

# caringmatters

Issue 5 July 2010



Omega, the National Association  
for End of Life Care



## When things get difficult, we try harder

We recently received the devastating news that the national Caring with Confidence programme will no longer be funded by the government beyond September 2010. I want to take this opportunity to thank our delivery partners and supporters for their valuable contributions towards our important work over the last 15 months.

So far, we have delivered over 600 friendly group session places across the country. We are keen to reach out in new areas and we are determined to continue to provide support to people with caring responsibilities and to the bereaved.

We are exploring new ways of bringing people together to support families and individuals coping with the responsibilities of caring for friends and relatives in the community.

Please get in touch if you want to find out what is available in your area. We welcome your help to enable us to reach those who need and deserve the support.

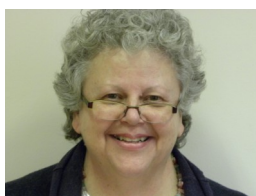
**Tom Memery**  
Development Director, Omega



## CwC London

Work continues apace to connect with carers, including through the statutory and voluntary sectors, to set up and run sessions in north London. Sessions are currently planned in Islington, Camden and Enfield with more planned in other areas. As this project draws to a close, we are very keen to deliver to as many people as possible.

**Margaret Gallagher**  
London Project Manager, Caring with Confidence



## Caring with Confidence Upcoming Sessions

Omega will run as many sessions as it can until Caring with Confidence funding ceases. Additional sessions are being added in all our areas of work, helping as many carers as possible complete the programme. For session details, log onto [www.omega.uk.net](http://www.omega.uk.net) or call **0845 259 3163** (local rate).

Owing to government cuts, Omega is unable to fund the **September 8th lunch club in Shrewsbury** (Beaten Track, Old Potts Way, SY3 7ET, 12:45pm-14:30pm) - and any future lunches.

We are determined to keep the Shrewsbury carers group together. Carers attending the lunch will be asked to pay for their own food and drink. Omega is pursuing other sources of funding to allow us to continue supporting carers, and we hope the lack of funds for social activities will be temporary.

Please get in touch if you have any queries on this matter, or have ideas for continuing support.

## Caring with Confidence and the Gold Standards Framework

We continue to explore new avenues for reaching carers. We recently approached over 500 professionals working in end of life via the Gold Standards Framework (GSF). Omega was actively involved in the annual GSF conference in Birmingham at the end of June. We look forward to a positive response.

We are also having a concerted push to reach GPs by sending out hundreds of carer referral forms. We continue to build our network of delivery partners, expanding the spread of counties in which we deliver support sessions. To that end, we welcome St Michael's Hospice and Herefordshire Carers Support to our delivery network, helping us deliver in the Hereford area.

**Phil Morris**  
Senior Project Manager, Caring with Confidence

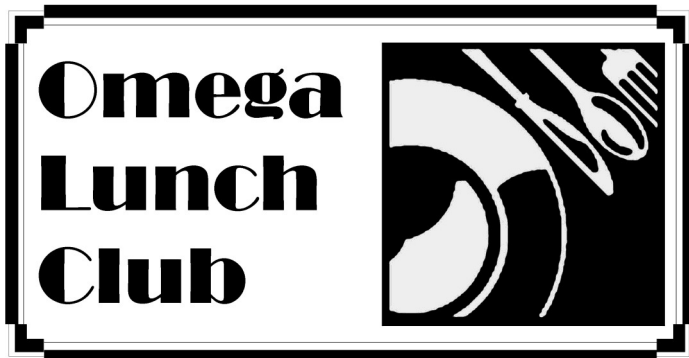
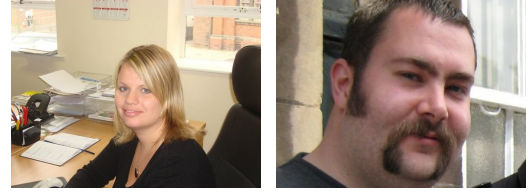


## A thank you

We thank all carers for the tremendous support you have given to Omega and everyone else involved with the Caring with Confidence programme and, more importantly, the support you have shown one another. Many of you have made new friends. We hope that you will continue to stay in contact with each other, and with Omega. We will continue to support carers in any way we can, for as long as we can.

In addition, we would like to express our thanks to our facilitators, colleagues and outreach workers for bringing Caring with Confidence to life. Your energy, enthusiasm and dedication have made the programme such a success. We hope to be able to continue working with you.

**Stephanie Waters & Gavin Martin**  
Shrewsbury Caring with Confidence team



## A few words from Lesley & Lindsey

We were excited about the launch of the lunch club as well as being apprehensive about how many people we would manage to gather together. From the first lunch club held on the 24<sup>th</sup> of March, we were very pleased that so many carers, who didn't know each other, were able to attend. We have watched many strong friendships develop.

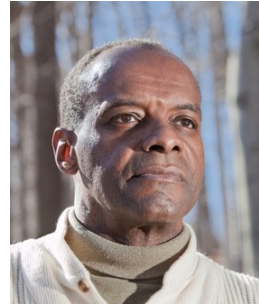
The Shrewsbury lunch club has created a great opportunity for carers to meet other people in similar situations in a friendly and informal atmosphere. People have felt happy to exchange information about services and other useful contacts.

We both enjoy meeting people and have been happy to support those unsure of their role as carers. We have made friends too. Although we are saddened that Caring with Confidence is unable to continue funding the lunch club, with the determination of carers and the support of Omega, we hope that it will continue.

**Lesley Urquhart & Lindsey Stirton**  
Outreach Personnel,  
Caring with Confidence



## How can I help?



What have you done to support the people in your community today?

As part of our initiative, **Compassionate Communities - A Grass Roots Approach**, we would welcome contact from individuals and organisations who are committed to encouraging the whole community to tackle the more difficult issues around caring and supporting the sick and the dying.

Our challenge is to engage with businesses, local authorities and good citizens - in short, anyone who cares about the way we treat each other.

If you want to get involved with your community but don't know how, please get in touch.

Tel: **0845 259 3163** (local rate)  
Fax: **0845 519 1130**  
Email: **info@omega.uk.net**  
Website: **www.omega.uk.net**  
Post: **Freepost RSGB-CYBY-HSCX**  
**Omega, London House, Town Walls,**  
**Shrewsbury SY1 1TX**



## We'll be in touch



The future of Omega will be determined by our ability to develop a sustainable package of support services for those in need. The people we have already helped, numbered in their hundreds, stand as evidence of the pressing demand to make projects such as Caring with Confidence more widely available. The premature abandonment of that project by the Coalition Government presents us all with the challenge of maintaining - and furthering - the important work which Omega has only just begun.

Moreover, we are grateful to all those who we *have* reached who serve as ambassadors as we move forward; leading the search for the many others who would also benefit from our flexible, friendly approach.

Our work is not finished.