

## **Northern Devon Family Carers Group....why we go...**

Is it the food, the venue, to keep in touch, for support or just a gossip and to meet other carers?

We had to think about this a bit. Would we go just for the lunch? We-I-I we might, if it was Halsannery (lovely roast spuds and apple cake and home-made biscuits) and a lovely setting, or Rosemoor. Really we like the combination of information useful snippets and tips from other carers, as we always did when there was just a cup of tea or coffee. When we introduce ourselves and describe our 'cared-for' there always seems to be someone with more to cope with than ourselves. They in turn, probably wouldn't care for others situations, but it's useful to compare and gauge the amount of help given.

Would we go just for the information? Probably, especially if the meeting was on some topic specific to our interests and needs. A speaker from Social Services explaining the latest proposals and developments...perhaps even to elicit our response to new ideas!

It's a chance to keep in touch with what changes are afoot at County Hall etc, from those such as Dinny, Ann, & Allan, who have selflessly made it to meetings further afield to represent the rest of us in the wildes of North Devon, and to make sense of what is going on and report back to the rest of us.

By Ann Hoskins & Min Addison.  
Family Carers.