

Carer's Newsletter

Issue no. 3

Sept—Nov 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. If the below sounds like you, please do get in contact with Reception.

Carers UK defines carers as people who provide unpaid care by looking after someone who is older, disabled or seriously ill. These people are called carers but they would probably say they were just "looking after someone". They help with personal things like getting someone dressed, helping them to the toilet and to mobilise or administering medication. Carers help with shopping, laundry, cleaning, cooking, filling in forms or managing money.

Let me also 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

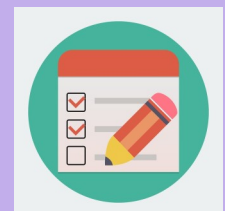
- Kinson Road Medical Centre is working towards becoming a Forward Carers Carer Friendly Community
- Thank you to those who came along to the Carers Group Launch on 11th June 24. We met with Eliza from BCP Council who had lots of relevant information for us and gave some help to the Carers present.
- Next group meeting will be on 6th August 24 at Kinson Community Centre between 12pm and 1pm.

Planning ahead

Future Care Planning has become a frequent topic over the past few months from carers at Kinson Road Medical Centre.

Even if you are finding things are progressing smoothly its important to put in place a future care, particularly if you as the carer are not in the greatest of health or your age is against you.

By putting future care in place you are protecting the person you are caring for by ensuring that there are no gaps in their care and they are in a place where they would be content and happy.



Future care planning is also know as anticipatory care planning.

Carers First have a great step by step plan. See below

www.carersfirst.org.uk

Or contact on 0300 303 1555

Events & Useful Contacts

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](#)

Training Courses at GoodOaks Care Home

GoodOaks care home have put together an Academy to help both paid and unpaid carers learn more about how best to care for someone with specific challenges. They currently offer a range of courses including Intro to Dementia, Healthy Eating in Older People, Oral Care, Person centred Care, Caring for some at the end of their life and many more.

Access their website

www.academy.goodoakshomecare.co.uk

Or call—01202 145435

GoodOaks
Quality Care at Home

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=gpcc

Education & Wellbeing

Being a carer can sometimes cause you to put your life on hold. The needs of a loved one, friend or a neighbour, in some cases will cause a carer to put their needs first above their own. This can leave a carer feeling hopeless and discouraged when looking at their goals, skills and achievements.

Carers UK has written an article on this and suggest finding an interest outside of your caring roll, attending a short course or even a degree could help you to redefine and rediscover your identity and interests.

If you are actively seeking ways of improving your skills, ask yourself some questions. Do you want to improve a current skill or learn a new one? Where do you want to study? Can this be online or on a campus? How much time do you want to spend learning? What course level do you wish to study? What can you gain through learning?

www.carersuk.org/help-and-advice/work-and-career/boosting-your-skills/