



Carers support

How we can help

We provide a range of services and support to help carers and encourage you to take advantage of services and events that may be helpful. For some services, you will need to have a carers assessment. To ask for a carers assessment phone our Help Desk (telephone number overleaf).

Many of our services are promoted under the **CRISP** (Carers Resource, Information and Support Programme) branding which is a joint service provided with Dorset Clinical Commissioning Group.

We offer a range of support for carers:

- Advice and information
- Help to look after yourself
- Social events where you can meet other carers
- Help to take a break from caring
- Courses to help you care
- Carers in Crisis emergency back-up scheme

Support services for carers

- **Carers Information Service.** Is free to join and provides you with a regular newsletter to inform you of events, activities, training and other useful information. Telephone: The Carers Support Service on 01202 458204 or visit www.crispweb.org if you would like to join.
- **CRISP Carers Centre.** St Ambrose Cottage, Alumhurst Road, Westbourne, Bournemouth, BH4 8ER.
Open for carers to visit every Tuesday afternoon 2pm – 4pm and every Friday morning 10am – 12pm. If you need some support or time out for a drink and a chat then call in – no appointment necessary. Free refreshments provided
- **Beach huts and holiday lodge.** Both are available throughout the year at no charge to carers. Contact the Carers Support Service on 01202 458204 to book or find out more.

- **Carers Choir.** Pop along and enjoy some joyful singing with the 'Care Free' choir held every Monday (except bank holidays) from 10.30am to 12noon in St Osmond's Church Hall, Bournemouth Road, Parkstone, Poole BH14 9JG.
- **Carers in Crisis.** An emergency back-up scheme for carers which is free to join.
- **Short Break Sitting Service for carers - home-based support.** This service allows you to take a break from caring and take part in other activities.
- **Focus.** Befriending for carers. Call 01202 304004 for more information.
- **Advocacy for Carers.** An advocate helps you express your views and worries. Call Help and Care 0300 111 3303.

Other factsheets that may be relevant

- Short Break Sitting Service for carers
- Carers assessment
- Carers in Crisis

Contact details

If you would like to find out more about this service please telephone the Help Desk on 01202 633902 or email sshelpdesk@bcpcouncil.gov.uk. For more information about services please go to www.mylifemycare.com.

To request or download a copy of this factsheet:

Tel. 01202 633902 / email sshelpdesk@bcpcouncil.gov.uk
or download at www.poole.gov.uk/adultsocialcarefactsheets



We can give you help to read or understand this information:



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