

## **Joan Best – Crossroads North Argyll**

We are currently providing respite support for 47 unpaid carers across Oban, Lorn and the Isle of Mull. We have two new staff members joining us this month, one covering Oban North and the other the Isle of Mull. Referrals continue to come in each week, and we currently have referrals for another seven unpaid carers on the mainland and four on Mull.

Our “Monday Group” continues to be well attended. This is a lunch group for carers, former carers and cared for. Those who attend are collected from their homes and everyone really enjoys the camaraderie and for some it is their only outing of the week. The group are taken to places where they can all be together as it is more beneficial socially.

As the needs of unpaid carers are changing, we require to be flexible in our approach. In addition to our regular 2-3 hour weekly visits, we have had requests to cover full days and overnight respite. Fortunately, due to our excellent staff, we have been able to provide this extra support when needed.