



Carers 4 Carers

Finding support through supporting each other

May 2024

Oh what a joy it is to be able to get out into the garden, or just outside after all this dismal weather. I meet an elderly friend for a country walk and a coffee each month. Having had to give up driving, she really looks forward to her outing. So, on yet another miserable day when we clearly were not going to have a walk she greeted me with, 'Oh I am fed up with it still being February in May.' Thankfully, the weather man must have heard her!

It wasn't much better this time last year, was it, for the Coronation, although it was a beautiful day for our celebratory Big Lunches the next day. So much has happened since then and it is good to see King Charles take his first tentative steps 'back to work' since his cancer diagnosis.



Next month, June 10th—16th is Carers' Week and the theme this year is 'Putting Carers on the Map'. We will be hosting a Carers' Information Event at Kineton Village Hall on Friday 14th June in the morning. There are more details overleaf. Please help by spreading the word about this event. We are still receiving responses from organisations that we have invited.

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. 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 24th May— This month we are giving you more time to yourself. Come along, enjoy tea or coffee and biscuits and you'll have plenty of time to chat. There will be no speaker. We know many of you like to enjoy a creative project but don't really have time for it so do feel free to bring along your knitting, sewing, drawing, whatever you like. We'll also have some puzzles if you'd like them and some pages to colour.

Our lovely therapist, Anita, will be with us to offer you a mini massage and we'll round off the morning with some music.

Friday 28th June — we welcome Sharon Smith who is a Warwickshire County Council social care worker, working with people with physical disabilities and sensory needs. Sharon is herself hard of hearing and will be telling us about the services of Hearing Assist.



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

www.carers4carersonthefosse.org.uk

07947 893504

kcarers4carers@gmail.com

ENJOYING A CHANGE OF SCENE CAN WORK WONDERS

Now we are moving into the more summery months, it's lovely on a beautiful day to have a change of scene and go out somewhere. The effect can be quite restorative, especially if you're feeling a bit jaded after the winter months. We are very blessed in this area with a number of National Trust Properties. Charlecote Park is on the doorstep for many of us and Upton House and Farnborough Hall not too far. A little further afield are Baddesley Clinton, Coughton Court and Packwood House. The National Trust is working hard to



improve its access for all. Disabled visitors can apply for an Essential Companion card which enables up to two carers or companions to enter free of charge. The card is in their name, not the carers, so different carers can accompany them. If the disabled visitor is not a National Trust member, they will need to pay for themselves. The card can be ordered by phoning the Supporter Services Centre on 0344 800 1895.

Compton Verney also offers free access to essential carers of adults. They do require evidence so I suggest you give them a call on 01926 645500 before visiting to ask what is required. They also offer a reduced price ticket of £2 for anyone receiving Universal and Pension credit. Again, proof of eligibility is required.

Another lovely way of spending time out is to visit a Craft Fair. Either under the Carers4Carers banner or under the name of my own craft business, Hemiola Crafts, I have a number of Fairs booked. Whatever the name, donations are made from my profits to Carers4Carers. By the time you read this, Lisa and I will have been at the Kineton Farmers' Market but you can catch the next one on July13th. See us at the W.I. Table Top sale in Wellesbourne on June 8th too.

A chance chat with Anna Prosser (Dogs for Good) led me to the Mid-England Barrow near Fenny Compton and we will be having a table

at their event on May 25th. 100% of all profits from the event, not just our stall, will be donated to us. Sarah, who organises everything, is herself a carer. The event takes place in a Safari tent at the site where you can also enjoy the beauty and tranquility of the nature reserve. Refreshments are available and there is full disabled access. For more



details, including directions, take a look at their website: www.mid-englandbarrow.co.uk



Every year in June, Carers Week puts the spotlight on carers. The week is promoted by Carers UK in association with the organisations listed below. It aims to increase visibility for carers, not only with the general public but with decision makers, services, employers, communities and businesses. It is hoped that in this election year the theme 'Putting carers on the Map' will stimulate some activity to highlight the increasing pressures carers face and campaign for much-needed recognition and support.

Right from the start of my involvement with caring, as a carer myself, I have been aware of the staggering figure that carers save the economy. Twenty years ago, this was just over £100m, as much as it cost to run the NHS. The comparison with the cost of the NHS is the same but the figure is now £162m. Despite this, many carers feel their role is forgotten, undervalued and invisible.

Each day of the week will have a different focus, including younger carers, older carers, mental health and wellbeing, work and employment and health and social care.

Because Carers' Week does not easily coincide with our monthly meetings, we have not often made a special contribution. This year, we decided we would. We hope our Carers' Information Event will help to raise awareness for those who care in our area. They may have been caring for some time, be new to caring or their loved ones might now be in residential care. It's my experience that this last group are often no

longer regarded as carers but nothing can be further from the truth. While no longer providing physical care, they are still very much involved with appointments, finances, supporting the care home through their knowledge of the resident and helping in many ways with care such as visiting and helping at mealtimes. It can be an incredibly emotional time for both carer and cared for. When bereavement comes, we believe carers should still be supported.

We have invited a number of organisations to be present at the event. It's your opportunity to talk to them face to face, to ask questions and to give vital feedback. Please tell other carers you know about it, especially if you know someone who doesn't really consider themselves to be a carer.

Participating organisations booked so far:

- Hastings House Medical Centre
- Kineton Surgery (Red Horse)
- Healthwatch Warwickshire
- Wenmans Healthcare
- Unique Senior Care
- Shipston Home Nursing
- Back&4th (including Meals on Wheels)
- Community Fire Safety
- Stroke Association

CARERS' INFORMATION EVENT
Are you an unpaid carer? Come and join us.
Meet organisations that support carers

KINETON VILLAGE HALL Friday 14th June 10—12.30

Let's talk about dementia

THE THAKESHEAD HOSPICE

healthwatch Warwickshire

Wenman

Stroke Association

SHIPSTON HOME NURSING

Raffle

Teas, coffees and cake



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 17th May**. 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

