

Caring for Carers

The Dixon Community - Southside, Glasgow



Overview

The Dixon Community offers vital support for older individuals and their caregivers in Glasgow. Through initiatives like the Southeast Carers Centre, they provide personalized 1:1 support, workshops, and events aimed at enhancing quality of life and nurturing mental wellness. Collaborating with The Wee Retreat, the Dixon Community emphasizes staff wellbeing, especially after a challenging year.

Challenge

As 2024 approached, Dixon Community faced tripled referrals, placing immense pressure on their team. Fatigue and burnout began affecting self-care as the year ended.

Support Offered

In December, The Wee Retreat organised a special wellness workshop for Dixon Community staff, featuring reiki and a sound bath.

The half day long wellness 'away day' was developed and was offered at our light filled studio in Crosshill. Hosting the workshop at the studios allowed the Dixon Community staff the opportunity to step away from their work base and to benefit from the welcoming bright and warm environment which our studios offer.

Alongside the reiki session and facilitated informal discussions, a nourishing lunch from Milk Cafe - a local social enterprise, in keeping with our values of fostering support in our local community. The workshop ended with a sound bath allowing participants to more fully unwind from any stress.

The Impact

Staff left The Wee Retreat with newfound tools to address stress and anxiety linked to their roles. There has been a positive shift in service delivery and staff wellbeing, with mindfulness meditation courses embraced. Feedback was overwhelmingly positive, with many feelings revitalized.

This initiative underscores the importance of prioritizing wellbeing for caregivers, enhancing their effectiveness and creating a positive ripple effect in their communities.

Practices Incorporated

Reiki - relaxation technique that enhances energy low and alleviates stress.

Sound Baths - meditative experiences using soothing sounds to reduce anxiety and improve wellbeing.