

# caringmatters

West Midlands

Issue 02

2009



Omega, the National Association  
for End of Life Care



The Caring with Confidence team at Omega have been very busy with the launch of the Caring with Confidence sessions. Omega's debut session was held on 24<sup>th</sup> August 2009 in Solihull and proved to be a great success, with all the carers interested in attending the whole programme. Please see 'Dates for your Diary' for further sessions.

The Caring with Confidence team have also been out and about visiting organisations, preparing for conferences, promoting the programme and recruiting additional carers and facilitators. We have been engaging with two of the largest employers/ best known companies – BT and British Gas.

On 7<sup>th</sup> August, the Omega volunteer team attracted great interest when they ran an awareness raising session at Tesco in Shrewsbury



"Omega volunteers spread the Caring with Confidence message to Shrewsbury shoppers."

More than 8,000 GP practices have received information about Omega and Caring with Confidence via an insert included in the Carers Action Guide, distributed by the Royal College of General Practitioners.

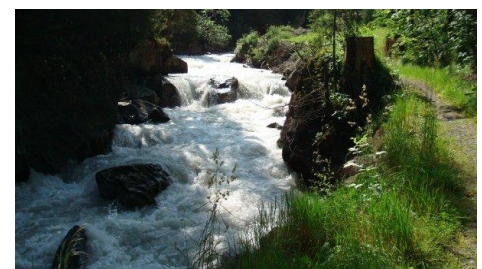
Omega is proud to announce that they now have a Facebook page and would like to invite you to join. The page is updated on a regular basis about Caring with Confidence.

## Contents

1. CWC Latest
2. Interview with a facilitator
3. Dates for your Diary
4. Facilitator Recruitment

The Omega Caring with Confidence team will host a stand at the Age Concern 'Facing the Future' conference in Shrewsbury on the 5<sup>th</sup> November 2009.

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





## Dates For Your Diary

### Shrewsbury

The Trinity Centre, Meole Brace,  
SY3 9HF

### Finding Your Way

15 October 2009

12:30 – 15:30

### Dudley

The Mary Stevens Hospice,  
Stourbridge, DY8 2JR

### Caring and Coping

26 September 2009

13:30 – 16:30

### Dudley

The White House, Dudley, DY1 1JX

### Finding Your Way

20 November 2009

10:00 – 13:00

### Finding Your Way

24 November 2009

13:00 – 16:00

### Solihull

Olton Library, Solihull, B92 7AR

### Finding Your Way

22 October 2009

10:30 – 13:30

**\*Only 5 places left\***

### Walsall

Blakenhall Junior School, Bloxwich,  
WS3 3JF

### Finding Your Way

03 November 2009

10:30 – 13:30

**\*Only 5 places left\***

**Please contact the Carers  
Helpdesk to register as there  
are limited places available.**

**Tel: 0845 259 3163 (local rate)**

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



Caringmatters is produced by Omega,  
edited by Stephanie Waters.

### Catalyst for Success

### An Interview with Caring with Confidence facilitator, Sue Dagger.

Why did you want to become a facilitator?

“My background is as a mental health nurse in prisons (Sue is currently clinical nurse manager at HMP Shrewsbury) and I’ve never forgotten why I went into the job. I love working with people, listening to people and giving them the opportunity to communicate with me. Being a manager gives me fewer opportunities to do that. Also I am a long distance carer for my mother so I know a little bit about what it’s like.”

What do you hope Caring with Confidence will achieve?

“Carers have been saving the country millions for so long and it’s fantastic that this has finally been realised and carers are going to get something back. Success will vary enormously from carer to carer. People’s goals will be very different but we’ll know if they’ve got something out of it because they will tell other carers who I hope in turn will then tell more carers.”

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

Omega is currently recruiting additional facilitators. If you would like to find out how to become a facilitator or would like further information, please contact us on:

Tel: 0845 259 3163

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

If you would like to work with Omega or would like more information, please contact us.



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We welcome comments or feedback from you.