



Carers 4 Carers

Finding support through supporting each other

October 2023



Seeking inspiration for this month's newsletter I re-read Gillian's September piece about seizing the moment and new beginnings. With the nights drawing in (does it take you by surprise every year too?!) and the prospect of dull, chilly weather, there will be days when I won't want to venture outside. Days when I know it'll be tempting to stay indoors with a blanket over my knees and a good book, not wanting to stick my nose out into the fresh air. So why was it, during a recent trip to Cornwall, my husband and I made the effort to go outside despite the weather? One day it was brilliant sunshine and the next we couldn't see 100 yds in front of us because of fog! But we seized the day and ventured outside, even if it was to "misplace" ourselves on a coastal walk.... But that's another story.....! Back home after our trip I'm now in a post-holiday, autumn resolution frame of mind. My goal? To stick my nose outside the door every day, whatever the weather. The weather's been a bit hit-and-miss recently but it's been relatively easy to keep my resolution—there are still sunflowers blooming in my garden (better late than never) and we had a few days of an Indian summer. My thinking is that if I get into the habit now, it'll be easier when it's cold, wet and windy. There's "proper" science on the link between daylight and its positive effects on our mood, sleep quality and body rhythms but it's not always easy to achieve. We may not feel up to it, mobility issues may make it difficult, caring responsibilities may make it feel impossible to take time out. But flinging open the curtains and cracking open a window is all it takes. So this autumn and winter you'll find me at the back door with my morning cuppa wearing my pyjamas and a suitable coat! You never know, I may even venture out further afield—dressed appropriately of course!

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 27th October—this will be a meeting without a speaker. However, we will be welcoming Sophie Hilleary, the High Sheriff of Warwickshire who is keen to meet those who attend volunteer support groups during her year. Anita, our award-winning beauty therapist, will be on hand with some of her lovely TLC

mini-massages and we'll finish the morning with some music.

Friday 24th November—thinking ahead to Christmas (yikes!) both carers and companions will be having fun with some Christmas crafting.

Friday 8th December—seasonal meeting with music and mince pies (of course!)



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

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SHIPSTON HOME NURSING

Shipston Home Nursing provides free home hospice nursing care and emotional support for people and their families facing the diagnosis of a terminal illness.

We are a Charity with over 25 years experience of providing high quality nursing care and emotional support for patients whose illnesses no longer respond to curative treatment and who wish to be nursed in the comfort of their own homes.

We care for patients day and night, making sure each patient is treated as an individual through understanding their needs and wishes, building relationships with them and providing flexible, quality care for the period they need us.

Our team comprises Registered General Nurses and Health Care Assistants who ensure that the charity's clinical standards exceed the standards of the Quality Care Commission. We work as part of a multi-disciplined team with GP's, Community Nurses, and other healthcare professionals to ensure care is well planned and coordinated .

We usually work closely with GP surgeries; the surgeries we currently cover are:

- Shipston Medical Centre
- Hastings House Medical Centre (Wellesbourne and Kineton branches)
- Vale of Red House Health Care Centre (Kineton and Tysoe Surgery)
- Sibford Surgery
- Fenny Compton Surgery
- Shenington Surgery
- Meon Medical Centre

If a patient is not registered with one of the above Medical Centres, we would still like to hear from them, as often we can help, even if to signpost to one of our sister charities.

Most patients we meet are referred to us by their GP's or Community Nurses, but we are also happy to speak with patients and families direct if they need our services or even if they just need advice.

Recently we have increased our bereavement support and counselling services to help the families of patients as well as families needing support following the death of a loved one.

As a Charity we heavily rely on the generosity of our supporters and donors who donate more than 90% of the annual income needed to maintain the services we provide; we also receive a small grant from the NHS.

Useful contact details:

Main office number: 01608 664850

www.shipstohomenursing.co.uk



Shipston Home Nursing is a Charitable Incorporated Organisation; Charity registered number 1162586. Registered in England and



HOT MEAL DELIVERY

Some of you may know that Warwickshire's meals-on-wheels service was axed last year leaving customers to make their own arrangements. Luckily, WRCC (the lovely people who run Back&4th, our community bus) have launched a brand new service called the **Community Food Fleet**. Unlike some frozen prepared meal providers, Community Food Fleet will deliver *hot* lunchtime meals 7 days a week, 365 days a year. They will even plate up your meal and get your cutlery from the kitchen! So, if you struggle to prepare meals or don't have the time to cook, this might be ideal for you! Customers can make their own meal choices from the menus provided and the service can be cancelled at any time. They have a team of friendly drivers who are all DBS checked. As part of the service, they also offer a basic welfare check each time they visit to make sure customers are safe and well and will contact the next of kin with any concerns. For more details take a look at www.communityfoodfleet.org.uk/

Email: cff@wrccrural.org.uk Phone: [01926 800915](tel:01926800915)

NEWS IN BRIEF

Warwickshire mobile libraries For all you bookworms, this free service is expanding with more stops along some routes and two new electric vehicles https://apps.warwickshire.gov.uk/MobileLibraries/library_routes

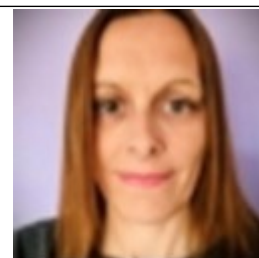
In memory giving is a way to pass on something wonderful by leaving your charity of choice a gift or "legacy" in your Will. You can either leave a fixed amount or a percentage. Your solicitor should be able to advise you on the wording required. All you need is the name, address and charity number of your chosen charity.

Free cost of living workshops Do you, or someone you know, need help to make the most of your money and develop good saving and budgeting habits? Help is on hand at the Scout Hut in Shipston on Stour on Thursday 26 October, 9 November and 14 December. To find out more take a look at: <https://cwcd.co.uk/community-services/money-money-maths>



MEET SIAN—ONE OF OUR VALUED VOLUNTEERS

My name is Sian Kellaway, married to Keyn with 3 children Tilly (15), Jessica (13) and Joshua (7). I work as a Buyer at Jaguar Land Rover so that and the children keep me busy but I also want to do something that gets me out, meeting local people and is helping out - hence why I join you all when I can. I am originally from Looe in Cornwall where I met my husband 25 years ago so we both like to get down to see family as often as we can. We've lived in Essex, Melbourne and Cologne but have finally settled in Moreton Morrell and have been here 11 years now so think we're here to stay!



IMPORTANT CONTACTS AND LINKS

- **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.
- 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 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/
- **Samaritans**— phone 0116 123. Information about others ways of getting in touch can be found at <https://www.samaritans.org/>
- **Omega** (Carers4Carers' umbrella charity) - offers free telephone befriending and pen pal letter-writing project. Phone 01743 245088 www.omega.uk.net



BOOKING YOUR TRANSPORT TO OUR OCTOBER MEETING

Please let us know if you would like a seat on the Back&4th community bus by **Friday 20th October**. 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

POSITIVITY CORNER

