



Direct Dial: (01202) 633682

Please ask for: Linda Larcombe

E-mail: carersservices@poole.gov.uk

Your Ref:

Our Ref:

January 2012

Dear Carer

Please find enclosed the 2012 A-Z of Carers Services. Some details have changed over the year so please throw your 2011 version in the recycling.

In this newsletter you will find information about several carers events that are coming up, including a couple that are free. When we put this newsletter together, Masterchef was in its final stages and may have influenced the trip to Escoffier! This is the restaurant run by hospitality students at the local college and we understand the food is a 'fine dining' experience.

There is an energy bill discount some of you may be able to get, details on the back.

The Carers Consultation group have recently helped us come up with some guidelines for membership of the Carers Information Service, which provides this newsletter. The following was agreed:

- the service will remain open to anyone who considers themselves an unpaid, family carer
- if the person being supported moves into residential care, or supported living with paid carers, the family carer is welcome to stay on the service
- if the carer is bereaved, they may stay on the service for up to the next 12 months. After 12 months they will no longer have the information sent directly to them, but may still access the newsletter on the Council's website.

We hope you will think this fair. We wanted a common understanding as there has been some confusion in the past.

We have just heard the '**Home from Home**' day respite for older people has vacancies in Southbourne, Northbourne and Creekmoor. Please call Sam Way on 01202 885503 to find out more information.

Best wishes for the New Year from everyone in Carers Services

# AN INVITATION TO ATTEND CARERS SOCIAL EVENTS IN JANUARY AND FEBRUARY 2012

## 10 Pin Bowling

Thursday 26<sup>th</sup> January at 7.30 pm  
**Bowlplex**  
Tower Park Leisure Complex  
Poole, BH12 4NY



An event for carers only

## Lunch at The Escoffier Restaurant Tuesday 31<sup>st</sup> January 12.30 pm

The Escoffier Restaurant is available for fine dining at Bournemouth and Poole's training restaurant, which is open to the public during term time.

**Bournemouth and Poole College,  
Lansdowne Campus, Meyrick Road,  
Bournemouth. BH1 3JJ**

An event for Carers and additionally Carers may invite the person they support



## BINGO!

**Bingo evening and Fish and Chip supper take away from Chez Fred**

(vegetarian option available)

**Wednesday 15<sup>th</sup> February  
eyes down at 7.30**

St Ambrose Church Hall,  
72 West Cliff Road, Bournemouth, BH4 8BE

Easy parking on the road in front of church and side road, disabled ramp for easy access. Please note there is no disabled toilet facility at this venue.

An event for Carers and additionally Carers may invite the person they support.

Duck and Dive	25
Dirty Knee	33
Get up and run	31
Brighton Line	59
Legs Eleven	11

## COACH TRIP TO SEE SNOWDROPS AT KINGSTON LACEY and VISIT WIMBORNE MARKET

An event for Carers and additionally Carers may invite the person they support.



Kingston Lacey is famous for its snowdrop displays in February, a must if you have not seen before.

Wimborne Market has some cover and is a General, Flea and Farmers Market on Fridays

**Pickups: 9.30 am** Bournemouth Interchange, Bay J/K Drop off: **3.30 pm**  
**10.00am** Seldown Bridge Car Park, Poole, next to Bus Station Drop Off: **3.00 pm**

**Saturday February 11<sup>th</sup> 2012**

**BRUNCH**

At Sunrise Senior Living  
16-18 Poole Road, Westbourne, BH4 9DR  
11am to 1pm

With entertainment

Funded by Westbourne Rotary Club

A **FREE** event for carers and the person they support



To book a place please call the Carers Team on (01202) 458204

**Saturday 3<sup>rd</sup> March 2012**

1pm to 5pm

Kinson Community Centre, Millhams Road, Bournemouth, BH10 7LH

An afternoon of fun and entertainment being organised by events students at Bournemouth University.

Games 	Free raffle 	Health advice 	Refreshments 	..and lots more
--	--	--	--	-----------------

No need to book – just come along on the day.

A **FREE** event for carers and the person they support

**How to book Carers Social Events**

Please call the Bournemouth Carers Team on (01202) 458204 to let them know which events you would like to attend and any special requirements you may have, such as diet or mobility limitations. When the Team take your booking you will definitely have a place.

When you have done this please send a non-refundable £5 contribution, with your name made clear, to Meridian Events, 91 Poole Rd, Bournemouth, BH4 9BB.

Cheques payable to Meridian Events (Bournemouth) Ltd.

A receipt, if required, can be issued at the event.

If you will struggle to find the £5, we have some funding from Westbourne Rotary Club and the Leonardo Trust. Ask for a 'grant funded place' when you book, there is no financial assessment, it is done on an 'honesty box' basis.



## Remember your local advocacy service

This can help you to understand your rights, navigate 'the system' and be heard.

For carers in Poole this is provided by:  
**Dorset Advocacy on (01202) 716363**

For carers in Bournemouth by:  
**Help and Care on 0300 111 3303.**

## Get involved!



If you are from a black, or minority ethnic culture (BME), we want to check we are getting your support right. We are having a meeting about this at 2pm on

Tuesday 7<sup>th</sup> February 2012

Boscombe Link,

3 – 5 Palmerston Rd,

Bournemouth, BH1 4HN

Let us know if you will be coming along by calling the Carers Team on (01202) 458204

## Help with Energy Bills

A new Warm Home discount of £120 will be available to some people this winter.



To qualify you must meet several conditions. The discount is aimed at people on low incomes. Some people on Pension Credit will receive a letter. If you are of working age, disabled, unemployed and your, or your partners, name is on the electricity bill, you may also get the discount. These are just some of the conditions that need to apply.

People with a prepayment meter are not excluded. They will be sent a cheque or payable order.

If you think you may qualify you can look up information on-line at the web site of the Department for Energy and Climate Change, or call the Warm Home Discount Scheme Helpline on 0845 603 9439.