

Carers Groups

Why are they helpful to your role as a Carer's Champion?

Cath Holloway

Carers Group Co-ordinator

Spark Somerset



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- Easy referral route
 - Confidence in quality
 - Saves time delivering information – see all clients in 2 hours
 - Meet relevant service providers
 - No waiting lists
 - Immediate, beneficial, free, no side effects as with medication
 - Variety of group offer
 - Accessible
 - Activity groups to support respite
 - Prevention – mental health, information, support



Why not run your own group or support the ones that already run?

- Get to know your patients – reduce appointment time
- Good community reputation for the surgery
- Pass on surgery news and information
- Meet your own agenda – activity and information delivery
- Keep up to date with service offers and Carer information
- Enjoyable, positive, grounding
- Prevention via information and further referral
- Access to other opportunities such as carer activity days



Impact

- Thank you for what you are doing here. My Mum died of dementia last year and we were in Reading. I felt so alone as there was nothing to help us.
- I was caring in Sussex and I got no help at all. I come here and everywhere I look its Carers groups here and Carers groups there! You are everywhere!
- It gives me a chance to put my lippy on!
- I can tell him, it's for me and I have to go. I get some peace and feel so good afterwards.
- I feel like I have just had a virtual group hug.
- Thank you so much for getting us together, you have no idea of just how much it helps. I was so alone until I found this group.
- I was feeling so low and lonely and now I have a new set of friends.
- I feel so much better now you have told me that!



Ewelina Zielinska
Care Co-ordinator
runs the Martock
Carers and Activity
group.



What to do now

- Contact me –
cath.holloway@sparksomerset.org.uk
07951944420
- Visit your local group the list is on
<https://somerseccarers.org/carers-groups/>
- Mass message your registered carers to inform them of their local group offer

