

"My Time"

Carers' Support Group



"My Time" – support for carers in North Dorset

Are you looking after someone who wouldn't manage without your help? Or would you like to help others by sharing your experience of having been a carer? If so, did you know that there is a monthly drop-in session called "My Time" for you in your local area?

The "My Time" drop-in sessions take place at four locations already:

Shaftesbury Plus Day Centre

Trinity Centre, Bimport, Shaftesbury

3rd Tuesday of the month,

14:00 – 16:00

Tel: 01747 854959

Blandford Community Centre

Heddington Drive, Blandford

1st Tuesday of the month,

10:00 – 12:00

Tel: 01258 480762

Stour Connect (Stour View)

Stour View Close, Sturminster Newton

2nd Wednesday of the month,

10:00 – 12:00

Tel: 01258 472957

The Shielings Day Centre

The Avenue, Sherborne

1st Thursday of the month,

14:00 – 15:30

Tel: 01935 816321

All of the sites are easily accessible and you can always phone them to check for directions and parking.

It doesn't matter who you care for – partner, parent, child, sibling, neighbour or friend - anyone who has been, or currently is, caring for someone else is invited to these monthly "My Time" drop-ins.

You can also attend any or all of these sessions, irrespective of where you live.

They all offer the support and time, for you.

You can choose whether to come together or come on your own. Either way you will be met with a warm welcome, a drink and cake, other carers and professionals who can help with advice and information about anything you might need some help with. Very often the questions that carers ask are those that other carers have already found answers to, so you will find friendly advice is freely shared.

All too often, carers report that they feel isolated and alone. The "My Time" drop-ins are intended to ensure that no-one in North Dorset feels that they don't know where they can get help or advice, or that they have no-one to support them as a carer.