

COMMUNITY

Caraway resources, runs and supports events that provide safe spaces to encourage friendships, share life and faith, and bring joy to those who come along. Through COVID connecting community continued as gatherings were restricted, with our:

- Holiday @Home
- Vintage Adventure @Home
- Classic Cuppa Newsletters
- Dementia Zoom Soirees

Creating community to share memories, laugh together and learn from each other is hugely beneficial to the wellbeing for those in their later years.

ANNA CHAPLAINCY

Anna Chaplains are trained individuals supported by their local church to come alongside older people, irrespective of their faith (or none), to listen, to affirm and to help those in later life celebrate the gift of years. Our Anna Chaplains offer befriending for carers living with dementia, spiritual end of life care and bereavement support.

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. Supporting Care Homes as they emerge from COVID, remains at the heart of our work at Caraway.

"Thank you all at Caraway for the lovely tea and goody bag."

"It's so nice to have people thinking of us. It's almost as though we've been invisible this past year."

...comment taken from a couple who joined A Taste of Spring 2021, our virtual event for those isolated at home.



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 look at our website or email us on:

caraway@caraway.uk.com
www.caraway.uk.com



Caraway

Caraway is a registered charity no. 1177743

Caraway

Caraway supports older people in Southampton at home, in residential care, and in the community.

Caraway is a charity that particularly addresses the needs of those who are lonely or living with dementia.



SPIRITUALLY RESOURCING
THE OLDER PERSON

www.caraway.uk.com

Older People in Southampton matter!

GET INVOLVED

Volunteer

We have a fantastic team of volunteers from across Southampton, which we are always looking to grow. You could help us in several ways:

- Help with our 'at home' projects
- Become a Dementia Wellbeing Befriender
- Join a Care Home Team
- Assist an Anna Chaplain
- Help Caraway with core tasks like 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 together with NHS Solent and NHS Admiral Nurses, to equip our volunteers working with those who are older and their carer's.

Resourcing

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

Celebrating the richness and wisdom of old age, Caraway is a Christian charity that promotes the spiritual well-being of the older person in Southampton.

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

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

This citywide initiative, established in 2018 by Revd Canon Erica Roberts, has grown and evolved even more as we navigated the challenges of the COVID pandemic.

Connecting with those most isolated through befriending initiatives, online events and hand delivered activities has brought joy to our growing community.



MAKE A DONATION

Without donations, Caraway would not be effective for older people in our communities. Our work is entirely funded through grants and generosity. 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 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)