





# PramaLife FOCUS befriending and mentoring scheme

**The PramaLife FOCUS befriending and mentoring scheme is available to you as a carer.**

We can join you up with someone to regularly talk to (on the phone or face to face) or with a mentor who is an experienced carer themselves.

It will be an opportunity to talk things through with someone and have a bit of a breather from your caring duties. We understand that being a carer can be isolating and we can offer friendship and support to help you feel less alone.

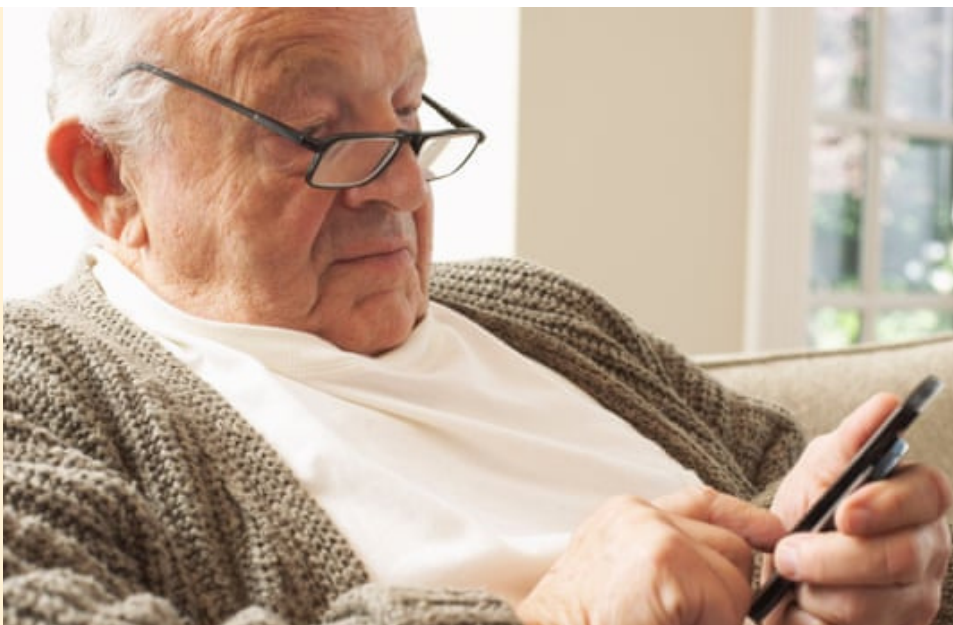
“ As someone who is new to a caring role, I had no idea how all encompassing it would be, I feel like I have lost a part of who I am, and I am now just 'the carer'.

Through contact with befriender from PramaLife I have learned not to feel guilty for grabbing just 15 minutes 'me time' I am still overwhelmed - daily - with my caring responsibilities - but its nice to know someone is at the other end of the phone just for me

Debbie - Carer ”

A mentor can help you if you are new to caring or if your caring role changes. They can offer guidance, provide you with useful information and advice or their personal experience. All of our mentors have been carers themselves. A mentor can be available to you at any point while you are caring.

A befriender can meet you in person or chat on the phone, to offer friendship and a listening ear. They will keep in regular contact with you, as much or as little as you like.



To find out how we can help you, call the team on 01202 207329 to talk through your situation. All calls are treated confidentially, and if we aren't the right solution for you, We will try our best to signpost you to other support or help

[www.pramalife.org](http://www.pramalife.org)

# Can you offer some time to help?

We need volunteers to offer support for carers in the **Bournemouth, Poole and Christchurch** area.

We are constantly developing socially distanced services for people across Dorset, If you can help as a befriender, or want to run a telephone friendship group then get in touch. Volunteering is very easy to start, and it will make a huge difference in peoples lives.



As a befriender you will be matched with a carer who you can meet with or have a telephone friendship with. This will create a vital sounding board for carers or just allow you both to chat about something other than their caring duties.

**This can be as little as 20 minutes a month**

<https://www.pramalife.org/volunteering>

or call the Prama Team  
on 01202 207329

As a mentor you will have cared for someone and be able to share your experience and offer guidance. We know this is invaluable to new carers and to those whose circumstances have changed. Some may be struggling to cope or feel overwhelmed and frustrated. You will encourage them to seek help or just to lend an empathetic ear.



Email befriending [@pramalife.org.uk](mailto:@pramalife.org.uk)  
or contact Diana or Mandy on 01202 207329  
or send us your details via the website





## Friendship Line

Call us **01202 022987**

**Everyday 10am - 7pm**



**You're never  
alone  
with  
friends  
on the phone**

 **PramaCARE**  
Supporting people at home

For more info call **01202 207300**  
or go to [www.pramacare.org.uk](http://www.pramacare.org.uk)

We are assisting BCP Council and the NHS by helping people who are leaving hospital. Our hospital to home service is here if you need some short term help, longer term care or end of life care.

- Domestic support
- Meal preparation
- Companionship
- Shopping
- Respite care
- Nail cutting
- Accompanied appointments
- Sitting Service



Inspected and rated

**Outstanding** ★

For Care

August 2019

## Would you like to Host, or participate in Telephone Friendship Groups?

You can to speak to a group of people about a theme or a topic, or just have a conversation with a few others so that you don't feel like you're on your own?

Phone groups can take place any day at any time.  
To find out more Contact

Keith on **07752 597334**

[keith.gubbins@pramalife.org](mailto:keith.gubbins@pramalife.org)

