







Family & Friends Team

Newsletter

Sept-Dec 2024



 **Coffee & Chat drop-in’s Family Cabin Kendray**

**All carers welcome - past and present**

***-Are you or have you been in a caring role?***

***-Do you need help looking after your own wellbeing?***

***-Fancy a chat and a cuppa with us?***

**Information and advice available on caring for your loved one, family or friend. Tea & Coffee provided.**

**Every last Friday of the month 10:30-12:30pm**

**Contact Kathryn Hines – Family & Friends Practitioner on:- 07425 737 334**



**Day Trip to Scarborough for our carers**

**Look after your wellbeing and enjoy a day in Scarborough with us!**

**Monday 14 October 2024**

**Transport provided. Book your place with Kathryn Hines today! 07425 737 334**

  





**Carers Annual Steering Group Meeting**

**11:30-2pm - Friday 13 December**

**Kendray Boardroom**

**Our theme this year is self-care. Free refreshments, light buffet and wellbeing treats together with a nice relaxing hand massage.**

**So come and give us your views on our service and tell us what you think we could improve on. RSVP – Kathryn Hines 07425 737 334**

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| **News**  |

 Vicky has lived experience of being a carer for family members who have both physical and mental health diagnosis. This gives her knowledge of the difficulties carers can have and helps within her role as a Family & Friends Practitioner.

We welcome Victoria our new Family & Friends Practitioner.

Victoria joined the Family & Friends Team recently but has over 20 years’ experience working within the NHS. Over the past three years Vicky has been working as a Social Prescriber.

 **Getting in touch:-**



**Kathryn Hines—Family & Friends Practitioner**

**07425 737334**

**kathryn.hines@swyt.nhs.uk**

**Vicky Beaumont – Family & Friends Practitioner**

**07407 794049**

**Vicky.Beaumont@swyt.nhs.uk**

**Find us on our website:-**

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[**https://www.barnsleyrecoverycollege.nhs.uk/barnsley-family-friends-team/**](https://www.barnsleyrecoverycollege.nhs.uk/barnsley-family-friends-team/)

