

Would you like to join a small virtual support group to share your experiences and get to know other carers? Admiral Nurse Charlotte Willoughby is running a series of weekly virtual support groups for carers with the hope that in the future the group will be able to meet in person.



Carers Support Group

Is the current lockdown situation making your caring role more difficult?

Are you feeling isolated and miss your usual support networks? The carers support group will give you the opportunity to meet others in a similar situation to yourself and the chance to share experiences.

Bereavement Support Group

The current Covid-19 situation has made it very hard for anyone who has recently lost a loved one.

Without access to our usual support systems grief can be even more overwhelming. Sharing experiences with others going through the same can be of great help.



Transition to Care

Has the person you care for recently gone into residential care? This can be a very difficult time for carers who have a lot of mixed feelings at this time. It is especially difficult at the current time because of the lockdown and the no visiting policy in care homes unless someone is at the end of their life. Join other carers to share experiences and support.

For further information on virtual groups contact the team on
0191 2877014