

# THE BIRCHWOOD PRACTISE CARERS RIGHTS NEWSLETTER NOVEMBER 2023



T: 01 202 697639



DOCTOR'S SURGERY  
CREEKMOOR  
&  
OAKDALE



T: 01 202 672065

## INTRODUCTION

Welcome to our first Birchwood Practice carers newsletter.

More information will be provided at these events.

We hope that you find this month's edition useful

Samirah Miah

Care – coordinator

The Birchwood Practice

It is important that if you are a carer that you notify The Birchwood Practice so you can be coded as a carer and receive useful help, information, and advice.

You can either telephone the surgery to notify us on 01202-697639 or email us at: [birchwood.carers@dorsetgp.nhs.uk](mailto:birchwood.carers@dorsetgp.nhs.uk)

We look forward to hearing from you.

The Birchwood Practice, Northmead Drive, Poole, BH17 7XW

## WHAT IS A CARER?

A carer is someone who provides unpaid care for a family member or friend who may be disabled, physically/mentally unwell or misuses substances.

Carers may: clean/tidy a home, help an individual with personal hygiene, assisting with transport, managing medications/treatment or support an individual's independence and wellbeing.

This means that carers have such an important role when they are helping another individual with everyday tasks.

**By doing any of these things you are considered to be a carer.**

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## SUPPORT IS AVAILABLE TO YOU

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All you need to do is:

- Tell your GP surgery that you are a carer so that you are registered with us
- Contact your council area's carer support service

### Contact details:

- Dorset County Hospital 0800 783 8058 ([pals@dchft.nhs.uk](mailto:pals@dchft.nhs.uk))
- Unversity Hospitals Dorset 0300 0198714 ([carersupport@uhd.nhs.uk](mailto:carersupport@uhd.nhs.uk))

We also work in partnrship with the following organisations



## Discounts and special offers are available for all Dorset carers

Hundreds of Dorset businesses have formed an exciting partnership to offer carers a range of exclusive offers and discounts.

Contact your council carer support service to obtain a Dorset Carers Card. They include trades, shops, cafes and restaurants among others.



## Hospital admission

If your cared-for person has been admitted to either Dorset County Hospital or University Hospitals Dorset (Bournemouth, Christchurch or Poole Hospitals) there is a Carer Support Service available to help and support you throughout their inpatient stay.

### Dorset County Hospital:

0800 763 8058

pals@dchft.nhs.uk

### University Hospitals Dorset:

0300 019 8714

carersupport@uhd.nhs.uk

Thank you for reading this leaflet. If you know someone who is caring for someone else and think they would benefit from seeing this leaflet please share it with them.

Co-produced with carers in partnership with Our Dorset ICS (Integrated Care System) - Your Local NHS and Councils Working Together.



University Hospitals Dorset  
NHS Foundation Trust



Dorset  
Clinical Commissioning Group



Dorset County Hospital  
NHS Foundation Trust



## Do you provide support to a friend, relative or neighbour who would not manage without it?

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.

The right support at the right time for you as a carer, is available in just TWO steps:

1. Tell your GP Surgery you are a carer

2. Contact your council area's carer support service

**Our Dorset**  
The Local NHS and Councils Working Together

## If you are a carer age 18+:

- Flu vaccination
- Someone else could take over caring so that you have a respite break
- Help you with fares if you don't drive
- Help with work around the house
- Put you in touch with other local support groups so that you can talk to other carers

# 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



## Wimborne

Following the success of the event they ran last year, Prama are again coordinating an event at The Allendale Centre, Wimborne for Carers Rights Day.

There will be stand with information on services available to help carers along with refreshments and goodies for carers to take away.

In addition, an activity room will be available for any cared person, whilst the carer attends the event.

**Get in touch with Carol Davies if you would like to find out more information.**

**Contact details can be found on the poster**

# 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.

### When:

Thursday 23<sup>rd</sup> November 1pm – 4pm

### Where:

Citygate Church - 138a Holdenhurst Road,  
Bournemouth, BH8 8AS

### Details:

3 hours of free parking - Asda Car Park, St Pauls Rd, Bournemouth BH8 8DL  
Cotlands Road Car Park BH1 3QW – Debit Card or Phone payments  
Train Station and Bus station opposite venue.

### Bournemouth

Here is another event for carers who are looking after someone in the BCP council area. CRISP have organized a Carers Rights Day event at Citygate Church in Bournemouth.

It is an information event and is a chance for carers to meet services that can offer information and support that will help them in their caring role.

This event is a drop-in session so come along and see what services are available to you.

**Details of this event can be found on the poster**

## CARERS IN HOSPITAL

*Are you 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](mailto: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](mailto:pat.wilkins@nhs.net)

  
University Hospitals Dorset  
NHS Foundation Trust



**Karen Uphill**  
Carer Support Lead  
[carersupport@uhd.nhs.uk](mailto:carersupport@uhd.nhs.uk)  
Tel: 0300 019 8714

Hospitals across Dorset recognize 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 recognized 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 whilst their cared-for person is in hospital**

## Young carers

You are a young carer if you're under eighteen and you are helping to look after someone who has a disability, illness, mental health condition, drug/alcohol problem. If you are a young carer, it is likely that you already look after one of your parents or care for a brother or sister.

You may do extra jobs at home such as the cooking, cleaning, or helping someone to get dressed.

You may also provide physical help to a parent or sibling who is living with a disability.

As well as doing these things you may also be providing them emotional support too.

### If you are a young carer, under 18:

- **You could be given extra time to complete school work**
- **Receive respite breaks**
- **Receive extra family support**
- **Receive support from local councils**
- **A social worker must carry out a young carer's assessment**

### More information can be found on the websites below

#### Information for all

- [Carers Rights Day – 23<sup>rd</sup> November 2023](#)
- [Carers Rights Day events](#)
- [Carers UK resources](#)

#### BCP Council Information

- [Bereavement support group](#)
- [Drop-in mornings for Family Carers of Adults with Learning Disabilities in BCP](#)

#### Dorset Council Information

- [Excellent resource for you re Carer Support Dorset](#)
- [Dementia café Broadstone](#)

### Carers UK resources

Please don't forget about our national charity for carers that have amazing things on offer.

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/>.

**We hope that you can take what you need from this newsletter to find out the rights that you have as a carer!**