



Omega, the National Association
for End of Life Care



Thanks to all of you that have been working with us over the first four months of this year. You've helped make it a very busy period in which we've reached out to many new carers.

In January we rolled out our pilot with BT to three more centres – delivering successful and well attended sessions in Wolverhampton, Manchester and Ipswich. More sessions are being planned in London and the South East.

We're now looking to work with housing associations to offer the programme to their tenants and are hoping to run our first session in the spring with Mercian Housing Association in the Walsall area. We'll have more details about this in the next newsletter.

We've had excellent feedback from our first session with carers of people with Motor Neurone Disease, run in partnership with MNDA in Leeds on March 5. All 12 attendees want to progress with the whole programme for carers of people nearing the end of life and they embark on this on 16 April.

Caring with Confidence in the News

Alf White, who cares for his wife Doreen in Solihull and has attended Caring with Confidence sessions there, generously agreed to be interviewed by the Birmingham Mail and BBC Radio WM. First-hand accounts of the benefits of Caring with Confidence are invaluable – thanks Alf. If anyone else would be willing to tell their story, please contact Tom Tanner who helps us with the media on 020 7479 4235 or tom@tannerking.co.uk.

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The Omega Lunch Club launched and continues on 28 April at 12pm at the Beaten Track pub 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

Shrewsbury Lunch Club

The Beaten Track Pub, SY3 7ET
Weds 28 April 2010
12:00 – 14:00

Shrewsbury

The Beaten Track Pub, SY3 7ET
Caring and Coping
Weds 28 April 2010
14:00 – 17:00

Solihull

Marie Curie Hospice, B91 3ER
Caring and Communicating
Mon 19 April 2010
10:30 – 13:30

Wolverhampton

The Britannia Hotel, WV1 1DD
Finding Your Way
Fri 23 April 2010
10:30 - 13:30 (fully booked)

Blackburn

The Maida Restaurant, BB1 5BY
Finding Your Way
Tues 20 April 2010
10:00 – 13:00 (fully booked)

**Please contact the Carers
Helpdesk to book your place.
Early booking recommended.
Tel: 0845 259 3163 (local rate)
Email: carers@omega.uk.net**

**For London enquiries please
contact Margaret Gallagher
on: 07969 442378**



Caring matters is produced by Omega,
edited by Stephanie Waters.

Omega News

We're very excited by our new venture, the Omega Lunch Club, which met for the first time on March 24 at the Beaten Track pub in Shrewsbury and intends to do so every last Wednesday in the month thereafter. There's a free pub lunch followed by a Caring with Confidence session. It's already proving a popular idea and one we'll look at replicating elsewhere.

Our expert team of facilitators are now ready to deliver sessions for carers of people nearing the end of life after a rigorous training course.

Omega is about to start work in north London with five areas delivering the end of life sessions to carers in Camden, Islington, Barnet, Haringey and Enfield.

In other news Omega has published the most comprehensive assessment of end of life care in primary care ever conducted in England - The End of Life Care in Primary Care 2009 National Snapshot. The analysis of end of life care for 4487 patients in February and March 2009 in 500 GP practice areas using the After Death Analysis tool reveals tangible advances, but also finds areas for considerable improvement. Please go to this link for more details: <http://tinyurl.com/ybt77zq>

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.



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We welcome comments or feedback from you.