

## BALLYMENA CARERS GROUP 2022 TO 2023

Our Ballymena Carers Group has had a very full selection of events this year 2022-2023.

Unfortunately, due to ill health I missed a few of the early meetings but Marion has kindly filled me in on what went on.

On September 21<sup>st</sup> first meeting of the year, Roberta asked for ideas from everyone regarding what we would like to do and cover this coming year. And we have followed up on quite a lot of your suggestions.

On 12<sup>th</sup> October, our speaker Jason from PSNI spoke about problems in the community like fireworks, speeding in built up areas, scooters on the footpaths etc and who to contact what can be done. He left leaflets for all to take home.

On 9<sup>th</sup> November, Paul Black from Crime Prevention came with Jason from PSNI to cover how to keep safe from burglars and advised simple ways to do this, like locking doors + windows + garden gates. Other ways of help through MEAP for all aged over 50 or from the council. Once more they left pamphlets and items to help keep our homes and ourselves safe.

On 14<sup>th</sup> December Stephen Sheerin from the council popped in wishing us well at the start of our meeting. Lianne from MEAP and AGEWELL was our speaker. She spoke about what is available for carers, like safety checks, handyman services etc. She stayed behind to speak to any individuals who needed further help and guidance. There was also a Christmas treat of sandwiches and sausage rolls supplied by Grafters using a grant. Then we had our Secret Santa exchange.

January saw our "Christmas" meal in Oranmore. The company and meal were excellent and well received by all.

8<sup>th</sup> February was Yoga and Relaxation with Fiona Jones. Armchair meditation suitable for all. This was covered by a grant as were the sandwiches and traybakes supplied by Corner Bakery. Thanks to Roberta for all the work she does.

On 8<sup>th</sup> March Gwen and Bridget from Gordon's Chemist were our speakers. They advised us to keep active and walk wherever possible with a friend if that helps motivation. They discussed falls and fires and how to prevent them. They also advise to talk to your pharmacy about over the counter medicines and if they would affect your prescribed meds.

29<sup>th</sup> March was an extra meeting for us because we had to get the use of another grant. Thanks again Roberta. Fiona Jones did armchair meditation. We were treated again to sandwiches and traybakes from Corner Bakery.

19<sup>th</sup> April Esther showed us how to decoupage using a napkin and glue on a postcard sized board. She was very easy to follow and showed us step by step. Everyone seemed to enjoy doing this and finding out other ways to use decoupage.

Friday past, 5<sup>th</sup> of May our Coronation Afternoon Tea was a great success at Oranmore, and we all received Coronation thimbles as keepsakes.