

Having the grant gives us the encouragement to do it. It gave us a focus. Being away for the day was nice and we're going to get another date soon, so we'll be off again. I'll probably go for the same treatments – they're wonderful – they work very well and make you feel really good.

**You get time to stand back. Doing something like this lets you have a complete break for a few hours. You come home thinking "I can face this!"**

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Spa Days

In terms of looking after my mum, it's constant. She has Lewy body dementia and she's not walking much at all now. Some days she's very very sleepy. Even though the carers are in with her I'm still there several times a day with my mum's flat being connected to ours. There's a corridor between us but we're all under the one roof. I'm always dotting in and out.

I knew that the grant money was for breaks but I didn't feel that I needed a break - not in terms of going away somewhere for a while. But I was speaking to a friend who looks after her father and we were discussing how we could still make use of a grant like this to make life a bit different. We came up with the idea of getting away just for a day - a really relaxing day - a spa day with treatments.

We've done it two or three times now and each time the day out is just brilliant. One of us drives there and the other gets to have a rest from doing that.

At the spa we get treatments and have lunch together. It's time for us to catch up and chat, as well as coming away at the end feeling refreshed. Last time we had a stone massage and used the infrared sauna box. It was at 55C! The heat really did get rid of all your lumps and tense muscles.

I suppose we could have done this ourselves but it's about getting these things organised. Would we actually do that?