



Support for Carers in Purbeck, North and West Dorset, Weymouth and Portland factsheet

REGISTERING AS A CARER

As a carer, you have a right to ask for an assessment of your needs. It is important that your health and wellbeing is maintained and that you are supported in your caring role.

Each local authority has a Carers Co-ordinator or Case Worker who offer help, information and support. For further details, and to register a carer contact your local Adult Social Care office for further information about caring, details of training courses, support groups and carers social events, and access to the Carers Card Scheme:

Dorset Direct: 01305 221016

<https://www.mylifemycare.com/Dorset-carers>

for an initial assessment of your needs as a carer. If you have an emergency you can also call the out-of-office-hours Emergency Duty Team on 01202 657279. Further information about services and support for carers across Dorset is available from <https://www.mylifemycare.com/support-and-services-for-carers/support>



HELP & CARE CONTACT DETAILS

Help us to help you

As a charitable organisation Help & Care relies heavily on the donations and goodwill of the local community. However large or small, every gift makes a difference!

Please contact us using the contact details below if you would like information about:

- *How to make a one off donation or*
- *How to set up a regular monthly donation or*
- *How to remember us in your Will*

Help & Care contact details

Help & Care offer a range of services and factsheets to older people, carers, and disabled people across Dorset. If you would like to know more about our information and support services, Advocacy, and our Handiworks Plus services, or you would like a copy of this factsheet in your own language, large print, Braille, or on audio tape or compact disc please contact us on the details below.

By telephone: 0300 111 3303

By fax: 01202 432299

Opening hours are: Monday - Thursday 9am -5pm and Friday 10am - 4.30pm. Answering machine available outside these hours.

Textphone for hard of hearing: 01202 416047

Email: contact@helpandcare.org.uk

Website: www.helpandcare.org.uk

Use the "Contact" form within the website to let us know how best we can help you.

Contact by post: Help & Care, The Pokesdown Centre, 896 Christchurch Road, Bournemouth, BH7 6DL

You can also make an appointment to call in and see us at The Pokesdown Centre, Bournemouth.

This information has been researched and produced by Help & Care and was believed to be correct at the time of production. Inclusion does not imply a recommendation by Help & Care.



LEARNING DISABILITIES AND LEARNING DIFFICULTIES SUPPORT GROUPS

Autism Wessex, 22A Bargates, Christchurch, BH23 1QL, Tel: 01202 483360

Email: enquiries@autismwessex.org.uk <https://www.autismwessex.org.uk/pages/4>

Support for people affected by Autism, their families and carers. There is a Dorchester Drop-In Group every Thursday 2pm – 4pm at Dorchester TA Centre, Poundbury Road, Dorchester, DT1 1TA. Information and support, and advocacy services are also available by calling 01305 213135.

Dorset Adult Asperger's Support Group

Support for people affected by Asperger's, families and carers. Services include:

- *Information, advice, training and advocacy*
- *Identification of gaps in service provision*
- *Co-operation with other agencies to promote understanding and support*

Meetings are held at the United Church Dorchester, 49/51 Charles Street, Dorchester, DT1 1EE. For further information contact the volunteer helpers on 07818 173390 or 07789521758 or email: info@dorsetaspergerssupport.org.uk

or visit <http://www.dorsetadultaspergerssupport.org.uk/dorchester-meetings-2018> .

Mencap – advice, information and support for the carers of someone with learning disabilities. Local support and activity groups available.

<https://www.mencap.org.uk/search/groups?search=&submitted=&location=Dorset&x=34&y=30>



MENTAL HEALTH, AND ADDICTIONS SUPPORT GROUPS

Dorset Mental Health Forum - support and training available to carers of people with mental illness. Practical support and access to local services for people affected by mental illness. For further information contact Dorset Mental Health Forum, 29 – 29a Durngate Street, Dorchester, DT1 1JP, Tel: 01305 257172,

email: admin@dorsetmentalhealthforum.org.uk or visit the website at:

<http://www.dorsetmentalhealthforum.org.uk/>

<http://www.dorsetmentalhealthforum.org.uk/carers.html> .

FRANK – Talk to FRANK – if you are a concerned friend or relative of someone who is experiencing problems with drugs or substance abuse you can seek information, help and advice by contacting FRANK (friendly, confidential drugs advice) on 0300 123 6600 or visit <http://www.talktofrank.com/> .

REACH – Drug and Alcohol Services – Reach is a partnership between EDP Drug & Alcohol Services (EDP), Avon and Wiltshire Mental Health Partnership Trust (AWP) and Essential Drug and Alcohol Services (EDAS) offering advice, information, and intervention services to drug and alcohol users or anyone concerned about someone's use (friends, family, carers). Services include whole family support and interventions, and are available across Dorset. There are three contact hub areas, each offering services from further satellite locations. The hub areas are:

Reach East – 45 Bargates, Christchurch, BH23 1QD, Tel: 01202 482 908.

Reach North – Woodcock Court, Queens Street, Gillingham, SP8 4DZ, Tel: 01747 825872.

Reach West: Weymouth Community Hospital, 3 Melcombe Ave, Weymouth, DT4 7TB, 01305 760799.

Further information is available from <http://www.edp.org.uk/reach/>

Rethink Dorset Carers Support – offer help to people living in Dorset (excluding Bournemouth and Poole), who care for someone with mental illness. One to one and group support is available, along with information and advice, activities, help with respite funding, and much more. Contact Rethink South West at Juniper Lodge, The Conifers, Poundbury Industrial Estate, Dorchester, DT2 2PG, Tel: 01305 262771. <https://www.rethink.org/services-groups/services/dorset-carers-support> .

Rethink – Dorset Early Intervention Service – early intervention and support for young people in the first few years of experiencing psychosis, youth groups arranged regularly. For further details contact Dorset Early Intervention Service, 5 Downes Street, Dorchester, DT6 3JR, Tel: 01305 459762.

<https://www.rethink.org/services-groups/services/dorset-early-intervention-service> .

Turning Point – Dorset Drug Intervention Programme – concerned friends, relatives or carers can contact Turning Point to seek information and advice about another person’s substance abuse. Referrals to the service can be made by substance users themselves, concerned others, health and GP services, probation or other services. For further details contact: 1st and 2nd Floor, 83 The Esplanade, Weymouth, DT4 7AA, Tel: 01305 780087, <http://www.turning-point.co.uk/dorset-dip.aspx> .

Further information about Mental Health, and Drug and Alcohol Services is available from:

<https://www.mylifemycare.com/Drug-and-alcohol-services>

<https://www.mylifemycare.com/Mental-health-groups> <https://www.mylifemycare.com/support-and-services-for-carers>



SUPPORT FOR CARERS VIA ADULT SOCIAL CARE AND LOCAL PROVIDERS

Carers Concession Card Scheme

As a registered carer in Dorset you are eligible for the Carers Card Scheme which gives you access to discounts on a range of goods and services such as:

- *days out and activities*
- *travel and holidays*
- *health and beauty*
- *sport and fitness*
- *places to eat and drink*

The card will be sent to you when you register as a carer, further information is available from the Carers Centre (see below) or <https://www.mylifemycare.com/carers-card> or contact 01305 221016.

Carers in Crisis

Carers in Crisis is a free to join service provided by Adult Social Care across Dorset as an emergency back-up plan to help the person you care for. If you the carer are taken ill, have an accident, or are unable to provide your normal level of care due to an emergency Carers in Crisis can provide support. The service call centre is available 24hrs a day, 7 days a week, and when contacted staff will put in place actions agreed by you to ensure your cared for person is informed of the situation and that their care needs are met. As part of the scheme you will be provided with a card and a key fob showing you are a carer, with the call centre number and your unique reference number. In the event of an emergency anyone can contact the call centre on your behalf. For further details contact your local Adult Social Care office to register: Dorset Direct: 01305 221016 or go online at: <https://www.mylifemycare.com/support-and-services-for-carers/carers-in-crisis> .

Age UK Dorchester – Rowan Cottage, Prince of Wales Road, Dorchester, DT1 1PW. An information and advice service for older people, their families and carers, with links to services in the community <https://www.ageuk.org.uk/dorchester/services/information-advice/> .

Help & Care, The Pokesdown Centre, 896 Christchurch Road, Bournemouth, BH7 6DL

Tel: 0300 111 3303, Email: contact@helpandcare.org.uk, <https://www.helpandcare.org.uk/>

Caring for a loved one or relative can be hard work, so Help & Care are here to support carers in as many ways as we can, be it giving information and advice, advocacy and support, or practical help with home repairs or adaptations. Call 0300 111 3303 for

information and advice or to discuss any concerns you may have, or visit our website for:

- *Factsheets; “Carers’ Rights and Assessments”, “Carers Allowance”, and “Training and Practical Support for Carers”.*
<https://www.helpandcare.org.uk/services/information-and-signposting/>
- *Advocacy* <https://www.helpandcare.org.uk/services/support-planning-and-advocacy/>
- *Handiworks Plus* <https://www.helpandcare.org.uk/services/home-and-gardening-maintenance/>

You can also pop in to our office if you wish, or call to make an appointment.

Leonardo Trust, 5 Duneys Road, Broadstone, Poole, Dorset, BH18 8AA

Tel: 01202 698325, Email: info@leonardotrust.org <http://leonardotrust.org/>

Independent local charity to help carers in Dorset who care for a sick or disabled relative or friend at home. Funding available to help with a variety of needs, information and advice about your caring role, access to local services. Contact office for further information.

Support from your GP Surgery

You can also register as a carer at your GP surgery (this is separate to registering with the local authority). Many surgeries have a dedicated member of staff within the practice (sometimes called a Carers Lead) who can advise patients on how the practice can support your caring needs.



CARER SUPPORT GROUPS RUN BY CARERS

Throughout Dorset there are Carer Support Groups run by carers themselves in a voluntary capacity or supported through funding via local authorities, community projects, or charities. These groups give carers the ideal opportunity to meet with other people who fully understand the caring role, are a chance to socialize and meet new friends, and enable members to catch up with and exchange information and advice about caring, or listen to invited speakers who are visiting the group. The groups may meet up in a local café, pub, or restaurant, or arrange to meet each other for a walk, outing or social event. Others meet on a regular basis in local community or church halls and may offer a more structured group with practical advice about the caring role. For further information about groups taking place in your area visit:

<https://www.mylifemycare.com/directory-of-carers-support-groups> or contact your local Adult Social Care team: Dorset Direct: 01305 221016.

Locally funded support projects and/or support groups for carers in Dorset.

Harlequin Care run regular carers' days throughout Dorset to support carers who are looking after a relative, friend or neighbour with a life limiting or restrictive illness. These are an opportunity to meet with other carers, the Harlequin Care volunteers, and have a relaxed time socializing over refreshments. Qualified complementary therapy practitioners, and counsellors are available free of charge to carers. The carer days are held at Holton Lee, near Holton Heath, Poole. For further information go online at: <http://www.harlequincare.com/about-us> , email: info@harlequincare.com or contact 07547 136041.



HEALTH (SPECIFIC CONDITION) RELATED SUPPORT GROUPS

There are national and local health related charities and service providers who support locally based patient and/or carer support groups. Some are run directly by local people affected by some long-term conditions and some are run from a head office/call-centre who sign post callers to a locally based representative. Below are details of services offered in the Dorset area.

Cancer Support

About Face, The About Face Centre, 111 Longfleet Road, Poole, BH15 2HP, Tel: 01202 677340, Email: contact@about-face.info <https://www.about-face.info/>

A local independent registered charity set up to give help and support to patients experiencing head and neck cancer, and their families and carers. Group support and one to one support is available from volunteers who have already experienced cancer. Support is offered to people throughout Dorset, Hampshire, Wiltshire and East Devon.

After Glow – post - radiotherapy support, Greenhouse Hotel, 4 Grove Road, Bournemouth, BH1 3AU.

A support group for patients, family and friends following radiotherapy treatment. Group members come from across Dorset, and the group provides friendship and support, information and advice, and a chance to socialize. The group meets every 2nd Monday of the month between 2pm – 4pm. For further information contact Mandy on 01202 448790.

Dorset Myeloma Support Group

An established support group for people affected by Myeloma and their carers. The groups meet at The Barrington Centre, opposite Tesco in Ferndown, on the last Friday of the month at 2pm. Parking is available in Tesco's carpark. For further information contact Jacqui Holmes on 01202 603605, or email: group.leader.dorsetmyeloma@gmail.com . Information is about Myeloma is also available at <https://www.myeloma.org.uk> or by calling 0800 980 3332.

Lewis Manning Hospice Carers Group, Lewis Manning Hospice, 1 Crichel Mount Road, Poole, BH14 8LT, Tel: 01202 708470, Email within website: <http://lewis-manning.co.uk/our-services/carers-group/> .

The Lewis Manning Carers Group offers support to you and the person you care for at any stage of your cancer journey. The group is an opportunity for carers to meet regularly and share experiences with others who understand, a chance to share information and develop social networks.

SemiColons Bowel Cancer Support Group – a group set up to offer support, information and friendship to all patients, carers and friends who have experience of Bowel Cancer throughout the Dorset Cancer Network. The group is run by people who have been through the experience of bowel cancer themselves and are fully supported by the lead Specialist Nurses from the

Royal Bournemouth, Poole and Dorchester Hospitals. For further details contact the Colorectal Nurse Specialists, Dorset County Hospital, Williams Avenue, Dorchester, DT1 1TS, Tel: 01305 253144, email: angela.ingram@dchft.nhs.uk or Nicola.calcutt@dchft.nhs.uk or contact Dick Foad on 01305 261165 or 07792637935, email: dlhauers@outlook.com .

Weldmar Hospice Care – Family Care – qualified social workers and counsellors offer practical support, information and advice, bereavement and emotional support to families, carers and patients affected by cancer and other life limiting conditions. Specialists in how children process grief and how they talk to adults about their feelings. For further information go online at: <https://www.weld-hospice.org.uk/patients-family-friends/how-we-help/family-support/> .

Dementia Support

If you are caring for someone who has dementia or who you think may be developing a dementia related condition you should first speak to your/their GP or social worker/care manager about your concerns. They can then refer your cared for person to the Community Mental Health Team – Older People (CMHT-OP) who can assess the situation and then put in place further support and services to support the person you care for, helping you in your caring role. Contact: CMHT-OP –

Bridport – Bridport Community Hospital, Tel: 01308 421236.

Dorchester – Dorchester Community Offices, Tel: 01305 250861.

Purbeck – Wimborne Hospital, 15 Oakley Lane, Canford Magna, Wimborne, Tel: 01202 639560.

Shaftsbury – Westminster Hospital, Tel: 01747 851625.

Sherborne – Yeatman Hospital, Tel: 01935 815598.

Weymouth – Weymouth Community Hospital, Tel: 01305 762505.

Alzheimer's Society – Dorset

Alzheimer's Society run a variety of services throughout Dorset for people affected by dementia, their families and carers. Groups range from walking groups, memory cafés, groups for younger people affected by dementia, singing for the brain groups, to name but a few. Most groups are run by a facilitator and take place at local cafés, restaurants, or pre-arranged places to meet up. The groups are an ideal place to meet up with people who understand what it is like to be living with dementia, an opportunity to get information and advice, and a chance to socialize. The venues may change from time to time so to be sure of finding a group in your area contact Alzheimer's Society – Dorset on 01202 764352, email: dorset@alzheimers.org.uk or go online: <https://www.alzheimers.org.uk/> .

Further information about coping with dementia is available nationally from the Alzheimer's Society National Dementia Helpline on 0300 222 1122.

Memory Support and Advisory Service

A Dorset-wide Memory Support and Advisory Service designed to meet the needs of people affected by dementia, their families and carers. People can self-refer or be referred by their GP. The service is run by the Alzheimer's Society across Bournemouth, Poole, and Dorset. Services include:

- *One-to-one support*
- *Memory Cafés*
- *Training for carers*
- *Pop-up groups for people living with dementia and carers*
- *Supporting the creation of dementia friendly communities*

For further information contact 0300 123 1916 or email dorset@alzheimers.org.uk .

Diabetes Support

If you think you may be suffering from Diabetes you should visit your GP who will be able to make a diagnosis or refer you for the necessary tests. Many GP surgeries run clinics for diabetics to enable patients to monitor and receive information about their condition. Your GP may also refer you to the Diabetes Clinic at a local hospital where Diabetes Nurse Specialists are available to offer information, advice and training to people with diabetes and their carers. Below are details of the local contacts:

For Swanage, Wareham and East Dorset (dependent on your choice of hospital)

Diabetes Nurse Specialist, Diabetes Centre – Philip Arnold Unit, Poole Hospital, Longfleet Road, Poole, BH15 2JB, Tel: 01202 448060 – Reception, Tel: 01202 448063 - Nurse Specialist, www.poole.nhs.uk .

For North and West Dorset – Diabetes Centre, Dorset County Hospital, 50 Bridport Road, Dorchester, Dorset, DT1 2NQ, Reception/Appointments Tel: 01305 255130, Nurse Specialists Tel: 01305 255342, Diabetes Dietitian Tel: 01305 255211.

Diabetes UK

Specialist advice and information about living with diabetes. Details about local support groups and regional offices, option to join national on-line forum, up to date research and information about living with diabetes. For further details contact:

Diabetes UK Helpline on 0345 123 2399, Email: helpline@diabetes.org.uk

https://www.diabetes.org.uk/how_we_help/helpline

Diabetes UK (South West), Victoria House, Taunton, TA1 3FA, Tel: 01823 448260

Email: south.west@diabetes.org.uk https://www.diabetes.org.uk/In_Your_Area/South_West .

Information and advice about diabetes, access to local support groups.

Parkinson's UK – Weymouth & Dorchester Branch

The Weymouth & Dorchester branch of Parkinson's UK offer information, support, and friendship to local people with Parkinson's, their families and carers. Regular social activities and events are also available, offering the opportunity to meet other people affected by Parkinson's in your area. Groups available include:

Bridport – meets on the fourth Tuesday of the month between 2.15pm – 4.15pm at St Swithun's Church Hall, 55 North Allington, Bridport, Dorset, DT6 5DU.

Dorchester – meets on the fourth Friday of the month at 2.30pm, Magna Community Room, Lubbecke Way, Dorchester, Dorset, DT1 1QL.

Weymouth – meets on the second Monday of the month between 2.30pm – 4.15pm at Bincombe Court, Hamilton Close, Weymouth, Dorset, DT3 6RG.

Other useful Parkinson's contacts:

Parkinson's Nurse advice specialist: Carole Walker on 07827 254382, email: carole.walker3@nhs.net

Local practical help and advice contact Lorraine Bilton on 0344 225 9828, email: 0344 225 9828.

Volunteering enquiries: Jane Henderson, Volunteer Co-ordinator on 0344 225 3694 vc.west2@parkinsons.org.uk.

Parkinson's UK Helpline: 0808 800 0303 <https://www.parkinsons.org.uk/>

Stroke Support

Stroke Association, Stroke House, 240 City Road, London, EC1V 2PR

Helpline: 0303 3033 100, Email: info@stroke.org.uk <https://www.stroke.org.uk/>

Information and support for people affected by Stroke, T.I.A/minor strokes. Details of current research, links to local services to help with recovery, and information for carers of Stroke survivors, details about local meet up groups.

Stroke Assoc Groups in Dorset include:

Bridport Stroke Club – meets on a Wednesday 10am – 12pm at Vernon's Court, South Street, Bridport DT6 3QF, contact Barbara Powell on 01308 897 389, email: barbarareevespowell@gmail.com

Dorchester Social Stroke Club – meets on a Thursday 10.30am – 12.30pm at

Magna Community Room, contact Jackie Sherfield on 01305 257464, email: Jackie.sherfield@btinternet.com

Sherborne & District Stroke Club – meets on a Friday 10am – 12pm at Riverside Nursing Home, Westbury, Sherborne, DT9 3QS, contact Judith Maidment On 01935 817229.

Weymouth Stroke Club – meets fortnightly on a Tuesday 10.30am – 12.30pm at Weymouth Bay Methodist Church, 32 Melcombe Ave, Weymouth, DT4 7TH, contact Donna Barr on 07565 175 165, email: salesgirl10@hotmail.com .



OTHER HEALTH CONDITION SUPPORT GROUPS/ORGANISATIONS

BackCare, Monkey Puzzle House, 69 – 71 Windmill Road, Sunbury-on-Thames, TW16 7DT, Tel: 0845 130 2704 – Helpline Monday – Friday 9am – 5pm, 0208 977 5474 – Admin, Email: info@backcare.org.uk
<http://www.backcare.org.uk/i-have-back-or-neck-pain/>

BackCare is a national charity that helps people manage and prevent back pain by:

- *Providing evidence based information*
- *Promoting best practice in the prevention and management of back pain*
- *Online shop for books and equipment*
- *Find a practitioner facility*

Bladder and Bowel UK, Burrows House, 10 Priestley Road, Wardley Industrial Estate,

Worsley, M28 2LY, Helpline: 0161 607 8219, Email: bladderandboweluk@disabledliving.co.uk
<http://www.bladderandboweluk.co.uk/>

National charity providing information and support for people with bladder and bowel disorders, their carers, families and healthcare professionals. Free delivery off products from the online shop and free RADAR key.

Dorset Lupus Group

Self-help and fundraising group for people with Lupus and associated conditions, their carers, family and friends. Access to a range of information and advice about living with Lupus. For information about the local support group go online to <http://www.dorsetlupus.com/links.html> or contact one of the representatives for a chat:

Jean Durrant – 01258 860565 – North Dorset

Rosemary Smeeton – 01305 821688 – West Dorset, Purbeck

Dorset Lupus is affiliated to the national charity Lupus UK which has a wealth of information about the condition and holds national events to inform patients and raise awareness and funds for research. Lupus UK can be contacted at:

Lupus UK, St James House, Eastern Road, Romford, RM1 3NH, Tel: 01708 731251

Email: headoffice@lupus.org.uk <https://www.lupusuk.org.uk/>

Dorset M.E. Group, Group Administrator, 25 Mariners Way, Chickerell, Weymouth

Dorset, DT3 4LS, Tel: 01305 777670, Email: help@dorsetmesupport.org.uk

<http://www.dorsetmesupport.org.uk/>

The group works in partnership with the NHS to provide support, information and advice to people affected by CFS (Chronic Fatigue Syndrome) and ME (Myalgic Encephalopathy). Informal Link Groups offer informal meetings at local venues for members to meet and socialize. There are also organized activities tailored to the needs of people with CFS/ME and medical lectures from speakers with knowledge of CFS/ME. The Dorset NHS CFS/ME service is available to both adults, and children and young people. The service for children and young adults runs from two centres; Dorset County Hospital, and Poole Hospital, there are clinics for adults at Wareham Community Hospital with a consultant and specialist doctor. Referrals are made via your GP for both adults and children.

Epilepsy Action, New Ansty House, Gate Way Drive, Yeadon, Leeds, LS19 7XY

Helpline: 0808 800 5050, <https://www.epilepsy.org.uk/>

National charity for people affected by epilepsy offering advice, information and support. National helpline is open Monday – Friday 8.30am – 5.30pm. A local support group is available in Bournemouth and Poole and meets at Parkstone Christian Centre, Commercial Road, Poole, BH14 0JW on the second Tuesday of the month between 7pm – 9pm, contact Mark or Kamlesh Adams on 01202 861925 or mobile 07833663051.

FMA UK (Fibromyalgia Assoc UK), Studio 3007, Mile End Mill, 12 Seedhill, Paisley, PA1 1JS <http://www.fmauk.org/>

Helpline: 0300 999 3333 – Mon – Friday 10am -4pm.

Benefits Helpline: 0300 999 0055 – Mon, Wed, Friday 10am – 12pm.

Information, advice and support from others who understand what it is like to live with Fibromyalgia. Details of local support groups in your area.

UK Fibromyalgia, 7 Ashborne Road, Bournemouth, BH5 2JS, Email: info@ukfibromyalgia.com, <http://ukfibromyalgia.com/index.php> - An independent information and advice website for people with Fibromyalgia.

Headway Dorset, Bradbury House, 190 Bagnall Road, Old Basford, Nottingham, NG6 8SF, Tel: 0808 800 2244, Email: helpline@headway.org.uk <https://www.headway.org.uk/>

Headway helps brain injury survivors come to terms with their new circumstances, re-integrate into family and community life, and maximise their opportunities and choices. Practical and emotional support is available to families and carers. Locally in Dorset there is a Befriending and Activities Group offering weekly drop-ins at various venues throughout Bournemouth and Poole, weekly football sessions, and an allotment during the summer. Other social and activity groups are also available, for further details contact Adrian Stark on buddy@headway.org.uk .

Huntington's Disease Association (HDA), Suite 24, Liverpool Science Park IC1

131 Mount Pleasant, Liverpool, L3 5TF, Tel: 0151 331 5444

Email: info@hda.org.uk (<mailto:info@hda.org.uk>) <https://www.hda.org.uk/huntingtons-disease>

Caring for someone with Huntington's can be challenging. It can be helpful to meet up with other people who understand what you are experiencing as you can relate to each other's experiences and offer emotional and practical support. Huntington's

Disease Association supports volunteers who run support groups for people affected by Huntington's throughout the country. The groups are informal and are run to meet the needs of the people who attend. For more information contact HDA on 0151 331 5444 or email info@hda.org.uk or contact the local Dorset support group via Facebook on

<https://www.facebook.com/HuntingtonsDiseaseAssociationDorsetBranch/>

MS Society – Wareham & Purbeck,

MS Society offer support, information and advice to people affected by MS, their families and carers, along with occasional social events and get togethers in the Wareham and Purbeck and surrounding district. Contact John Smith on 01202 622146, email: [mspurbekuk@yahoo.co.uk](mailto:mspurbeckuk@yahoo.co.uk) or visit <http://www.mspurbeck.co.uk/>.



SUPPORT FOR YOUNG CARERS

Support for Young Carers

Support for Young Carers in the Dorset area is provided by the Young Carers Support Team, who will enable you and your family identify the support and services you need to support your caring role. They will liaise with your school or college, and provide information, advice, and access to activities where you can meet with other carers or enjoy respite breaks from your caring role. Contact the Young Carers Support Team on 01305 225677 email: youngcarers@dorsetcc.gov.uk ,or go online at <https://www.dorsetforyou.gov.uk/young-people/carers>.

Further information about local carers support groups across Dorset is available at <https://www.mylifemycare.com/information-and-advice-for-carers> and <https://www.mylifemycare.com/solutions-and-service-providers> .



FURTHER USEFUL NATIONAL ORGANISATIONS

Carers Direct – NHS Choices – A national helpline run by the NHS Choices providing information and advice for carers. Call 0300 123 1053 or go online at: <https://www.nhs.uk/conditions/social-care-and-support/carers-direct-helpline/>?

Carers UK, 20 Dover Street, London, SE1 4LX, email:

info@carersuk.org <https://www.carersuk.org/> a membership organisation that campaigns to improve services and support for carers nationwide. General advice and information available via the website for anyone interested in carers needs.

Carers Trust, 32 – 36 Loman Street, London, SE1 0EH, Tel: 0300 772 9600, Email: info@carers.org <https://carers.org/> - works to improve services and support for carers through a network of quality assured independent partners and provision of grants to carers to help with their caring role.



SUPPORT FOR PARENT CARERS (INCLUDING YOUNG ADULTS AGED 18 - 25)

Below are details of services available to parents caring for a disabled child, in some circumstances the range of these services extends to young adults aged 18 – 25. Some of the services are already dealt with by the organisations mentioned above in this factsheet, others may have very specific services for children. Further more detailed information about eligibility is available from your local authority Children's Services:

Bournemouth Children's Social Care: Tel: 01202 458101, Children's Information Services: Tel: 01202 456222

<https://www.bournemouth.gov.uk/childreducation/LocalOffer/LocalOffer.aspx>, <https://www.bournemouth.gov.uk/childreducation/ChildrensSocialCare/ChildrensSocialCare.aspx>

Dorset Family Information Service: via Dorset Direct Tel: 01305 221016, Email: familyinfo@dorsetcc.gov.uk, <https://www.dorsetforyou.gov.uk/aboutfis>

<https://www.dorsetforyou.gov.uk/childrens/sen-disability/local-offer>

The Xchange – news and information service for Dorset based families. <http://search3.openobjects.com/kb5/dorset/aiminghigh/home.page>

Poole Children's Social Care: 01202 735046. Family Information Service: 01202 261999. <http://archive.poole.gov.uk/health-and-social-care/childrens-social-care/>

<https://selfservice.boroughofpoole.com/popup.aspx/RenderForm/?F.Name=omwerMT24VA>

Cystic Fibrosis – information and advice for people caring for a child with Cystic Fibrosis <https://www.cysticfibrosis.org.uk/>

Disabled Children's Partnership – work to raise awareness of and campaign for the rights of disabled children by improving understanding of the issues that affect their everyday lives <https://disabledchildrenspartnership.org.uk/> .

Dorset Deaf Children's Society – Information, advice and support for the families and carers of hearing impaired children in Dorset. Contact Shirley Sorbie on 01202 571089, email info@dorsetdcs.co.uk <https://www.dorsetdcs.co.uk/> .

Dorset ADHD Support Group – support for parents and carers of children and young people with ADD/ADHD. Regular meetings for parents, carers, and professionals. For further details contact 01305 768297, email: adhdsupportgroup@btinternet.com .

Family Fund – support, information and advice, access to grants for families and carers of disabled children
<https://www.familyfund.org.uk/> .

Mencap – advice, information and support for the parents and carers of a child or young person with learning disabilities. Local support and activity groups available.

<https://www.mencap.org.uk/search/groups?search=&submitted=&location=Dorset&x=34&y=30>

National Deaf Children's Society – advice, information and support for parents and carers of hearing impaired children. Contact 0808 800 8880 email helpline@ndcs.org.uk http://www.ndcs.org.uk/family_support/index.html

