



Carers are unpaid people who care for the physical, mental or social needs of a relative, friend or neighbour. Often people fall into the role of a carer, without recognising the stresses involved or realising that support is available.

The Carers Support Programme is dedicated to improving the health and well being of carers and the people that they care for by providing advice and training, while enabling carers to meet others with similar experiences, offering mutual support and understanding.

'I'm starting to feel more in control, starting to understand and deal with my own feelings and stresses'

Carer

The programme consists of four free weekly sessions, delivered in the morning, over four consecutive weeks.

Sessions run from 10.00am-1.00pm, and are followed by a free lunch.

Locations across Dorset :

Ferndown	Portland
Dorchester	Beaminster
Christchurch	Sturminster-
Wimborne	Newton
Wareham	Bournemouth
Bridport	Verwood
Weymouth	Lyme Regis
Poole	Swanage

Part two:

Poole	Dorchester
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For more information on the Carers Support Programme, or to book a place, contact Kerry Course on:

T: 01305 751 160

E: kerry.course@dorset.sja.org.uk

W: www.sja.org.uk



FREE Carers Support Programme

Do you care for someone at home?
Do you feel under pressure, or like you're struggling to cope?

St John Ambulance in Dorset offers a free course for carers. We're here to help you care.

Caring for a loved one isn't always easy

Most carers have little prior experience, and becoming a carer involves a lot of responsibility.

Research has shown that carers can suffer from a range of ailments, such as:

- back injuries from manual handling
- stress-related illness
- isolation and exhaustion.

The programme can help you to stay well, prevent injury and support you in caring for your loved one. You'll also meet other carers, creating the opportunity to share your experiences and discuss any ideas or problems you have, while enjoying a free lunch.

Please note these free courses are held over four days, and attendance is recommended on all dates to gain greater skills and knowledge to assist you in your caring role.



What does the programme include?

A carers role - principles of care based around individual daily activities. Subjects covered include nutrition, skin care and giving medicines.

Managing continence

Looking after your back - advice on daily back care and prevention of injury, relevant to caring at home.

Prevention of falls advice

First aid - basic skills in first aid at home, based around common accidents. Information and training on how to maintain a safe airway, and what action to take in the event of falls, bleeding or burns.

Stress management - advice on stress management and relaxation techniques.

Memory loss in older people - advice on recognising and coping with changes in memory.

This unique programme is led, developed and delivered by experienced registered nurses

Keeping you well to help you care

Please reserve me a space on the Carers Support Programme

Name:

Address:

Postcode:

Tel:

Who do you care for?

Preferred location:

Where did you find out about the programme?

Please return this slip, or email the above information, to:

Kerry Course
St John Ambulance
Bridport Road
Dorchester
Dorset
DT1 2NH

T: 01305 751162

E: kerry.course@dorset.sja.org.uk

*'I feel encouraged and supported
- and realise that I am not alone'*

Carer