

Carer Feedback

The carers meet-up sessions have and remain an absolute lifeline for me.

The support and friendship have been invaluable, and I can't imagine how I coped in isolation and loneliness before I discovered the group. The regular zoom meetings were an excellent source of contact especially during winter and lockdown.

Lifeworks are surely one of the most committed and supportive charities around, and in my opinion should be recognized and awarded for the difference they make to many peoples' lives.

The Lifeworks groups are very helpful. During the Pandemic it was very good to have Zoom meetings. A way of keeping in contact with the group and sharing experiences.

Obviously, it is much better to meet face to face. The meetings at Northwood are very good as we can sit outside. Sue, you have been brilliant in organising the zoom meetings and face to face meetings. Also, the walks were especially useful in getting out and talking to others while getting some exercise and the new Middleport venue looks very good for future carers meetings. Look forward to the next one. Many thanks for all you do.

I've been very glad of the contact from Lifeworks during the last year and a half especially during the lockdowns. The information you were sending by email was very useful and it was a comfort to know that advice was available if needed.

I only took part in a couple of Zoom sessions but found them both interesting and useful. Also, it was good to make contact with other carers, so thanks for being there at a difficult time and keep up the good work.

Just to say that I found the zoom meetings really useful, and I am sure most who joined in did. It almost makes it easier to chat with 'all', hear each person's perspective etc., than around a table, or a walk etc, when you are usually communicating with the person next to you. But equally it's lovely to be able to see people in person and get to go out and about again.

In the depths of lockdown, I appreciated the emails which made me feel as if I was still in touch, if not with the 'outside world' then at least with a world outside my home. I much enjoyed the carers zoom meetings and feel that, unexpectedly, I have made new friends. The face-to-face meetings, I think, have been a great help to me in encouraging me to go out once again. I like meeting at garden centres and looking round the plants

Thanks for keeping us informed of what is happening. We do enjoy meeting up.

I just wanted to let you know how grateful I am for the support that Lifeworks has provided for me over the last few months. I appreciated the help and understanding shown to me via the Zoom chat and also the in-person coffee and chat. Many thanks to the Lifeworks team.