



Hilary at Three Ways Café

## Caring and Working: Hilary's Story

There are currently more than three million people in England juggling paid work and caring responsibilities.

Keeping carers in employment has a multitude of benefits from reducing isolation, upkeep of skills and confidence and having a life outside of the caring role.

But it's not always easy. Too many carers find it difficult to balance their important caring roles with work commitments, or to come back to work after a long absence.

National statistics show that there are 5.4 million carers in England, and caring responsibilities fall most heavily on women aged 50-64.

Hilary Long, who cares for her two sons with additional needs as well as her two other children, found it was a dramatic shift to go from an active job in the Army to being at home looking after her young children.

"I did 12 years in the Army and had a great career there. I decided to leave after my daughter was born, and then my third child Joshua was born with significant medical and additional needs," says Hilary.

"We moved around a lot as a family as my husband Steve is still an Army officer. My son Isaac was born and at age 4 he was diagnosed with autism, and the years went on it felt like it was impossible to go back to work."

"Before we came to Bath I'd had 21 houses in 24 years, and Isaac just had a big breakdown. He couldn't go to school, and my mental health suffered massively at that point.

"I was very open and willing to take the help that was available from the Carers' Centre and Three Ways School and that helped me; it's very isolating if you're home all the time with a child.

"It wasn't until Isaac was about 10 that he really

Continues overleaf

started to settle at school and was able to go to school most days. So when he started to get into a routine there was a glimmer of hope that I could have some of my time back."

Despite her intensive caring role, Hilary was able to volunteer regularly and had a home business.

"The business was designed to work around families but even so, when Isaac was born that became harder and harder. I was just really tied to home and felt that I had no opportunities to go back to work.

"It was difficult even though I am a graduate, and I was an Army officer, but you do lose confidence. I didn't know what I wanted to do, what time I could realistically give, and I didn't want to take on more stress that would add to an already difficult home life."

Hilary was able to accept she was a carer quite early on.

"I really embraced [the term carer] because I had to. I saw such wonderful support from the Carers' Centre and to be part of that I felt I had to admit that I was a carer. I went on breaks and Joshua signed up with Young Carers.

Carers' Centre Employment Officer Clive Brooks offers career coaching, advice and support for carers looking to get back into work.

"I had a few sessions with Clive and he was fantastic in helping with my CV. I'd never had a CV – I didn't need one in the Army and I had a lot of skills that needed to be translated into something that an employer would recognise.

Then I had all my unpaid carer time and I wanted to articulate the skills that I've gained from that experience.

"Working through that with Clive was invaluable, absolutely invaluable.

"I saw an opportunity at Genesis Trust, for a 15

Hilary helping at a coffee morning



hours a week volunteer role. It was a 'returnship', perfect for someone coming back to work – flexible hours, interesting work for a Christian charity, intellectually stimulating – I did that for six months and then I was really ready to go back to work.

"A job then came up at Genesis Trust which I applied for and, wonderfully, got it. I have the flexibility if one of the children is ill, or Isaac can't go to school that day, I can work from home.

"The combination of the Carers' Centre preparing me and Genesis Trust supporting me through volunteering has been brilliant.

"I look back and I do wonder how I managed, but I did it with support."

Genesis Trust is a Bath non-profit that aims to support disadvantaged and vulnerable people, offering opportunities for them to make healthy choices and improve their lives and prospects: [genesistrust.org.uk](http://genesistrust.org.uk)

If you're a carer who is interested in getting back to employment or would like information about your rights at work, contact the Carers' Centre on the details below.

tel: 0800 0388 885

email: [info@banescarerscentre.org.uk](mailto:info@banescarerscentre.org.uk)

web: [banescarerscentre.org.uk](http://banescarerscentre.org.uk)



## A Note from Sonia Hutchison, our CEO

We have been thinking big about the difference we want to make for carers over the time which we have a contract with Virgin Care.

We want to be ambitious and work to improve the quality of life for carers and see some big changes by 2024. We have set out our plans in our new strategy that you can read on our website.

involved through our Carers Voice Meetings, by phone and online. We will be reviewing our strategy each year so you can get involved in future by joining our Carers Voice Meetings or if meetings aren't for you to sign up to get involved by phone or online.

Unfortunately Storm Brian meant we had to postpone our sponsored walk, but we are pleased to say we have a new date of the 21st April – I'll be there, I hope you can make it too.

– Sonia

We'd like to thank all the carers who got

# Carer Support & Wellbeing

## What's new in your community

### Flu Vaccine Update

**STAY WELL THIS WINTER**

Earlier this year B&NES Public Health carried out a flu vaccine survey via the Carers' Centre. Thank you very much to the 136 responders who have helped tailor the campaign this winter to raise awareness of flu vaccine eligibility amongst carers.

- 69% of respondents said they had had a flu vaccine last year
- 78% are planning to have one this season
- 37% didn't realise they were eligible for a free vaccine

A follow up survey will be sent out in 2018 to see what the take up was this year.

### Spring Sponsored Walk: New Date!

Our sponsored walk now has a new date! We've rescheduled for the spring on Saturday, 21 April 2018.

We'll be going from the Bath Centre to the Bird in Hand pub in Saltford (3 miles) and back again. Enjoy a pub lunch or make your way back to the centre for afternoon tea, music and activities (or do both!!).

**Saturday 21 April**  
**11am at Bath Carers' Centre (BA2 9ES)**  
**Goody bag included!**

Minimum sponsorship of £25. Email [fundraising@banescarerscentre.org.uk](mailto:fundraising@banescarerscentre.org.uk) to sign up.

### Radstock Carer Book Club



We are launching a new Book Club for carers in Radstock starting on Tuesday 30th January at The Fromeway from 7pm to 9pm. The first book will be 'Small Great Things' by Jodi Picoult.

Our Bath Book Club started in August and has been very successful; a regular attendee said that she really values the opportunity to meet others and to read books she might not otherwise read.

If you live in the Radstock area, love reading and discussing books, please get in touch with us to book your place on 01761 431388.

### Bath Carer Drop-Ins

Meet Carers Support Officer Tom to answer any of your burning questions and have a cup of tea.

**Fairfield Surgery**  
**BA1 6EA**  
**4<sup>th</sup> Tuesday of every month,**  
**10am–1pm.**

**Carer Café, Oldfield Surgery**  
**BA2 3HT**  
**4<sup>th</sup> Thursday of every month,**  
**2pm–3:30pm.**

For carers of someone with mental health issues:  
**Carers' Café, Costa Coffee,**  
**Lwr Bristol Rd (near Lidl)**  
**2nd Friday of the month,**  
**starting Feb 9th, 10:30am to**  
**12:30pm**

### Keynsham & Saltford Coffee Mornings

Come along to our bi-monthly Carers Café for a free cuppa on us. Meet other carers, have a drink, and chat with Jo and volunteers from the Carers' Centre.

Keynsham:  
**Thurs 11<sup>th</sup> January & Thurs**  
**8<sup>th</sup> March**  
Somerdale Pavilion, Cross St, Keynsham (don't pay for parking – see reception)

Saltford:  
**Thurs 15<sup>th</sup> February & Thurs**  
**12<sup>th</sup> April 10:00am–11.30am**  
Saltford Golf Course  
Golf Club Lane  
Saltford

### Somer Valley Big Social



Meet with Carer Support Officer Lorraine once a month, relax, make new friends and have a cuppa and cake in this new joint venture between the Carers' Centre and St John's Foundation.

Carers and loved ones go free, a suggested 50p donation for others.

**First Monday of the month, 10am – 12noon at: Mardon's Sports & Social Club, Midsomer Norton BA3 4NL**

Mondays: 8<sup>th</sup> Jan, 5<sup>th</sup> Feb and 5<sup>th</sup> March.



# CELEBRATING CARERS 2017



As we come into the New Year it is an ideal time to reflect on 2017 and this last year the Carers' Centre was, as always, incredibly grateful to have such a wide base of community support from a diverse range of organisations, individuals, and local business.

Our annual awards ceremony was a wonderful opportunity to say thank you to our supporters as well as sharing just a few of the stories we hear from carers over the year.

Our special charity partner Friends of Young Carers, along with corporate support from Minuteman Press, Gerrard Financial Consulting, Curo, Bath College and The Unlimited Company, made the 2017 event possible.

received one of the 'Problem Solver' awards. Dave and his team have helped in any way they can – from sharing their car park space, fixing the gate post, working on the Carers' Centre minibus for free, lending tools and just generally being great neighbours.

Their help has saved the Centre time and money, which we can instead invest in carers and our community.

## **Bluebird Care**

Bluebird Care have created a thoughtful initiative for carers in their new coffee meet ups for carers..

Bluebird are working with the Carers' Centre to provide these coffee mornings, and have offered to provide free care cover to allow family carers to attend a coffee morning once a month, for up to six months.

This is a great opportunity to enable carers to take a break and have the chance to socialise.

# ORGANISATIONS

## **Lansdown Mazda Bodyworks**

We made special mention of our neighbours in Bath, Lansdown Mazda Bodyworks, who

# CARER STORIES

## Becca Rumney-Fawcett

Becca, 10, cares for her mum Nicole who has Fibromyalgia. Becca helps her mum around the house, makes her cups of tea, brings her medicine and cheers her up when she's down.

"It's hard sometimes because you have more responsibilities than other kids," says Becca. "Sometimes I can't hug my mum because she's really hurting."

Becca has since gone on to do presentations and assemblies at school to explain what it's like to be a young carer and how kids like her can get support.

Young Carers team volunteer Lindsey says:

"Becca is clearly dedicated to improving the lives of her peers and raising awareness of the struggles and triumphs young carers face. It's been a delight to see her confidence grow over the last 3 years."

## Kathleen Tong

Kathleen has been caring for over 40 years. Initially Kathleen cared for her eldest son who suffered meningitis as a child. He became less able after paralysis affected one side of his body, but he is now able to live independently. Kathleen has also started to care for her mother who has complex health issues, as well as her youngest son who struggled with mental ill health.

Despite these responsibilities she then went on to befriend and care for an elderly neighbour after his wife passed away.

Kathleen is a great representative of what caring is about – assisting others in a completely unselfish way to allow them to have a better quality of life. This great generosity, empathy and tireless determination epitomises so many carers we come across in our work.



# OUR SUPPORTERS

We are incredibly grateful to our community fundraisers who take the initiative to create fantastic sponsorship opportunities and raise funds and awareness for the Carers' Centre.

## Jim Cronin

Jim received a special lifetime achievement award as he prepares to retire from his role as Chairman for the Friends of Young Carers charity.

Jim has made a difference to thousands of young carers' lives by giving them their childhood back and enabling young carers to thrive and achieve. The significant funds raised by FOYC (over £250,000) have had far-reaching impacts, on the young carers that have grown up with the service and gone on to achieve great personal successes.

## Sharon Dunford

Sharon took on an ambitious 60 for 60 challenge where she did 60 challenges in honour of her 60th birthday to raise money for the Young Carers Service.

Amongst her challenges included skydiving, abseiling, climbing, juggling and more! Over the year Sharon raised more than £1,700 for young carers, an incredible achievement for an individual supporter.

To all of our supporters, carers, friends and partners, thank you for your ongoing support of our work. We hope to continue these special partnerships in 2018 and create new ones yet to come!

# Winter Breaks for Carers: Jan – March '18

We've compiled our exciting range of FREE events, activities, training opportunities and trips for carers throughout Bath & North East Somerset. We can usually offer transport and replacement care where necessary – just let us know if you need it!

## Where to find us:

Bath Carers' Centre, The Woodlands, Lower Bristol Road, Bath BA2 9ES  
Radstock Carers' Centre, 1 Riverside Cottages, Radstock BA3 3PS

## Two's Company:

Bring either the person you care for, a friend or relax on your own.

## Interest Groups:

Please note no transport or replacement care is available for these breaks.

## Family Time:

Bring your young family members to these family-friendly breaks.



You may request up to 3 free breaks per quarter. Peer support groups (marked in green squares) do **not** count towards the 3 breaks. When you send a 'booking request form', ring or email to request a break – this is not confirmation that you have a place. We will write or call to let you know if you have a place on a break, are on the waiting list or not eligible. We appreciate your understanding and patience.

We work closely with a range of local organisations to sustain our breaks programme. This means external organisations may, in exchange for funding and delivering a break, require some additional information from carers for their funders. We will send full details by letter when we confirm your break.

## JANUARY

### Getting Started with iPads

With Adult Community Learning (ACL)

This fun interactive 4 week course will introduce you to all aspects of iPad use and will leave you wondering how you managed without one! iPads provided or bring your own.

4 weeks from Mon 15 Jan

10.00am–12noon

Bath Carers' Centre

Or 4 weeks from Wed 17 Jan

10.00am–12noon

Radstock Carers' Centre



### Vegan Cookery Course

Suggested donation: £3

Learn to cook easy, delicious vegan food with confidence and demolish your creation as a group at the end of each session! Suitable for complete beginners and improvers.

All ingredients and materials provided but feel free to BYO apron. Feedback from Summer class: "We worked well as a team and the food prepared was 5 star!" Please let us know when booking any special dietary needs.

3 weeks starting Tues 16 Jan  
6.00pm–9.00pm

St Andrew's Community Church, Hawthorne Grove, Fox Hill, Combe Down, Somerset, BA2 5QD

### Ovarian Cancer Support & Awareness Sessions

Ovacome is an ovarian cancer charity founded by women who have had ovarian cancer, supporting women since 1996. Join this lunch time support session for those directly affected by ovarian cancer, and have your concerns or questions answered.

Alternatively you can join the awareness presentation and drop in session that follows. Food and hot drinks provided for both.

Thurs 18 Jan

11.30am–2.00pm Support Session

2.00pm–4.00pm Awareness Presentation

Bath Carers' Centre

### Wellbeing at the Roman Baths

With ACL & the Roman Baths

What can we learn from the Romans about our wellbeing? Explore the Baths throughout this 7 week course, learning how to stay well and manage your wellbeing. We'll look at self-care, getting active, creativity, stress busting techniques and meditation.

Starting Fri 26 Jan for 7 weeks  
10.00am–12noon

Roman Baths, Stall Street, Bath BA1 1LZ



## FEBRUARY

### Dementia Friends Information Session

A friendly and interactive session to increase your understanding of dementia. Whether you know lots or only a little; this is useful for everyone. Come along to get

involved and receive your Dementia Friends badge.

**Thurs 1 Feb**

**10.30am–12.00noon**

Bath Carers' Centre

**Or Thurs 1 Feb**

**2.30pm–4.00pm**

Radstock Carers' Centre

## Bowling (Young Adult Carers 18-25's)

Strike it lucky at the new Better Bowling alley at Bath Sports and Leisure Centre. Enjoy a fun filled game or two and grab a bite from the American style diner whilst you play!

**Fri 2 Feb**

**7.00pm–8.30pm**

Bath Sports and Leisure Centre, North Parade Rd, Bath BA2 4ET



## Yoga Mini-Retreat

**Suggested donation: £3**

Take some me time with this half-day mini retreat. Set within a calm safe space, practice breathing techniques, gentle stretching, relaxation techniques and mindfulness meditation. Warming drinks and snacks will be provided.

**Sat 3 Feb**

**10.00am–1.00pm**

Widcombe Social Club, Widcombe Hill, Bath BA2 6AA

## Refreshing Day

**With Combe Down Holiday Trust**

A relaxing, nurturing day away from caring with a complimentary therapy session and choice of creative fun workshops at the Ammerdown Centre. Refreshments and lunch provided.

**Tues 6 Feb**

**10.00am–4.00pm**

The Ammerdown Centre, Radstock, BA3 5SW

## A 'La Flamenquita' Valentines

**Two's Company**

Join us for a Spanish themed Valentine's evening. Enjoy some delicious Spanish food with live music from a guitarist and vibrant flamenco dancing with Maria Cristina. Bring your spouse, partner, family member or friend, or come on your own and meet new people. Let us know upon booking any special dietary needs.

**Mon 12 Feb**

**7.00pm–9.00pm**

Southdown Methodist Church Centre, The Hollow, Bath BA2 1NJ

## Hidden Valley Bushcraft

**Suggested donation: £3**

Spend the day relaxing in the beautiful Pensford woodland. Choose to participate in therapeutic activities, make bannock bread and cook on an open fire or simply relax and unwind around the campfire. There will be a short walk to the woodland via a public footpath on rough terrain. Lunch and refreshments included; let us know any special dietary needs.

**Mon 19 March**

**10.00am–2.00pm**

Meeting point: Pensford Memorial Hall Car Park, Publow Lane Pensford BS39 4HW

## A Dash of Spain!

**Family Time**

Fun for the whole family this February half-term with Maria Cristina. Learn some Spanish, have a go at flamenco dancing and try your hand at percussion. Refreshments provided.

**Thurs 15 Feb**

**10.00am–12.00noon**

Venue in Bath – to be confirmed

## First Aid

**With the British Red Cross**

An interactive session covering basic skills for providing first aid assistance to an adult. You will learn what to do for a range of everyday emergencies and feel confident that you could step in to help.

**Tues 20 Feb**

**10.00am–12.00noon**

Bath Carers' Centre



## Oakham Treasures

**Two's Company**

**Suggested donation £3 per couple**

One of the largest privately owned museums of retail and farming history in the UK. With a unique collection of memorabilia it will give you an amazing and uplifting trip down memory lane.

**Thurs 22 Feb**

**11.00am–2.00pm**

Oakham Farm, Portbury Ln, Portbury, Bristol BS20 7SP

## Movement to Music Taster

Improve fitness, balance and wellbeing with Kay. Classes offer gentle aerobic warm up and stretches, further aerobic session to burn those calories, body toning tasters and cool down stretches. No floor exercises. Everyone works at their own levels. Small group within an informal, fun and sociable environment.

**Thurs 25 Feb**

**11.30am–12.30pm**

Withy Community Centre, Radstock

## Dance Taster

Put fabulous and feel good into your fitness with Kay! Come

and strut "Strictly" steps - Sassy Salsa, Elegant English Waltz, Cheeky Cha-Cha, Floaty Foxtrot and more! No dance or fitness experience required, classes designed with all levels in mind, including complete beginners. Low impact movements – kind to your joints. Energy levels as low or as high as you wish.

Thurs 25 Feb

1.00pm-2.00pm (can follow straight on from the other class)

Whisty Community Centre,  
Walnut Buildings, Radstock BA3 3JL



## Rambling Photography Course

Suggested donation: £3

Get out in the fresh air this spring with Karen and explore the natural environment. With professional tips on how to frame, compose and edit your photographs. BYO digital camera or let us know if you need to borrow one.

Fortnightly course: Tues 20 Feb, 6 & 20 March, 3 April

1.00-3.00pm

Plus a day to explore for longer with your camera

Tues 17 April

11.00am-3.00pm

Bath Carers' Centre

## MARCH

### EMM Tech Course

Suggested donation: £5 pp

A short course in Easy Muscle Management led by a fully trained EMM-Tech tutor. This course is suitable for everyone – it's great for self-care as well as for family and friends. Learn 11 moves to ease pain

and discomfort and help with breathing, balance and movement. Wear loose clothing – no tight trousers as they will need to be rolled up above the knee. Emm-Tech courses are worth £100 so this is a great opportunity for you to access this self-help technique. Please bring a packed lunch.

Thurs 1 and 8 March

10.00am-2.00pm

Bath Carers' Centre

### Willow Weaving Course

Suggested donation: £3

Join Andy to learn to work with Somerset Willow. In this four week course you will create sculptures to take home with you as well as creating some willow friends for the Carers' Centre garden!

4 week course starting Fri 2 March

10.00am-12.00noon

Bath Carers Centre

### History At Your Feet

With Bath Record Office

Explore 900 years of historic archives and see the Record Office strong rooms in the Guildhall basement, including the new strong room 12, once Bath's nuclear war headquarters.

Tour lasts 45 minutes and it will involve negotiating uneven floors, steps and low headroom.

Wed 14 March

Tour starts at 11.30am

Bath Record Office, Guildhall High Street, Bath BA1 5AW

### Westonbirt Arboretum

Two's Company

Suggested donation: £3 per couple

Join us for a trip to Westonbirt to see the beautiful spring colours. Enjoy the 13-metre-high treetop walkway (accessible) for stunning views over the arboretum. See the trees from a completely different perspective! Spot the early flowering camellias, magnolias and rhododendrons.

Thurs 15 March

11.00am-2.00pm

Westonbirt Arboretum, Nr Tetbury GL8 8QS

### The Bath Pub Tour

A charming local's guide to the best secret drinking holes in town. A 90-minute witty walkabout through Bath's Drinking History with round after round of fascinating facts delivered in a tongue-in-cheek Pub Quiz format. Prizes to be won! From the autumn tour: "Very funny & informative."

Wed 21 March

7.00pm – 9.00pm (approx. 30 minutes of walking)

Meeting point: The Crystal Palace, Abbey Street, BA1 1NW



### Walk at Stourhead

Suggested donation: £3

Take a break from caring, meet others and get out and about with our wellbeing navigators this spring. Enjoy a leisurely walk whilst enjoying the breathtaking views of Stourhead, an 18th century landscape garden with a lake, grottos and classical temples.

Thurs 22 March

10.00am – 2.00pm

Stourhead, High Street, Stourton, Mere BA12 6QD

### Fimo Clay Modelling

Family Time

Come along and make unique creations out of bright Fimo Clay with tutor and artist Charlotte Stowell. Enjoy making fun Easter themed models for your home and garden.

Tues 27 March

10.00am – 12.30pm

Bath Carers' Centre

## COMING UP

### Mells Village

Mells is famous for its lovely architecture, ancient streets and dramatic location. Get away for a couple of hours and visit the ancient church and churchyard, enjoy the walled garden and outdoor cafe or perhaps you'd like to sit and relax in the village café or the traditional Talbot Inn.

Wed 11 April

11.00am–2.00pm

The Walled Garden, Selwood Street, Mells BA11 3PN

### Understanding Your Child's Behaviour

With the Wellbeing College

Course for parents/carers of children with additional needs.

This 10-week course will help you develop a new way of thinking and work with the changing demands of parenting. Discover a new framework to work out parenting challenges. Explore communication, development needs, parenting styles, sleep and more. Two hours once a week for ten weeks, excluding school holidays.

Starting Thurs 19 April for 10 weeks

10.00am–12.00noon

Bath Carers' Centre

## ONGOING BREAKS



### Soundwell Music Therapy

Supportive music group giving carers the opportunity to do something fun, creative and accessible to help alleviate the stresses of a caring role. Try rare, beautiful instruments

to create a calming, inspiring piece of music. No experience necessary.

Wed 17 Jan and Wed 21 Feb

1.15–2.45pm

MSN Old Town Hall, Radstock BA3 2HQ

Wed 14 March

1.15–2.45pm

The Key Centre, Keynsham Methodist Church, BS31 2JA

### Quiz Night!

We have paired up with the Somerdale Pavilion to bring you a regular monthly quiz! £2 per person or £6 per team of 4. Open to all just let us know if you are bringing guests. Winners receive prize money!

First Wednesday of every month starting 7 Feb

7.30pm–9.30pm

Somerdale Pavilion, Cross Road, Keynsham BS31 2FW

### Print Making by Hand

Join artist Felicity Bowers to explore the art of making beautiful prints using just hand pressure. Work with lino, card and collage relief prints to produce limited editions in black and white or colour.

Wed 31 Jan

7.00pm–9.00pm

Bath Carers' Centre

Or Wed 28 Feb

7.00pm–9.00pm

Radstock Carers' Centre

### Pottery Workshop

Create your own plant pot in time for Spring! Local potter Andrew Eddleston will be on hand to assist, and teach you techniques to model your own unique design. The pots will then be fired and glazed, so they are ready to take home and enjoy.

Thurs 8 Feb

10.00am–12.00pm

The Key Centre, Keynsham Methodist Church, BS31 2JA

Or Wed 14 March

7.00–9.00pm

Bath Carers' Centre

## Creative Writing Group

with St John's Foundation

A friendly, welcoming class to get you writing, even if you're a beginner. Writer and tutor Michael Loveday will bring a variety of activities to spark ideas for you to surprise yourself with short stories, poetry or life writing. Cost per fortnightly session £4.

Ongoing every other Tuesday

10.30am–12.30pm

Radstock Carers' Centre



## Book Club

If you love to read and discuss books with others, then this is the group for you. A great way to meet people and try different books. At the end of each meeting you can nominate a book you'd like to read and everyone will vote on the book for next month.

Last Tues of the month: 30 Jan, 27 Feb & 27 Mar

7.00pm–9.00pm

Bath Carers' Centre

Or Last Tues of the month: 30 Jan, 27 Feb & 27 Mar

7.00pm – 9.00pm

Fromeway, 62 Frome Road, Radstock, BA3 3LG

## Men's Boccia

Come and join other male carers and enjoy a fun, friendly and spirited team game involving bowls and targets.

Suitable for all ages and abilities, played seated or standing.

Third Tuesday of every month: 16 Jan, 20 Feb and 20 Mar

6.00pm–7.00pm

Bath Carers' Centre

## Indian Head Massage

Experience some time for you with a relaxing non-invasive, fully clothed treatment of shoulder, arm, head and hand massage.

Tues 16 Jan, 6 Feb & 7 March

Appts 1.30pm & 2.30pm

Bath Carers' Centre

Thurs 18 Jan, 15 Feb & 1 March

Appts 10.00am & 11.00am

Radstock Carers' Centre

## Craniosacral Therapy

Gentle, non-invasive, restful, restorative. As you lie fully clothed on the table, the therapist places her hands on different parts of your body. This therapy works to connect with the body's deep capacity for stillness. This therapy is done in a set of two appointments so please ensure you can attend two appointments, ideally in the sets below.

1 & 8 March

2–2.50pm or 3–3.50pm

15 & 22 March

2–2.50pm or 3–3.50pm

## Bath Art Group

If you would like somewhere to paint, draw and meet other people in a relaxed and friendly space then this could be the club for you. Share your skills in a supportive peer group. Please note: no instruction is given. Sometimes very little drawing/painting is done as it's also a chance to chat to other carers and enjoy the space together!

The second and last Friday of every month: 12 & 26 Jan, 9 & 23 Feb, 9 & 23 March (23rd instead of 30th March due to bank holiday)

10.30am–12.30pm

Bath Carers' Centre

## Kaleidoscope

(Radstock Art/Craft Group)

If you would like somewhere to paint, draw or just enjoy a cup of tea and some friendly company, join this relaxed and sociable group.

Second Weds of every month:

10 Jan, 14 Feb & 14 March

10.30am–12.30pm

Radstock Carers' Centre

## PEER SUPPORT

If you wish to join a support group or interest club please ring 01761 430 930 in case of changes to dates/times.

### Carers For Each Other

A support group for carers with learning disabilities.

Third Monday of every month:

15 Jan, 19 Feb & 19 Mar

12.00noon – 2.00pm

Bath Carers Centre

### FACES (Families with Autistic Children Encouraging Support)

FACES was set up by local parents to support each other through the journey of bringing up children on the autistic spectrum (including Asperger's) and those thinking about a diagnosis. The group is for parents/carers, children and siblings whether they are on the spectrum or not.

Please phone for upcoming dates.

6.00pm–7.30pm

Percy Community Centre, New King Street, Bath BA1 2BN

## KS2

A peer led support group for people who care for someone with a mental health difficulty. We are all carers or supporters of someone with a mental health condition and fully understand the difficulties that carers can face.

Second Tuesday of every month: 9 Jan, 13 Feb & 13 Mar

7.00pm–9.00pm

Bath Carers' Centre

### M. E. / CFS Support and Social Group

On hold

A peer led support and social group for parents and carers of children with M.E. /CFS. Term time only. No meetings taking place this quarter. The group will hopefully resume in the spring. Please let us know if you are interested in attending this group.

### Dementia Café

In partnership with the Alzheimer's Society

Come together with the person you care for to meet others in a similar situation. Chat and gain support and information from other carers, the Alzheimer's Society and Dementia Support Officer Grace.

Second and last Friday of every month: 12 & 26 Jan, 9 & 23 Feb, 9 & 23 March (23rd instead of 30th March due to bank holiday)

2.00pm – 3.30pm

Bath Carers' Centre

## Cancellations

If you need to cancel an activity – please give at least 3 working days' notice. We can then offer your place to another carer. This will help ensure that every carer has the opportunity to take some time out from their caring. If we do not receive notification a cancellation charge of £5 may apply in order to cover some of our costs. Thank you for your co-operation and understanding.

# We Love Our Supporters

We couldn't support as many local people as we do without your help. A big thank you to all our supporters, donors, fundraisers, sponsors and volunteers. If you would like to get involved, give us a call on 01761 431 388 or email [fundraising@banescarerscentre.org.uk](mailto:fundraising@banescarerscentre.org.uk)

## Bath Half 2018

We've got FREE charity places in the 2018 Bath Half. Public entries are now sold out so if you want to run, this is the way to go! All you have to do is raise £175 sponsorship and have a great time! You'll get support from our fundraising team to raise sponsorship, training tips and your choice of a personalised moisture-wicking vest or tee to wear on the day. We're also planning a pre-event pizza and pasta night to treat our amazing runners! Places are getting snapped up fast so if you want a place, please let us know as soon as you can on the details above.



## River Walk: Rescheduled

The River walk is now back on for April 21st. Fingers crossed for spring weather as we walk to Saltford and return to the Carers' Centre for afternoon tea. We'll provide marshalls along the route and a bag of goodies. Minimum sponsorship £25. Enjoy a great day out and help raise awareness and funds for carers! Get in touch on the details above for more information.

## Big Gig Donates £1000 to Young Carers

The Big Gig is an annual music event organised by a group of volunteers and this year, the Gig's main charity was the Carers' Centre's Young Carers Service in Bath.

"We were incredibly grateful to receive £1000 from the Gig this year," says Sonia Hutchison, the Carers' Centre CEO.

"This money will go towards providing support for young carers aged between 5 and 25 years of age and in particular it helped fund costs for a Pantomime trip that was attended by around 250 young carers and their families," she said.

The Carers' Centre would like to say a huge thank you to the committee for their hard work. The pantomime trip was also part funded by Friends of Young Carers.



## Richardson Swift's Saltford Santa Dash

Finally a huge thank you to our fundraising champs Richardson Swift who raised a fantastic £669 for carers at this year's Saltford Santa Dash. Well done to Debbie Boulton; Ellen Crozier; Rob Tomkins; Ryan Berry; Nadya Gormley; Tom Allen; Geoff Don; and Isabel Lopez Miguel



# FREE TRAINING COURSES FOR CARERS

We're pleased to be able to offer a new set of training workshops for carers. Carers Voice members, our participation group, will be given priority booking on these courses.

To book, or to join the Carers' Voice group, please contact Claire Abrahams on 0800 088 885 or email [claire.abrahams@banescarerscentre.org.uk](mailto:claire.abrahams@banescarerscentre.org.uk).

## Assertiveness

Learn effective skills to enable you to stand up and get your point across. Communicate in a controlled and confident way, and get the confidence to stand your ground and have your voice heard. The course will give you strategies for saying no, as well as asking for what you want. Max 8 spaces per session.

**11 Jan 2018**                      **OR 18 Jan 2018**  
**10.00am - 2.00pm**              **10.00am - 2.00pm**  
**Bath Carers' Centre**              **Radstock Carers' Centre**

## Effective Communication

Learn to adapt your communication to any

situation. We will look at how you can use communication to influence decisions and help others see your point of view. We will also look at behaviours associated with communication. Max 8 spaces per session.

**8 Feb 2018**                      **OR 15 Feb 2018**  
**10.00am - 2.00pm**              **10.00am - 2.00pm**  
**Bath Carers' Centre**              **Radstock Carers' Centre**

## Campaigning Workshop

In this course we will be looking at how you, as a carer, can be involved in making positive changes in your local area. Learn how to lobby for change on a local and national level, and discover how your input is vital to working towards a better quality of life for all carers in BaNES. Max 12 spaces per session.

**16 Jan 2018**  
**10.00am - 2.00pm**  
**Stirling Way Community Room,**  
**Keynsham.**

## If you look after someone, who looks after you?

Contact us on 0800 0388 885 or [info@banescarerscentre.org.uk](mailto:info@banescarerscentre.org.uk)

The Carers' Centre is an independent charity supporting family carers in Bath & North East Somerset. A carer is someone who looks after a family member or friend who needs extra help day to day – perhaps because they are elderly, disabled, have mental health problems or a serious illness. We help carers access practical and emotional support, information, respite and advocacy.

If you'd like to learn more about how the Carers' Centre can help you, please contact us via the details above, or fill in your information and send it to The Carers' Centre, FREEPOST BANES CARERS CENTRE (no stamp required).

Name \_\_\_\_\_ Phone Number (\_\_\_\_\_) \_\_\_\_\_

Mobile \_\_\_\_\_ Email \_\_\_\_\_

Address \_\_\_\_\_ Postcode \_\_\_\_\_

Relationship to the person you care for \_\_\_\_\_ Nature of their care needs

\_\_\_\_\_ Their postcode

By sending us these details you agree that the Carers' Centre can store your information so that we can keep in touch with you. You can request to have your information removed at any time by contacting us. You can request to view the information on your file at any time.