

# Carer's Newsletter

Issue no. 1

February - April 24

Welcome to the Carer's Newsletter. In this quarterly newsletter we will cover a topic each quarter whilst giving you all the latest events that are happening within the local area of Bournemouth and Poole.

Please let me know if there are any particular topics you would like to see covered on the newsletter. Thank you,

Beth - Carers Lead for Kinson Road Medical Centre

## Updates

- Carers Leave Act 2023 became law on 24<sup>th</sup> May 23 and comes into force 6th April. This act allows those who care for a dependant to take up to 5 days (taken flexibly or as full or half days) of unpaid carers leave to care or arrange care for their dependant.
- Thank you for all those who completed the Kinson Road Carers Questionnaire. Your positive and constructive feedback was appreciated. Stress and Isolation were the top two struggles ticked which I will cover in this newsletter.



## Caring Role

Being a carer can cause you to feel and experience a variety of emotions and challenges. This may include; empowerment or powerlessness, sadness, grief, joy, determination and many more. Challenges can be revolving around Finances, Health (physical and mental), Benefits, Support, Housing, Disabled badges, Carers Badges, being recognised as the carer and much more.

The following seven ways of being a carer is an article that was produced by the Telegraph.

1. Consider the practicalities.
2. Be honest with yourself about your feelings.
3. Don't be too proud to admit you're struggling.
4. Eat well, sleep, exercise and take care of yourself.
5. Be aware of the help that's available to you.
6. Be assertive with your medical team.
7. Take cues from the person you are caring for.

If you are struggling with any of the examples above please get in contact with us. We are here to help. You are not on your own.

Link to Telegraph article

<https://www.msn.com/en-gb/health/mindandbody/seven-ways-to-be-a-better-carer-when-your-relative-is-ending-their-life-at-home/ar-AA1kmCbs?ocid=socialshare&cvid=0f62d1996985416de806e0e87281750f&ei=12>

## Care Free Choir

Care free choir is open to all different types of carers, If you enjoy singing then pop along to;

St. Dunstan Orthodox Church Hall, St Osmunds Road, Parkstone, BH14 9JG Every Monday 10.30am - 12pm

No experience necessary and no auditions!



## Contact

Chrissy on 07840 976584

## Events + Groups

### Pathways to Memories

Pathways to Memories, a new reminiscence group from The Memory Box Project, has now started every Wednesday afternoon. This group is being run at Portfield Community Hall (Christchurch) with a suggested donation of £2.50 per person. The sessions are ideal anyone over 50's and particularly good for anyone living with Memory Loss or Dementia.

Sessions will run on a monthly theme, so the first week they will bring their themed reminiscence box and subsequent sessions will be following the theme for the month.

Lauren on 02380 986741

[Lauren@thememoryboxfoundation.co.uk](mailto:Lauren@thememoryboxfoundation.co.uk)



### Accessing Support

Access Wellbeing Poole, Dolphin Centre, Poole which is managed by PramaLife and Help & Care. Offers support and advice from a variety of experts on mental health, emotional wellbeing, social connections and activities, bereavement and grief, advice on issues such as work, money and housing and support for carers and family members. Open from Monday to Friday from 10am until 4pm.

[Access Wellbeing—Our Dorset](#)

## Events + Groups



Carers First Active April is a campaign supporting unpaid carers to be physically active.

**Week 1** - Active living with a long term health condition

**Week2** - Embracing the outdoors

**Week 3** - Movement and mental well-being

being

**Week 4** - Sport and leisure clubs in your area

area

Sign up using the following link [Carers Active April 2024 sign-up \(cognitoforms.com\)](https://www.carersuk.org/help-and-advice/your-health-and-wellbeing/carers-active-hub/carers-active-april/) or go to [www.carersuk.org/help-and-advice/your-health-and-wellbeing/carers-active-hub/carers-active-april/](https://www.carersuk.org/help-and-advice/your-health-and-wellbeing/carers-active-hub/carers-active-april/)

Bridgit is an online support tool for carers to access Information and help with carer support, caring role, physical & mental health, finances and employment.

The carer can also sign up for ongoing support in the form of personalised emails, or they can refer themselves for a call within the Carer Support Centre.

For access to the tool please follow the web address below.

[www.bridgit.care/support/?t=gpcc](https://www.bridgit.care/support/?t=gpcc)



## Stress & Isolation

Stress and isolation can come hand in hand. Supporting someone else can be a strain on your mental health, making it harder to stay well and connect with others outside of your caring role. Stress, worry and anxiety are all common feelings felt by carers as you may find it harder to 'switch off', make existing problems worse and/or you may feel overwhelmed and unable to live your life fully. You may not notice stress at first until you notice mental and physical symptoms such as racing thoughts, anger, depression, tiredness, difficulty concentrating, cramps, chest pains, restlessness and breathlessness. Loneliness can also cause these symptoms to appear.

To combat these you can try by seeking a group to join (contact CRISP, Mind, Campaign Against Living Miserably (CALM), Silverline, Befriending Networks or The Mix (for under 25s) etc), do things you enjoy, share how you feel, connect with others or volunteer, or perhaps invite someone over or to do a nearby activity.

(Information from [www.mind.org.uk](https://www.mind.org.uk), [www.carersuk.org](https://www.carersuk.org) and [www.nhs.uk/every-mind-matters](https://www.nhs.uk/every-mind-matters))