

Crossroads North Argyll Care Attendant Scheme

Monday Group Project

Activities Support Group for Carers and their families

2020-2021

The Monday Group Project commenced in August 2018 (Previously known as Reminiscence project) and has been ongoing ever since. After consultation with unpaid Carers and their families it was highlighted the need for this service. It offers respite from their everyday caring roles and a chance to meet up with others socially. We listened to the Carers and the majority of them wished to visit places in the surrounding area which they had been unable to do for the past few years. The Carers in many cases had lost touch with friends and family and were socially isolated leading to feelings of loneliness and in some cases depression.

Since the Pandemic arrived and during lockdowns it has been more difficult to carry on with the service. However we maintained contact with the Carers and their families and offered assistance as required including regular telephone calls, doorstep visits, offers of collecting shopping, prescriptions and Crossroads organised the provision of computer tablets, activity books, subscriptions etc. to help keep them or the cared-for person occupied. We sent cards to all the members of the Monday group to say that we were thinking about them.

When it has been possible to provide the service we have arranged outings to more local tearooms and cafes. The service has an average of 6/7 clients attending with 2/3 Care Support Staff and the benefits of this service has been invaluable. The Carers are collected from their homes and this allows them to be able to come out. There have not been many places to choose from due to hospitality venues being closed but we have always managed to find a suitable venue. We even when the weather allowed organised picnics in local beauty spots and took them for a run in the cars which they really enjoyed. There were some of the group that were shielding and did not wish to come but most of the Carers were happy when the situation allowed to meet up. They were delighted to be able to go out and see each other again.

During the past 18 months Coronavirus has fuelled feelings of loneliness anxiety and fears but this service has helped to allay these feelings. The Carers have kept in touch and given peer support to each other and this has greatly benefitted them as they understand what they are going through. The Carers have also said that they have received support in many different ways from the Support Staff and Manager of the Project.

