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Dame Barbara Windsor diagnosed with Alzheimers Disease

Dame Barbara Windsor, the EastEnders and Carry On actress, has been diagnosed with Alzheimer's, her husband has revealed.

Scott Mitchell says his 80-year-old wife has kept the devastating news secret since they were first told in 2014 - but that her symptoms have grown worse in recent weeks.

In an emotional interview with the Sun, Mr Mitchell said he wanted to set the record straight amid rumours in show business circles about her deteriorating health. He said: "Since her 80th birthday last August, a definite continual confusion has set in, so it's becoming a lot more difficult for us to hide. "I'm doing this because I want us to be able to go out and, if something isn't quite right, it will be OK because people will now know that she has Alzheimer's and will accept it for what it is."



The star, famous for her roles in nine Carry On films and for playing pub landlord Peggy Mitchell in EastEnders, was given the heartbreaking diagnosis on April 22, 2014.

After shedding some tears, her first words were: "I'm so sorry", Mr Mitchell added. "I squeezed her hand back and said, 'Don't worry, we'll be OK'."

A small circle of friends who had begun to notice her occasional confusion were told shortly after the diagnosis, he said. But he stopped the news from going public after his wife struggled to come to terms with it. He stressed that revealing the news any earlier would have been detrimental to her health. Mr Mitchell told the paper he first noticed symptoms of the condition in 2009, just before Dame Barbara left EastEnders for the first time, when she began finding it difficult to learn her lines.

She underwent a series of mental agility tests, a brain scan and a lumbar puncture, before the couple's worst fears were confirmed.

By 2016, her forgetfulness and confusion were getting worse, and it was agreed she would leave EastEnders for the final time, Mr Mitchell said. He said the scenes in which her character died was "some of the best work she ever did". "I asked that she have an autocue on set, just as a safety net. But in the end, she just used it to refresh her memory between takes. If you saw the Peggy death scenes, you could see she wasn't reading it."

Mr Mitchell said Dame Barbara "feels a kind of shame about" her illness. "There's a vulnerability there and I keep telling her, 'Bar, no one will think you're silly for having this'. "I explain that if someone has cancer, no one looks at them and thinks 'How ridiculous'. We sympathise and it's the same with this."

Jeremy Hughes Statement on Dame Barbara Windsor's Diagnosis

Jeremy Hughes, Chief Executive Officer at Alzheimer's Society, says:



'We were saddened to hear that Barbara Windsor has been diagnosed with Alzheimer's Disease - but we applaud her husband Scott's decision to speak out about her condition.'

'Stigma around dementia still exists, and many people are facing it in the shadows. 'Babs', a true cultural icon, is much loved, and speaking out about her experiences will no doubt shine as a beacon for others wanting to live well with dementia.'

'We are here to support people like Barbara and want to reach everyone with a dementia concern or diagnosis. We would urge anyone concerned about dementia, or supporting a loved one with the condition, to contact us.'



Barbara appointed MBE in August 2000

10 May 18 www.alzheimers.org.uk



QUOTE OF THE MONTH

I have come to believe that caring for myself is not self indulgent. Caring for myself is an act of survival.

Audre Lorde



DID YOU KNOW

- ? July's birthstone is the ruby, which symbolizes contentment. Its birth flowers are the Larkspur or the Water Lily. The zodiac signs for the month of July are Cancer (until July 22) and Leo (July 23 onwards).
- ? July was named in honor of Julius Caesar. When Julius Caesar died, Quintilis, which was his birth month, was renamed with July. Quintilis means "fifth month" in Latin, which represents where this month originally fell in the Roman calendar.
- ? The census of swans takes place annually in July on the River Thames is a ceremony known as Swan Upping. Swans are counted and marked on 70 mile, 5 day journey up the river
- ? July is the month The Tour de Donut is held. It is a 30 mile bike race in Illinois where riders take 5 minutes off their time for every doughnut they eat along the way.
- ? St Swithen's Day is the 15th July, a day on which people watch the weather for tradition says that whatever the weather is like on St Swithen's Day, it will continue for the next 40 days.

July





Emma's Story

You may recall, in our March Newsletter, one of our fabulous service users, Emma, along with her husband David and daughter Sian, were preparing to raise money for Crossroads by walking the Welsh 3 Peaks in 3 days !! Their amazing challenge completed, Emma writes about their experience...

'WE DID IT!! We climbed the 3 Welsh Peaks over 3 days fundraising for Crossroads and what a challenge it was both physically & mentally.

It was self funded so we started by travelling to Llanberis and stayed in a hotel so we could get an early start. We chose the Llanberis path which is a gentler incline but longer than the other options. We were in good spirits but there was emotion bubbling just under the surface as it meant so much to us. I have climbed **Snowdon** once before, with the Alzheimer's Society, and as soon as I saw the start point I started crying as it brought back so many memories of my Mum whom has Alzheimer's and is the reason I was introduced to Crossroads in the first instance.



Snowdon Summit..done!

The climb was ok but it was a lot of hours walking and we were aching all over by the time we left to head to our next hotel.



Cadair Idris ..Yay!

Cadair Idris was brutal it was just under 3 hours steep climbing with no respite and we were greeted with boulders to climb to get to the peak! We all agreed it was the hardest but the most enjoyable and challenging.

We headed home then ready for **Pen Y Fan** the following morning. We left at 7am Sunday morning for what we thought was the easiest as we had been using PYF for training every week and had improved our times and fitness. What we hadn't factored in was that our bodies had done 2 previous mountains and were tired so it was harder than expected but we did it and it was extremely emotional. Just after 9am we summited PYF in the pouring rain and completed the challenge!



Emma, Mum Margaret and Sian

I wanted to do this challenge to say thank you to Crossroads, to raise awareness but also to draw a line under what has been a year from hell. I was suicidal with depression but worked through it with the help of Jayne Hill and I wanted to challenge myself physically & mentally to prove that I was and am stronger than the depression that had me in such a grip. Part of my coping mechanisms were to get outside and walk which first prompted the idea of the challenge. I don't believe that depression ever leaves you but now I am controlling it rather than it deciding my destiny.



Pen y Fan Smashed it!

We were continually surprised at how many people we met that have been touched by mental health in some capacity. We had t-shirts printed for the challenge so strangers stopped us to find out more about our challenge and gave us cash donations on the spot which was quite overwhelming. I posted the challenge on social media and received so many messages from friends that have suffered from depression, anxiety etc but have never spoken about it and so many people thanked me for being brave and speaking out.

The support we received was overwhelming and we still have sponsor money to come in but we have smashed the £1000 mark and look to finish nearer to £1300!! We can't wait to hand it all over to Crossroads so they can put it to good use and carry on their amazing work helping and supporting carers'.

By Emma Ware

Congratulations to Emma and her family for a tremendous achievement!! We are so proud and thankful that you chose Crossroads as your charity of choice to raise funds for. Emma has asked that the money raised goes towards improving the garden at Crossroads Day Centre at Barry Island for our service users with Dementia to enjoy in all seasons. We will update you with progress at the garden in a later edition.

A huge well done and thanks again Emma, Dave and Sian from us all at Crossroads!!

5 ways to use a journal to reduce caregiver stress

For many caregivers, stress is a constant companion. One effective way to reduce caregiver stress and keep burnout at bay is to write in a journal. Getting your thoughts and feelings down on paper and out of your head is surprisingly therapeutic. Studies have even found that journaling improves health and well-being.

Chronic severe stress has devastating effects on physical and mental health. That's why it's important to find stress reduction and coping techniques that fit your busy schedule. They'll help you stay as healthy as possible while you care for your older adult. In addition to writing your thoughts, we've got 5 other ways you can use a journal to reduce stress and improve health.

1. Keep a gratitude list

When you're tired and stressed, it's easy to get caught up in negative thoughts.

To reduce those bad feelings, focus on the things you're grateful for. This gets you into the habit of noticing the positive things that happen. Gratitude helps you shift perspective and see that the world is not 100% terrible.

In your journal, make a list of things you're grateful for. Keep adding to this list, daily or whenever you think of something. When you're feeling negative or discouraged, read through your list to get a dose of positivity.



2. Track your accomplishments

Care giving involves many thankless tasks and exhausting battles. Those struggles overshadow the times when you've been successful.

To help you remember, write a list of your accomplishments and successes, big and small. For example, you might have persuaded mum to take a bath without a big struggle. Or maybe you finally got further support organised.

Whenever you're feeling beaten down, review your list to remind yourself of all the things you've achieved as a caregiver.

3. Give yourself wise advice

If you're struggling with a big decision, something's bothering you, or there's a problem you haven't been able to solve, write about it using the third person.

Writing in the third person gives you distance from what's happening because it focuses on facts. That changes your perspective and helps you reach important realizations or find solutions.

For example, if you're struggling with your dad over taking medicine, you might write "Bill (your dad) refuses to take his medicine. He says the pills are making him sick. After he takes them, he often isn't hungry at lunchtime and wants to lie down. When Mary (that's you) told him that the pills were good for him, Bill got mad and said she didn't care about him."

Writing that scene in the third person removes the emotion from the situation. Without the frustration you were feeling in the moment, you might wonder if the medication has negative side effects – he seems to feel unwell after taking the pills. That might be what's making him refuse.

Now, instead of feeling frustrated and helpless, you have a theory and plan to call the doctor and ask about side effects.

*Of course i talk to myself,
Because sometimes i need
expert advice.*



4. Make a list of things that lift your spirits

When you're in a negative mood, it can be hard to remember how to get out of it.

Make a list of things you enjoy, activities that relax you, or music that always boosts your mood. When you're feeling down, take out your list and do one of your happy things.

5. Enjoy more nature

Spending time in nature is one of the best ways to refresh your senses and relax your mind. You might not be able to get outside on a regular basis, but you can keep some of that nature in your journal.

Write about being outside in a favourite location – describe the sky, the weather, and the landscape in detail. Record how being there makes you feel. When you need a boost, but can't get outside, read your descriptions and imagine that you're there.



Nearly 200 Wales carers 'had to give up jobs' to look after family

Nearly 200 unpaid carers had to give up their jobs to look after loved ones last year, a charity has said. Carers Wales found the figure amounted to just under half of the people it surveyed. It has called on organisations to be more supportive of the needs of carers in the workplace.

The call comes as it launches a new scheme offering advice to employers about how to support the 181,135 working carers in Wales. Called the Wales Hub of Employers for Carers, it has been funded by Welsh Government.

Leanne Brookes cares for her mum, Hilary, who was diagnosed with early onset Alzheimer's disease five years ago. With her two sisters, she does all she can to keep her happy and comfortable. Emotionally and practically this can take its toll. She gave up her job to look after her mum - she gets paid for some of her caring hours, but not for all of them. "I was only ever going to be doing [the paid caring role] temporarily but it's really hard to step away from it." She said any potential employer would have to understand her need to take phone calls at work and sometimes vary her schedule. "If I was working nine-to-five, Monday to Friday - like my sister does - if we're all going to be doing that, it's going to be a nightmare to be honest." "Carers find it extremely stressful having to work and care at the same time," said Claire Morgan, director of Carers Wales. "That can lead to anxiety and depression so we really want to encourage employers to be sympathetic to the carers in their workforce. "The sorts of things they can do is encourage people to take flexible working, to encourage their line managers to be sympathetic to the needs of carers and also encourage carers within their workforce to speak to each other and support each other."

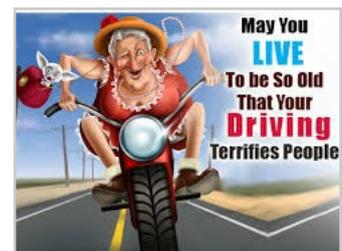
Helen Walbey, managing director of Recycle Scooters in Aberdare, employs three people and said it could be easier for small businesses to be more flexible and carer-friendly. "There are reasonable adjustments to ensure staff can continue to be in work - for example, staff can start later and take a shorter lunch break or finish later," she said. "Small business owners don't have a lot of time though - so they need simple, easy to understand information about the best way to support carers. "They don't have time to wade through a huge sea of information."

Huw Irranca-Davies, minister for children, older people and social care, said he would encourage all organisations to become members of the hub which will give expert guidance and legal advice on setting up carer-friendly employment policies.

By India Pollock BBC Wales 13 June 2018



Don't forget
to smile.



Have you thought about the benefits of Reflexology in your caring role?

People who care for others often find it difficult to properly look after their own health and wellbeing because they are so busy looking after other people. But it's really important not to overlook your own health needs – being a carer can be wearing, emotionally and physically, and there could be serious consequences for you and the person you care for if you become ill. Taking a proactive approach to staying well is good, both, for you and the person you care for.

One way you can do this is to build a regular health boosting activity, like Reflexology into your routine. With the added benefit of Reflexology being wonderfully relaxing it really is a win-win experience. For this edition of the newsletter we've asked Penarth-based therapist **Jane Lorimer** to tell us more and how she has witnessed Reflexology benefiting people with caring responsibilities.

Q. What is Reflexology?

A. Reflexology is a complementary health therapy which is used in numerous countries throughout the world alongside traditional medicine. It is a very gentle touch therapy which uses specially designed massage techniques directly on the feet (or hands) with no specialist equipment needed. The surfaces of our feet contain hundreds of pressure points, each one represents a different part of the workings of the human body. For example the head and neck on our body is mirrored on our toes, under the arch of the foot is our stomach and intestines, and so on. Properly trained Reflexologists (check before you make an appointment that they have a recognised qualification) have a thorough understanding of human anatomy, physiology and pathology – in other words how the body works and what can go wrong. They use this knowledge to tailor a bespoke treatment designed to promote healing and return the body to good health. Of course some illness mean damage is permanent and so Reflexology can not heal on these occasions, but the benefits are still enormous (after all, the NHS provides Reflexology as part of its palliative care package) but a whole variety of common illness and conditions do respond well to Reflexology.

Q. What's involved – how often are the sessions, how long do they last?

A. A typical reflexology appointment lasts for 60 minutes. Often people seek help for a specific health condition and 4 or 5 sessions would usually make a difference. The first session is longer to allow time for a conversation about health conditions, medicines and lifestyle factors. That said, lots of people who enjoy regular Reflexology don't have any specific health conditions but come purely for relaxation and to remain in good health. Reflexology can give the Immune system a boost and by stimulating the para-sympathetic nervous system activates the body's own healing potential which often gets overridden by the daily stresses and strains of life .

Q. What about people who don't like their own feet?!

A. No one seems to like their feet! You can rest assured I've seen all sorts of foot shapes and sizes and nothing makes a difference to the care and attention you'll receive.

Q. Tell us about one of your clients who is a carer and why they come to you for Reflexology.

A. One of my regular clients, Libby, is a retired Care Centre Manager. She has a few long standing health issues including angina, arthritis and asthma. Generally these are kept in check through medication, but Libby used to feel out of sorts and catch any bug going around. She often used to feel physically out of balance due to an accident which damaged her foot many years ago. She has been receiving reflexology for a few months and now comes once every 3 weeks because she enjoys it so much. *"I feel so much better for it. Mostly it just helps me get my head in a better place to keep on top of whatever life throws at me"* says Libby. *"My balance has improved and I sleep better after Reflexology. My partner has recently been very unwell which has been very worrying and busy with hospital appointments, collecting medication etc. but seeing Jane for Reflexology gives me some much needed time for myself and has definitely helped me emotionally as well as physically"*.

B.

Special offer :

Jane is offering a £10 discount off first appointment for anyone quoting reference "Crossroads Care". Offer to be used before the end of September.



Hand to Heal 
A happier, healthier you - from the feet up

Hand to Heal (Reflexology)
5 Albert Crescent. CF64
1DA.
07769 774 764
www@handtoheal.com

JOB VACANCIES

Crossroads are looking for new care workers to join their team in the Vale of Glamorgan. The role will require you to care for our clients in their own home assisting with their personal care, general household duties, shopping as well as assisting to access the community and our Day Centre.

Successful applicants should have the following :

- Good Communication skills
- Compassion for others
- Good time keeping
- Perform well under pressure
- Flexible
- Ability to understand what the role entails
- Ability to follow instructions
- Hold a current driving license and have their own transport
- Have the right to work in the UK
- Applicants must have a full DBS Check carried out and be able to provide references before employment can start.

Although past experience in the care sector is desirable it is not essential as full training is given to all successful applicants.

Crossroads currently have both full and part time positions available with the opportunity to pick between flexible shift patterns (£7.83 per hour).

For more information please contact Crossroads direct or send your CV and a covering letter to care@crossroads-vale.org.uk

NO CLOSING DATE FOR APPLICATIONS

CROSSROADS CARE in the Vale..... safe hands for 30 years

WALES DEMENTIA HELPLINE

This helpline offers support, information and agency signposting for anyone caring for a family member or friend with dementia.



SENIOR HEALTH SHOP

38 Holton Road, Barry
Tel: 01446 732383

Health Topics * Information Sessions * Weekly Classes & Cafe



Vale of Glamorgan Libraries Home Library Service

Melanie on 01446 422419 for more information.

www.valeofglamorgan.gov.uk/libraries



WITH MUSIC IN MIND Groups in Cowbridge & Barry

Please call, email or visit the website for details of times and venues

Tel: 07500 776295

Email: info@withmusicinmind.co.uk

Website: www.withmusicinmind.co.uk

DIAL Project

Cardiff & the Vale of Glamorgan



DIAL supports people living with dementia.

The project delivers a range of activities including cookery, sports and therapy to support people living with dementia and their carers in coping with the condition, and there is not charge to access this service.

Contact information:

If you would like to get involved with the DIAL project, or if you would like further information about the project, contact:

Rob McMillan, DIAL Senior Case Worker
Tel: 02920 895250
E mail: dial@gofal.org.uk
Website: Gofal.org.uk



Marie Curie Carers Café

Care and support through terminal illness

For more information please contact:

Susan Court, Project Manager :

E: susan.court@mariecurie.org.uk

Care & Repair Cardiff and the Vale

Are you over 60?
Do you live in Cardiff or the Vale of Glamorgan?
Do you own your own home or privately rent?
Would you like advice and support with maintenance, adaptations and repairs?

Call Care & Repair Cardiff and the Vale for a free home visit on 029204 73337

careandrepair@rcrcv.org.uk



FORGET ME NOT CHORUS

Come together to share an evening of singing, fun and laughter

The sessions are specially designed for people with dementia and their families and are located in easily accessible venues with parking.

For more information call: Sarah 07968 169424/02922 362064



Dementia Café



2nd Monday of every month

Ty Hapus
163 Holton Road, Barry
CF63 4HP
1.30 to 3.30pm

3rd Tuesday of every month

Bethel Baptist Church
Durrell Street
Llantwit Major CF61 1AD
2 to 4pm

For more information please call 029 2043 4960

Why Crossroads Carers Support Groups are worth your time

**GOFAL
CROES
FFYRDD**
yn yr Ystrad
(Henoed Dryslyd)

**CROSS
ROADS
CARE**
in the Vale (EMI)

Care giving is difficult and everyone struggles with the day-to-day challenges. Instead of feeling abandoned and suffering on your own, try our carers support groups. They are a helpful, safe place that can make your life easier, reduce stress, and improve your health.



- Learn valuable care giving tips from other caregivers.
- Get support and advice to help you make difficult decisions or deal with family conflicts.
- Give and receive advice on how to manage.
- Find out how other caregivers make time to care for themselves.
- Make new friends and gain ongoing support .
- Laugh and cry with people who really get it. We all need an emotional release every now and then.

How caregiver support group meetings work:

Who leads the meeting? Our facilitator Jayne, who is also a qualified, experienced counsellor.

How often do groups meet? Each group has a regular schedule – meetings are monthly on the same day, time, and location (location varies for CAMEO and Western Vale Groups).

What if I miss a meeting? No problem, you don't have to go regularly. Just attend when you can or when you need extra support.

Do I have to talk? No, it's completely optional to share. If you'd prefer not to speak, that's absolutely ok.

How long do they last? Meetings usually last between an hour and a half to two hours, but don't let that keep you from attending. Talk to the facilitator if you need to arrive late or leave early.

What happens at meetings?

Expect a warm welcome whichever group you attend.

Carers only meetings? The facilitator will introduce new members to the rest of the group and give them an opportunity to talk about their care giving situation. After that, anyone can ask questions, ask for advice about specific situations, or bring up topics for discussion over a cuppa and biscuits.

Social group meeting? The facilitator will introduce new members to the group and members will get to know each other over lunch (Western Vale Social Group) or enjoy a guest speaker, share past memories and experiences over a cuppa and biscuits (Penarth Social Group).

CAMEO (Come And Meet Every One) Group? The facilitator will introduce new members to the group over lunch. You can chat, make new friends and learn about how others are coping with the changes in their life following the loss of a loved one or their loved one has gone into full time residential care.

How carer support groups can help

Support group members validate each other's experiences. It's a relief to know that what you're going through is normal and that you're not the only one with these feelings – negative or positive.

By sharing feelings, accomplishments, losses, and humour, known only to those who experience dementia, members can develop emotional ties to one another. Many life long friends have been made in our groups.

Support groups are a great place to ask for advice, find out about useful resources, and just vent about your frustrations.

Nobody will judge you because everyone is going through the same struggles.

After all, there's no instruction manual for being a caregiver! And let's be honest, being forced to learn **everything** by trial and error is tough! Why not learn from someone else's experience?

Carers in support groups report 8 key benefits

Research has shown that participating in carer support groups results in very real benefits that can significantly improve your quality of life:

1. Feeling less lonely, isolated or judged
2. Gaining a sense of empowerment and control
3. Improving your coping skills
4. Reducing distress, depression or anxiety and having lower rates of clinical depression
5. Developing a clearer understanding of what to expect with your situation
6. Getting practical advice or information about treatment options
7. Improving your caregiving ability and giving better quality of life for the older adult
8. Helping you keep your loved one at home longer

If you would like to know more about Crossroads Carers Groups please see contact details below. We look forward to welcoming you!

You are not alone.....



**GOFAL
CROES
FFYRDD**
yn yr Ystrad
(Henoed Drystyd)

**CROSS
ROADS
CARE**
in the Vale (EMI)

Caring for someone with dementia or mental illness can be challenging, isolating and stressful, don't be alone.

If you would like to share your experiences with others, gain support, or simply be in the company of others in a similar position, you are welcome to join one of our monthly Carers Support Groups.

Our groups are welcoming, friendly and confidential.

Please see details of our groups for carers, carers and their dependent relative and past carers overleaf (page 14).

For more information contact:

**Jayne Hill, Group Facilitator/Counsellor 02920 700057 Option 3
or email: counsellor@crossroads-vale.org.uk**

Are You Caring for an Older Person with Dementia or Late Onset Mental Illness ?

Would you benefit from support from others who understand your day-to-day challenges?



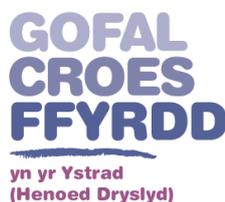
Crossroads Care in the Vale provides groups to support carers and their dependent relative.

Caregivers in Support Groups report many benefits:

- **Feeling less lonely and isolated**
- **Making new friends**
- **Gaining a sense of empowerment & control**
- **Developing coping skills**
- **Taking time for yourself**
- **Being understood**
- **Learning valuable care giving tips**
- **Freedom to express feelings**
- **Enhancing self esteem**
- **Reducing stress, depression and anxiety**

GROUPS FOR CARERS & THEIR DEPENDENT RELATIVE	
Western Vale Social Group	Meets monthly for a pub lunch in the Rhoose/ Llantwit Major/Wick area
Penarth Social Group	Meets monthly at Stanwell Road Baptist Church, Penarth . Socialise over a cuppa and biscuits.
GROUPS FOR CARERS ONLY	
Barry Carers Group	Meets monthly at St David's Church Hall, Colcot Road, Barry
Barry Evening Carers Group	Meets monthly at Crossroads Day Centre, Barry Island
GROUP FOR WHEN THE CARING ROLE HAS ENDED	
CAMEO Group 'Come and Meet Every One'	Meets monthly for lunch in Barry, Sully or Penarth

**For more information about Crossroads support groups please contact Jayne Hill:
02920 700057 Option 3
counsellor@crossroads-vale.org.uk**





Crossroads Support Group Meetings

April, May, June 2018

PLEASE NOTE DATES & LOCATIONS ARE SUBJECT TO CHANGE, IN WHICH CASE WE WILL LET GROUP MEMBERS KNOW AHEAD OF TIME

CAMEO PAST CARERS' GROUP

For when the caring role has ended.

Wednesday 4th July at
The Seashore Grill, Sully

Wednesday 1st August at
Seashore Grill, Sully

Wednesday 5th September
The Toby Inn, Barry
12–2pm

PENARTH SOCIAL GROUP

For carers and their dependent relatives.

Monday 2nd July
Monday 30th July
Monday 3rd September

2–3.30pm

Meeting at Stanwell Road Baptist Church, Penarth

BARRY SUPPORT GROUP

For those currently in a caring role

Monday 16th July
Monday 13th August
Monday 17th September

2–3.30pm

St David's Methodist Church,
Colcot Road, Barry

WESTERN VALE SOCIAL GROUP

For carers and their dependent relatives.

Thursday 19th July
Thursday 23rd August
Thursday 20th September

12.15–2pm

Lunch at:
The Cherry Orchard, Barry

EVENING CARERS GROUP

For those currently in a caring role

Wednesday 25th July
Wednesday 29th August
Wednesday 26th September

6.30–8pm

Crossroads Day Centre, St John Bungalow, Breaksea Drive, Barry Island, CF62 5TN

Group facilitator/counsellor Jayne can be contacted
Monday to Thursday 9am to 4pm
02920 700057 option 3

Donation appeal

Since 1987 Crossroads have helped and supported thousands of Carers and their families in the Vale of Glamorgan. A donation to Crossroads, however small, will help to ensure that the Charity continues this invaluable service to support carers and their loved-ones with dementia in the Vale of Glamorgan for another 30 years .

If you would like to make a donation please fill out the form below and forward with a cheque payable to **Crossroads in the Vale (West House Cottage, 17 Stanwell Road, Penarth CF64 2EZ)** or see one of our Crossroads staff who would be more than happy to receive a donation on behalf of the charity.

Every donation received will help Crossroads continued success.

Thank you from all the team at Crossroads!

Name: _____

Address: _____

Amount £

If you are a UK taxpayer and would like to gift aid your donation, please tick here.

