

## **Family Support – Summer Term 2017**

Each term we offer opportunities for relatives of Dyscover members to meet up, with the aim of providing information, support and introductions to other people who understand the challenges of living with aphasia.

This term's opportunities include:-

### **Coffee and briefing meetings**

Meet other relatives informally over a coffee at your group venue while the Speech and Language Therapist who leads the group, takes you through the programme for this term. This is usually the 2<sup>nd</sup> week of term, but please check individual programmes for your group's date and time.

### **Relatives' Support socials**

Due to a general decline in attendance at the twice termly 'afternoon teas' (with the exception of the most recent one!) we have decided to trial a new approach for family support this term. Relatives from each group will be invited to meet together during members' group time at a local café. Where possible we have chosen 'Carers Week' of 12<sup>th</sup> – 18<sup>th</sup> June for these socials. Details re venue and times will be discussed at the relatives' meeting in the 2<sup>nd</sup> week of term, and information will be circulated to all relatives in each group. We hope this idea enables an alternative way for relatives to meet up.

### **Fundraising events**

Please come along and support our varied summer fundraising events. See the events listed on 'dates for your diary'. Some events require volunteer help – if you can spare any time please let us know.

### **Counselling Support**

Professional Counsellor, Claudia Jenner, continues to offer sessions at Dyscover and her base in Dorking. Having considerable aphasia experience, Claudia provides 1:1 emotional support to Dyscover members, relatives or together as couples at a significantly reduced rate.

### **Local Outings**

Many groups will be going on a local outing this term as part of the programme, and relatives are welcome to come too. Please check the group programme to find out if an outing has been arranged and the date it is planned. The main Dyscover outing to Hampton Court is planned for Thursday 15<sup>th</sup> June.

### **A questionnaire for Relatives**

A questionnaire will be given to all relatives this term – we hope you will feel able to complete this and appreciate your help in doing so. The information you provide helps Dyscover and future funders to understand your needs better and to measure change over time.

### **Finally ...**

Do remember that we have an open door at Dyscover and are happy to speak to you individually and in confidence – just ask a member of staff.