

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



THE ADAM PRACTICE

CARERS SUPPORT AGENCIES:

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>

0800 368 8349

ITVX – Who Carers For The Carers

ITV broadcasted on 'Tonight' an episode entitled 'Who Carers For The Carers' on the 1st of February (Series 26, Episode 5). It highlighted what it means to be caring for someone and gave some real life examples and stories.

It's great to see carers mentioned in the media, and if you want to catch up on this programme you can watch it on ITVX.

A cross-party group of MPs and Peers have today launched a new survey to gather the views of unpaid carers and organisations who represent them on their proposal for the UK Government to develop a new National Carers Strategy.

If you would like to participate, the survey can be found here:
<https://www.surveymonkey.com/r/5SX9K7K>

Survey closes 7th March 2024.

Do you or the person you care for have repeat prescriptions? Do you help them order their medication?

We need your help to reduce the number of medicine items that are wasted unnecessarily each year.

Check what medicines you and your family have at home before you order your repeat prescriptions. If you have enough, only request the medicines you need this time. You will still be able to order your medicine again in future.

For more information visit
www.nhsdorset.nhs.uk/yourmeds



Repeat prescriptions?

Only order what you need

-  **10% of medicines** prescribed nationally are not needed
-  In Dorset we spend **£9 million** a month on repeat medications
-  Speak to your **pharmacy team** about only ordering what you need

Find out more about our medicine waste campaign at:
nhsdorset.nhs.uk/yourmeds

SWAN Carers Advocacy

SWAN Carers Advocacy is for carers (aged 16+) of individuals with health and social care needs, living within the Dorset Area. The role of Carers Advocacy is:

- To provide independent advocacy to enable them to express their needs and wishes
 - To ensure their rights and interests are represented
- To enable them to obtain the care and support they need.

Please see attached leaflet which clearly explains the service and make sure carers are aware of the support they can access through this.



Contact us

Tel: 03333 447928

Email: dorset@swanadvocacy.org.uk

Web: www.swanadvocacy.org.uk/dorset

Vulnerable people encouraged to seek help with energy bills

People struggling with the cost of energy bills this winter are being encouraged to speak to their council about the financial help available from DWP's Household Support Fund.

With colder temperatures in recent weeks, the Fund can be used to make homes more energy efficient, as well as help households with bills. To find out what support you may be eligible for go to <https://helpforhouseholds.campaign.gov.uk/>

A new support hub, Access Wellbeing Poole, has opened in The Dolphin Poole.

Access Wellbeing Poole will offer a welcoming space to find support on the issues that matter to members of the local community. The hub's friendly Wellbeing Coordinators will take the time to listen, then help people to access support and advice on a wide range of topics including:

- Mental health and emotional wellbeing
- Social connections and activities
- Bereavement and grief
- Advice on issues such as work, money and housing
- Support for carers and family members.

Members of the public don't need an appointment to visit Access Wellbeing Poole – they can pop in at any time during opening hours. The service is designed to support people aged 18 and over. The hub is located on the first floor of the shopping centre, next to the car park entrance, in the old Eco Hub, and is open from 10am-4pm Monday to Friday.

Young Carers Day

14th March 2024

The responsibilities of young and young adult carers vary greatly, so you may be eligible for support, even if you don't feel like you do a lot of caring. If you think that you might be a young or young adult carer, let us know!

The below organisations are there to support young carers and offer support, guidance and a range of resources and activities:



MYTime supports Young Carers aged 5 to 18 years and has recently received funding to work with young adult carers aged 18 to 25 who are unemployed. The charity also works with sibling carers. The charity currently works across Dorset but is starting to form some wider partnerships. They offer residential and day events for Young Carers. They also provide educational talks in schools and will talk to Young Carers groups.

They can also provide some support around independent living and runs a ZOOM youth group that currently meets 3 times a week. All Young Carers are welcome to take part in this.

Web: www.mytimecharity.co.uk

KOOTH provide free on-line/text counselling support for young people aged 11 plus. Young people can chat to friendly counsellors, read articles written by young people, get support from the KOOTH community and write in a daily journal.



Web: www.kooth.com



Sibs provide support for children who are siblings of a disabled child or adult. Young Sibs is specifically aimed at siblings under the age of 18 and their parents. The site has an on-line platform and a chat function for young sibling carers.

Web: www.sibs.org.uk / www.youngsibs.org.uk