



# Carers4Carers

Finding support through supporting each other

June—July 2021

Have you been enjoying the warm sunny weather?

This week we are looking forward to our first visit of the year to Compton Verney on Friday. I met Emily, our contact there, last week and everything is in place to make this an enjoyable morning. The only thing we can't control of course, is the weather and that is due to break on Thursday. Fingers crossed! If you have been unable to join us this time, there will be another visit on Friday August 20th. Make a date in your diary.



Some of you may have seen or heard references to Carers' Week in the media. As it's so difficult to organise physical events, I feel it would have helped to keep it in everyone's mind by mentioning each day. We heard about a family where the mother was a 'sandwich' carer, looking after disabled children as well as a parent, author Kate Mosse talked about caring for her grandmother and only this morning, I learned that Dave Myers (Hairy Bikers) had been a young carer after his mother developed MS. We know that many 'ordinary' people are carers but when celebrities explain how caring has affected them and how it can happen so quickly, it helps when we can relate to their stories.

Last night, Boris Johnson made his announcement regarding the postponement of the final easing of lockdown. How do you feel about it? I believe he is right to want to make this an irreversible decision. As a country we have been through so much and, while we're itching to see some semblance of normal life, waiting another few weeks to ensure it does work is surely a small price to pay.

Carers of loved ones with dementia will be sorry to learn that the Alzheimers Society will not be re-opening their Dementia cafes, post-pandemic. I know this will be a bitter blow for those who find café groups so helpful. Heather Brown is taking over the group at Compton Verney and Tony Britton will be running the group in Warwick for early onset Dementia patients. We will definitely be returning to holding group meetings when the time is right. September 24th is ear-marked for our re-opening, but of course nothing can yet be certain. We will, of course, be planning to ensure the safety of carers, cared-for and volunteers so there may well be some changes to the way things are organised. We'll let you know in good time.

## 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.

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

[www.carers4carersonthefosse.org.uk](http://www.carers4carersonthefosse.org.uk)

07947 893504

[kcarers4carers@gmail.com](mailto:kcarers4carers@gmail.com)

## SCAM WATCH

This week's mailing from Warwickshire Trading Standards highlights the launch of Scam Awareness Fortnight on June 14th. Last year fraud victims in the UK lost £2.3bn to scams. Fraudsters seem to creep into so many aspects of our daily life in a bid to con us out of our hard-earned funds; they take advantage of the latest technology as well as national and global situations, such as the pandemic.

Some key points may help you to outwit the fraudsters.

**Don't be hasty:** there is often an attempt to rush you into action by scaring you into thinking something dreadful will happen, such as your NHS number being suspended. In the last two weeks, I've received no fewer than five recorded calls telling me my tax affairs are subject to fraud investigations. I just put the phone down as it was easy to recognise. Never make a hurried decision. 'Take five' is a good mantra; that is, five minutes to think about it, talk to someone before you act. Sometimes the call really might be from your bank's fraud department but to make sure, you can put your phone down. Using a different phone, ring a published number to check. A genuine caller will never mind.

**Danger comes in many forms:** fraudsters come in many forms, pretending to be from banks and recognised institutions. The more they know about you, the more plausible they seem. Protect your personal and financial information. Invest in a shredder if you don't have one and make sure that any device you use is protected from viruses.

**What are the chances?** Many people fall for scams because an email or message arrives just as they were genuinely expecting or looking for something. Perhaps you need to renew something such as your driving licence and a scam site pops up.

Even if you are expecting something, it's wise to double-check first, especially if transfer of money is required. If you are renewing a government document, always start searching on the official government website [www.gov.uk](http://www.gov.uk) rather than searching on Google.

**Pulling at our heart strings:** Fraudsters often use emotive language. They can be very convincing and from romance fraud to bogus sales, they like to put us in a position where we can't say 'no'.



### JOIN OUR VIRTUAL COFFEE MORNING

We had a bumper attendance last month. Will you join in too? It's a chance to see someone you've not seen for ages, albeit not in the flesh. It's good to talk and see each other. Remember, you're amongst friends so if something goes wrong technically, no-one will mind. You can join by phone if you are not on the internet.

Please find the joining instructions in the letter or email accompanying your newsletter or phone/email if you can't find them.

The next coffee morning will be on **Friday 25th June at 10.30 a.m.** I'll send a reminder as usual.

## HEALTHY AGEING CAMPAIGN

It's an accepted fact our ageing population and changing lifestyles place increasing demands on health and social services. Our local NHS Trust works with local healthcare partners to focus on improving the wellbeing of our communities. They are working to support people to lead healthier lives. Understanding how we can do this is important and so, together with NHS and CCG colleagues, Warwickshire County Council has worked to provide local communities with resources that focus on health prevention rather than illness.

Working jointly, they have launched a new microsite that provides advice about health, wellbeing and exercise for residents throughout the county aged 65 plus.

Advice on aids, how to choose them and where to find them is included and short videos demonstrating the suggested exercise makes this straight forward to use.

The Food and Drink section gives lots of advice on a healthy diet and encouragement to stick with it. The importance of drinking water—and, significantly, the reason for it—is given a high priority.

It's not just about

keeping our bodies healthy and active, it's our minds, too. A reminder that reading is one of the oldest ways to train your brain. That can be an issue if, like my mother who was an avid reader, you develop sight issues. Don't forget audio books. They are a wonderful way of getting lost in a story or of broadening your horizons. They are available via our County library service.

During the pandemic, it has never been more important to find ways of keeping connected with people, friends and family, as so many of us have been isolated at home. The site talks about the benefits of keeping connected but also suggests ways of doing this, even while we are still restricted. The site is targeted at over 65s, not specifically carers, so there will inevitably be some suggestions that you can't carry through, but there is much to consider.

I urge you to take a look at the site and, if you don't have internet access, then perhaps younger members of your family can help you out if they are visitin. It can be found at:

[www.warwickshire.gov.uk/healthy-ageing](http://www.warwickshire.gov.uk/healthy-ageing)

We all want to keep ourselves healthy.

Drinking lots of fluids, eating a balanced diet and regular exercise are all good for a healthy lifestyle. The following six pieces of advice act as a guide that you can incorporate into your own life. We want you to stay happy, healthy and independent.

**Keeping fit**  
Learn more

**Keeping your home easily accessible**  
Learn more

**Connecting with people, friends and family**  
Learn more

**Brain training**  
Learn more

**Food and drink**  
Learn more

**Be alert to signs of infection**  
Learn more

## 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](http://www.warwickshire.gov.uk/doorstepsellers) ; [www.actionfraud.police.uk/](http://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](mailto: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.

Healthwatch Warwickshire— [www.healthwatchwarwickshire.co.uk](http://www.healthwatchwarwickshire.co.uk) ; 01926 422823 (9 a.m. to 5 p.m. on weekdays) and email [info@healthwatchwarwickshire.co.uk](mailto:info@healthwatchwarwickshire.co.uk)

Carers Trust Heart of England—[www.carerstrusthofs.org.uk](http://www.carerstrusthofs.org.uk); 024 7610 1040 Option 4

Warwickshire CRESS Service please email [warwickshirecress@carerstrusthofs.org.uk](mailto:warwickshirecress@carerstrusthofs.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. It's not too early to book for this. Numbers may have to be limited so the earlier you sign up the better.

Phone the number below and leave a message or send an email. 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

Your mind is not a dust bin for keeping anger, hatred and jealousy in. It's a treasure box in which to keep love, happiness and sweet memories. Return to it often.

