

## Information for Carers May 2009

<b>Organisation</b>	<b>Contact</b>	<b>Address</b>	<b>Contact details</b>	<b>Resume of service</b>
<b>Help and Care</b>	Carers Outreach Worker	896 Christchurch Road Bournemouth BH7 6DL	<a href="http://www.helpandcare.org.uk">www.helpandcare.org.uk</a> <a href="mailto:carerslink@helpandcare.org.uk">carerslink@helpandcare.org.uk</a> 0845 4500 418	Support, advice and wide range of services to people who care for a friend or relative including the provision of trained staff to allow carers to take short breaks from their responsibilities.
<b>Dorset County Council</b>	Sheila Biddlecombe Carers Support Worker	Acland Road Dorchester DT1 1SH	<a href="http://www.dorsetforyou.com/index.jsp?articleid=4673">www.dorsetforyou.com/index.jsp?articleid=4673</a> <a href="mailto:dorchestersocialcare@dorsetcc.gov.uk">dorchestersocialcare@dorsetcc.gov.uk</a> 01305 251414	Assesses the help needed by both carer and caree. Signposts to other services listed here.
<b>West Dorset Care and Repair</b>	Bob Ruthven	Stratton House 58-60 High West Street Dorchester DT1 1UZ	<a href="http://www.dorsetforyou.com/index.jsp?articleid=338542">www.dorsetforyou.com/index.jsp?articleid=338542</a> 01305 252405 <a href="mailto:b.ruthven@westdorset-dc.gov.uk">b.ruthven@westdorset-dc.gov.uk</a>	Advice and support to elderly or disabled people to improve, repair and adapt their homes to provide greater comfort, security and maintain independence.
<b>Carers UK</b>	Shirley Parker	7 Bellbury Close Puddletown Dorchester Dorset DT2 8SG	<a href="http://www.carersuk.org/Home">www.carersuk.org/Home</a> 01305 848374	Information, advice and emotional support to carers of all kinds
<b>Friends of the Practice Co-ordinator</b>	Sue Brazier	Dorset Primary Care Trust	01305 368908	Provides volunteers to help with transport, delivery of medication to patients confined in their homes, shopping trips, and companionship
<b>Citizens Advice Bureau</b>		1 Acland Road Dorchester DT1 1JW	<a href="http://www.citizensadvice.org.uk/bureau_detail.htm?serialnumber=100951">www.citizensadvice.org.uk/bureau_detail.htm?serialnumber=100951</a> 01305 262220	Free independent confidential impartial advice on benefit entitlement, housing, debt etc.

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<b>The Leonardo Trust</b>	Christine Edwards	26a Parkstone Road Poole Dorset BH15 2PG	01202 683382	An independent charity offering funding to support a diverse range of carers' needs
<b>The Greenwood Centre for Independent Living</b>		Maiden Castle Road Dorchester Dorset DT1 2ER	<a href="http://www.dorsetforyou.com/index.jsp?articleid=389205">www.dorsetforyou.com/index.jsp?articleid=389205</a> 01305 257164 <a href="mailto:greenwoodcentre@dorsetcc.gov.uk">greenwoodcentre@dorsetcc.gov.uk</a>	Individual advice from occupational staff on appropriate disability aids such as bathing seating, wheelchairs, walking aids, meal preparation, feeding and drinking products, beds, clothing, continence, moving and handling products, and Telecare products
<b>St Johns Ambulance</b>	Julie McDermott	St Johns House Bridport Road Dorchester DT1 2NH	<a href="http://www.sja.org.uk">www.sja.org.uk</a> <a href="mailto:training@dorset.sja.org.uk">training@dorset.sja.org.uk</a> 01305 751151	Runs free training courses for Carers, eg back care, falls prevention, first aid and stress management.
<b>Dorset Fire &amp; Rescue</b>	Pete Brown	Peverell Avenue West Poundbury Dorchester Dorset DT1 3SU	<a href="http://www.dorsetfire.co.uk">www.dorsetfire.co.uk</a> 01305 252600 <a href="mailto:cia@dorsetfire.gov.uk">cia@dorsetfire.gov.uk</a>	Support and advice in protecting your home from fire
<b>Expert Patient Programme</b>	Jane Austen	NHS Dorset Hillfort House Poundbury Road Dorchester DT1 2PN	<a href="http://www.dorset-pct.nhs.uk/getting_involved/carers/index.asp">www.dorset-pct.nhs.uk/getting_involved/carers/index.asp</a> 01305 368026	Free self management courses helping patients to play a more active part in managing their own condition
<b>Carers Lead</b>	Carol Taylor	Puddletown Surgery	<a href="http://www.puddletownsurgery.co.uk/carers.shtml">www.puddletownsurgery.co.uk/carers.shtml</a> <a href="mailto:carol.taylor@gp-j81616.nhs.uk">carol.taylor@gp-j81616.nhs.uk</a> 01305 848333	Co-ordinates carer services within the practice
<b>POPP Wayfinder</b>	Frank Wilde/Mary Goodwin	Age Concern Rowan Cottage 4 Prince of Wales Road Dorchester DT1 1PW	<a href="http://www.acdorchester.org">www.acdorchester.org</a> <a href="mailto:info@acforchester.org">info@acforchester.org</a> 01305 269444	Information and signposting to services for Older People