

“ I think it is absolutely vital that we are an inclusive community, that we care for everyone. If we don't, we will all lose out, because older people are such a rich resource of wisdom and life experience.”

Marion (Anna Chaplain)

CONTACT US

We'd love to hear from you! If you have any questions, would like to receive our newsletter, or would like to find out more, please take a look at our website or email us on:

caraway@caraway.uk.com



Caraway

Spiritually resourcing the older person



Caraway

Caraway is a registered charity no. 1177743

www.caraway.uk.com

A Christian charity in Southampton supporting older people at home, in the community and in residential care; Caraway particularly addresses the needs of those who are lonely, or living with dementia.

www.caraway.uk.com

Older people in Southampton matter!

Celebrating the richness and wisdom of old age, Caraway is a Christian charity that aims to promote the spiritual wellbeing of the older person in Southampton.



Working together with the local church, social and health care sectors, we seek to:

- Combat loneliness
- Create community
- Support those living in care homes and assisted living
- Address the needs of those living with dementia and their carers



This is a citywide initiative to encourage and resource local churches and communities to connect more widely with the older population across Southampton.

Established in 2018 by Rev Erica Roberts, this active community charity aims to tackle loneliness, support those living with dementia and bring joy through growing community.

ANNA CHAPLAINCY

Anna Chaplains are trained individuals, sent out by their local church to come alongside older people, irrespective of their faith, in order to promote spiritual well-being. Their primary role is to listen, to affirm and to help those in later life celebrate the gift of years.



CARE HOMES

Developing relationships is at the heart of providing spiritual care as we help residents discover joy, hope and meaning in the midst of the reality of increasing frailty, possible regret and facing the end of life. A monthly act of Christian worship is also offered that is accessible for those with and without faith.



COMMUNITY

We aim to bring people in later life together. Sharing memories, laughing with, and learning from each other are hugely beneficial to wellbeing for those in their later years.

Caraway resources and runs events on a weekly, monthly and annual basis that provide a safe space to encourage friendships, share life and bring joy to those who come along, for example:

- Holiday at Home
- Vintage Adventure
- Classic Cuppa



GET INVOLVED

Volunteer

We have a fantastic team of volunteers which we are always looking to grow. You could help in a number of ways:

- Help at an organised event – weekly, monthly or occasional
- Join a Care Home Team
- Assist an Anna Chaplain
- Help Caraway with core tasks such as administration and fundraising

If you are interested, we would love to chat!

Please email us on caraway@caraway.uk.com

Training

Caraway offers a variety of training for those volunteering and working alongside older people.

Resourcing

We look to equip, inspire and enable local churches and communities within Southampton to provide practical and spiritual support for their older people.

MAKE A DONATION

Our work is entirely funded through grants and donations. Help us to be effective for older people in Southampton.

Ways you can give

- Visit our website and use the 'Donate' button
- Electronic transfer to Caraway at Lloyds Bank
Sort code: 30-99-08
Account no: 23403660
- Send a cheque, made payable to 'Caraway', to 59, Brookvale Road, Southampton, SO17 1QS
- Remember us in your will

Thank you

“ I do enjoy all of it. It does make you think. It's the companionship and friendliness.”

Heather

