



Carers 4 Carers

Finding support through supporting each other

March 2023



I'm optimistically decorating this page with some daffodils but as I am writing this it is snowing. I'm hoping that the daffodils poking their heads up in my garden won't be spoiled. I hope you are all managing to keep warm and making use of many of the energy saving tips that we've heard about in the last few months.

You may remember that Warwickshire County Council's carer support package changed last year and the service is now known as Caring Together Warwickshire, provided by Carers Trust. The Council wants to know how things are going and has commissioned Healthwatch Warwickshire to find out. Details of how you can have your say are overleaf. Please consider taking part.

I remember being told by a nurse in charge of carer support at Cheltenham Hospital where I had taken my husband for an appointment that carers are key. 'Without them, our job is so much harder,' she said. This was about nine years ago and at that stage it was refreshing to hear the role of the carer being acknowledged and valued. I do feel that, with more regular highlighting of carers' situations and needs in the media, that there is greater awareness of the contribution that they make in society. We are frequently told that GP surgeries are the place to find out about services and support available. On April 20th, Hastings House will be hosting a Carers' Event with a wide range of organisations and services on hand. A similar event is being held next day at Shipston, for those living in the town and surrounding villages. More details next month but watch out for publicity posters.

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 0LB, 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. Anyone wishing to bring their loved one to attend the Companionship Group, especially for the first time, is asked to contact us in advance so that we can be sure that we can provide appropriate care.

Friday 24th March— Jaqui Smithson is a mixed media artist. She will show you how she takes raw wool and, using the technique of wet felting, skilfully creates the most beautiful pictures. Jacqui is an entertaining demonstrator so you can look forward to a relaxing morning. The Companions will be following a gardening theme.

Friday 28th April— Home safety is always important and with the current cost of energy, fire safety has been a concern as people try to cut costs. Wayne Cooke from the Community Fire Prevention Department in Leamington will be offering advice on fire and home safety. The Companions will enjoy some music with Gillian and have a chance to play our new instruments.




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

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FEEDBACK YOUR EXPERIENCES OF ADULT SOCIAL CARE TO THOSE WHO MATTER

I have received information about an event being held by  Healthwatch Warwickshire next month. The County Council Commissioners, who plan, pay for and monitor Adult Social Care services in the county, are keen to learn about your experiences if you have used these services. By sharing your experiences, good or bad, you can help the Commissioners understand and improve the services. It is also an opportunity to have any issues followed up if you wish.

The event is online, on 17th April, between 2 and 4 p.m. Healthwatch and the County Council understand that this isn't easily accessible for everyone and so they are happy to arrange for you to give your feedback in a phone call at a mutually agreed convenient time. The County Council will also cover costs if you need support to join in with this event. This could include the cost of someone to sit with the person you care for for the duration of the meeting.

I am including additional information with this newsletter giving details of the event and how you can join in. There will also be an opportunity to talk a little about this at our meeting in March when you will also be able to request a phone call.

THE HERBERT PROTOCOL

Have you ever heard of the Herbert Protocol? No? Neither had I.

If you care for someone who wanders, then you will know how worrying it can be, especially if you can't find them quickly.



The Herbert Protocol is a simple risk reduction tool to be used should an adult needing care and support go missing. It consists of a form that contains information about the person at risk that should be passed to the police in the event they are reported missing. The information should include a description of the person, details of medication, their daily routine, a photograph and significant places in the person's life that might give clues as to where they may have wandered.

Once completed, the form will contain confidential information so should be stored safely but in a place where it can be found quickly. The police will only ask for the form if the person has been reported missing.

If the person lives in residential care then it is the responsibility of the staff there to complete the form, although the assistance of the family will help. If the person lives at home, then the person who is the main carer should complete the form.

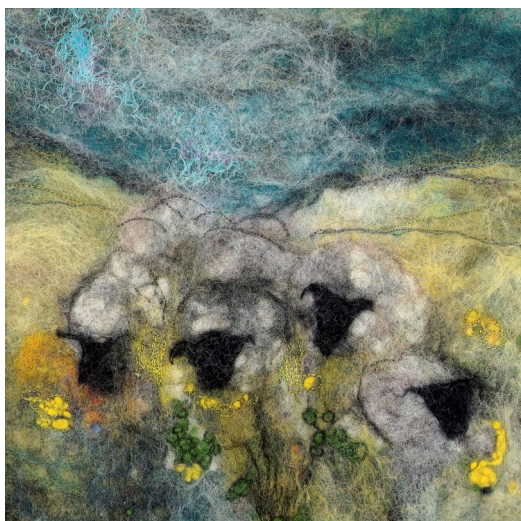
The form can be found online [here](https://www.warwickshire.police.uk/notices/af/herbert-protocol/). If you are unable to follow the link, type in <https://www.warwickshire.police.uk/notices/af/herbert-protocol/> and scroll down to the bottom of the page. The form can be completed online and saved on your computer or printed out and completed by hand. If you don't have a computer, ask a family member or friend to print it out for you. The protocol is a national scheme adopted by police forces across the country. It is named after a war veteran of the Normandy Landings, called George Herbert, who lived with dementia. He died while 'missing', trying to find his childhood home.

WORKING MIRACLES WITH WOOL, WATER AND COLOUR

This month we are inviting you, after our valuable time for coffee and chat, to sit back and enjoy an engaging demonstration of wet wool felting. I met Jacqui Smithson when she came to give a delightful demonstration at the Kineton Art Group last year. I suppose I've had an interest in the wonderful things that can be created with wool ever since I learnt to spin and weave in the 80s. I did learn how to make felt, too, but we didn't make anything as fascinating and beautiful as Jacqui's creations. I asked Jacqui to write a little about her work and she writes:

Jacqui Smithson is a Mixed Media Artist living and working in Kenilworth, Warwickshire. Her work is inspired by form, shape and textures found in the natural world and this is at the heart of her new range of textile art. She predominantly works with wool and makes original felt pieces with merino wool tops, threads, silks and fibres which are then enhanced by stitch and free machine embroidery.

Jacqui will be demonstrating the wet felting technique in the form of a flat image. She will be incorporating a variety of interesting fibres in her work and you will see her image begin to evolve as she chats about this ancient craft.



Two of Jacqui's beautiful pictures, 'Flocking home' and 'Blue Thistle'

.....and here Jacqui is demonstrating her felting and picture-making skills.



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/

BACK&4TH TRANSPORT

We are able to help with getting to and from our meetings. Fully accessible, Back&4th can pick you up from home in Wellesbourne or from the Village Hall. We can also pick up in Kineton or nearby. Please book your place by 17th March at 6 p.m. There is a small charge for those able to pay it. Please phone or email for more details.



POSITIVITY CORNER

A time to reflect and perhaps to smile



Try to be a rainbow
in someone else's
cloud.

Maya Angelou

Picture taken in the Faroe Isles