

The Monday Support Group



June 2024

The Monday Group started in August 2018, to get Carers together, providing them regular respite and a friendly space where they could meet up socially, and it has been ongoing ever since.

All attendants enjoy their outings with the Group, and they are all consulted with the guidance and running of the Monday Group.

Three staff members and, a very valued volunteer run the group each week. We currently have 7 regular clients with an average of 9-10 people attending each week. The clients are mainly either former carers or cared-for and benefit from the weekly get together both socially and psychologically.

Clients are collected by the staff members from their homes by car each week. The staff members also contact them on the day to remind them of the outing, and to let them know where we are going and who is collecting them. We consult regularly with the members as to where they would like to go each week, and we usually try to plan a schedule of visits a few weeks in advance. Normally we go to local hotels or larger cafes where we can all sit at the one table, providing a friendly ambience where everyone treats each other with care and understanding.

The most recent places we have visited are: -

- The Falls of Lora
- Hollow Mountain Café
- The Barn Bar
- Racer Café
- The Oyster Inn

One of our planned visits, weather, and ferry dependant, is to go on the Isle of Mull ferry to Craignure and back and have lunch on the ferry. We are hoping to do this in the next few weeks.

We would also like to visit tour the Hollow Mountain and then have coffee at their cafe. This has been planned to take place later in the year when they do not have so many visitors.

We cover different topics over lunch, including local, national, and worldwide events. The group members are interested in each other and what is happening in everyone's lives. We also spend time reminiscing and how things have changed over the years! Lots of fun and laughter are guaranteed.

To the people who attend The Monday Group it is invaluable to them, and they so look forward to Mondays!

Here are a few quotes from our friends:

- *"The Group is great, and I enjoy the company of all the ladies who are all my friends. The girls are so helpful nice, and I enjoy going out to various places I have never been before."*
- *"Over the past few years, I have found the Monday group a lifeline. I know the girls are there to help at any time. I look forward to a Monday and I would not miss it for anything. I am so grateful to the staff and thankful for all that is done for me."*
- *"I am a new member, but I have enjoyed coming out with the Group for the past two weeks."*
- *"I have a laugh at the Monday group and enjoy getting out."*
- *"I love coming as I do not know too many people in Oban. I get a laugh and a joke, and I like to hear what is going on with everyone. The staff are wonderful. "*

Maureen Gilmour
Monday Group Coordinator