



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



Flu and Covid Vaccinations:

We would encourage our carers to still have the above vaccinations, which are available from your local pharmacies or by contacting NHS 119 for covid bookings.

Looking Out For Others As The Weather Gets Colder

- keep connected – stay in touch with family and friends regularly. Check on vulnerable neighbours when you can
- stay warm – keep your home to at least 18 degrees if you can, especially the rooms you spend most of your time in
- be active – try to keep doing the activities you enjoy and getting out and about

This year's Carers Rights Day is on Thursday 21st November 2024



This year's theme is 'Recognising your rights', and Carers UK lists the following rights for carers to be aware of:

- Right to unpaid Carer's Leave
- Right to request flexible working
- Right to ask your GP practice to identify you as a carer
- Right (and choice) to request a free flu jab
- Protection against discrimination or harassment
- Requesting a carer's assessment
- Being consulted when the person you care for is discharged from hospital

[Carers Rights Day](#) | [Carers UK](#) – Carers UK website contains further info and resources

Carers UK Welcomes Carers Allowance Earnings Threshold Increase In Autumn Budget

- The Carer's Allowance, the main carers' benefit, has been increased to the equivalent of 16 hours at the National Living Wage. 60,000 more carers will be able to access Carer's Allowance as a result.
- Carers UK is relieved to hear that the Household Support Fund will be extended for 2025-26 as a lifeline for lower income families needing additional support. Unpaid carers are mentioned in the Household Support Fund guidance as one of the groups able to access assistance through the Fund.



£3 per session
including refreshment

10:30 – 11:45 in St Nicholas Church

Tuesday 26th Nov
Tuesday 28th Jan
Tuesday 25th Feb

For more details, please contact the parish office 01202 602948 or just turn up!



ALL WELCOME!

THE ALDBURY POOLE

DEMENTIA — CAFÉ —

EVERY WEDNESDAY 10:00AM

SUPPORT FOR THOSE LIVING WITH DEMENTIA AND THEIR CARERS

Colten Care logo

The Aldbury Dedicated Dementia Care
672-674 Ringwood Road, Parkstone, Poole, Dorset, BH12 4NA

COFFEE MORNING



EVERY
WEDNESDAY
10AM-2PM



SPONSORED BY THE CARE CURIOUS HUB
A CARING INFORMATION SERVICE
07500 763584

Heather's Tearoom
233-235 Ashley Road, Parkstone, Poole,
BH14 9DS

Handyman service from BCP

A reminder of the BCP Handyvan Service, this is a fantastic FREE service for older people (over 60) OR for people who have a long-term health condition or disability, AND are on a qualifying benefit, Attendance Allowance or Carers Allowance.

They offer 2 hours of support with anything to lightbulb changes to climbing up ladders!

Just ring on 01202 942331 or Email on Referrals@handyvanservice.co.uk for an appointment!



Use the right service



Self-care

Hangovers. Coughs. Colds.
Bruises and grazes. Small cuts.



GP advice

Persistent symptoms. Chronic
pain. Long-term conditions.



NHS 111

Feeling unwell? Need medical
advice? No GP to call?



Minor injuries

Breaks and sprains. Minor burns and
wound infections. Cuts and grazes.



Pharmacy

Minor ailments. Bites and stings.
Upset stomach. Medication advice.



A&E or 999

Choking. Severe chest pain.
Breathing difficulties. Blood loss.

Winter puts more pressure on our NHS services as some illnesses increase. The best way stay well this winter is to use the right service, at the right time.

- visit your pharmacy for issues like colds or rashes
- see your GP if symptoms persist or you have long term conditions
- use [111](#) for quick, non-emergency advice
- reserve 999 for serious, life, threatening situations

By choosing the right service, we can help ourselves and others get the medical help needed.

This year's State of Caring 2024 survey found that:

- 61% of unpaid carers are worried about living costs and managing in the future, and over a third (35%) don't feel confident they will be able to manage financially over the next 12 months
- A quarter of carers (27%) are struggling to make ends meet and 28% of carers are cutting back on essentials like food and heating
- 28% of carers said they have had to use credit cards, 22% have used their overdraft and 14% of carers are in debt because of caring.
- 68% of carers have cut back on hobbies and leisure activities and 60% have reduced time spent seeing family and friends
- Over half of carers (51%) said that their financial situation is having a negative impact on their mental health, and 61% feel stressed or anxious when they think about their financial situation.
- 42% of carers on Carer's Allowance are struggling to make ends meet, compared to 27% of all carers, and 19% of carers in receipt of Universal Credit use food banks compared to 7% of all carers.

As a result of the intolerable financial pressures carers are facing, Carers UK is calling on the Government to urgently review the current support provided to unpaid carers through the social security system, reform Carer's Allowance and increase the earnings threshold for carers who are able to continue with paid work alongside their caring responsibilities.

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.

We are also hoping to bring this to our other sites.

If you want to be involved, come along every Thursday 11:00am - 1:00pm and join in. Grab a shovel or come for a chat and a cup of tea - we hope to see you there!



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