



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 an opportunity for the carer to focus on themselves and to think about their own needs.

Counselling can support carers in a non-judgemental and safe environment to think about their situation, look at their options, and find ways to cope in a more positive way. When a carer participates in counselling they will be able to explore their thoughts and feelings, including their relationship with the per-son they care for.

The Leonardo Trust maybe able to fund a course of counselling for a carer. This would be subject to eligibility and income criteria. We may ask you to contribute towards the cost.

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

Referrals must be made via a health/social care professional, that can confirm they are an unpaid carer.



To download an application form please go to www.leonardotrust.org/application-form or scan the QR code