

The Monday support Group Report. June 2023

The Monday Support Group has been ongoing since August 2018 and is enjoyed by all who attend. Consultation with Carers and their families identified the need for regular respite, to give Carers a break and meet up with others socially.

The Group is run by three staff, and we have seven members on our list, with an average of 10 people (including staff) attending each week. The Group is made up of former carers, existing carers and cared-for. Everyone benefits immensely from attending the Group, and really look forward to their weekly outing.

Clients are collected by car each week from their homes and taken to the agreed venue. Group members are fully involved in deciding where we go each week. We tend to go to a local hotel or larger café so we can sit together. This gives a feeling of being with friends and all the members treat each other with kindness and respect.

Some of the places we have visited are:

- Falls of Lora Hotel
- Lochnell Hotel
- Creagan Inn
- Hollow Mountain Café

We have some lively discussions about what's happening locally and worldwide. The Group enjoy reminiscing about their past experiences and what it was like when they were growing up. One interesting topic generating lots of discussion is Oban and the changes with shops and businesses.

The Monday Support Group is invaluable to all who attend, and everyone enjoys the fun we have when we get together. Here are some quotes from the group members:

- *"The group is great, I had the chance to go to the other Monday group, but I really enjoys the company of all the ladies, and I have made friends with the other ladies. I also enjoy the run out to places I have never been to before. CROSSROADS STAFF ARE GREAT!!!"*
- *"I enjoy just getting up on a Monday, getting dressed up and I appreciate that everything is all planned for me and that I am taken out somewhere nice every Monday. The company is the best thing. The staff are amazing."*
- *"I look forward to the Monday group and wouldn't miss it for anything. I enjoy the company and thank all the staff for all that is done for me."*
- *"I am delighted to get out and meet people. We are a cheerful bunch, and I really enjoy my outings."*
- *"We are a very happy group. I look forward to getting out each week. The staff assist me to get out."*
- *"I am a new member. I am just getting used to the group, but I enjoy getting out."*

Maureen Gilmour
Monday Group Coordinator