

# caringmatters

West Midlands

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Omega, the National Association  
for End of Life Care



## Welcome to first Omega Carers' Consortium Newsletter

Omega, the National Association for End of Life Care, has been awarded a contract to deliver the Caring with Confidence free programme for carers.

Around half a million people provide unpaid care for a terminally ill relative or friend in the UK. Carers often face isolation and sometimes have to deal with a complex and unpredictable illness. This can affect the carers' life. They also face the emotional strain of knowing that they will eventually be bereaved.

The programme will offer:

- Support and help – accessing services and benefits.
- Practical advice – with people in similar situations.
- Improve health and wellbeing of carers and those who are cared for.

The Omega Carers' Consortium is determined to work in partnership with national and local organisations to ensure we make this opportunity available to as many carers as possible

For more information on accessing the Caring with Confidence Programme or if you would like to work with Omega in the West Midlands, please go to the Omega Carers Helpdesk:

Telephone: 0845 259 3163

Email: [carers@omega.uk.net](mailto:carers@omega.uk.net)

[www.caringwithconfidence.net](http://www.caringwithconfidence.net)

Caring with Confidence is a huge team effort.  
We thank each of you for your support.

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## Events

10 September 2009  
Caring Conference  
in Shrewsbury.

Please contact us if you would like the newsletter in a different format and feel free to circulate this widely.





## Dates For Your Diary

*During August, September and October, Omega will be delivering the Caring with Confidence sessions in Shropshire, Dudley, Walsall and Solihull.*

*Please call the Carers Helpdesk on 0845 259 3163 or email [carers@omega.uk.net](mailto:carers@omega.uk.net) for information on the sessions and a venue near you.*

A brief description of some of the Caring with Confidence sessions:

### **Finding Your Way**

An introduction to Caring with Confidence. Start exploring some of the essentials of caring.

### **Caring and Coping**

Giving you time and space to look at the emotions involved in looking after someone.

### **Caring and Me**

How to be fit for life and caring planning for your own health and wellbeing.

### **Caring Day-to-Day**

Looks at the fundamentals of looking after someone each day. From medication to emergencies at home.

caringmatters is produced by Omega, edited by S Waters.

## Thoughts from a Carer - An Interview with Mr. Ivan Warren

### What is your experience of caring?

“My wife and I cared for my mother-in-law for many years when we started, health and social care told us they’d support us all the way. In reality there was little help and support. We were lucky. My wife was a nurse and I worked on the ambulances, we had practical experience to help us cope. There was respite care on offer but after a while that was withdrawn. If we hadn’t had our professional experience, it would have been very difficult indeed.”

### How can Caring with Confidence help?

“I found that the most important things as a carer are to feel supported and to be aware of all the help that is available. For most carers it can be a very isolating experience. I think Caring with Confidence can help people learn about what help is out there, how to find it and make people feel supported, then that will be great.”

For the full interview, please go to [www.omega.uk.net](http://www.omega.uk.net)

## About Caring with Confidence

Caring and Confidence is a knowledge and skills based programme which aims to help carers make a positive difference to their life and that of the person they care for. Carers can mix and match how they further develop their knowledge and skills – by taking part in one or more free, local group sessions, by using self-study workbooks or by accessing online sessions.

Caring with Confidence is part of the Government’s ‘New Deal for Carers’ – an initiative aimed at improving support for carers. It enhances the training already available and helps to provide learning opportunities where there is currently little available. It is not designed to replace existing provision.



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We welcome comments or feedback from you.