

Carers come in all ages – from children to grandparents.
Whoever you are, we're here to help.



Caring for someone can be rewarding, but it can also feel overwhelming or isolating. Whether you're new to caring or have been doing it for a while, our **Carer Link Workers** offer a listening ear and help you access the right information at the right time.

Dorset Carer Service

Supporting unpaid carers of all ages across Dorset with
information, guidance, and wellbeing support.



How we can help:

- We take time to understand you – not just your situation
- We explain what you're entitled to as an unpaid carer, including other services for you and the person you care for.
- We focus on your health and wellbeing needs, with direct access to our Health and Wellbeing Coaching Service

What to expect:

If the person you care for lives in the Dorset Council area, you'll have access to a dedicated team of Carer Link Workers and a wide range of support options. We can connect you to local and online resources - including peer support, group courses, workshops, practical advice and wellbeing support - guided by what feels right for you. We want you to feel visible, valued and heard. Whatever your circumstances or stage of life, we're here to help you build confidence, resilience and connection in your caring role.

Get in Touch - For queries or referrals:



0303 303 0153



carers@helpandcare.org.uk



www.helpandcare.org.uk

If you care for a BCP resident please visit BCP Carers Support: www.bcpcarersupport.org

The **Dorset Carer Service** is an independent service, funded by Dorset Council and delivered by Help & Care in association with MYTIME Young Carers and The Hope Programme.

