The ‘Our Dorset’ ambition is for everyone to have the best possible health and care outcomes and live healthier, longer and fulfilling lives. That’s why our NHS organisations, councils and voluntary and community partners are working together in partnership to recognise, support and value unpaid carers of all ages in Dorset County. These organisations include:

* Bournemouth Christchurch & Poole Council including CRISP (Carers’ Resource Information and Support Programme) and Young Carers.
* Dorset Council including partners Carer Support Dorset & Rethink
* Dorset Healthcare University NHS Foundation Trust
* NHS Dorset Integrated Care Board
* Dorset County Hospital NHS Foundation Trust
* University Hospitals Dorset NHS Foundation Trust (Bournemouth, Christchurch, and Poole Hospitals)
* Forward Carers, Parent Carer Foundation, Help and Kindness, Dorset Advocacy, Dorset Carers Hub, Healthwatch, Help & Care, Leonardo Trust, MYTIME Young Carers, Rethink and Pramalife

Carers Week is an annual campaign to raise awareness of caring, highlight the challenges unpaid carers face and recognise the contribution they make to families and communities throughout the UK. The week is also useful for helping people who don't think of themselves as having caring responsibilities, to identify as carers and access much-needed support.

The campaign brings together individuals and organisations who provide support for carers, host activities and events, highlight the important role carers play in communities and draw attention the carer cause.

This years theme for Carers week is:

**'Recognising and supporting carers in the community'**

Each day of Carers Week will have a different focus to highlight that anyone can be an unpaid carer.

**Monday:** launch of Carers Week - and health and social care issues affecting carers

**Tuesday:** work and employment

**Wednesday:** visible, valued and supported

**Thursday:** younger carers

**Friday:** older carers

**Saturday:** mental health and wellbeing

**Sunday:** reflections on Carers Week 2023

For more information about Carers Week visit: <https://www.carersweek.org/>

There are various events and activities happening across Dorset to celebrate Carers Week. Together, we have collated this information to create a single programme of events:

<https://ourdorset.org.uk/carers-week-2023-5-11-june/>.

[CW events - printable (crispweb.org)](https://www.crispweb.org/supportforyou/support-for-you-docs/cw-events-printable.pdf)



If you are a carer and the person you are caring for lives in the Bournemouth, Christchurch and Poole (BCP) Council area:



**If you are a carer over 18 years old - Carers’ Resource Information and Support (CRISP)**

Tel: 01202 128787

Website: [www.crispweb.org](http://www.crispweb.org)

Email: carersupport@bcpcouncil.gov.uk

CRISP (Carers Resource, Information and Support Programme) is our Carers Support Service offering a range of advice, information and support for carers including:

* help to look after yourself
* social events
* help to take a break from caring
* courses to help you care
* Carers in Crisis, an emergency back-up scheme.

**If you are a carer under 18 years old – Children’s First Response Hub**

Tel: 01202 123334

Email: childrensfirstresponse@bcpcouncil.gov.uk

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 ill-health, disability, or a substance misuse problem.

A carer can be any age and you can become a carer without being aware of it. Carers are family members, friends or neighbours who, sometimes suddenly, sometimes gradually, find themselves offering support and simply get on with what needs to be done.

If you are a carer and the person you are caring for lives in the Dorset Council area:



**Carer Support Dorset**

Tel: 0800 3688349

Website: [www.carersupportdorset.co.uk](http://www.carersupportdorset.co.uk)

Email: admin@carersupportdorset.co.uk

Carers Support Dorset holds the carers register for Dorset Council. They have a range of services that can be tailored to fit your needs as a carer including a phone line, regular training opportunities, events, a befriending service, and specific support for young carers.

They offer:

* Phoneline
* Here to talk
* Regular newsletters
* Training
* Dorset Carers card
* Events
* Information Hub
* Young carers support

