



Omega, the National Association
for End of Life Care



Happy New Year!

The Omega carers team are pleased to report that the three festive sessions held in Shrewsbury and Solihull last month were a great success. Carers enjoyed a free buffet lunch and a free raffle. Prizes were generously donated by the following to whom we are most grateful.

- **Andy Waters and Technical Services FC** (signed Leicester City football shirt).
- **Shropshire New and Used Office Furniture** (briefcase).
- **Tanners Wines Ltd** (hamper of wine).
- **Margaret Clitheroe** (ladies wristwatch).
- **Boots, Solihull** (bathroom gift set).
- **DCSL** (luxury food hamper).
- **Any Occasion Cakes, Solihull** (Christmas cake and luxury truffles).
- **The staff at Omega** (hampers and chocolates).

To all carers in Walsall and Dudley, you haven't been forgotten! We will be holding a New Year session in both areas with a free buffet and a free raffle.

Please see 'Dates for your Diary' for details.

To register for any of our sessions in any area, please call our Carers Helpdesk on 0845 259 3163 (charged at local rate) or email the Carers Helpdesk at carers@omega.uk.net

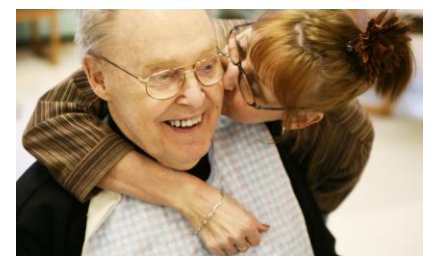


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The Omega Caring with Confidence team attended the event 'Celebrating Good Practice in Care Homes' on 20th January in London.

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

Caring and Resources

17 February 2010

10:00 – 13:00

Dudley

WRVS Carlisle Centre, Stourbridge,
DY8 1SP

Caring and Resources

11 February 2010

17:00 – 20:00

Happy New Year Session

Free buffet and Free Raffle.

Dudley

The Mary Stevens Hospice, DY8 2JR

Finding Your Way

19 February 2010

10:15 – 13:15

Solihull

The Holiday Inn, Solihull, B91 3QD

Caring and Resources

08 February 2010

10:30 – 13:30

Sessions in Wolverhampton and Walsall to be confirmed soon.

Please contact us if you are interested in sessions in these areas or anywhere else and we will keep you informed.

Please contact the Carers Helpdesk to register as there are limited places available.
Tel: 0845 259 3163 (local rate)
Email: carers@omega.uk.net

Caring with Confidence in the News.

You may have heard more about Caring with Confidence in your local media. We've appeared again in articles and on the radio since the last edition of *Caringmatters*.

The Shropshire Star newspaper reported a story on one of our Community Outreach Coordinators about her caring role on 4th December, Carers Rights Day. The article received some very positive feedback for both the carer and Caring with Confidence as it raised awareness of the difficulties faced by carers on a daily basis.

Tom Memery, Omega Development Director featured on Radio Shropshire on 2nd December alongside one of the many carers who have already benefited from the Caring with Confidence programme.

How You Can Help

- Referring a relative/friend/ colleague/ neighbour who could benefit from Caring with Confidence.
- Distributing leaflets and putting up posters on your notice boards.
- Talking about Caring with Confidence to anyone including your local GP or other health professional.

Please make sure that everyone you know who provides care and support gets the help they need.

Omega is always on the look-out for new people to facilitate Caring with Confidence sessions. If you would like to find out how to become a facilitator or would like further information to help local carers, please contact us.



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We welcome comments or feedback from you.



Caringmatters is produced by Omega,
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