



Carers 4 Carers

Finding support through supporting each other

April 2023

I promised you some magic at last month's meeting and we certainly saw it happening before our eyes. Jacqui Smithson engaged us with her passion for wet felting and kept us fascinated by its processes. Jacqui has promised to send us some photographs of the piece she was working on when it is finished.

Earlier this month I spent a weekend on a machine embroidery retreat in Sheffield. It was a large gathering compared with the size of workshop I usually attend. Seeing the number of attendees who

were clearly physically disabled in one way or another was proof that creativity is a wonderful therapy. But it's not just physical disability, as we know too well; talking to so many delegates, the positive effect on their mental health and wellbeing was also much in evidence. It was helping a number of cancer survivors and those who, like you, have been, or are going through, caring experiences.

Also last month I explained that I am involved in a project to make surgeries more 'carer friendly'. Thank you to those who responded to my request to share your thoughts on what would be helpful to you. Do remember the Carer Information event being held at Hastings House, Wellesbourne (not at the Village Hall this time) on Thursday 20th April, 2—4.30 p.m. This is for all carers, regardless of whether you are a Hastings House patient or not. This will also be relevant for carers whose loved ones are in residential care.



OUR MONTHLY MEETINGS

Carers4Carers meets on the **fourth** Friday of the month, except in December, when it's the second Friday. We meet at Kineton Village Hall, Mill Street, Kineton, CV35 OLB, 10.30 a.m. until 12 noon. We start with time for coffee and chat and then the main part of our meeting will start at about 11 o'clock. If you'd like to know more before joining us for a meeting, do get in touch by phone or email.

Friday 28th April— As the cost of living crisis bites harder, it's tempting to be creative in our efforts to be energy efficient. The Fire Prevention team from Leamington, led by Wayne Cooke, will ensure that we do it safely. If there is time, we'll enjoy some music too.

Friday 27th May—our friends from the British Motor Museum will be joining us. They will be

bringing some of the motoring artefacts from the museum so that they can be handled and seen at close quarters. We enjoyed a wonderful visit to the museum last September which everyone enjoyed, even those who thought they had no interest in motoring! Come and join us for a real trip down Memory Lane. Do you remember your first car?



Carers4Carers is part of the network of Omega Support Groups Reg. Charity No. 1120322

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EMERGENCY ALERT SYSTEM

Have you heard about the new nationwide emergency alert system? The system is a UK Government service and alerts may be issued by the emergency services, government departments and agencies. Alerts will be issued when there is a danger to life as the result of events such as severe flooding, fire or extreme weather.



The alarm will be sent to your mobile phone or tablet. The Government does not need your phone number for this to work. The alarm will sound like a siren and your device will vibrate. It will last for about 10 seconds. You will be able to hear it even if your phone is switched to silent.

When you hear the alarm, you should stop what you are doing and read the instructions on your device. These may include a phone number or a link to a government website for more information. The alerts will be based on your current location, not where you live or work. If you are driving, then of course you should not pick up your phone. Instead, find somewhere safe and legal to stop before reading the message. If you can't find anywhere and you are alone in the car so no-one else can read out the message, then tune in to live radio and wait for bulletins.

On Sunday 23rd April at 3 p.m. the system will be tested. Some people, who live in a situation of domestic abuse, keep a phone hidden in their house in case of emergency. If the alarm goes off, then this will reveal the location of the hidden phone. In this case, you are advised to turn your phone off the day before and not switch it on until the next day. While we hope this situation does not apply to you we are all asked to spread the word about it by sharing this information amongst those you know.

An alternative strategy, if you have an Android phone, is to search for 'emergency alert' in your phone settings and then you can toggle the alerts you do not want on or off. I found it in the 'Messages' section. If you have an Apple phone, go to the notifications section in your settings, scroll right to the end of the list and then you will find a section for emergency alerts where they can be turned on or off. Of course, this should only be done if really necessary.

BACK&4TH TRANSPORT

If you are travelling to our meetings from the Wellesbourne area, Kineton or the nearby area, why not travel the green way? Transport is available with fully accessible Back&4th Community minibus. We cover routes from the Wellesbourne area, enroute to Kineton, Kineton itself and nearby villages. We invite a donation towards the cost, for those able to pay. To book a seat on the coach or find out more, please phone or email us by **6 p.m. Friday 21st April**. We will be in touch the following week with a collection time.



MOBILITY AIDS



Every now and then a request pops up on my local Facebook page from someone looking for mobility aids. In particular, these might be wheelchairs, walking frames and rollators. Often it is a temporary need as the result of an accident and can be quite urgent.

Wellesbourne Lions have a stock of aids that they are able to loan to anyone in need. Depending on availability at the time of enquiry, they are able to provide: wheelchairs, mobility scooters, walking frames, 3 and 4 wheeled rollators, walker trolleys, walking sticks, crutches and shower seats. It's quite a list. The Lions can arrange to deliver equipment if required. While loans are free of charge, a donation to club funds will always be much appreciated.



As well as lending equipment, the Lions are always looking for similar items in good condition that they can use for the scheme. To enquire about a loan or if you would like to donate equipment, please email: info@wellesbourne-lions.org.uk

Are you a carer?
Come to our carers event



HASTINGS HOUSE
MEDICAL CENTRE

Thursday 20th April
2pm—4.30pm

Lots of varied information



Moore & Tibbits
Solicitors



Alternative
therapies



Act
On
Energy



Alzheimer's
Society



Carers
4
Carers

Tea and cake



The surgery will be
closed except for this event

This is an event for all carers, regardless of which surgery you normally attend. It is relevant whether you are actively caring or whether your loved one is in residential care.



The coronation of King Charles III and Queen Camilla will take place after our next meeting but before our next

newsletter. On behalf of Carers4Carers, I am therefore taking this opportunity to send our heartfelt good wishes to their Majesties for a glorious occasion.

I hope that you are able to enjoy some of the many celebrations that will be taking place in our villages and towns. Monday 8th May is designated The Big Help Out. In Kineton, the Village Hall will be the place to find out about local community groups and their activities. We'll be there, talking to those who care and those who might like to volunteer with us.

IMPORTANT CONTACTS AND LINKS



- **Caring Together, Warwickshire**, the new statutory carer support service for Warwickshire carers at phone 0800 297 5544 or visit www.caringtogetherwarwickshire.org.uk
- For consumer complaint, consumer help and advice or to report an issue to Trading Standards, please contact the Citizens Advice Consumer Service on 0808 223 1133.
- For consumer or business help and advice, including details of an approved trader scheme, please visit our website: <https://www.warwickshire.gov.uk/tradingstandards>
- Advice on scams and rogue traders: Report fraud directly to Action Fraud on 0300 123 2040 or Citizens Advice Consumer Helpline on 0800 223 1133. More advice available at: www.warwickshire.gov.uk/doorstepsellers ; www.actionfraud.police.uk/.
- Healthwatch Warwickshire— www.healthwatchwarwickshire.co.uk ; 01926 422823 (9 a.m. to 5 p.m. on weekdays) and email info@healthwatchwarwickshire.co.uk
- **Silverline**—available 24/7 as well as a befriending service www.thesilverline.org.uk/ . Email: info@thesilverline.org.uk or phone 0800 4 70 80 90
- Warwickshire County Council: www.warwickshire.gov.uk/ 01926 410 410 . For social media go to their facebook page: www.facebook.com/WarwickshireCountyCouncil or search 'Social Media' on the website for details of dedicated links such as Instagram and Twitter.
- **Searchout Warwickshire**—the replacement for the Warwickshire Directory can be found at <https://searchout.warwickshire.gov.uk/>
- **Act on Energy**— for information about energy efficiency and hardship support. Phone 0800 988 2881 or visit actonenergy.org.uk/

WORDS, WORDS, WORDS

Do you like having fun with words? The other day I came across a lovely list of words that I'm sure many of us have used at some time or other. Others may be new to you. They just have a lovely sound and are amazingly descriptive.

discombobulated cattywampus
lollygag brouhaha skedaddle
nincompoop bamboozled
tomfoolery malarkey

Do you have some favourites?

POSITIVITY CORNER

A time to reflect and perhaps to smile

When you are lonely, I
wish you love. When you
are down, I wish you joy.
When you are troubled,
I wish you peace. When
things are chaotic,
I wish you inner silence.
When things look empty,
I wish you hope.