



KICK OFF WITH A VERSE

FREE WEEKLY ONLINE SESSIONS

FOR UNPAID CARERS OF SOMEONE
LIVING WITH DEMENTIA AND FORMER
CARERS ADJUSTING

Thursday afternoons 14.00 - 15.30 GMT
And from 13th November
Wednesday evenings 19.00-20.30 GMT

What happens in a 90-minute session? We....

- share with other carers in a confidential space
- develop relaxation skills
- are curious about the challenges which come up when caring
- read poems and find our own words to say it how it is

Please email to join and for more information
or to organise a telephone call.

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Some things participants have said about the sessions

“You feel you are not on your own and that your experience is normal.”

“You can lose yourself doing something creative.”

“It - the group, the time - was for us; this one hour and a half was ours and it felt safe.”

About Karin...

My first training was as a speech and language therapist but most of my work has been in mental health. I have an MSc in Psychological Counselling and worked in primary care in London for 18 years alongside my private practice as both therapist and clinical supervisor. My professional body is the British Association of Counsellors and Psychotherapists (BACP).

Alongside my practice, for 15 years I taught counselling skills on the MA in Psychotherapy at the Minster Centre in London.

Everything changed when my husband was diagnosed with vascular dementia and our relationship became a care-partnership lasting six years. I used to write to get things off my chest which resulted in a collection of poems, *Closing Time at the Kings Head*. In *Kick off with a Verse* sessions, the poems are used as a springboard for reflection and sharing.

Responsibility

I hold your world in my hand
like a blank sheet of paper.

I have the pattern of your days
etched like a map in my mind.

I know the words to soothe,
to remind you who you are.

Eying the door, my fingers
long to curl, crumple, hurl
the yoke, the weight; to escape.

Yet immobile, I sit and wait
for I hold your life
in the palm of my hand.

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From the Collection: Closing Time at the Kings Head