

faithworks

INSPIRING HOPE-FILLED LIVES

WESSEX

01202 429037

Newsletter

The newsletter for carers

February - May 2019



Oak Academy was full of the Christmas spirit when students hosted a Christmas Showcase including afternoon tea, Christmas crafts, a delicious buffet and an extremely taxing quiz! One carer, Dot, said: 'It's so nice to do something for myself... I'm not used to it'. Another carer Pat explained the event was the start of Christmas for her.



Oak Academy's next event will be their Spring Fete on the 3 April, 1pm - 3pm. Call to book you place!



Faithworks Recovery

Addiction comes in many forms; such as Alcoholism, drug abuse, gambling, shopping or being addicted to social media.

We recently launched a new project called Faithworks Recovery to support those in or affected by addiction, including: recovery courses; awareness and education; and a support group for those affected by someone else's addiction.

Julie's 20-year old son is addicted to heroin. Julie has been coming to the support group and said:

"I...can honestly say that it saved me at a very dark time. Creating a place where I was able to sit and talk openly and honestly... Being listened to... understood and empathised with was a lifeline.

Hearing other people going through the same or worse was a lifeline. For the first time I was not alone in my complicated life. I wasn't judged, shamed or looked down on."

The Recovery Support Group meets at Faithworks on Thursdays, 7pm - 9pm. **For more information call Emma on 01202 429037**

See inside for more days out!



First Aid for Carers

We have teamed up with The Red Cross to provide free First Aid for Carers training. This will take place at the Carers Coffee Group on Tuesday 5 March, 10.30am - 12pm. To book your place let one of the Mandys know or call the office on: 01202 429037. The coffee group is an opportunity to meet others in a similar situation, but also find out about resources that will help make your life that little bit easier.

Amanda has been coming to the Carers Coffee Group and said she has found Faithworks very welcoming. Amanda appreciates coming as a person in her own right, not just as a carer or sister.

Speakers at Carers Coffee Group

Once a month we have a guest speaker to talk about different topics. Our upcoming speakers include:

- **19 February: Dorset & Wiltshire Fire Rescue service** about Safe and Well visits
- **5 March: First Aid for Carers**
- **16 April: Dawn from Faithworks' Community Money Advice team**

Save the Dates!

Look out for Faithworks' events this spring and summer, including:

- **Faithworks' 15th Anniversary Lighting up the Town walk** - likely to be Sat 1 June at 2am!
- **FOCUS Beach Day & BBQ** - Tues 18 June
- **FOCUS day (Purbeck Breezer) to Swanage** - Tues 2 July

Counselling for carers - did you know that we can refer you for specialised counselling? Here's Stella's story:


"As a relatively new carer for my Mum, I was finding it difficult to cope... not only of the day-to-day caring role but also with traits of Mum's personality, exaggerated because of dementia.

Mandy noticed I was distressed and suggested six free therapy sessions with a local counsellor. I knew I needed help and jumped at the opportunity. After the first meeting with the Counsellor I knew this was the right decision and was so grateful to Mandy for suggesting it.

It was a safe space to explore my thoughts and understanding of how I was responding. I gained a clearer understanding of the problem, which shed a light on to the way I interpret certain words or actions. These appointments became an extremely positive experience and I looked forward to my sessions and the revelations they would bring!"

For more info, speak to the Mandys!


February 2019

Monday	Tuesday	Wednesday	Thursday	Friday
	Every Tuesday: Armchair Keep Fit! Old Rope Walk, 11.30am, £2	Every Wednesday: Armchair Keep Fit! Cornerstone, 11.45am, £2.50	Every Thursday: Recovery Support Group, Faithworks, 7pm - 9pm 	1
4	Carers Coffee 5 Group Faithworks, 10.30am - 12pm	6	Pause Cat Cafe - 7 please book an appointment with Mandy R	8
11	12	13	14	15
18	Carers Coffee 19 Group Faithworks, 10.30am - 12pm	20	Other groups Community Meal 21 St Clement's Church, Springbourne, B'mouth 1pm, costs £4	Community Meal, 22 St Philip's Church Hall 4.30pm Adults £3, children £2.50
25	26	27	28	



March 2019

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Monday</p> <p>National Conversation Week is an opportunity to put down mobiles & tablets & talk to someone!</p>	<p>Every Tuesday: Armchair Keep Fit! Old Rope Walk, 11.30am, £2</p>	<p>Every Wednesday: Armchair Keep Fit! Cornerstone, 11.45am, £2.50</p>	<p>Every Thursday: Recovery Support Group, Faithworks, 7pm - 9pm</p>	<p>Friday</p>
<p>4</p>	<p>Carers Coffee 5 Group Faithworks, 10.30am - 12pm</p>	<p>6</p>	<p>Pause Cat Cafe - 7 please book an appointment with Mandy R</p>	<p>8</p>
<p>11</p>	<p>12</p>	<p>13</p>	<p>Other groups</p> <p>14 Community Meal St Clement's Church, Springbourne, B'mouth 1pm, costs £4</p>	<p>15</p>
<p>18</p> <p>NATIONAL CONVERSATION WEEK 18 - 25 March 2019</p>	<p>Carers Coffee 19 Group Faithworks, 10.30am - 12pm</p>	<p>20</p>	<p>21</p>	<p>22</p>
<p>25</p>	<p>26</p>	<p>27</p>	<p>28</p>	<p>Community Meal, 29 St Philip's Church Hall 4.30pm Adults £3, children £2.50</p>

April 2019

Monday	Tuesday	Wednesday	Thursday	Friday
1	<p>Carers Coffee Group 2 Faithworks</p> <p>Every Tuesday: Armchair Keep Fit! £2 Old Rope Walk, 11.30am</p>	<p>Spring Fete at 3 Oak Academy, 1 - 3pm!</p> <p>Every Wednesday: Armchair Keep Fit!</p>	<p>Pause Cat Cafe 4 for info call Mandy R</p> <p>Every Thurs: Recovery Support Group</p>	5
8	9	10	11	12
15	<p>Carers Coffee 16 Group Faithworks, 10.30am - 12pm</p>	17	<p>Other groups Community Meal 18 St Clement's Church, Springbourne, B'mouth 1pm, costs £4</p>	19
22	23	24	25	<p>Community Meal 26 St Philip's Church Hall 4.30pm Adults £3, children £2.50</p>
<p>29</p>  <p>NATIONAL GARDENING WEEK</p>	<p>Carers Coffee 30 Group Faithworks, 10.30am - 12pm</p>			
<p>National Gardening Week: is run by the Royal Horticultural Society, to encourage more people to take part in the healthy & productive outdoor activity of gardening. The COAST garden service is about to be launched in Bournemouth. If you think you need this service, please phone Ruth at the office for a chat.</p>				

May 2019

Monday	Tuesday	Wednesday	Thursday	Friday
 <p>NATIONAL GARDENING WEEK</p>	<p>Every Tuesday: Armchair Keep Fit! Old Rope Walk, 11.30am, £2</p>	<p>1 Every Wednesday: Armchair Keep Fit!</p>	 <p>Pause Cat Cafe 2 for info call Mandy R Every Thurs: Recovery Support Group</p>	<p>3</p>
<p>6</p>	<p>7</p>	<p>8</p>	<p>9</p>	<p>10</p>
<p>13</p>	<p>14 Carers Coffee Group Faithworks, 10.30am - 12pm</p>	<p>15</p>	<p>16 Other groups <i>Community Meal</i> St Clement's Church, Springbourne, B'mouth 1pm, costs £4</p>	<p>17</p>
<p>20</p>	<p>21</p>	<p>22</p>	<p>23</p>	<p>24</p>
<p>27</p>	<p>28 Carers Coffee Group Faithworks, 10.30am - 12pm</p>	<p>29</p>	<p>30</p>	<p>31 Community Meal St Philip's Church Hall 4.30pm Adults £3, children £2.50</p>



Here are some more groups and events happening!...

Winton Community Shed

A community shed creating a space where people can come together over woodwork projects and a mug of tea! The scheme is registered with the Men's Shed Association (you can find out more at www.menssheds.org.uk) and are looking for new members! They meet at the LifeCentre car park (accessible from Brassey Road, BH9 1PT).

For more info go to Facebook at: www.facebook.com/winton.shed/ or email: winton.shed@gmail.com



LEAP is a FREE home visit service to assist residents in all BH postcodes

with free energy saving devices, advice and access to other improvements like heating upgrades and insulation. Call 0800 060 7567 or go online to: www.ridgewaterenergy.co.uk/projects/leap/

Free Wills Month starts on 1 March 2019. To register your interest go online to: freewillsmoonth.org.uk/







Carers Discount Card was set up by local councils to provide unpaid carers with discounts at over 230 local businesses. **Carers need to be registered** with the Carers Information Service. To find out more go online to: www.mycarerscard.co.uk or call the Carers Team on: 01202 458204



COAST Garden Service is moving to Bournemouth!

We work in partnership with COAST, a team from the Borough of Poole, supporting adults with a learning disability. COAST provide a free garden maintenance service for carers. If you could benefit from this scheme and live in West Howe & Kinson - speak to Mandy Russell or call Ruth at the office.

Faithworks Activities

Event	Venue	When	Time	Notes
 Carers coffee group	Faithworks	Every other Tues (see calendar)	10.30am-12pm	Meet the Mandys and other carers at our carers coffee group.
 Carers Cat Cafe	Pause Cat Cafe	First Thurs of the month	11am - 12pm	Free entry! Must book your place with Mandy Russell by calling the office
 Recovery Support Group	Faithworks' Training Room	Thurs	7pm - 9pm	Open to anyone caring for or affected by a person's addiction/ habits
 West Howe Community Meal	Contact the office to confirm venue	Last Fri of each month	4.30pm - 6.30pm	Cost: Adults £3 Children: £2.50 Book by the Weds before

Useful Contact Numbers

Your FOCUS Contact Workers

Bournemouth carers:

Mandy Russell - 07704 968338
focusbmt@faithworkswessex.org.uk

Poole carers:

Mandy Pelling - 07513 859376
focus@faithworkswessex.org.uk

Bournemouth Social Services:	01202 454979
Poole Social Services:	01202 633902
Carers Support Service:	01202 458204
Social Services out of hours service:	01202 657279
NHS Non-emergency number:	111
Carers in Crisis - to register (B'mouth):	01202 633902
Carers in Crisis - to register (Poole):	01202 458204

Faithworks - Heron Court Road, Bournemouth, BH9 1DE

<https://faithworkswessex.org.uk>  facebook.com/faithworkswessex



Alistair



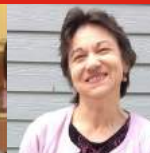
Emma



Mandy P



Mandy R



Julie



Dave



Ruth