



THE ADAM PRACTICE

Carers Newsletter

October 2023

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.

Are you helping someone with everyday household tasks like shopping, cleaning, cooking, washing or dressing?

Do you provide transport to medical appointments, emotional or mental health support?

By doing these things you are considered to be a carer and there is support available in Dorset specifically for you.

If you are an unpaid carer and you haven't already told us, please complete a Carers Form at reception. We will pass your details to the following agencies, but please do contact them directly if you have any questions.

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 to refer for a young carer assessment, get a carers card and advice on services

<https://www.carersupportdorset.co.uk/> or call 0800 368 8349.

We hope you find the information included in this newsletter useful. We have attached more information about most services and events highlighted.

Support for carers in our Dorset hospitals and the new hospital Carers Passport

Hospitals across Dorset recognise the vital role that carers play in the health and wellbeing of those they care for and that carers are often the experts in their cared-for person's care and want to support and work with carers to ensure a smooth patient and carer experience in hospital.

Dorset County Hospital, Dorset Healthcare NHS Foundation Trust and University Hospitals Dorset NHS Foundation Trust have come together, with the support of local carers and other carer professionals, to create an 'Our Dorset' Hospital Carer Passport. The aim is to help carers be recognised and supported with their stay in hospital.

The purpose of the Carer Passport is to clearly identify carers when their cared-for person is admitted into hospital and for staff to welcome, involve and support carers while also helping them to understand the needs of the cared-for person throughout their hospital stay.

Carers have a right, but not a duty, to continue to care while their cared-for person is in hospital.

The Carer Passport scheme includes*:

- Flexibility with visiting times
- Inclusion in care
- Inclusion to assist at mealtimes
- Involvement in discussing and planning for discharge

Access to information about patient care (with relevant consent)

**Each hospital's passport offer may differ.*

The benefit of a Hospital Carer Passport encourages hospital staff to have 'carer conversations' to ensure carers are involved and supported in their cared-for person's care from admission through to discharge. For this reason, Carer Passports are non-transferrable from hospital to hospital.

The poster below highlights the contacts for carers, please display wherever appropriate and add the information to your websites / social media:

CARERS IN HOSPITAL

*Are you are caring or would you like to continue to care for your
cared-for person if they were admitted to hospital?*

Dorset hospitals want to Welcome, Involve and Support you

*Find out more about
the hospital Carer
Passport by
contacting us:*


Dorset County Hospital
NHS Foundation Trust


Julia Woodhouse
Patient Experience Co-ordinator
pals@dchft.nhs.uk
Tel: 0800 783 8058




Dorset HealthCare
University
NHS Foundation Trust


Pat Wilkins
Carers Development Lead,
Participation Team
pat.wilkins@nhs.net


Karen Uphill
Carer Support Lead
carersupport@uhd.nhs.uk
Tel: 0300 019 8714

Carer Support Dorset Young carer magazine

Here is the link to Carer Support Dorset's new young carer magazine, it is a joint magazine that goes out to all registered young carers in Dorset and Wiltshire:

[Our NEW young carer magazine – SUMMER 2023 | Carer Support Wiltshire](#)

Veteran support for carers and the cared for person with Dementia

The Royal British Legion now have an Admiral nurse (dementia specialist nurse) in Dorset who is available for any patients with a diagnosis of dementia if they or their carer have a connection to the services (i.e. are veterans).

Here is the website for more information: [Admiral Nurses | Dementia Support | Royal British Legion](#)

Contact information: ANSupport@britishlegion.org.uk

TIDE (together in dementia everyday)

TIDE (together in dementia everyday) is a charity that connects carers and former carers of people with dementia. There are free online Peer to Peer Support Groups for carers and former carers to join, as well as an online Carer Development Programme, that deal with issues such as 'Understanding Living Grief' and 'Bereavement' through to 'Getting Your Point across' when advocating for your Loved one. They are free for carers and former carers to join.

[Together in dementia everyday. When no one else was here for me, tide were beside me](#)

Free digital support resources for all carers in England

Thanks to support from NHS England, carers in England can now access our Digital Resource for Carers platform for free.

Digital Resource for Carers is an online learning platform packed with e-learning, factsheets, guides and tools for carers.

You'll find information on health and wellbeing, practical support, help with finances, and information on carers' rights - including rights at work. You'll also get free access to our care coordination app, Jointly.

[Sign up to the Digital Resource for Carers.](#)



Dorset
Council

The Leonardo Trust
Helping People Who Care For Others



BCP Council



Carer Support
Dorset

Carers Rights Day

 *Helping carers get the support they need*

Due to popular demand, we are back to celebrate Carers Rights Day with you!
There will be stands with information on services to help you, with refreshments provided and plenty of freebies to take away.

An activity room will be available for any cared for person to relax in, whilst the carer looks around the event.



Thursday

23 November 2023

9.00am -12.30pm



The Allendale Centre
Wimborne, BH21 1AS



carol.davies@prama.uk
07736 133445

 **Prima**
Dignity in later life

CRISP

Carers Resource | Information | Support | Programme



Information Event

If you are looking after someone living in the BCP Council area, **we are here for you!**

Drop by CRISP's information event to meet other services that can offer you support and find out useful information that can help you in your caring role.

Carers UK resources

There is lots of information about caring on Carers UK website and there are free online sessions carers can join here covering a range of subject matter and wellbeing topics: <https://www.carersuk.org/help-and-advice/your-health-and-wellbeing/online-meetups/>

There is also a range of recordings of past topics covered: <https://www.carersuk.org/help-and-advice/your-health-and-wellbeing/online-meetups/share-and-learn/share-and-learn-videos/>.

Bereavement Support Group



Find support in a safe and confidential space.

Share your experiences and thoughts.

Talk about your feelings about loss and pain.

Everyone welcome.

We are a non judgemental support group.

We guarantee respect and confidentiality.

Thank you for a suggested donation of £3 (hot drink and cake included)

Monday 2pm- 4pm
Parkstone URC, Grebby Room,
Commercial Road, BH14 0JW

For more information, please contact us on 01202 733 580 (office hours 9-12 from Monday to Thursday) call Jenny – 07817 584 462 or Tracy- 07926 271 712, or email us at mark.phillips@bcpcouncil.gov.uk



Join us for
our next
event

Dementia café

Every fourth Tuesday of the month
2.00pm – 3.30pm

Aimed at those living with dementia and their loved ones, you'll have the opportunity to meet other people, share experiences, take part in our fun activities and get advice and support. We will have complimentary refreshments on hand, including freshly baked cakes.

For more information please call us on **01202 124885**
or email caroline.hearne@careuk.com

Trusted to care

The Potteries care home
187 York Road,
Broadstone BH18 8ES
careuk.com/the-potteries

care UK 