



THE ADAM PRACTICE

CARER'S NEWSLETTER

WELCOME TO THE ADAM PRACTICE CARERS NEWSLETTER

A carer can be anybody, of any age, who provides unpaid care to a family member or friend, who could not manage without this support, due to illness, disability, frailty or mental ill health or substance misuse.

If you are a carer and you haven't already told us, please complete a Carers form at Reception.

We hope you find the information included in this newsletter useful.

More information about support available and upcoming events can be found on our website and social media:



www.theadampractice.co.uk



@TheAdamPractice



Our Community Garden has been running since 7th March and our wonderful volunteers have made some great improvements to make our Hamworthy surgery more wildlife friendly.

If you want to be involved, come along every Thursday 12:30pm - 2:30pm and join in. Grab a shovel or come for a chat - we hope to see you there!

We need your help
**The Adam Practice
Community Garden**

Do you like gardening?
Would you like to meet new friends?

What do we do?

- Clearing of the garden space
- General tidying
- Weeding
- Planting bulbs
- Building bird boxes

When: Every Thursday
Drop in anytime between 12:30pm - 2:30pm
Location: The Adam Practice -
306 Blandford Road, Hamworthy, BH15 4JQ
Tools and gloves will be provided

POOLE MEN'S SHED Dorset Wildlife Trust THE ADAM PRACTICE

CARER SUPPORT ORGANISATIONS:

If the cared for person lives in Bournemouth, Christchurch and Poole Council area, you can contact:

CRISP (Carers Resource Information and Support Programme)

01202 128787

carersupport@bcpcouncil.gov.uk

www.crispweb.org

If the cared for person lives in Dorset Council area, you can contact:

Carer Support Dorset

0800 368 8349

admin@carersupportdorset.co.uk

www.carersupportdorset.co.uk

If you are a carer who is under 18 years old, please contact:

Children's First Response Hub

01202 123334

childrensfirstresponse@bcpcouncil.gov.uk

If you live in Dorset and a carer under 18, please visit:

Carer Support Dorset

0800 368 8349

www.carersupportdorset.co.uk

10TH – 16TH

JUNE 2024



THE ADAM PRACTICE

Join us for
our Carers
Event on Monday
10th June 2024



FREE
CREAM TEA



TIME: Come along anytime
between 10am - 2pm

WHERE: At the British Legion - 93
Dorchester Road, Upton, BH16 5NW

Come along and speak to our carers lead and
local organisations who support carers.

If you would like to reserve a free cream tea,
you **must** RSVP by replying to your invite (via
text, email or letter) or by popping into
reception and letting us know.

Minstead Trust Learning Disability Family Carers Drop-ins

Come and have a chat with a free hot drink and tell us what you want Adult Social Care, Health Care and Learning Disability Services to know and we will collate feedback after carers week.

Monday 10th June - 10.30am -12.30pm

**Wesley's Café, The Spire, High Street,
Poole, BH15 1DF**

**Wednesday 12th June - 10.30am -12.30pm Community Room, Tesco Extra,
Riverside Avenue,
Bournemouth, BH7 7DY**

Come as you are, no need to book, but you can contact Sini Lucas on 07586 717228 or Sini.Lucas@minsteadtrust.org.uk to register and to be informed of any changes.

All Saints Church – Blessed are the Carers

As part of national Carers Week, we will be celebrating carers with a service followed by a tea party. If you are a carer, or know someone who is, then please put this in your diary and spread the word!

Wednesday 12th June 2024

1.30pm - Service of Blessing for Carers

2.30pm - All Saints Tea Party in the hall celebrating carers.

**All Saints' Church, 28 Western Road, Branksome Park, Poole, Dorset BH13 7BP
The tea party is being held in the hall two doors away from the Church**

Forward Carers Online Discovery session 'What does the new Carers Leave Act mean for you as an unpaid working carer?'

What does the Carers Leave Act mean for you as an unpaid working Carer? Are you Juggling work with your Caring commitments? Want to know how the NEW Carers Leave Act means for you? Join Forward Carers for a FREE 45 min online session and get informed about how your employer can support you at work.

Tuesday 11th June 7.00pm - 7:45pm

Zoom

Book Spaces now: <https://www.eventbrite.co.uk/e/886308782427?aff=oddttdtcreator>

Minstead Trust – A walk in the park

For Family Carers of adults with Learning Disability. Caring is not a walk in the park, but today for a while it could be.

A slow walk and chat, around a wheelchair accessible route for approximately an hour, stopping when we need to. Do bring a drink with you. We will then walk back to Ark and those who wish can join in the café for rest and a free hot drink after the walk.

Tuesday 11th June 12.00pm – 2.00pm

Poole Park

Meeting point: Ark Café entrance between 12.00pm – 12.15pm

Please contact Sini on 07586 717228 or Sini.Lucas@minsteadtrust.org.uk to register and to be informed of any changes.

Please note all participants are responsible for their own family members who may join on the walk.

Event is weather permitting, but a light drizzle won't stop the event.

Bournemouth Symphony Orchestra Concert for Carers

Working in partnership with Forward Carers and BCP Council, the BSO concert is offering Carers the opportunity to enjoy a relaxed chamber performance in beautiful setting. The concert will include a selection of works from popular classics to light film music and songs from musicals. Tea, coffee, and delicious cakes will be served in the interval with the chance to chat and socialise with other Carers.

Tuesday 11th June – 2.00pm – 3.30pm

The Spire, High Street

Poole BH15 1DF

Activity schedule:

2pm - 2.30pm - music

2.30pm - 3.00pm - tea and cake

3.00pm - 3.30pm - music

Ticket Price: £6 (to include a hot drink and cake)

Booking: <https://bsolive.com/whats-on/>

The BSO Box Office is not public facing so we are unable to offer concessionary rates (bookings can only be made online or by phone).