



Carers 4 Carers

Finding support through supporting each other

February 2024

The long days of January are now behind us and the appearance of aconites and snowdrops tell us that spring can't be too far away. I love it when the snowdrops start to appear in my driveway. I think they are one of my favourite flowers. The days are gradually beginning to lengthen.



Last month many of our carers found much of interest in the talk given by Andrew Revell, CEO of Shipston Home Nursing. His talk dispelled some myths about the wonderful service they provide and who can receive it. Whereas once it was only for cancer patients now it is anyone who has a terminal illness. I have added their contact details to the list of contacts on the back page of this newsletter, including their web address. Their website contains a lot of useful information.

I've taken the opportunity this month to highlight the eligibility for council tax discounts. I've provided a summary but there is much more information on the government website at www.gov.uk/council-tax/who-has-to-pay. There is also information about Carers' Emergency cards. One is Warwickshire's Caring Together card while the other is a national card. I have no experience of the second card but wanted to pass the information on.

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. It is not necessary to book in advance for either the Carers' Group or the Companionship Group. However, if you'd like to know more or would like to introduce yourself before joining us for a meeting, you are welcome to get in touch by phone or email.

Friday 23rd February— last year Wendy Waters, social prescriber at Hastings House, and Gillian were involved in a project to make surgeries more carer friendly. She will describe the new provisions put in place at Hastings House and also talk about the role of the Social Prescriber, often considered a bit of mystery by many. The two Carer Champions from Hastings House Medical Centre will also

be with us to introduce themselves.

Friday 22nd March—Anna Prosser from Dogs for Good will talk about the work these wonderful dogs do to help people affected by a number of conditions to live happier, healthier lives. We are hoping she will be able to bring one of the dogs with her. If you are uncomfortable in the presence of dogs, please let us know before the meeting.



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

www.carers4carersonthefosse.org.uk

07947 893504

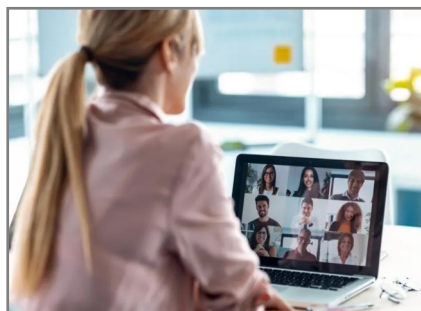
kcarers4carers@gmail.com

TIME TO CHAT?



Caring 24/7 or even part time can be incredibly isolating. Many of our carers have been coming to our meetings for a number of years and have made firm friendships. We often say that one of the most important parts of our meeting is our 'coffee and chat' time. This is a time when carers can just chat or share experiences and caring strategies. It's a comfort to know that it's not just you who experiences certain emotions. However, a carer may not feel ready to share some of what they are going through so let them say as much or as little as makes them feel comfortable. Equally it's important to be sensitive to the fact that, for the person you are chatting to, today might not be the day when you 'let off steam'. Talk to someone else or a member of our volunteer team instead.

Sometimes talking to someone 'outside' the situation is helpful. For those comfortable with using Zoom, CarersUK run weekly "Care for a Cuppa" sessions. These hour-long sessions run at different times of day, including evening sessions, so they hope that everyone, including working carers, are catered for. They also offer "Share and Learn" online sessions. These might include topics to promote your wellbeing, such as yoga or mindfulness. Information sessions will focus on specific conditions or offer tips and guidance relevant to carers. Two of their upcoming sessions are:



Information session with Parkinsons UK - Wednesday 14 February, 2-3pm

Tips and guidance for carers: disability benefits – Friday 23 February, 2-3pm

There is more information on the CarersUK site about "Share and Learn" and details of how you can book a session. I do recommend that you take a look. Go to www.carersuk.org then scroll down the home page until you see the section "Connect with Carers". Here you will find links to Share and Learn and Care for a Cuppa.

There is also a link to Carers Connect which is an online forum where you can talk about anything related to caring. Some people find writing things down helpful so you can get something off your chest, chat with other carers or ask questions. It is open 24/7 so you are not tied to specific times which are not always convenient.

QUIZ NIGHT FOR ANYONE?

We are very grateful to a team at Tysoe who are running a Quiz Night to raise funds for us. We do not yet have the full details but these will be available at our February meeting, and on the website and our facebook page when they've been confirmed.



Tysoe Village Hall at 7 p.m. on Sunday 17th March

DID YOU KNOW YOU CAN GET A DISCOUNT ON YOUR COUNCIL TAX BILL?

As they keep going up, every little helps, as a well-known supermarket says.

You may be eligible for a 25% or even 50% discount if:

- you live alone
- you live with people who aren't counted for Council Tax purposes, (including under 18s, anyone severely mentally impaired, a live-in carer*)
- your home has been adapted because someone with a disability lives there
- you are on a low income
- you live with someone on a low income who isn't your partner

For more details contact your local Council.

* not a spouse, partner or child



CARERS' EMERGENCY CARD

This identifies you as a carer. The card holds details of your key contacts. If you are involved in an emergency anyone trying to arrange support for the person you care for can do so quickly. The card also contains the number for Warwickshire County Council in case you do not have any key contacts. The card is free of charge.

To obtain the card, phone Caring Together Warwickshire on 0800 1975544

ANOTHER CARERS' CARD

This is Carers Card UK. It costs £8 for 2 years. It is a national card, identifying you as a carer. Like the Emergency card, it carries your ICE (In Case of Emergency) contact numbers. It entitles you to discounts, special offers and perks. The physical card also has a digital version and it comes with an accompanying app. This contains a lot of information from financial support to legal support and advice on health and wellbeing.

Find out more at: www.carerscarduk.co.uk/



INTRODUCING VOLUNTEER VAL TRINDER

My name is Val (Valerie) Trinder. After a few years' teaching music, I changed course and trained in librarianship. I spent my career in the NHS providing information and library services to medical and other hospital staff, supporting them in patient care, further training and research. I worked mostly in the West Country, but as my last job was based in Oxford, I stayed in this area on retirement as my family are all hereabouts. Being single and living alone, although I enjoy my garden, I like to get out into the community. Over the years I have served in the Methodist Church as an organist and in several other roles. I am active in the Progressive Christianity Network, I volunteer in the local foodbank, am chair of the Kineton Gardening Club and help with other charity events. For me, volunteering with Carers4carers is an enjoyable privilege.

IMPORTANT CONTACTS AND LINKS



- **Act on Energy**— for information about energy efficiency and hardship support. Phone 0800 988 2881 or visit actonenergy.org.uk/
- **Caring Together, Warwickshire**, the carer support service for Warwickshire carers. Phone 0800 297 5544 or visit www.caringtogetherwarwickshire.org.uk
- For consumer complaints, consumer help and advice or to report an issue to Trading Standards, please contact the Citizens Advice Consumer Service on 0808 223 1133.
- Healthwatch Warwickshire— www.healthwatchwarwickshire.co.uk ; 01926 422823 (9 a.m. to 5 p.m. on weekdays) and email info@healthwatchwarwickshire.co.uk
- **Omega**— phone 01743 245 088 or email info@omega.uk.net . These are also the contact details for Letter from Louise and Chatterbox
- **Samaritans**— phone 0116 123. Information about others ways of getting in touch can be found at <https://www.samaritans.org/>
- **Searchout Warwickshire**—the replacement for the Warwickshire Directory can be found at <https://searchout.warwickshire.gov.uk/>
- **Shipston Home Nursing**— phone 01608 664850 or find more information on their website: www.shipstonhomenursing.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
- **VASA**— for transport to medical appointments and support groups phone 01789 262889. They require at least 3 days' notice.
- Warwickshire County Council: www.warwickshire.gov.uk/ 01926 410 410

BOOKING YOUR TRANSPORT TO OUR

Please let us know if you would like a seat on the Back&4th community bus by **Friday 16th February**. If you're not sure whether you can come, it's still worth ringing up and booking a seat. It's easier to cancel it later if necessary than squeeze it in last minute. Use the phone number or email address below to let us know and we'll be in touch the following week with a pick-up time. We request a small contribution towards the cost for those able to pay it.

POSITIVITY CORNER

A time to reflect and perhaps to smile



**One person caring
about another
represents life's
greatest value.**