



Being an unpaid carer is hard work and can impact upon other areas of a carer's life such as work, relationships, finances & social life.

Counselling is a chance for the carer to focus on themselves and to think about their own needs.

A Counsellor is a qualified listener who can help carers think about their situation, look at their options, and find ways to cope. When a carer talks to a Counsellor they will get the chance to explore their feelings, including their relationship with the person they care for. The Counsellor can help carers find their own solutions and make decisions about their life. The Leonardo Trust can fund a course of counselling to support a carers well-being.

To be eligible the carer needs to be a recognised unpaid carer and live in Dorset.

Applications must be made via a G.P. or other Health/Social Care or Voluntary Agency professional.

To download an application form please go to [www.leonardotrust.org](http://www.leonardotrust.org)

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**The Leonardo Trust**  
Helping People Who Care For Others