on our helpline number 0800 368 8349. We take enquiries about many topics, from benefits and finances and sourcing care privately to accessing respite and information on local carer groups. If we can't help directly, we can direct you to the service or organisation that will be able to.

Please contact us if there is any specific training you are looking for that's not listed, and we will try to help.

With best wishes,

Poppy Connell
Operations Manager,
Carer Support Dorset

Drop-in Information for carers

Come to one of our drop-in sessions if you'd like information and guidance to help you in your caring role. Trained staff are available to talk to who can advise more generally on support that may be available to you or speak confidentially about any specific queries that you have.



Bridport

Address: Bridport Library, South Street,
Bridport, DT6 3NY
Time: 11.00am-2.00pm
Dates: Mon 18 Sep

Ferndown

Address: Ferndown Library, Penny's Walk,
Ferndown, BH22 9TH
Time: 10.00am-2.00pm
Dates: Thu 14 Sep, Thu 12 Oct

Sherborne

Address: Sherborne Library, Digby Hall,
Sherborne, DT9 3AA
Time: 11.00am-2.00pm
Dates: Mon 11 Sep, Mon 9 Oct

Wareham

Address: Wareham Library, South Street,
Wareham, BH20 4LR;
Time: 10.00am-2.00pm
Dates: Mon 4 Sep, Mon 2 Oct

Weymouth – with Volunteer Centre Dorset

Address: Volunteer Centre Dorset,
Weymouth Information Shop, 98 St Mary
Street, Weymouth, DT4 8NY
Time: 10.00am-2.00pm
Dates: Wed 20 Sep, Wed 18 Oct

Contact us to find out when we will be visiting a town near you

Free training for carers

Contact us to book onto any of the below training. All training takes place online and is free for carers to attend. You will receive the link to join once booked onto the session.

First aid

Mon 4 Sep, 2.00-3.30pm & Thu 23 Nov, 3.30-5.00pm

First aid training delivered by British Red Cross.

Beating imposter syndrome with seven easy steps

Wed 6 Sep, 10.00-11.00am

This guided one-hour session is for anyone who struggles with issues of self-doubt and imposter syndrome. These easy steps will enable you to understand where imposter syndrome comes from, and overcome the triggers, habits and thoughts that activate it so that you can beat self-doubt and increase your real potential.

Parkinson's explained

Tue 12 Sep, 2.30-4.30pm

A two-hour session on Parkinson's led by Consultus Care & Nursing.

Rethink Mental Illness workshop – Communication for carers

Wed 13 Sep, 10.00-11.00am

A session led by Rethink on how you can best communicate with the person you care for about both of your needs. As well as how to communicate and advocate with professionals on behalf of the person you care for.

How to achieve a healthy work-life balance

Tue 10 Oct, 5.30-7.00pm

In this course, participants will learn practical techniques to rebalance the demands of work and home life, become more productive, and find time for the things they enjoy. The training covers: understanding work and home life balance, identifying your circle of influence, ten steps to mastering the balance, practical cognitive-behavioural tools and self-care strategies.

Rethink Mental Illness workshop – Managing challenging behaviour

Wed 11 Oct, 10.00-11.00am

A session on how to cope and respond to challenging behaviour. It will look at how you can build your own confidence and assertiveness when dealing with those situations.

Tax, care and the new guy

Tue 17 Oct, 10.30-11.30am

Silvertime Legal discuss topics such as long-term care fees, inheritance tax, how to protect your assets, Lasting Power of Attorney and which will is the right will for you.

Increasing stress management and resilience

Thu 9 Nov, 10.00-11.30am

Learn about the different types of stress and the difference between good and bad stress, learn how emotions are created and about the signs and symptoms of stress. Learning takes place through a mix of presentations, group discussions and workshop activities. Attendees will learn healthy vs unhealthy coping strategies and stress management tips.

How to train your inner chimp

Thu 16 Nov, 10.00-11.00am

Right now, hundreds of chemicals (hormones and neurotransmitters) are racing through each of our bodies, in our bloodstreams and nervous systems. Those chemicals dictate how we think, feel, speak and behave. Yet, most of us operate largely at the mercy of those chemicals – experiencing reactions, emotions, and thoughts without realising that we can strategically influence them. This is a fun introduction to the world of your inner chimp and how you can start to detect and actively manage it. The result is being able to achieve more and stress less.

Tax, care and family affairs

Thu 23 Nov, 11.00-11.45am

A free, online workshop by Co-op Estate Planning to include subjects such as protecting your family's nest egg, inheritance tax, stopping sideways 'disinheritance' and Lasting Power of Attorney.



Carer Friendly ID card

The Carer Friendly ID card is available for carers within the Dorset and BCP Council areas. To receive it you must be registered with Carer Support Dorset (or CRISP for BCP residents). If you already have a carers card this remains valid until its expiry date, so there is no need to switch unless you'd like to.

The card proves you are a carer when you are out and about, provides access to hundreds of local and national discounts on goods and services, records your In Case of Emergency (ICE) contact details, and comes as a physical and digital download for your phone.

To register visit the webpage forwardcarers.tfaforms.net/f/CarerCardDorset

You will need your Carer Support Dorset assigned carer ID number. If you're not sure what this is, please give us a call. You will also need to upload a head and shoulders photo of yourself. If you're not online and do not have a friend or family member who can support you with this process, the Digital Champions service can help. Book a Digital Champion at your local library, or by calling **01305 221048**



Could you be entitled to pension credit?

Pension credit gives you extra money to help with your living costs if you're over state pension age and on a low income. It is separate from your state pension. You may get extra help if you're a carer, severely disabled, or responsible for a child or young person. You can get pension credit even if you have other income, savings or own your own home.

If you get pension credit you can also get other help, such as: housing benefit if you rent the property you live in, cost of living payments, support for mortgage interest if you own the property you live in, and a council tax discount.

There are currently many people eligible for pension credit who are not claiming it. Find out more at gov.uk/person-credit/how-to-claim or call the pension credit claim line on **0800 99 1234**

Improving carer awareness at Dorset County Hospital

Carer Support Dorset staff have been working alongside CRISP and Our Dorset to promote the carer passport at Dorset County Hospital. A new stand offering information to carers is at the hospital and staff will be available to talk to on 27 September between 2-4pm.

- The passport offers benefits to carers including:
- Flexibility with visiting times
- Reduced car parking fees
- Inclusion in care, including helping at meal times
- Involvement in discussing and planning for discharge
- Access to information about patient care (with relevant consent)

We are also working to raise general carer awareness at the hospital, both for people who may not identify as carers and for staff to promote awareness on the wards.

Get ready for winter: free help for a warmer home

While it's a little early to be digging out our winter woollies, now is a good time to get free, trusted and professional advice on reducing our energy costs and checking if we're eligible for free insulation. A warm home can improve existing health conditions and help reduce our risk of contracting illnesses.

Healthy Homes Dorset is a free service from BCP and Dorset Councils, provided by Ridgeway Energy. To contact Healthy Homes visit www.healthyhomedorset.org.uk, text INSULATION followed by your name to 07984 440584, or call freephone 0300 003 7023.

Healthy Homes Dorset does not carry out any door to door, canvassing visits or cold call people on the telephone. We recommend you do not deal with anyone who approaches you in this way and if you have and are concerned for any reason, contact Citizens Advice or Trading Standards.

Dorset Council launch new digital support tool for carers

People who regularly look after a family member or friend can now explore resources to support them online using a new tool called Bridgit.

Bridgit allows you to explore free wellbeing, employment, finance and care resources, helps identify what services and community support are within your area, and informs you 24/7 what is available to you - including community support and the eligibility criteria for support from the council.

People can also build their own 'self-care plan' using the tool. It's all available at any time of day and without registering first.

Bridgit also provides access to the first part of the carers assessment online, submitting your information to start the process which is then completed by an Adult Social Care Practitioner in person or over the phone. Access Bridgit at bridgit.care/support/dorset

Get your winter flu vaccination

The flu vaccination is now available to eligible groups, which includes carers in receipt of carer's allowance and those who are the main carer of an elderly or disabled person. Close contacts of immunocompromised individuals are also eligible as are all those aged 65 years and over. The vaccination is free to all eligible groups.

If you have not been contacted by your GP surgery inviting you for the vaccination, do contact them to arrange an appointment.

In addition, the JCVI has advised that groups including those aged 65 and over and persons aged 16-64 years who are carers are offered a COVID-19 booster this autumn. Details will be confirmed on when eligible people can access the autumn booster soon.

Play our monthly Care-a-Lottery



We run a monthly lottery that raises valuable funds to help support unpaid carers in Dorset and Wiltshire and gives entrants a chance of winning a cash prize.

It costs £5 per entry and three people are chosen as winners each month. First prize is 30% of the month's takings, second is 15% and third is 5%.

If you're interested in taking part, head to carersupportdorset.co.uk/care-a-lottery or call 0800 181 4118. Good luck to everyone playing!

Carer Support Dorset helpline

Call us on our freephone number **0800 368 8349** and speak with one of our carer advisors during the below hours.

Monday – 9.30am-4.30pm

Tuesday – 9.30am-7pm

Wednesday – 9.30am-4.30pm

Thursday – 9.30am-7pm

Friday – 9.30am-4.00pm

Weekends and bank holidays – closed

There is an answerphone available at all other times and we will return your call as soon as we are able to.

If you are online, you can also email us at admin@carersupportdorset.co.uk

You can also find useful information on our website at carersupportdorset.co.uk

Useful info and numbers

Dorset Citizens Advice

0800 144 8848

Dorset Council
Adult social care

01305 221016

(out of hours call 01305 858250)

Dorset Mental Health Forum
dorsetmentalhealthforum.org.uk

01305 257172

The Leonardo Trust
leonardotrust.org

01202 698325

NHS Connection
Phone 111 and select mental health or phone

0800 652 0190

Mind

0300 123 3393

dorsetmind.uk

MY TIME

mytimeyoungcarers.org

01202 710701

Provides young carers with friendship,
support and opportunities.

Parkinson's UK

0808 800 0303

Relate

0300 003 0396

Counselling services to support people
in their relationships, including
individual counselling.

Rethink Mental Illness
rethink.org

0808 801 0525

Samaritans

116 123

Available 24 hours a day,
365 days a year

Shelter

0808 800 4444

Support with housing issues

Shout

Text 85258

24 hours a day,
365 days a year

Turn2Us

0808 802 2000

Check benefit entitlements and
grants available to you

The YOU Trust
First Point Dorset

0330 123 2550



Carer Support
Dorset

Don't forget we are here for you.

Call us, or visit our website:

Carer Support Dorset

0800 368 8349

carersupportdorset.co.uk