

# Crossroads North Argyll Care Attendant Scheme

## Monday Group Project

### Activities Support Group for Carers and their families

#### 2019-2020

This project commenced in August 2018 after it was highlighted that there was a need in our community to support Carers. In consultation with the identified beneficiaries of the service the majority of them wished to visit the surrounding area which they had been unable to do due to their caring roles over the past few years. Some had also lost touch with friends and family and were isolated from social contact leading to feelings of loneliness and in some cases depression.

Over the past 18 months we have made many interesting visits including:

- Poppies Garden Centre and Tearoom
- Cruachan Visitor Centre
- Oban War and Peace Museum
- Kilmelford Hotel
- Slate Island Heritage Centre - Seil Island
- The Oyster Bar – Seil Island
- The Creagan Inn
- A trip on the CalMac ferry to the Isle of Mull
- The Ocean Explorer Centre at Dunbeg
- The Barn Bar at Lerags
- Ben Lora Café at Benderloch
- Local hotels and tearooms when the weather was inclement

There have been an average of 6/7 clients attending with 2 Care Support Staff and the benefits of this service has been invaluable. The Carers are collected from their homes and this allows them to attend the group. This project has helped to break down some of the isolation that the Carers feel at times. They have greatly benefitted from sharing their experiences, making friends with other Carers and getting peer support, who understand what each other are going through. The Carers have also said that they have received support for themselves in many different ways including from the Support Staff and the Manager of the Project.

