



To get a carers assessment contact us

You can get in touch with our friendly, carer support service by calling **01202 128 787** or

emailing carersupport@bcpcouncil.gov.uk

We are based at Boscombe Connect, but you can also write to us at:

Carers Support Service
BCP Council Civic Centre
Bourne Avenue
Bournemouth BH2 6DY

f [BCPCarerSupport](#)

bcpcarersupport.org

BCP Carer Support

Are you looking after a family member, friend or neighbour living in the BCP Council area who could not manage without help?

By registering with the BCP Carers Support Service, you'll gain access to helpful resources and opportunities to connect with other carers.



Scan our QR code
to find out more
bcpcarersupport.org



What is a carer

A carer is someone who provides unpaid support to family or friends who could not manage without help. This could be due to illness, mental health problems, disability, or substance misuse problems. A carer can be any age. You might become a carer without realising it, gradually taking on more responsibilities. Carers are often family members, friends or neighbours helping wherever needed.

You might start caring due to the birth of a child with a disability, a partner suddenly falling ill, or a parent whose health is slowly getting worse. A carer doesn't always live with the person they care for, but their help may be essential for that person to continue living at home.

Some ways we may be able to help you with:

- support services
- a carers discount card for local services and suppliers
- carers respite breaks
- an emergency back-up scheme for carers
- information about your rights as a carer
- tips on looking after yourself
- arranging a Carers Assessment
- connecting with other carers
- taking a break
- aids and equipment.

By registering with the BCP Carers Support Service, you'll gain access to:

Newsletter – with regular updates from the service.

Carers card – for access to discounts for goods and services.

Social activities – lunches out, day trips and crafting.

Carers in crisis – emergency back-up scheme to give you peace of mind.

Beach huts – available throughout the year £5 per day.

Holiday lodge – available throughout the year, following application (£20 per night booking fee).

Carers choir – to create new social networks and enjoy singing with other carers.

Befriending and mentoring with Prama Life – for social connection, activities, and guidance from other carers.

Learning disability carers co-ordinator service – to support carers of someone with a learning disability.

Swan Advocacy – to help carers secure their rights, represent their views, and obtain services they need.

