

Omega News Media Release

Wednesday 19th December 2018



Award-winner Jane looks forward to helping Dudley's bereaved in 2019

Well respected bereavement support group facilitator Jane Hunt (pictured) will deliver another popular programme of free sessions at St James's Church Hall in Wollaston (DY8 3SE), starting Friday January 18th, 2-5pm.



Jane received the Insight Impact Award in 2014, in recognition of her work supporting family caregivers. She has developed and facilitated a highly successful, free bereavement support programme for charity Omega care for life over the last decade.

Some feedback from previous beneficiaries:

"I met lovely people and was able to talk about my situation."

"It broke the feeling of isolation I've felt since the death of my mother."

"The Omega facilitators are excellent."

The Omega programme is based on a model funded by the Department of Health and devised for the national Caring with Confidence initiative. Although following an "After Caring" model, it is suitable for anyone who has suffered a loss. It is particularly suited to people who are at least 6 months on from the passing of their loved one. The 3-part series of sessions helps clients to come to terms with their loss and adopt easy to follow coping strategies and make positive plans for their future.

Jane said "the main benefit of these sessions is the opportunity for people who are bereaved to meet others who are in the same situation; to share experiences and together learn strategies to cope with grief".

Jane and co-facilitator Chrissie Harris look forward to welcoming and helping new clients in a small, friendly group setting. For more information and to book a place on the free programme, please call Omega care for life on 01743 245 088 or email info@omega.uk.net.

Omega care for life, based in Shrewsbury, supports family caregivers, former carers, the bereaved, the frail-elderly and socially isolated clients.

The charity is also home to Chatterbox Action Against Loneliness, a free telephone befriending service; lonely clients are matched to trained befrienders and receive regular phone calls offering a listening ear, a chance to find out more about local services and help to access information and support. For Chatterbox enquiries, call 01743 245 088 or email chatterbox@omega.uk.net.

Contact Omega care for life

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LinkedIn: www.linkedin.com/company/omega-the-national-association-for-end-of-life-care

Instagram: www.instagram.com/omegacareforlife

Donate

To donate by text, send a message to 70070; type the code omeg01 followed by a space and the amount you want to give from the following: £1, £2, £3, £4, £5, £10. You will receive a text receipt and the change to add Gift Aid. Every penny of your donation will go to Omega; there are no running costs with JustTextGiving. To donate by card or cheque, go to www.omega.uk.net and click the 'Donate' button on the homepage.

To subscribe to the Omega Lottery, visit: <http://www.omega.uk.net/omega-lottery-p-200.htm>

Ends

Notes for Editors

Omega care for life (Omega, the National Association for End of Life Care) is an end of life charity; Registered Charity No.1120322, Registered Company No.6196052.

Omega provides befriending and bereavement support and works with caring families looking after people suffering from long-term or life-limiting conditions and socially isolated individuals. Omega encourages self-help and peer support, delivers community learning activity and facilitated group sessions and hosts lively outreach and information sharing events. Omega also maintains contact with family care-givers and former carers through the Omega Network, comprising dynamic groups which allow unpaid family carers to meet informally.

Omega works collaboratively with a range of delivery partners including successful businesses, Third Sector not-for-profit groups, local authorities and organisations within the NHS. Omega works with patients suffering from motor neurone disease, and their families, across the country to share information and develop innovative, high impact, non-clinical, easily-affordable support. The charity is also the home of the Chatterbox Action against Loneliness Programme, the Letter from Louise Project and the Delphinium service, an innovative social enterprise.

For further information about Omega's work, please contact Development Director Tom Memery by emailing thomas@omega.uk.net.