

Events & Useful Contacts

Nature Connection Dorset—Walking into Wellness

Nature Connection Dorset invites you to join them on their Walks into Wellness. They are 90 minutes mindfulness-based wanders in nature through easily accessed flat terrain of less than 1km. Designed to reduce stress and generate a feeling of calm. Walks finish with complimentary refreshments and cake in a local café.

Hengistbury Head – Thursday 16th May, Tuesday 21st May, Thursday 6th June and Thursday 27th June at 1pm

Queens Park – Thursday 13th June at 1pm

To find out more and book a place, please contact Amanda by email on natureconnectiondorset@gmail.com

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](#)

Patient Participation Group

A group to discuss and support the general running of the Surgery and an opportunity to get involved in a variety of activities chosen by PPG Members.

Members can also help to get information out to the wider community as well as providing useful feedback.

Alternates between morning and evening meetings on a **Tuesday**.

Next meeting is on **Tuesday 23rd July at 6.30pm - 7.30pm, Kinson Community Centre**



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=gpsc



Self-care is not selfish

Read the message to the left, above and below this sentence.

‘Self-care is not selfish’.

Without caring for yourself the everyday life of caring could become more challenging. Your own strength, health and wellbeing is just as important as the person you care for. You, as the carer matter too. Psychology today state that creating time for proper self-care is a selfless act and that it is the opposite of selfishness. ‘It helps to maintain the best condition one can, particularly if it is for the service of others’.

Caring Support also mentions that, ‘nurturing the body, mind, and spirit, setting boundaries, finding a balance, and ensuring your well-being is prioritised means that you can become a better carer and improve your life quality’.

[Is Self-Care Selfish? | Psychology Today](#) [Self-Care for Caregivers: Why It's Important and How to Do It](#) | [Caring Support](#)