



Carers 4 Carers

Finding support through supporting each other

May 2023

I decided to wait until after the Coronation before writing this part of the newsletter. Royalist or not, it would be hard not to acknowledge what a momentous day it was. What was the highlight for you, the spectacle, the music? We all took from it what was personal to us.

Central to the Coronation was the message of service. The King comes not to be served, but to serve. NHS staff were given front row seats near Buckingham Palace and more attended the Coronation Concert. The King expressed his gratitude to the NHS in a tangible way.



The Big Help Out on Monday was an opportunity to highlight volunteering. In Kineton, we held a day at the Village Hall, attended by representatives of voluntary organisations, including ourselves. It was an opportunity to explain what volunteers do and invite others to join in. The theme of service continued with this event.

Service can take place in a very public way but for many, it's personal, often carried out behind closed doors. It demonstrates a love and respect for others. That's just where caring happens. It may be the love between a parent and child, between partners within a marriage or relationship or between friends or neighbours. Caring is an essential aspect of human nature. Like service, it allows us to show empathy and compassion for others.

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. If you'd like to know more before joining us for a meeting, do get in touch by phone or email. However, it is no longer necessary to book in advance for either the Carers' Group or the Companionship Group.

Friday 26th May—Put the date in your diary for a trip down Memory Lane! We are looking forward to welcoming a team from the British Motor Museum who entertained us so brilliantly last September. Whether you are mad on cars or not, it's wonderful to be able to look back with nostalgia to earlier forms of transport. Our guests will be bringing artefacts

from the museum which will jog memories and encourage us to look back at a time when life was lived at a slower pace.

Friday 23rd June—Mention 'Samaritans' and many people immediately think of 'suicide' and 'crisis'. However, Samaritans is more than this and our guest speaker will explain to us the main aspects of their work.

FIRE PREVENTION

Last month, Fire Officer Wayne Cooke gave us a very thought provoking presentation on fire prevention. Because the messages he left with us are so important, I am sharing some of them here for those unable to attend the meeting.

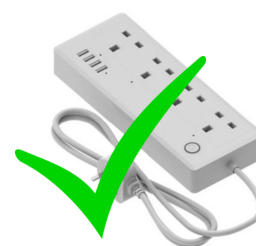
Smoke alarms: how often do you check yours? They should be checked **every week**. If you can't reach your alarm, use something like a broom handle to reach up and press the button in the middle. Hard-wired alarms have a battery inside (usually, but not always, a 9v, so keep a spare in the house) in case the power goes off. As the battery starts to fail, it starts chirping. It's amazing how often this is in the middle of the night! If you can't change it safely yourself, ask a friend or neighbour or, if that's not possible, contact the Fire Brigade. These hard-wired alarms have a finite life; the expiry date is printed on it. Make a note of it before installing it.



If you don't have a smoke alarm –you need one on each floor of the house—the fire brigade will fit them for you. They contain batteries that last about 10 years; they will still need checking. Special alarms are available for those who are hearing impaired.



Electrical safety: do not plug too many appliances into a socket and overload it. The old style square adaptors are not safe; dispose of them and replace with an extension lead. Make sure that any trailing cables are safely placed and do not cause trip hazards. Do not use damaged or frayed electrical cords.



Do you place your phone or tablet on a cushion, sofa, or on the bed to charge? I used to; I don't any more. Their lithium batteries generate heat and chargers can overheat, causing a fire. Place them on a hard surface and it's safer to charge during the day when you are around and can keep your eye on them.

An emergency escape plan: make sure you know how you would get out of the house in the event of a fire. Always keep the route clear and uncluttered and always keep your keys in the same place so that you could find them in the dark. Plan a second alternative route.

Don't forget to shut your downstairs doors at night; this will give you time should the worst happen.

The fire prevention service offer a free Safe and Well check in your home. This used to be known as a home fire safety check. They will check and/or fit smoke alarms and advise on any fire risks. They also provide advice on slips, trips and falls, winter warmth and giving up smoking. They want to hear from anyone who is over 65, has no smoke detector, mobility issues, long term health conditions, lives alone, has had a previous fall or is oxygen dependent.



To learn more and arrange a visit, phone 01926 466282.

MAY—A MONTH OF MEMORIES



As we grow older, many of us enjoy recalling significant memories from our earlier days. They may be fond memories or some may be troubling ones. It looks as though the month of May will be the month for memories, both recalling them and making them. As we all anticipated the historic occasion of this month's Coronation, we heard some wonderful stories of the celebrations that took place for the late Queen's Coronation. My mother used to talk quite animatedly about it, especially when I was younger. She always remembered Queen Salote of Tonga who insisted on driving in an open carriage even though it was

pouring with rain! For our family, we had no access to a television so my mother would have watched a screening at a cinema shortly afterwards. Present day media has shared photos sent in by viewers of happy street parties in 1953. We've also recalled some of the events of the late Queen's various Jubilee celebrations.

If you spent our new King's Coronation Day in front of the television marvelling at all the military precision, pomp and ceremony and perhaps enjoyed a community event, then you will have made some wonderful memories. It's traditional for some people to buy a commemorative item to mark the occasion. I still have a mug and a ginger jar from the 1977 Silver Jubilee! I have also kept my mother's scrapbook and a little model of the coronation coach. I was two at the time of Queen Elizabeth's coronation, so these things help to remind me of the stories my mother told me.



We frequently use pictures and objects to remind us of things. That's why we take photographs to capture significant events such as family occasions and on holiday. Browsing through albums or having a 'slide evening' as we used to have, can bring those memories back. As we get older, it's quite natural for us to become a little forgetful or take longer to remember things. Pictures prompt the recall of memories and can be enjoyed by everyone. For anyone having more serious problems with their memory and cognitive decline, they can provide vital clues. The conversations between family members or friends and the person affected while looking at those pictures can trigger thoughts of events quite a long way back. Research shows that there are several different types of memory and cognitive decline which can affect them in different ways, depending on what part of the brain is affected. A decline



in 'working memory' can affect the ability to plan, organise or carry out daily chores. Visual reminders in the form of pictures or objects can help when there are problems with recalling words.

We are used to those affected by memory loss struggling with short term memory and yet they can remember events way back in their past often quite clearly. Those of us who went to the British Motor Museum thoroughly enjoyed seeing some of the historic forms of transport or the cars we perhaps learnt to drive in. They brought back memories. So, we hope, when the Museum's team bring a range of artefacts with them to our next meeting, you'll enjoy being reminded of 'yesterday'.

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/

BOOKING YOUR TRANSPORT TO OUR MAY MEETING

Please let us know if you would like a seat on the Back&4th community bus by **Friday 19th May**. This gives us time to send pick-up details for the driver. 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.

POSITIVITY CORNER

A time to reflect and perhaps to smile

Taking care is one way to show your love.

Another way is letting people take good care of you when you need it.

Fred Rogers

