

# "The Listening Ear"

Carers Support Group  
6 Week Course  
Friday 10.00am-11.30pm

## Group 1

20/01/23	Session 1
27/01/23	Session 2
03/02/23	Session 3
10/02/23	Session 4
17/02/23	Session 5
24/02/23	Session 6

## Group 2

03/03/23	Session 1
10/03/23	Session 2
17/03/23	Session 3
24/03/23	Session 4
31/03/23	Session 5
07/04/23	No Group
14/04/23	Session 6

## Group 3

21/04/23	Session 1
28/04/23	Session 2
05/05/23	Session 3
12/05/23	Session 4
19/05/23	Session 5
26/05/23	Session 6

## Group 4

02/06/23	Session 1
09/06/23	Session 2
16/06/23	Session 3
23/06/23	Session 4
30/06/23	Session 5
07/07/23	Session 6

## Group 5

14/07/23	Session 1
21/07/23	Session 2
28/07/23	Session 3
04/08/23	Session 4
11/08/23	Session 5
18/08/23	Session 6

## **"The Listening Ear"** continued...

**Carers Support Group  
6 Week Course  
Friday 10.00am-11.30pm**

### **Group 6**

<b>25/08/23</b>	<b>Session 1</b>
<b>01/09/23</b>	<b>Session 2</b>
<b>08/09/23</b>	<b>Session 3</b>
<b>15/09/23</b>	<b>Session 4</b>
<b>22/09/23</b>	<b>Session 5</b>
<b>29/09/23</b>	<b>Session 6</b>

### **Group 7**

<b>06/10/23</b>	<b>Session 1</b>
<b>13/10/23</b>	<b>Session 2</b>
<b>20/10/23</b>	<b>Session 3</b>
<b>27/10/23</b>	<b>Session 4</b>
<b>03/11/23</b>	<b>Session 5</b>
<b>10/11/23</b>	<b>Session 6</b>

### **Group 8**

<b>17/11/23</b>	<b>Session 1</b>
<b>24/11/23</b>	<b>Session 2</b>
<b>01/12/23</b>	<b>Session 3</b>
<b>08/12/23</b>	<b>Session 4</b>
<b>15/12/23</b>	<b>Session 5</b>
<b>22/12/23</b>	<b>Session 6</b>

**Bereavement point**  
**6 Week Course**  
**Monday 3.30pm -5pm**

**Group 1**

09/01/23	Getting to know each other
16/01/23	Elements of grief
23/01/23	How creative work can help with grief
30/01/23	Is it normal to feel the way I do?
06/02/23	Time for me
13/02/23	Loneliness

**Group 2**

06/03/23	Getting to know each other
13/03/23	Elements of grief
20/03/23	How creative work can help with grief
27/03/23	Is it normal to feel the way I do?
03/04/23	Time for me
10/04/23	No Group
17/04/23	Loneliness

**Group 3**

15/05/23	Getting to know each other
22/05/23	Elements of grief
29/05/23	No Group
05/06/23	How creative work can help with grief
12/06/23	Is it normal to feel the way I do?
19/06/23	Time for me
26/06/23	Loneliness

**Bereavement point**  
**6 Week Course**  
**Monday 3.30pm -5pm**

**Group 4**

<b>17/07/23</b>	<b>Getting to know each other</b>
<b>24/07/23</b>	<b>Elements of grief</b>
<b>31/07/23</b>	<b>How creative work can help with grief</b>
<b>07/08/23</b>	<b>Is it normal to feel the way I do?</b>
<b>14/08/23</b>	<b>Time for me</b>
<b>21/08/23</b>	<b>Loneliness</b>

**Group 5**

<b>11/09/23</b>	<b>Getting to know each other</b>
<b>18/09/23</b>	<b>Elements of grief</b>
<b>25/09/23</b>	<b>How creative work can help with grief</b>
<b>02/10/23</b>	<b>Is it normal to feel the way I do?</b>
<b>09/10/23</b>	<b>Time for me</b>
<b>16/10/23</b>	<b>Loneliness</b>

**Group 6**

<b>06/11/23</b>	<b>Getting to know each other</b>
<b>13/11/23</b>	<b>Elements of grief</b>
<b>20/11/23</b>	<b>How creative work can help with grief</b>
<b>27/11/23</b>	<b>Is it normal to feel the way I do?</b>
<b>04/12/23</b>	<b>Time for me</b>
<b>11/12/23</b>	<b>Loneliness</b>

**Making  
Memories  
Monday  
10am - 12pm**

**Turning  
thoughts  
into  
actions**

## Information about the sessions

### Creating keepsakes : Arts and Crafts

#### Group 1

13/03/23      **Session 1**

20/03/23      **Session 2**

27/03/23      **Session 3**

03/04/23      **Session 4**

#### Group 2

18/09/23      **Session 1**

25/09/23      **Session 2**

02/10/23      **Session 3**

09/10/23      **Session 4**

Keepsakes make us feel connected to each other, the past, and the future. They are meaningful, unique gifts and a way to build closer bonds across generations. Keepsakes can be big or small, expensive or inexpensive. A keepsake's value isn't intrinsic, but is tied to the meaning we give the object.

### Letter Writing

#### Group 1

20/02/23      **Session 1**

27/02/23      **Session 2**

#### Group 2

05/06/23      **Session 1**

12/06/23      **Session 2**

#### 'Writing letters to loved ones – a simple guide to getting started'

In a world of instant messaging and emails, a folded paper envelope containing a letter can have a distinctly personal and private feel to it. Writing a letter to a loved one is all about making sure what's written is special to the recipient.

We would love to work alongside you to help create these letters in a way that is appropriate for you, acknowledging that this can prove difficult because we may not have the energy to physically write them ourselves or simply that our handwriting or grammar may not be the best and we may need help from others of which we can assist with

### Creating Keepsakes : Family tree cushion making

04/09/23      **Session 1**

11/09/23      **Session 2**

#### Creating a special keepsake for your family

### Story Telling

03/07/23      **Session 1**

10/07/23      **Session 2**

17/07/23      **Session 3**

These sessions are an opportunity to record your life story in whatever format is meaningful to you. This might be a memory book, audio recording, photo collage, art work or poetry. Come and join us and perhaps be surprised at the amazing stories there are to tell.

We may often think of ourselves as quite ordinary, going about our lives, raising families and working hard at our jobs. Most of us will not have our names in highlights or be known as superstars but each and every one of us lives fascinating lives that have meaning to those who know and love us. Our everyday stories, achievements and sacrifices form part of our family history.

What is your story? What are the memories, achievements and funny tales that you would like to capture? What poems, songs or pictures are important to you and through which your legacy lives on?

*Continued overleaf...*

**Making  
Memories  
Monday  
10am - 12pm**

**Turning  
thoughts  
into  
actions**

## Information about the sessions

### Your Will Your Way - Solicitors from John Gilbert and Frankton

6/03/23

**Session 1**

Discussions about writing wills, lasting power of attorney and ensuring your financial and legal matters are in order. We provide a safe space to look at forward planning for the future.

19/06/23

**Session 2**

16/10/23

**Session 3**

### We all have a story to tell- 52 things about me.

17/4/23

**Session 1**

24/04/23

**Session 2**

Many people believe that it takes a lot of time and work to write their life story and feel that the task is just too big. Because of that, they never start. But sharing memories of your life does not have to be a big, involved effort. Imagine how much easier the task of writing about your life might be if you were to focus on writing about just one topic each week. It doesn't matter if you write a few paragraphs, a single page, or several pages. The important thing is that you write something. Anything is better than nothing at all.

Feel free to attend these two sessions. Where you will be able to discuss with in a safe environment ways of creating your story.

### The Sound Track of your Life

7/08/23

**Session 1**

14/08/23

**Session 2**

21/08/23

**Session 3**

Music plays an important part in the everyday life of many of us. Whether it is for recreation, distraction, dancing or to raise our mood. We all know the power of a song or piece of music to trigger vivid memories that seem to transport us back in time. Which songs or pieces of music bring back memories from your life or connect with you emotionally.

Once taking part, the hope is that you will be able build up a bank or playlist of songs that have real meaning and provide a soundtrack to your life which you can continue to add to after the group has finished

# Mytons "Time for me"

Thursday 10.30am-12.30pm

## Card Making

09/02/23	Session 1
16/02/23	Session 2
23/02/23	Session 3
02/03/23	Session 4
09/03/23	Session 5

## Cake decorating

16/03/23	Session 1
23/03/23	Session 2
30/03/23	Session 3
06/04/23	Session 4
13/04/23	Session 5

## Painting with Acrylics

20/04/23	Session 1
27/04/23	Session 2
04/05/23	Session 3
11/05/23	Session 4
18/05/23	Session 5

## Basic Computer Skills

25/05/23	Session 1
01/06/23	Session 2
08/06/23	Session 3
15/06/23	Session 4
22/06/23	Session 5

## Flower Arranging

29/06/23	Session 1
06/07/23	Session 2
13/07/23	Session 3
20/07/23	Session 4
27/07/23	Session 5

## Gardening

03/08/23	Session 1
10/08/23	Session 2
17/08/23	Session 3
24/08/23	Session 4
31/08/23	Session 5

# Mytons "Time for me" continued...

Thursday 10.30am-12.30pm

## Myton's 5 Weeks of Fun and Relaxation

07/09/23	Session 1
14/09/23	Session 2
21/09/23	Session 3
28/09/23	Session 4
05/10/23	Session 5

## Paper Crafting

12/10/23	Session 1
19/10/23	Session 2
26/10/23	Session 3
02/11/23	Session 4
09/11/23	Session 5

## Sit and Stitch

16/11/23	Session 1
23/11/23	Session 2
30/11/23	Session 3
07/12/23	Session 4
14/12/23	Session 5