



Carers Week

9th June – 15th June 2025

Carers Week is an annual campaign to raise awareness of caring, highlight the challenges unpaid carers face and recognise the contribution they make to families and communities throughout the UK.

Find out more about the events taking place across Dorset below:

Blandford's Hidden Gardens

Forward Carers and Carer Support Dorset will be hosting an information stand at this years Hidden Gardens event in Blandford. Carers are invited to visit the many beautiful gardens and/or access support from a member of the team.

50 free tickets for carers with a Carers Card, and additional tickets will be at 50% discount. Accompanied under 18s free. Contact The Blandford Town Museum for tickets. Must show Forward Carers ID card.

Sunday 8th June, 11am – 5pm

Beres Yard, Blandford Forum DT11 7HQ

For tickets please contact:

Blandford Town Museum – 01258 450388

Email – contact@blandfordtownmuseum.org.uk

Virtual Workshop – Take Action: Caring for yourself, while caring for others

Carer Support Dorset

This session will touch on various topics, such as: Your identity, navigating changes in relationships and maintaining Boundaries and self-care as, 'you cannot pour from an empty cup'. Attendees are encouraged to have a note pad and pen/pencil to make notes/jottings during the session. This session will be delivered by LiveWell Dorset, in partnership with Trusted Voices and Carer Support Dorset.

Monday 9th June, 10:30am – 12pm

Online session via Microsoft Teams

Contact Carer Support Dorset to book your place:

telephone – 0800 368 8349

Email – admin@carersupportdorset.co.uk

Carers Cream Tea/Coffee Morning

Central Bournemouth PCN

Central Bournemouth PCN is running a free carers cream tea/coffee morning to celebrate unpaid carers. There will be information and advice available from Help & Care.

Monday 9th June, 10:30am – 12pm

East Way Clinic, East Way BH8 9PU

This is an open invitation to carers who are registered (or their cared for person is registered) with Central Bournemouth PCN. No booking required.

Accessible Walk for Learning Disabilities Family Carers

Minstead Trust

Free walk with LD Carers Representation Coordinator, and light refreshments sponsored by Leonardo Trust. Welcome to bring the person you support along, but please note you must take responsibility for them at all times. You are welcome to bring a picnic if you prefer and weather allows.

Monday 9th June, 11:30am – 1:30pm

Poole Park, Poole BH15 1TU

Pre-booking required – 10 places maximum.

To book a place & for meeting details contact:

Sini Lucas – 07586717228

Sini.lucas@minsteadtrust.org.uk



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Pavilion Dance – Free Moving to Music Session, Lunch & Social Time!

Forward Carers

Join us for a joyful morning of movement, music, and meaningful connection, for Carers (those they support are welcome too). Class tickets and lunch being funded by Leonardo Carer Support

10am - Start your day with refreshments, friendly chats, and find out more about local services and support available for Carers.

10:30am - 11:30am - Take part in a FREE Moving to Music class led by Samantha Gillingham. Open to carers and/or their cared for person.

11:30am - 1:30pm - Enjoy a relaxed social lunch, mini tours of the dance studios, and chat with a Wellbeing Producer about ways to support your wellbeing.

Tuesday 10th June, 10am – 1:30pm

Pavillion Dance South West
Bournemouth BH1 2BU

Booking required.

Spaces are limited - early booking recommended!
Book online:

<https://calendly.com/carfriendly-forwardcarers>
Or contact: Carerfriendly@forwardcarers.org.uk

Caring For The Carers: A Wellbeing & Information Event

Carer Support Dorset

Come along to our relaxed, drop-in event celebrating Dorset's unpaid carers as part of Carers Week 2025. It's a great chance to explore a wide range of support available to you—from health and wellbeing to social care and financial advice. We'll have plenty of stallholders on hand from local services and organisations, all ready to chat, share information, and help you feel more connected and supported.

Some of the friendly faces you'll see include Mid-Dorset Primary Care Network, Forward Carers (with info on the Carer Friendly ID Card), and our team from the Money Matters service, offering advice around finances, employment, and energy. There'll be free teas, coffees, and sweet treats to enjoy, plus some lovely Goodie Bags to say thank you for everything you do.

Tuesday 10th June, 1pm – 4pm

Dorset Museum & Art Gallery
66 High West Street, Dorchester,
Dorset, DT1 1XA

No reservation needed – just drop in and stay for as long as you like. We look forward to welcoming you!

Beach Hut Gathering for Carers

Dorset Council Adult Social Care

Dorset Council's Adult Social Care team are hosting a beach hut gathering for carers on Swanage Beach. Come along to enjoy the seaside, connect with other carers and receive information and advice around your caring role.

Tuesday 10th June, 1pm – 4pm

Shore road, Swanage BH19 1LB

No booking required – Just show up!
Contact: donna.galway@dorsetcouncil.gov.uk

Carers Event hosted by Dorset Council Adult Social Care & Purbeck PCN

Dorset Council and Purbeck PCN are hosting an event for carers. There will be information and advice available from Carers Support Dorset and Bridgit Care.

Tuesday 10th June, 9:30am – 12pm

The Focus Centre, 107 High Street
Swanage BH19 2NB

No booking required – Just show up!
Contact: donna.galway@dorsetcouncil.gov.uk



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Wareham Carer Café

Carer Support Dorset

Join us for our Social Carer Cafés – a welcoming and supportive space for unpaid carers to connect with others who share a similar journey.

Enjoy a hot drink, a sweet treat, and the opportunity to engage in meaningful conversations with fellow carers, dedicated volunteers, and knowledgeable Carer Advisers from the Carer Support Dorset team.

As part of Carers Week 2025, we'll also have some special Goodie Bags available to celebrate and thank you for all that you do.

Tuesday 10th June, 10am – 12pm

The Bear Wareham, 14 South Street,
Wareham, Dorset, BH20 4LT

No reservation needed – just drop in and stay for as long as you like. We look forward to welcoming you!

Accessible Walk for Learning Disabilities Family Carers

Minstead Trust

Free walk with LD Carers Representation Coordinator, and light refreshments sponsored by Leonardo Trust. Welcome to bring the person you support along, but please note you must take responsibility for them at all times. You are welcome to bring a picnic if you prefer and weather allows.

Wednesday 11th June, 11:30am – 1:30pm

Bournemouth Lower Gardens
Bourne Ave, Bournemouth BH2 5DD

Pre-booking required – 10 places maximum.

To book a place & for meeting details contact:

Sini Lucas – 07586717228
Sini.lucas@minsteadtrust.org.uk

Virtual Workshop – Support for Working Carers: Your Rights at Work & Financial Wellbeing

Lunch and learn session

Forward Carers & Carer Support Dorset

Join Forward Carers for an informative online session aimed at working carers, exploring Carers leave and your rights in the workplace. Did you know that 1 in 7 workers are carers?

What to Expect:

- Learn how the Carer's Leave Act and other rights can support you as a working Carer.
- Find out how to approach conversations with your employer about your entitlements.
- Hear from expert guest speakers, including the Carer Money Matters Project (delivered by Carer Support Dorset), covering benefits, budgeting help, and local financial support.
- 15 minute Q&A at the end

Wednesday 11th June, 1pm – 2pm

Online session

To book your place:

Book online:

<https://calendly.com/carerfriendly-forwardcarers>

Or contact: Carerfriendly@forwardcarers.org.uk

Cake for Carers event

Poole North PCN

If you are an unpaid carer, join our carers leads & social prescribers for tea, coffee, cake and a dance with Graham's Amateur Dancing from 3pm. Carers & their cared for person of all ages welcome.

Wednesday 11th June, 2pm – 4pm

St Paul's Church, Canford Heath BH17 9DW

No booking required – Just show up!



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Virtual Workshop – Support for Working Carers: Your Rights at Work & Financial Wellbeing

Evening session

Forward Carers & Carer Support Dorset

Join Forward Carers for an informative online session aimed at working carers, exploring Carers leave and your rights in the workplace. Did you know that 1 in 7 workers are carers?

What to Expect:

- Learn how the Carer's Leave Act and other rights can support you as a working Carer.
- Find out how to approach conversations with your employer about your entitlements.
- Hear from expert guest speakers, including the Carer Money Matters Project (delivered by Carer Support Dorset), covering benefits, budgeting help, and local financial support.
- 15 minute Q&A at the end

Wednesday 11th June, 7pm – 8pm
Online session

To book your place:

Book online:

<https://calendly.com/carerfriendly-forwardcarers>

Or contact: Carerfriendly@forwardcarers.org.uk

Funded Young Carer Family Activities!

Carer Support Dorset

In support of Carers Week 'Young Carers' daily theme, Carer Support Dorset will be offering our registered Young Carers and their families opportunities to enjoy quality time together as a family, participating in a funded activity. This will be able to be booked at a time and date convenient to the young carer and their family.

Thursday 12th June

Open to carers registered with Carer Support Dorset
Contact Carer Support Dorset for more information:
telephone – 0800 368 8349
Email – admin@carersupportdorset.co.uk.

Bridport Carer Café

Carer Support Dorset

Join us for our Social Carer Cafés – a welcoming and supportive space for unpaid carers to connect with others who share a similar journey.

Enjoy a hot drink, a sweet treat, and the opportunity to engage in meaningful conversations with fellow carers, dedicated volunteers, and knowledgeable Carer Advisers from the Carer Support Dorset team.

As part of Carers Week 2025, we'll also have some special Goodie Bags available to celebrate and thank you for all that you do.

Thursday 12th June, 10:30am – 12:30pm

The Bull Hotel, 34 East Street,
Bridport, DT6 3LF

No reservation needed – just drop in and stay for as long as you like. We look forward to welcoming you!

Accessible Walk for Learning Disabilities Family Carers

Minstead Trust

Free walk with LD Carers Representation Coordinator, and light refreshments sponsored by Leonardo Trust. Welcome to bring the person you support along, but please note you must take responsibility for them at all times. You are welcome to bring a picnic if you prefer and weather allows.

Thursday 12th June, 11:30am – 1:30pm

Christchurch Quay,
Christchurch BH23 1BY

Pre-booking required – 10 places maximum.

To book a place & for meeting details contact:

Sini Lucas – 07586717228
Sini.lucas@minsteadtrust.org.uk



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Virtual Webinar – Young Carers Supporting an adult with a mental illness

Carers Trust

Carers Trust will be holding a webinar focused on identifying and supporting young carers and young adult carers who care for an adult with a mental illness. This webinar will focus on strengthening awareness, identification and support for young carers in settings such as adult mental health services. We will also cover Triangle of Care – an alliance between carers, service users and health professionals. Triangle of Care aims to promote and sustain safety, recovery and mental wellbeing by including and supporting carers.

Friday 13th June, 10am – 11:30am

Online session

Book tickets online via Eventbrite

by searching "Carers Week - Young carers supporting an adult with a mental illness"

Community Drop-in & Carer Celebration

Access Wellbeing & Carer Support Dorset

Access Wellbeing is hosting a drop-in information event and carer celebration in Wimborne to celebrate Carers Week. Trained wellbeing coordinators and Carer Support Dorset advisors will be available to listen and help you to access the right support and advice. Tea and coffee will be provided.

Friday 13th June, 10am – 4pm

Wimborne Community Centre
41-44 King Street, Wimborne Minster,
Dorset, BH21 1EB

Contact Carer Support Dorset for more information:
telephone – 0800 368 8349

Email – admin@carersupportdorset.co.uk

Weymouth Carer Support Group

with guest speakers from Carer Support Dorset and Weymouth Community Mental Health Team

Come and join us for a cup of tea or coffee. This voluntary led peer-support group for families, friends, and carer offers a friendly and safe place for a chat and offers support and encouragement to one another in a respectful, confidential, and supportive space. members can meet to share experiences, signpost each other to other services and look after their well-being.

Carer Support Dorset and Weymouth & Portland's Community Mental Health Team's Carers Lead will be joining us. In celebration of Carers Week 2025, we'll also have some special Goodie Bags available to celebrate and thank you for all that you do.

Friday 13th June, 10:30am – 12pm

The Gardeners Restaurant
Lynch Lane Garden Centre, Lynch Lane,
Weymouth, DT4 7QU

No reservation needed – just drop in and stay for as long as you like. We look forward to welcoming you!

Carer's Celebration

Gillingham Medical Practice

Join Gillingham Medical Practice for a celebration of carers. Carer Support Dorset will be hosting an information stand and refreshments will be available. There will also be special Goodie Bags available to celebrate and thank you for all that you do.

Friday 13th June, 12pm – 2pm

The Gillingham Outdoor Bowling Club
School Rd, SP8 4QR

Contact Carer Support Dorset for more information:
telephone – 0800 368 8349

Email – admin@carersupportdorset.co.uk



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Carers Week Day Trip – Explore Brownsea Island

Forward Carers, Carer Support Dorset & National Trust

Join us for a special Carers Week outing to the stunning National Trust site, Brownsea Island – a tranquil retreat rich with wildlife, woodland walks, and breathtaking coastal views. Don't miss this wonderful opportunity to take a well-deserved break in nature.

This free trip includes:

- Complimentary ferry crossing from Poole Harbour
- Free entry to Brownsea Island
- A relaxing day to unwind, explore, and connect with others
- Pop up information stands from Forward Carers and Carer Support Dorset

Itinerary:

- Meet at Poole Harbour at 9:45am
- Return on the 2:30pm ferry

Saturday 14th June, 9:45am – 2:30pm

Brownsea Island, Poole Harbour,
Poole BH13 7EE.

Booking essential - very limited availability.

Maximum of two tickets per booking.

Places are booked on a first-come, first-served basis.

To secure your place, contact Carer Support Dorset:

telephone – 0800 368 8349

Email – admin@carersupportdorset.co.uk.



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Are you
looking after
someone?

Who is a carer?

A carer is someone who provides unpaid support to family or friends who could not manage without help. This could be due to illness, mental ill-health, disability, or a substance misuse problem.

A carer can be any age and you can become a carer without being aware of it. Carers are family members, friends or neighbours who, sometimes suddenly, sometimes gradually, find themselves offering support and simply get on with what needs to be done.



If you are a carer and the person you are caring for lives in the Dorset Council area:

Carer Support Dorset

Tel: 0800 3688349

Website: www.carersupportdorset.co.uk

Email: admin@carersupportdorset.co.uk

Carer Support Dorset supports all unpaid carers (aged 5+) who are supporting someone living within the Dorset Council area.

If you look after someone, you are not alone. Register with us and we'll do all we can to help you access the information and support you need.

We have a range of services that can be tailored to fit your needs as a carer. We offer:

- a freephone advice line,
- newsletters,
- regular training opportunities,
- events, carer cafes and support groups,
- a befriending service
- specific 1-1 support for young adult carers

Registering with Carer Support Dorset will also allow you free access to the Carer Friendly ID Card, distributed by Forward Carers, which offers a variety of discounts from a wealth of organisations and businesses across Dorset.

BCP Carer Support



If you are a carer and the person you are caring for lives in the Bournemouth, Christchurch and Poole (BCP) Council area:

If you are a carer over 18 years old – BCP Carer Support

Tel: 01202 128787

Website: www.bcpcarersupport.org

Email: carersupport@bpcouncil.gov.uk

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| • Information and support | • Carers in Crisis (emergency back-up scheme) |
| • Social events | • Befriending and mentoring |
| • Regular newsletters | • Carers choir |
| • Dorset carers card | • Carers advocacy |
| • Carers beach huts | • Carers counselling |
| • Carers holiday lodges | |
| • Help to take a break from caring | |

If you are a carer under 18 years old – Children's First Response Hub

Tel: 01202 123334

Email: childrensfirstresponse@bpcouncil.gov.uk



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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:



NHS
Dorset County Hospital
NHS Foundation Trust



Julia Woodhouse

Patient Experience Co-ordinator

pals@dchft.nhs.uk

Tel: 0800 783 8058

NHS
Dorset HealthCare
University
NHS Foundation Trust



Pat Wilkins

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NHS
University Hospitals Dorset
NHS Foundation Trust



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