



Carer Support
Dorset



Dorset
Council

Training for Carers

An Easy Read booklet



What is a carer?



Carers help a family member or a friend with things like:

- washing
- dressing
- cooking
- shopping
- paperwork and money



Many carers do not realise they are a 'carer'. They see it as a normal part of everyday life.

Help and support for carers



Being a carer can be hard. You can feel stressed, tired and alone.

Get training and support, to help life feel more manageable.



Carer Support Dorset can give you:

- a [Carers Card](#), for discounts with local businesses
- training
- advice
- drop-in sessions and other events



Skills and learning



Learning new things helps people with their:

- caring role
- career
- confidence
- health and fitness



Taking part in a course is a great way to meet new people.



This booklet tells you about training courses and other support for carers in Dorset.

Getting started with training



There are things that can prevent people joining training courses.

Talk to Carer Support Dorset if you need help with:



- choosing a course

- transport

- health or disability



- finding time

- money – paying for a course



If you cannot leave the person you care for, talk to Carer Support Dorset about **replacement care**.

Find training



Carer Support Dorset

Free training on topics like dementia, mental health and finding ways to cope.



Website:

<https://www.carersupportdorset.co.uk/whats-on/>

Phone: 0800 368 8349



Carers Trust

Free online courses about caring for a person with dementia, learning disabilities or addictions.



Website:

www.carers.org/caring-for-someone-with-a-specific-condition

Find training



Dorset Outdoor Education Service

Outdoor activities for people of all ages.



Website:

[www.dorsetcouncil.gov.uk/
outdoored](http://www.dorsetcouncil.gov.uk/outdoored)

Phone: 01929 552265



Dorset Recovery Education Centre

Free online training for carers of people with mental health issues.



Website:

[www.dorsethealthcare.nhs.uk/pa
tients-and-visitors/our-services-
hospitals/REC/courses](http://www.dorsethealthcare.nhs.uk/patients-and-visitors/our-services-hospitals/REC/courses)

Find training



Help and Kindness

Find courses, activities, groups and clubs across Dorset

Website:

www.helpandkindness.co.uk/search/dorset/activities

Email:

hello@helpandkindness.co.uk

Phone: 01305 595958



LivewellDorset

Livewell Dorset

Free advice and coaching. Get help with being active, managing your weight, drinking less and stopping smoking.

Website:

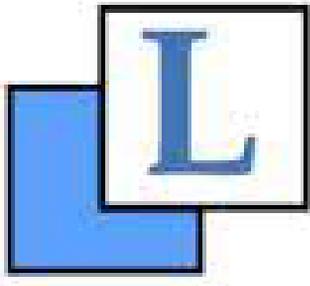
www.livewelldorset.co.uk/about-livewell

Email: hello@livewelldorset.co.uk

Phone: 0800 840 1628



Find training



Oakley Friends

A 10-week course for carers of people with dementia. Learn about benefits, wellbeing and much more.



Website:

www.leonardotrust.org/oakley-friends

Email: info@leonardotrust.org

Phone: 01202 698325



Skills and Learning

Learn a new hobby, take a GCSE or learn a trade. 30 learning centres across Dorset.



Website:

www.skillsandlearningace.com/courses

Email: enquiries@salbcp.com

Phone: 01202 123444

College and University



Colleges in Dorset

Follow this link to find out about colleges in Dorset:

www.dorsetcouncil.gov.uk/sixth-forms-and-colleges-in-dorset



Universities

Contact any university directly to find out about their courses.



**The Open
University**

Open University

Study at any age, from home.

Web: www.open.ac.uk

Email: general-enquiries@open.ac.uk

Phone: 0300 303 5303



Help with money while you study:

www.gov.uk/advanced-learner-loan

www.gov.uk/student-finance-calculator

Useful Links



Rethink: Dorset Carers Support

<https://www.rethink.org/help-in-your-area/services/carer-support/dorset-carers-support/>

Email: dorsetcarers@rethink.org

Support for carers of people with a mental illness. Free training, coaching and carer groups.



Community Transport

www.dorsetcouncil.gov.uk/travel/public-transport/community-transport/dorset-community-transport-directory

Email:

customerservices@dorsetcouncil.gov.uk

Phone: 01305 221000

Useful Links



Leonardo Trust: financial help

www.leonardotrust.org/what-we-fund

Email: info@leonardotrust.org

Phone: 01202 698325



Carer Assessments

www.dorsetcouncil.gov.uk/carers-assessment



Online self-help toolkit

www.bridgit.care/support/dorset



Carers Card directory

www.dorsetcarerscard.org.uk/carer-offers-directory



Carer Support Dorset

Web: www.carersupportdorset.co.uk

Email: admin@carersupportdorset.co.uk

Phone: 0800 368 8349

