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CARAWAY NEWSLETTER

April 2023

www.caraway.uk.com

Hello and Welcome to the latest Caraway Newsletter

As Spring is well under way we look forward to seeing what God will be doing in Caraway as the year progresses. Below we have some dates for your diary, and if you're local to Southampton check out the Roots & Branches event on May 8th. We've also got updates from our team.



Events coming up.....

Roots and Branches

Scan the QR code or [contact us](#) for tickets or check our [website](#) for more information

Caraway presents...

...Roots & Branches

Please join us for this wonderful performance followed by a short workshop, group singing and Coronation tea party to conclude! The whole family will enjoy this show that can help with intergenerational understanding of cognitive decline and dementia.


DETAILS:

- **Date:** Monday 8th May 2023, 2-5pm
- **Cost:** £2 per adult and £5 per family.
- **Where:** Ascension Church, Bitterne Park, SO18 1HZ

AUDIENCE QUOTES:

"...it helped me understand my father's dementia."

"...an unforgettable experience!"



Scan QR Code to book your seats !

Caraway
Spiritually Resourcing the Older Person

Background
Roots & Branches is a collaborative, intergenerational and creative project between Theatre for Life, Solent Mind, Dementia services and Mayfield

Forget feel good, FEEL GREAT
with an afternoon of
music, singing and crafts
inspired by the Buddy Holly story!

Caraway and the MAST engagement team
are hosting two one-hour workshop sessions at
Lordshill Memory Cafe...
...we look forward to seeing you there!



Where: Lordshill Church,
Lordshill District Centre,
SO16 8HY

When: Thursday 27 April
Thursday 25 May

Time: From 1.30pm to 3pm

Cost: FREE!
Funded by Southampton
City Council

BUDDY!
The Buddy Holly Story Dementia Friendly Performance
at the Mayflower Theatre on Wednesday 21 June



Introducing Caraway Prayer

We are excited to launch our new weekly Zoom prayer meeting on Monday evenings, 8-8.30pm starting on Monday 8th May. We will be praying for the current work of Caraway and for future plans. Do join us if you can. We are trialling this time for 3 months, until Monday July 24th and then we will review for the autumn.

"Where two or three gather in my name there am I with them" Matthew 18:20
The Zoom link will be emailed out next week, hope you can join us in this new venture.



Caraway News From Across the City

New Memory Cafe opened

... at Cafe 153, Kings Church, Lordswood, West Southampton.

This wonderful church started a memory cafe on January 4th 2023. It is held on the

embraced by the community, supported by the church and is making many new connections with local people living with dementia.

At the first session people sang along with a keyboard musician and singer, and the second session was all about Scottish things and traditions. We had poems read by a Scottish man in a kilt, Scottish food, and music.

It is brave to reach out to your community in this way, but the need is so great, and it is changing attitudes towards dementia, reducing stigma and says loud and clear,

"We care about our local families living with Dementia ."



News from our Anna Chaplains

After enjoying our Carol Service in December at Coffee, Cake & Connect we are hoping this year to reach more of the hundreds of older people living in Lordshill.



B who assists Margaret is visiting the Coffee Mornings at Sarnia Court and also the monthly Community Lunch at Lordshill Community Centre. Margaret continues with monthly visits to Rozel Court and Manston Court Coffee Mornings and also a monthly visit to Erskine Court. We also have lots of fun at our weekly Thursday Coffee, Cake & Connect drop-ins located at Lordshill Church.

The ongoing jigsaw and craft sessions continue to go well with the 2nd and 4th Thursday of the month being more dementia friendly with memory and singing sessions. One highlight of our year so far has been a prayer walk which 3 of us undertook (in the car - as the weather was too cold and icy to walk!), praying for all those unknown to us who may be lonely, poorly or sad but known and loved by God.



If you would like to join our very special team to help with visiting, popping into the sheltered housing blocks to say hello to residents, offer befriending phone calls, support us in prayer, or help in any other way, we would love to hear from you.

Margaret (Anna Chaplain, Southampton West)

Update from Carol Kidd

support, encouragement and enthusiasm of Caraway and nationwide 'Anna' network. Care Home links include monthly services at Speedwell Court. At Easter, Harvest and Christmas I join the Abbeyfield Chaplain in offering additional seasonal celebrations with stories, creative activities, prayer and song. I led the funerals of 2 residents, one of whom I also offered end of life bedside prayers. As well as Speedwell, I also go into other residential homes and sheltered housing to spend time with residents.



The chaplaincy flows alongside, and dove-tails with my lay ministry and role as Pastoral Coordinator. Supported by the pastoral team, a monthly Community Coffee Morning has been established. A wide range of older persons enjoy meeting and sharing together. Several who live with dementia come with their Carers.

Receiving referrals via Caraway, Admiral Nurses, Care Navigators and directly from relatives brings challenges yet these are outweighed by the privilege of 'being there', through home visits or phone calls, signposting to relevant resources for physical needs and supporting the spiritual well-being of lonely and isolated.

(Carol Kidd: Anna Chaplain for the Older Persons of Harefield and West End)

New Caraway Course for New Carers of People Living with Dementia

We have seen at our Memory Cafes how much a diagnosis of dementia in a family affects people. It is a new, unexpected and unwelcome journey that isn't going to go away. We have seen how carers struggle to get to grips with the new landscape and we are responding to help.

New dementia carers will be offered a course for carers that will describe the journey, help them to understand what is happening, what to expect and to realise how to live well with dementia. This course focuses on the emotional turmoil dementia can bring and provides tools and strategies for managing thoughts and feelings such as guilt, shame, pain, frustration and anger to mention a few.

The course includes the We Care - Dementia Care course led by Kellyn Lee, who will

Such a course would help carers to create support networks, know what help is available and how to access it, and how to look after their own health as well as the person who is living with dementia. So exciting.

Our first course in Shirley has started and our next is set for September. [Contact](#) us if you would like to know more.

Love Southampton



Love Southampton hosted a forum for churches across the city to celebrate its 10th anniversary in February. The aim of Love Southampton is for the Christian community in Southampton to be visibly engaged at the heart of coordinated and effective social change in the city, and for every inhabitant to have a growing understanding of the hope and positive impact that Christians, Church, and Jesus can bring.

Caraway is privileged to be part of this network of inter-demoninational churches and organisations to be a catalyst mobilising people to love and serve the vulnerable in the city. Trustee Keith Fox, Curate Rev Penny Thatcher and City Chaplain Rev Canon Erica Roberts represented Caraway at this event, where we shared together, hearing stories of transformation across the city and seeking God for the future. Bishop Debbie spoke powerfully about the unity of the churches working together.

Refresh & Resource Day March 2023

This year's theme was 'The Final Frontier', Facing death, dying and bereavement. Over 80 people joined us for a challenging day of how we can help our older people and their carers support those who are dying and those looking after them. Click



Vintage Adventure updates



Vintage Adventure @ Home

We continue to distribute the monthly Vintage Adventure@Home packs free of charge to approximately 200 recipients, mainly across the City of Southampton but also to some readers further afield. The new format of providing it as an A5 booklet, rather than loose pages has proved popular. As usual, we focus on a theme for each edition, compiling a worship section, spiritual reflection, poetry, together with articles of more general interest as well as fun activities such as quizzes and word searches.

We welcome feedback and try to adjust what we offer to suit as many people as possible. Our themes for 2023 are based around the I AM sayings of Jesus. In addition, we are producing a special edition to celebrate the Coronation in May as we did for the late Queen's Platinum Jubilee last year.

Gathered Vintage Adventure

We are delighted that we are now able to gather more face to face and celebrated Christmas and Easter together at Highfield Church in December and in February St. Denys hosted an afternoon with the theme of Love.

Can you help keep our work going?

As a charity, reliant on gifts and donations to fund our work, we're always looking at ways of raising funds. One way is through regular donations, which can be increased through Gift Aid for those who pay tax, at no cost to yourself. Can you make a monthly or one-off

We in Caraway are amazed at the wide range of connections with older people we have managed to make, and how, even though separate, our projects to connect and include people at home & through our different Cafes have blossomed.

We used to have maybe 35 older people attend our Vintage Adventure mornings once a month at church, but we have been posting the packs out to individuals, and now there are 200 a month requested.

We are involved with 7 Memory Cafes across the city reaching many individuals and their carers living with dementia.
and there's much more happening.....

We have some great opportunities for the future, but they need funding. More regular givers will help us to budget and know what we can provide and plan for.

You can donate using CAF via our [website](#) which means we get Gift Aid without cost to you, or you can give direct to our bank account, details below.

Lloyds bank account: Sort code: 30-99-08; Account number: 23403660

or

Cheque payable to 'Caraway' & posted to: 59 Brookvale Road, Southampton SO17 1QS.

Thank you, we need and really appreciate your help.



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