

# Rose, Julia and Elizabeth's stories

## Q. What do you do in the community?

A newly formed group, New Life set up by residents Elizabeth, Rose and Julia in Thornbury. The group offers safe welcoming space and friendships by providing refreshments and lunch twice a month for current and ex-carers who are left on their own after the long period of caring.



## Q. What is your group about?

The group 'New Life' will help form social relationships and network to tackle loneliness and social isolation most importantly to re-build people's lives together for those who have or have had experience of caring for somebody. These three residents have a common experience of caring and understand the greater social needs of support and networks in the local communities.

## Q. What makes you carry on being involved in your community?

"It's a combined effort to make things happen. If you are staying at home and don't make the most of it then it is up to you really. It's wonderful to widen my social circle in Thornbury. My new journey has started since I joined Souper Natter event and met new like-minded people now I am being part of New Life. It's great to being part of it and belonging to something. I don't feel isolated anymore. I grabbed an opportunity. You just need to meet the right person in the right place. I am looking forward to a trip with Gwen (another member of New Life) to Cornwall this summer! I see better light again". Rose (far right of the above photo)

"I moved to this area (Thornbury) during the last lockdown in February so I couldn't meet anybody. I joined You On Your Own (YoYo), University of 3rd Age (U3A) but I haven't joined many of their activities. People who organise and attend the group don't necessarily have a similar experience of care and bereavement as myself. I joined Memory Café as a volunteer then I could see immediately the need for ex-carers. There are lots of services around to look after carers but nothing around in the communities to support ex-carers. For those who has been caring for someone so long and their social lives are none, we need the group like us to rebuild people's lives together".

Elizabeth (far left in the above photo)

**Are you an ex-carer or caring somebody  
and  
you are on your own?**

**Would you like to join an understanding  
group of people with similar  
experiences?**

**Let's meet over coffee or lunch to chat,  
make friends and rebuild our lives!**



**New Life meets**

**1st and 3rd Tuesday of every month**

**11.30am - 3pm**

**The Wheatsheaf**

**BS35 2BJ**

**Tea & Coffee plus Lunch (£5)**

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**For further info contact Elizabeth or Rose  
tel: 01454 414 114 or 07790 214 425**



**“People want to be invited. They need to be invited. We need a gentle approach”. Elizabeth**