

Carers Week 2020 is  
all about Making  
Caring Visible



Carers Week 2020  
8th - 14th June



# PramaLife – Supporting Carers

When you're caring for someone it is really important to ensure that you look after yourself too. This is particularly important at the moment when some people are increasing the amount of unpaid care they provide. Caring can be very rewarding, but without the right support it can have a negative impact on your health, career, finances and relationships. This year you may have found that your caring role has become more challenging, or you may have taken on new caring responsibilities.

Prama offers several options for support – all year round.

This is a short introduction to our services. If we don't provide what you are looking for, we can introduce to you someone who can.

[www.pramalife.org.uk](http://www.pramalife.org.uk)

 @pramacharity

## FOCUS offers emotional and practical support through befriending and mentoring carers.

FOCUS Befriending and Mentoring can join you up with someone to regularly talk to as a befriender (Phone or face to face), or with a mentor who is an experienced carer themselves.

### Can you help?

If you are a current carer or an ex-carer and have the time to support others, we would value your input and experience as a volunteer.

Call the FOCUS team  
on 07716 991 618

Email [focusepramalife.org](mailto:focusepramalife.org)  
[www.pramalife.org.uk](http://www.pramalife.org.uk)



## Do you know about the Leonardo Trust?

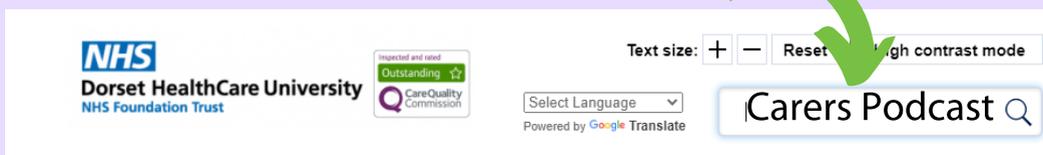
The Leonardo Trust is an independent charity set up in 2001 to help people in Dorset who are informal carers for relatives or friends living with long-term conditions or disabilities. They appreciate that being a full time carer is hard work and getting time off can be difficult. Everyone needs some time to themselves for short periods of rest and relaxation. If finding the money for a few hours extra respite care or to pay for whatever you would like to do to relax is difficult, then they may be able to help you. The Founder of the Leonardo Trust was a full time voluntary carer, and has experienced the challenges and issues, so really appreciates that having help with certain aspects of life can really make a difference. Tel 01202 698325 or email them [info@leonardotrust.org](mailto:info@leonardotrust.org)

## Online resources

The NHS have some top tips to improve your mental wellbeing.

Search '**NHS every mind matters**'

There are some really great podcasts for carers on the Dorset healthcare website - search '**Carers Podcast**' on their site.



The screenshot shows the NHS website interface. On the left is the NHS logo and 'Dorset HealthCare University NHS Foundation Trust'. In the center is the Care Quality Commission logo with 'Inspected and rated Outstanding' and a star icon. On the right are controls for 'Text size' (plus and minus buttons), 'Reset', and 'High contrast mode'. Below these is a 'Select Language' dropdown menu and a search bar containing the text 'Carers Podcast' with a magnifying glass icon. A green arrow points from the search bar area towards the text above.

Find more information at [www.pramalife.org.uk](http://www.pramalife.org.uk)



If you are looking for help at home or short term respite care, our care support team are trained in infection prevention and control, and have personal protection equipment for use as set out by the Government.

Call us on 01202 207300

[www.pramacare.co.uk](http://www.pramacare.co.uk)





# PramaLIFE

Age friendly communities

## Friendship Line

If you're feeling lonely, or just a bit out of sorts, then give the PramaLife friendship line a call. We have a team of volunteers who would love to chat with you.

All of our volunteers are local people who are happy to listen, or talk about whatever is on your mind.

**Call us**  
**01202 022987**

**Available every**  
**day of the week**  
**8am – 9pm**

PramaLife  
Charity Number 1172716  
Moran House  
Holes Bay Park  
Poole BH15 2AA  
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