

General Support for all Carers

Some groups listed were suspended during COVID19 restrictions, and may not have restarted. Please check, using the contact details provided, if the group is currently running before attending.

PramaLIFE – Carers Support Groups

Poole carers group meets on the 4th Wednesday of the month at 2pm at: St Dunstan’s Church Lounge, Poole Road, Upton, BH16 5JA.
Contact Bridget Barrett on 01202 207310

or email bridget.barrett@pramacare.co.uk

Winton Park Carers Café meets on Tuesday at 10.30am – 12pm at Winton Park Café, Winton Recreation Ground, Fitzharris Avenue, Bournemouth, BH9 1BX. 10% off in the café whilst with the group and parking available.

Contact Tess Champion 07912 272077 or email: tess.champion@prama.uk

Redhill Park Carers Café meets on Thursday at 10.30am – 12pm at Redhill Park Café, Redhill Avenue, Bournemouth, BH9 2SW. 5% off in the café with the group and parking available. Contact Tess Champion 07912 272077 or email: tess.champion@prama.uk

Christchurch Carers Group meets on the 2nd and 4th Friday of the month at 10.30am – 12pm at Red House Museum, Quay Road, Christchurch, BH23 1BU. Contact Tess Champion 07912 272077 or email:

tess.champion@prama.uk or Wendy Bartlett 07736 134143 or email wendy.bartlett@prama.uk

FACE – Family and Community Enrichment

Day time support group meets on the 1st Thursday of the month at 2pm at: The Owen Room, Immanuel Church, 120 Southbourne Road, Bournemouth, BH6 3QJ.

Contact Sally Nevitt 01202 419506,

email: facesouthbourne@aol.com or visit www.face-southbourne.org.uk

Carers Reading and Social Group

Meets every 1st Tuesday of the month, 2pm-3pm at:

Rossmore Library, Herbert Avenue, BH12 4HR.

Parking and refreshments available.

Contact Pauline Lawrence 01202 280441, or email:

paulinegibbons59@hotmail.co.uk

Canford Heath Library

Meets on the last Wednesday of the month, 2.30pm-4pm at:
Canford Heath Library, Mitchell Rd, Poole BH17 8UE.
Contact 01202 678955.

GP Surgeries

Many local GP surgeries also have Carers Support Groups – check with your surgery.

Highcliffe and Christchurch Male Carers Support and Social Group

Meets on the 1st Tuesday of each month, 11.30am-2pm at:
The Globe, 266 Lymington Road, Highcliffe, BH23 5ET.
Contact 07985 088549.

Christchurch Connect Carers Group

Meets on the 2nd Thursday of each month, 1.30pm-3pm at:
Christchurch Connect, Loring Road, Christchurch, BH23 2GZ.
Contact 01202 486114 or email Dorset.JuniperCentre@tricuro.co.uk.

Leonardo Trust Carers Support Group

Meets on the last Wednesday of each month, 1pm-3pm at:
The Leonardo Trust Office, 5 Dunyeats Road, Broadstone, BH18 8AA.
Contact The Leonardo Trust on 01202 698325 or email
info@leonardotrust.org.

Friends of CRISP

Coffee morning on Thursday 10.30am-12noon at:
Tesco Community Room, Riverside Avenue, Bournemouth, BH7 7DX.
Coffee mornings are during term-time only.
Contact Friends of CRISP for the date of their next meeting on
07585 404335 or email parentcarerfoundation@gmail.com

Time Out 2

Coffee morning on Thursday 10am-12noon at:
Corfe Mullen Baptist Church, Newtown Lane, Corfe Mullen, BH21 3EY.
Supported by the Leonardo Trust.
Contact Andy for the date of their next meeting by email
timeout.dorset@gmail.com

Support for Carers of People with Dementia

Alzheimers Society runs a helpline for those who require support.

Contact 03001 231916, or email dorset@alzheimers.org.uk

Forget Me Not Coffee Mornings held every Tuesday 10.30am–11.30am at: The Ludo Lounge, 34 Southbourne Grove, Southbourne, BH6 3RA, and every Thursday 10.30am–11.30am at: The Conto Lounge, 418 Wimborne Road, Bournemouth, BH9 2HB,

Memory Cafes / Groups

Age UK Melodies for Memories meets in the 1st Wednesday of each month, 2pm-3.30pm at: St Catherine's Church Hall, 4 Lewens Lane, Wimborne, BH21 1LE.

Contact Judith Livingstone 01202 530530.

Alzheimers Society Memory Cafes and Singing for the Brain groups meet at various locations in Bournemouth, Christchurch and Poole.

Contact Alzheimers Society 01202 764352

or email dorset@alzheimers.org.uk for more information

Music for Memory music and gentle movement classes meet in Bournemouth and New Milton.

Contact Gemma Dixon on 07891 838969

or email gemma.dixon80@icloud.com for more information.

PramaLIFE Memory Lane

Groups meet at various locations in Poole.

Contact Bridget Barrett on 01202 207310

or email bridget.barrett@pramacare.co.uk for more information.

Bournemouth group meets every Thursday, 2pm-4pm at:

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

Contact Tess Champion on 07912 272077

Or email tess.champion@pramalife.org

Sunrise of Westbourne Memory Café meets on the 2nd Thursday of each month at 2.30pm. **Singing for the Brain** meets on the last Thursday of each month from 11am at: Sunrise of Westbourne, 16-18 Poole Road, Bournemouth, BH4 9DR.

Contact Sunrise of Westbourne 01202 760966

or visit www.SunriseWestbourne.co.uk

Singing by Heart Salvation Army Dementia Friendly Singing Group meets monthly on Thursday, 2pm-3pm at Salvation Army, 1 Latimer Road, Bournemouth, BH9 1JY.

Contact Salvation Army Winton on 01202 517989 for more information or to book a place.

Carers Education and Support Groups for carers of a person with a diagnosis of dementia, living in the Bournemouth and Christchurch area.

The group runs over ten weeks, three times a year. Meetings on a Monday afternoon from 1.30pm – 3.30pm at: Kings Park Community Hospital, Gloucester Road, Bournemouth, BH7 6JF.

Contact Sue Mitchell 01202 705568 for more details or to add your name to the list for the group.

Oakley Friends runs a ten-week information course, twice yearly. Meetings for friendly support meet on the last Wednesday of every month, 10.30am-12pm at: Canford Magna Centre, Oakley Lane, Canford Magna, BH21 3AF

Contact The Leonardo Trust on 01202 698325 or

email: info@leonardotrust.org

Help and Care Carers Group meetings held monthly on Wednesdays at: Alderney Hospital, Ringwood Road, Parkstone, Poole, BH12 4NB.

Contact Help and Care on 0303 303 0153 for more information.

Support for Carers of someone under 65 with Dementia

Bi-monthly meeting for carers of a person with young onset dementia, who is under the age of 65, at: Haymoor Day Hospital in the grounds of Alderney Hospital, Ringwood Rd, Poole, BH12 4NB on specific dates throughout the year.

Contact Sue Mitchell on 01202 705568 for more information.

Peer support group for carers and the cared for person, with a monthly daytime itinerary of activities as well as a monthly meal on the 1st Thursday of the month.

Contact Tim Drew 01202 575973 or email timjdrew@hotmail.co.uk.

ADaPt Café for people living with Dementia, Alzheimer's, or Parkinson's and their carers

Meets weekly on Wednesdays, 2.30pm–4.30pm, at:

Somerford ARC, 20 Southey Road, Christchurch, BH23 3EH.

Offering activities, advice and information and access to computers and 1:1 help. £2 per person per session.

Contact Somerford Arc 01202 470770 or email: info@somerfordarc.com

Support for Carers of an adult with a learning disability

Dorset Advocacy Learning Disability Carers Drop-in Coffee mornings, meets at various venues:

Creekmoor drop-in held on the 1st Wednesday of each month, 10am – 12 noon at Creekmoor Lounge, Millfield Community Centre, Northmead Drive, Poole, BH17 7XF.

Bransome drop-in held on the 2nd Wednesday of each month, 11am – 1pm at Bransome Community Centre, Recreation Road, Poole, BH12 2EA.

Christchurch drop-in held on the 3rd Wednesday of the month, 11am – 1pm at Christchurch Connect, Loring Road, Christchurch, BH23 2GZ.

A monthly carers forum, with guest speakers at most meetings, meets monthly online via Zoom.

Contact Sini Lucas on 07891 549680 or email: sini@dorsetadvocacy.co.uk

Support for Carers of an adult with Asperger's Syndrome

The Dorset Adult Asperger's Support Group meets on the 3rd Tuesday of the month 7pm-9.00pm.

The Retreat at: Talbot Campus, Bournemouth University, Poole, BH12 5BB.
Contact 07789 521758.

Support for Carers of people with mental health problems

Support group meetings held on the 2nd Wednesday of the month 7pm–9pm at: The Leonardo Trust, 5 Dunyeats Road, Broadstone, BH18 8AA

Contact Debra Thistlethwaite 01202 305062

Carers in Mind meets on the 2nd and 4th Friday of the month 1pm-3pm at: Community Mental Health Clinic, Shaftesbury Road, Poole, BH15 2NT.

Contact Carmel 07561 474037 or email carersinmind@dorsetmind.uk

Support for Carers of people with cancer

Wessex Cancer Trust offer a monthly coffee morning on the 2nd Wednesday of each month at 2pm at: Wessex Cancer Centre, Fairview House, 17 Hinton Road, Bournemouth, BH1 2EE.

Contact 01202 315824

or email Bournemouth.centre@wessexcancer.org.uk

Support for Carers of people affected by drugs and alcohol

Poole: EDAS offer one to one and group support for Carers.

Contact: 01202 733322

'Picking up the pieces' meets every other Monday 6.30pm-8.30pm at:
"R" Hub, Unit 1, Station Approach, Boscombe, BH1 4NB.

Contact 07552 913825

The Recovery Support Group meets Tuesdays from 7.30pm–9pm at:
St Alban's Church (Charminster Road entrance), 21 Linwood Road,
Bournemouth, BH9 1DW. Contact 07395 069056

Support for Carers of people with Multiple Sclerosis (MS)

Bournemouth MS Society has a carers group meeting regularly to do social activities together.

Contact: 07554882414

Email: dorset@mssociety.org.uk or visit www.msbourne-mouth.org

Support for those affected by head and neck cancer

About Face offer a twice weekly drop in session on Tuesday and Friday, from 10am-4pm at: the About Face Centre, 111 Longfleet Road, Poole, BH15 2HP.

Contact About Face 01202 677340 or email contact@about-face.info

Support for Carers of people with an eating disorder

NHS support groups are available at: Kimmeridge Court, 69 Haven Road, Poole, BH13 7LN.

A group for carers of young people meets from 7pm–8.30pm on the last Wednesday of each month.

A group for any carer meets from 7pm–8.30pm on the last Thursday of each month.

Contact 01202 492147 for more information about both groups.

Support for carers of people with a Brain Tumour

Brain Tumour Dorset Support Group meets on the 1st Tuesday of each month from 1.30pm–3pm at: The Grove Hotel, 2 Grove Road, Bournemouth, BH1 3AU. Please confirm the dates before attending.

Contact:

Tessa Murphy 07711 597166 or email tessa@braintumoursupport.co.uk or the Support Team 01454 422701, or visit www.braintumoursupport.co.uk

Support for carers of people who have had a Stroke

Poole Together for Stroke meets on the 1st Friday of each month from 10.30am-12.30pm at: Lighthouse, Ground Floor Coffee Shop, 21 Kingland Road, Poole, BH15 1UG.

Westbourne Together for Stroke meets on 2nd Wednesday of each month from 10.30am–12.30pm at Sunrise Senior Living, 16-18 Poole Road, Westbourne, Bournemouth BH4 9DR.

All are welcome to both groups for friendly chat, advice and signposting to other services.

Contact Tania Kremer-Yeatman 01202 442215

or email: tania.kremeryeatman@bcpcouncil.gov.uk

Different Strokes are a volunteer-led support group for stroke survivors and their families, meeting on the 3rd Wednesday of each month from 7.30pm at: Ground Floor Lounge, Kingsley House, Coronation Avenue, Bournemouth, BH9 1TW.

Contact: Dave Cottrell 07883 088122

or email dorset@differentstrokes.co.uk

The Royal Bournemouth and Christchurch Hospitals Stroke Unit has a Patient and Family Forum with representatives of the Stroke Team, Stroke Association and Different Strokes on hand to give information and advice. Meeting on the 1st Tuesday of each month from 1.30pm – 2.30pm at Day Room, Stroke Unit, Royal Bournemouth Hospital, Castle Lane East, Bournemouth, BH7 7DW. All past and current patients and their family member/carers are welcome.

Contact: Tanya Davis 01202 704504 or email tanya.davies@rbch.nhs.uk

Support for carers of people who have epilepsy

Epilepsy Action Bournemouth and Poole Branch meets on the 2nd Tuesday of each month from 7pm-9pm at: The Barking Cat Ale House, 182-184 Ashley Road, Poole, BH14 9BY.

Contact: Mark 01202 861925 / 07833 633051 or email

eabournemouth@sky.com

Support for carers of people who have Progressive Supranuclear Palsy (PSP)

Face-to-Face support group meetings held monthly on Wednesdays at: The Community Room, Tesco Tower Park, Yarrow Road, Mannings Heath, Poole, BH12 4NX.

Contact: The PSP Association on 01327 332416 or email

volunteering@pspassociation.org.uk

Evening virtual group meetings held monthly via Zoom. Carers can join at any time throughout the meeting. Carers are required to be registered with PSPA. Contact the PSPA Helpline on 0300 0110 0122 or email:

helpline@pspassociation.org.uk

Support for adult sibling carers

BCP Dorset Adult Young Sibling Group is a virtual peer group for adult siblings of people with lifelong disabilities. To find out more and register, visit www.sibs.org.uk

Support for young carers

If you are a carer under 18, contact Children's First Response Hub on 01202 123334