

# CARERS' SUPPORT GROUP

St Leonards Community Hospital

The information in this leaflet is available in additional languages and alternative formats. Please contact the Trust for further details.

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[dorsethealthcare.nhs.uk](http://dorsethealthcare.nhs.uk)

**Telephone:**  
**01202 584211**



Carers are people who look after family, partners or friends who need support because they are ill, frail or have a disability.

An estimated one in eight people are carers.

### **Are you one of them?**

When you are caring for someone life can sometimes feel like a constant battle. You may feel exhausted, worried, upset or isolated.

### **If so, then a carers' support group can help.**

Meetings are held on the first Wednesday of the month from 1.30pm - 3pm  
at St Leonards Community Hospital  
Ringwood Road, St Leonards, BH24 2RR

For more information please contact Doreen Haskell,  
Carers Lead on telephone 01202 584211.

Dorset HealthCare aims to provide the best possible care and treatment to patients. We welcome any feedback, including compliments or comments, as well as any concerns you may wish to raise. Please contact the staff involved in your care or the hospital Matron and they should be able to address your concerns promptly and to your satisfaction.

Should you require further advice, please contact the **Patient Advice and Liaison Service (PALS)** for confidential support or guidance, on Freephone 0800 587 4997 or email [pals@dhuft.nhs.uk](mailto:pals@dhuft.nhs.uk)

Should you wish to raise a formal complaint, please speak to the **Complaints Team**: 01202 277024 / 25 or email [complaints@dhuft.nhs.uk](mailto:complaints@dhuft.nhs.uk)

You may also write to PALS and the complaints team at:

Dorset HealthCare University NHS Foundation Trust  
Complaints Team  
Sentinel House  
4-6 Nuffield Road  
Poole  
Dorset  
BH17 ORB