



Carers 4 Carers

Finding support through supporting each other

March 2024

I was fortunate enough to have enjoyed a couple of weeks in Norway last month. I didn't see the Northern Lights after all, although a quick trip up on deck while in Tromsø just after midnight still in my pyjamas (with a coat and fleece on too!) shows I tried! Seeing how well the Norwegians deal with vast quantities of snow shows how well they have adapted to coping with their local weather conditions. This year they hadn't had so much; just about 4 feet instead, sometimes, of over 6. The surplus is dumped in the sea!

For me, travelling solo, I find a cruise works well. Judging by the number of solo travellers on board, they also think the same. It was such a friendly trip; everyone talked to everyone else. So many were guests who had been bereaved in the last few years or months and the relaxed atmosphere on board led to many of them opening up and talking about their partners with great feeling and an understanding of what their partners would have wanted them to do once they were on their own. Clearly our beautiful surroundings created feelings of calm and relaxation as well as excitement and wonder.

Back down to earth now, I'm delighted that Ben Viollet of Tysoe has offered to run a Quiz Night to raise funds for Carers4Carers. I hinted at it last month and you will find details overleaf. If it's not for you, then please help by spreading the word to friends and family.

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 22nd March—Come and meet Anna Prosser from Dogs for Good, who are based in Banbury. These dogs are trained to do amazing things. They help people with various conditions to live happier and more independent lives. Anna is hoping to bring a dog with her so if you are uncomfortable in the presence of dogs, please let us know before the meeting so that she can be aware.

Friday 26th April—this is a morning to come and relax and have a good laugh. Our speaker this month is David Howe. Any teachers amongst our members may remember him as Warwickshire's Chief Inspector for schools but he certainly wasn't the scary kind. David is a very entertaining speaker and will take us on a nostalgic walk down Memory Lane with his talk 'Willingly to School?'



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

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WHAT IS SOCIAL PRESCRIBING?

At our February meeting we found out about the work of social prescribers. Thanks to Wendy, Amanda and Joanna from our local GP practices who came along to talk about their important role.

What is social prescribing and who might benefit?

It's becoming recognised more and more that someone's health and wellbeing are affected by a mix of other factors such as someone's social circumstances, economic situation and the wider environment. People who might benefit from social prescribing schemes include people with mild or long-term mental health problems, people with multiple long term health conditions and people who are socially isolated. These people often book and attend multiple GP appointments without the GP actually getting to the bottom of the problem. A social prescriber can typically offer a longer appointment than a routine 10-minute GP appointment during which they try to understand the person's whole life rather than just the physical symptoms they're presenting with. Using in-depth knowledge of local community groups, voluntary organisations and social services they can point the person in the direction of other sorts of practical help and emotional support.

What can a Social Prescriber help with?

- Support with managing low mood, bereavement and loss.
- Carer support
- Diet and/or lifestyle e.g. exercise, sleep, healthy eating etc.
- Self-care and ways of coping.
- Support with managing long-term health conditions.
- Support getting into work, volunteering and social activities.
- Family and friend relationships and counselling.
- Support with financial worries, benefits and housing difficulties.
- Taking up a new interest or hobby.
- Support to access services in the community to tackle loneliness and isolation.



Social prescribing sees health as being inextricably connected with social and environmental factors. By addressing these aspects, social prescribers support people to take control of their own health and wellbeing.

A practical example

Someone going through cancer treatment is likely to have additional concerns if they're caring for a family member who can't be left alone or if they can't afford to pay for car parking at the hospital. These additional concerns mean more stress in an already stressful situation. They may even mean the person missing appointments. A social prescriber, as a non-clinical member of the GP surgery team, would take a broad view of health and wellbeing. They may help identify benefits the person is entitled to, help them apply for a blue badge to help with parking, or perhaps help find someone to come and sit with the person they're caring for while they attend treatment. The social prescriber can't help directly with the cancer treatment but



Ben Viollet, from Tysoe, has generously offered to run a fun charity quiz night to raise funds for us. This is to be held at Tysoe Village Hall on Sunday 17th March. In case you haven't noticed, that's St. Patrick's Day so there might just be a bit of an Irish theme.

There will be plenty of questions about general knowledge, music and so much more. Local businesses have donated some amazing raffle prizes and there will be a musical interlude at half time. There will be a bar service provided by the Tysoe Social club and we'll also be serving hot drinks.

Doors will open at 7 p.m. and quizzing starts at around 7.15 p.m.

Teams will be a maximum of 4 and it's just £10 a table. If you don't have a full team, come anyway and we'll link you up with other quizzers.

Only 20 tables are available and booking is already open. You can book online at <https://carers4carers.sumupstore.com> where you will also find more details. Alternatively, if you'd prefer, give us a ring—07947 893504—and we'll book you a space over the phone.

they may be able to make the treatment a bit less stressful.

Referrals

A GP or practice nurse might refer someone to a social prescriber, or the person can refer themselves. Our local social prescribers work across groups of GP practices (known as Primary Care Networks):

Hastings House (including Kineton branch), Meon and Shipston Medical Centres - Wendy Waters, Lead Social Prescriber and Jacqui Close, Social Prescriber

Red Horse (Kineton and Tysoe), Fenny Compton, Harbury, Southam and St Wulfstan (also Southam) - Amanda Jerman, Lead Social Prescriber and Joanna Kennerley, Social Prescriber (plus two further Social Prescribers)

IMPORTANT CONTACTS AND LINKS



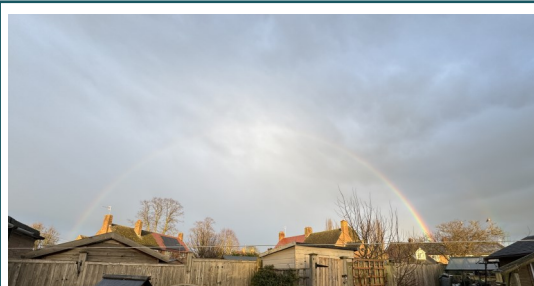
- **Act on Energy**— for information about energy efficiency and hardship support. Phone 0800 988 2881 or visit actonenergy.org.uk/
- **Caring Together, Warwickshire**, the carer support service for Warwickshire carers. Phone 0800 297 5544 or visit www.caringtogetherwarwickshire.org.uk
- For consumer 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 Letterbox 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 15th March**. This is for anyone travelling from Wellesbourne or Kineton or nearby villages. If you're not sure whether you can come, it's still worth ringing up and booking a seat. 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



*Try to be a rainbow in
someone else's cloud
Maya Angelou*