



Carers4Carers

Finding support through supporting each other
July—August 2021

After a false start, thanks to the downpour on June 18th, twelve of us spent a lovely morning at Compton Verney on July 1st, drinking coffee or tea, enjoying shortbread biscuits and yes, you guessed it, talking. The shuttle bus enabled everyone to have access while for some there was a pleasant walk up to the House where we found the stretch tent. Tables were reserved for us and refreshments laid out ready.



We are looking forward to a second visit on August 20th. When we first spoke to Emily at Compton Verney back in June, she told us that by our second visit, all restrictions would be removed and that all facilities would be open. In the light of recent developments regarding



the rise in infections, at this stage we do not know whether this will be the case. Our August newsletter is not due out until the day of that visit so I would suggest that you make your booking with us now, if you would like to come, and I will update you when I have the relevant information. The tickets we purchase for you

next month will give you greater access than we have had up to now so if you would like to stay on to view the galleries, but not the main exhibition, you are welcome to do so.

Plans are now being made for our return to face-to-face meetings, starting on September 24th. We know that many of you will feel anxious about venturing out again once restrictions are lifted. I know many places are planning to keep many arrangements in place. I've received an email from my dentist explaining that nothing is changing and Hastings House has posted that face covers and social distancing will remain mandatory. We want you to feel safe when you return to us, so we will be taking the 'ultra-cautious' approach. There will be more details in our next newsletters once everything has been finalised.

OUR MONTHLY MEETINGS

Our monthly meetings, normally held on the 4th Friday of the month at Kineton Village Hall, are currently suspended. We hope to re-open later in the year.

SCAM WATCH

Warwickshire Trading Standards continue to warn residents of the latest scams. Do report them if you receive a message, phone call or email and remember the advice to:

- Never reveal personal or financial information to cold phone callers or doorstep callers
- If you are using the internet, always type in the website address and do not click a link unless you are 110% sure it comes from a reliable source (like us!)
- Take five—never act in a hurry. That’s what fraudsters want you to do. Think about what you have read or heard, discuss it with a trusted friend or family member. If in doubt, don’t.

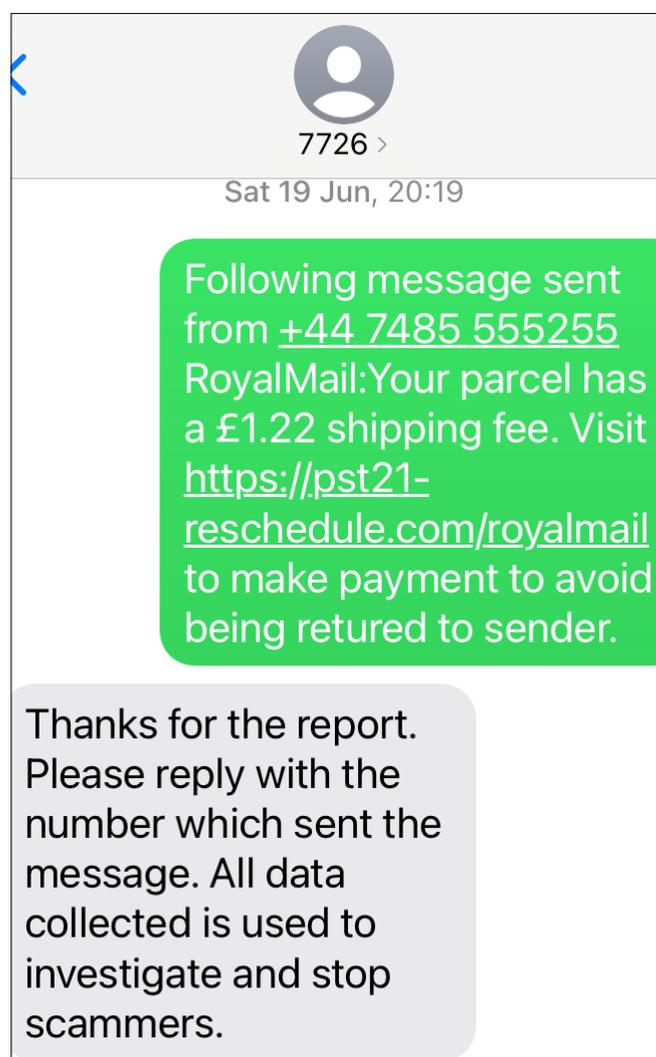
If you use online banking and routinely receive genuine text messages from your bank, always check that it is indeed genuine. Bogus ones usually state that a new payment or direct debit has been set up. A link will take you to a fake website where you are asked to provide login information which is then stolen by the scammers. How can you tell if it’s genuine? Look out for poor standards of English and spelling and incorrect web address on the link. A bank won’t ask you to verify details by following a link. To make sure, ring the bank’s fraud department. I did, recently.

Watch out for HMRC scams. This might be in the form of an email, a recorded phone message or a text message. They typically will tell you that you are the subject of tax fraud, entitled to a refund or that there has been fraudulent use of your National Insurance number.

Remember, the more people report such scams, the easier it is for the authorities to deal with them.

I have followed the advice to report text messages to 7726. These numbers spell out SPAM so are easy to remember. To forward on an iPhone, press and hold with your finger on the message, then select copy. Then paste the contents into a new message and send. You will be sent an acknowledgement and a reply to their message asking you to provide the number that the fake message was sent from. This works the same on an Android phone except that you are also given the option to Forward the message which is easier.

If you are unsure how to do this, ask a family member or friend to show you.



ARE YOU A CONFIDENT MATURE DRIVER?

For many of our carers, the ability to keep driving is an important part of making daily life a little easier.

Reaching the big 70 this year, having to renew my driving licence seemed like a rite of passage. I was one of those lucky people who passed their test first time, back in 1974. Apart from one refresher session when I bought my first car, like most drivers, I've had no tuition or assessment of my driving since then.



Through its partnership with IAM RoadSmart, a road safety charity, Warwickshire County Council supports mature residents to continue driving safely. A Mature Driver Review offers drivers an opportunity to boost driving skills and stay safe and mobile for as long as possible. The pandemic has caused many drivers to drive very little over the last 18 months and a number are anxious about returning to 'normal' traffic levels.

The review is an hour-long session, tailored to your individual needs. You use your own vehicle and drive familiar routes and roads which you travel and use regularly. At the end of the session, the assessor will offer feedback, hints and tips and observations designed to boost your skills and confidence. This is definitely not a test but participating may reassure you and your family of your driving competence. The Council is offering 100 courses free of charge and if you'd like to take one, you can book it on 0300 303 1134 during office hours and quote reference WCC.



JOIN OUR VIRTUAL COFFEE MORNING

The next coffee morning will be on **Friday 23rd July at 10.30 a.m.** and I'll send a reminder as usual. Look out for the joining details in your email that accompanies this newsletter.

We are planning to take a break from these Coffee Mornings during August so it's possible this will be our last for the time being. However, it's not too late for you to join in; we'd love to see you. While being far from ideal and, for some, a bit of a mountain to climb technologically, it has been good to be able to see familiar—and new—faces. We have all learned so much during this pandemic. Who'd have thought 18 months ago that we'd be looking at each other in little boxes on a computer or tablet screen!

FARMERS' MARKET

Lisa and I had a cracking morning at the July Kineton Farmers' market. The weather was acceptable. Top of the popularity stakes this time — poo bag holders and linen bread bags.

It was lovely to meet so many people, sell our wares and also talk to people taking on the role of caring. It's good to know we can support them.

The next market will be on 11th. September

LINKS AND SIGNPOSTS

We aim to use this back page for links to items we have mentioned throughout the newsletter. They will then be easy for you to find. The links are also uploaded onto our website, so if you can't find your newsletter, you can find them here:

<https://www.carers4carersonthefosse.org.uk/Links/>



LINKS MENTIONED IN THE NEWSLETTER—they are all trustworthy

More about Trading Standards, scams and rogue traders: www.warwickshire.gov.uk/doorstepsellers ; www.actionfraud.police.uk/. Report fraud directly to Action Fraud on 0300 123 2040 or Citizens Advice Consumer Helpline on 0800 223 1133.

If you have received an **email** which you're not quite sure about, forward it to the **Suspicious Email Reporting** Service (SERS) at report@phishing.gov.uk.

Spam and scam text messages should be copied and forwarded to 7726 (spells SPAM). This will help your provider to investigate and block the number.

Carers Trust Heart of England—www.carerstrusthofe.org.uk; 024 7610 1040 Option 4

Warwickshire CRESS Service please email warwickshirecress@carerstrusthofe.org.uk or call 02476 258816 (Out of hours: 07979 503 133).

COMPTON VERNEY VISIT 2

Our next visit to Compton Verney will be on Friday August 20th. The sooner you book the better, in case we have to cap numbers.

Phone 07947 893504 and leave a message or send an email. We'll get back to you with joining instructions about a week before the visit. Please let us know if you are a Compton Verney member. We will cover the admission fee and refreshments although we do welcome a contribution towards the cost if you feel able. All being well, all areas of the Art Gallery will be open so you are welcome to stay on afterwards if you wish.

POSITIVITY CORNER

It's 'Freedom' Day today as I write. It's recognised that it may be Freedom for some but not for others. I've borrowed this quote from Unique Senior Care's Facebook post in case you need a little motivation.

Few things in the world are more powerful than a positive push. A smile. A world of optimism and hope. A 'you can do it' when things are tough.

Richard M. DeVos