

## Carer's Contacts

### **Access Dorset**

Free information, advice and guidance service regarding disabled and older people.

<http://accessdorset.org.uk/>

**Phone:** 01202 771336

### **Age UK: Bournemouth**

<http://www.ageuk.org.uk/bournemouth/>

**Phone:** 01202 530530

### **Age UK: Personal Alarms**

[www.ageuk.org.uk/alarm](http://www.ageuk.org.uk/alarm)

**Phone:** 0800 023 4821

### **Alzheimer's Society**

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

**Phone:** 0300 222 11 22

### **Apply for a blue badge sticker (disability car sticker)**

[www.bournemouth.gov.uk/Parking/DisabledParking/HowtoApplyforaBlueBadge.aspx](http://www.bournemouth.gov.uk/Parking/DisabledParking/HowtoApplyforaBlueBadge.aspx)

### **Benefit Enquiries: Department for Work and Pensions (DWP)**

[www.gov.uk/government/organisations/department-for-work-pensions](http://www.gov.uk/government/organisations/department-for-work-pensions)

**Phone:** 0800 055 6688

### **Care Choices**

In association with Dorset CCG, Bournemouth & Poole Borough Council's home support, care homes, specialist care

<https://www.carechoices.co.uk/region/south-west/bournemouth/>

**Phone:** 01223 207770

### **Carers Groups**

[www.bournemouth.gov.uk/Adultsocialcare/Carers/CarersGroups](http://www.bournemouth.gov.uk/Adultsocialcare/Carers/CarersGroups)

### **Care Line Bournemouth**

Emergency button/pendant, 24 hr service for use in times of emergency or when assistance or reassurance needed.

**Phone:** 01202 452795

**Citizens Advice**

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

**Dorset AdviceLine:** 0344 245 1291

**Bournemouth AdviceLine:** 03444 111444

**Continence Advisory Service**

<https://www.dorsethealthcare.nhs.uk/patients-and-visitors/our-services-hospitals/physical-health/bladder-and-bowel-continence-services>

**Phone:** 01202 443111

**CRISP: Carers resource, Information & Support**

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

**Phone:** 01202 458204

**Dorset Fire & Rescue**

Security and safety checks

[www.dwfire.org.uk/safety/safe-and-well-visits](http://www.dwfire.org.uk/safety/safe-and-well-visits)

**Phone:** 0800 038 2323

**Help & Care**

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

**Phone:** 0300 111 3303

**Meal delivery services: list of providers**

<http://www.housingcare.org/service/list/s-32-meals-delivery/l-247-bournemouth.aspx>

**Parkinsons Support**

<https://localsupport.parkinsons.org.uk/opportunity/62396>

**Phone:** 0344 2253694

**Disclaimer**

South Coast Medical Group has no links or association with any of the services listed and cannot verify their validity or the quality of services offered. Patients are strongly advised to carry out thorough checks to satisfy themselves that the service provider is able to meet their needs, prior to any engagement.