



Carers 4 Carers

Finding support through supporting each other

November and December 2022

It's hard to believe that it's 10 years ago that I held an exploratory meeting in Kineton, inviting local carers to decide whether they would like to form a group for mutual support. Grace Foote, who had recently lost her husband to vascular dementia wanted 'a job' so she became our tea lady. About 4 carers attended, caring for a parent, spouse, partner or child. The date was 28th November, which was Carers Rights Day and, as it was the 4th Friday of the month, we decided to give it a go on subsequent 4th Fridays of the month. The first year was slow in terms of numbers attending but we kept going and look where we are now!

We very much hope that as many as possible will join us to celebrate this milestone. During the morning, we will unveil the celebratory work of art that our carers and companions have been working on over the last few months with ceramic artist Penny Varley. They have derived so much pleasure from working on it and we are all looking forward to seeing the completed piece.

We started offering transport from Wellesbourne by Back&4th minibus to our meetings last month. This is offered at a very affordable rate and is bookable in advance. I'd like to encourage as many people as possible to use it this month in particular to help relieve the pressure on the car park. More details overleaf.

There will be no newsletter in December so, early though it seems, all of us at Carers4Carers would like to wish you all a happy and restful Christmas.



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. Anyone wishing to bring their loved one to attend the Companionship Group, especially for the first time, is asked to contact us in advance so that we can be sure that we can provide appropriate care.

Friday 25th November—we'll be celebrating our 10th Anniversary. Carers and Companions are invited to arrive at their usual time of 10.30 a.m. and then we will be joined by a number of guests at 10.45 a.m. This will be an opportunity to thank the many individuals and organisations who have contributed to Carers4Carers becoming a recognised and well established organisation. Do come and help us celebrate.

Our Companionship Group will be running as usual for the first part of the morning.

Friday 9th December—our seasonal meeting with refreshments and entertainment. You are invited to bring a raffle prize.

Friday 27th January 2023— in the light of the huge increases in the cost of energy, we have invited Alwynne Curley from Act on Energy to visit us.



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

www.carers4carersonthefosse.org.uk

07947 893504

kcarers4carers@gmail.com

STRATFORD ENERGY SUPPORT FUND

Funding is available to residents living within Stratford upon Avon District to help with the increased cost of energy. To be eligible, residents must have a gross annual household income under £30,000 with **no** savings and at least one of the following:



- A long term diagnosed and treated health condition e.g. COPD
- Self-employed but unable to work/ income impacted by Covid 19
- Households with unmanageable debt
- Recently made redundant
- Pregnant
- In receipt of DLA or PIP
- In receipt of free school meals

While some of these criteria are unlikely to be relevant to most of our members, I have included them as they may have family members or friends who would be pleased to have the information. A referral can be made via a professional, family member or friend via an online form on the Act on Energy website. It's not possible to include all relevant information here so to find out more, phone Act on Energy or visit their website. Details on the back page.

STATUTORY CARER SUPPORT PROVIDED BY WARWICKSHIRE COUNTY COUNCIL

The previously named Warwickshire Carer Wellbeing Service has undergone some changes in the last month. The County Council department for carer support now covers support for all ages and the new service therefore does the same. "Caring Together Warwickshire" is the name for the new service. It continues to be delivered by Carers Trust Heart Of England but has undergone some changes. I have been told that it's now completely separate from the Coventry service. Full carers assessments can be carried out by advisors and there are changes to the CRESS Emergency service.

Wellbeing Advisors Colin Pearson and Tim Lewis continue to cover our area and we will be inviting them to visit the group to explain the new service in the new year.



CONTACTING FORMER CARER MEMBERS

We would like to invite former carer members to join us for our Anniversary celebrations. However, if they no longer attend our group or receive our newsletter, we have no way of contacting them because of Data Protection regulations. If you know someone who used to attend our group and would like to join us on November 25th, please ask them to contact us so that we can give them details and include them in our numbers so that we bake enough cake!



VISIT TO THE BRITISH MOTOR MUSEUM

Our September meeting took the form of a visit to the British Motor Museum, courtesy of a small grant from the County Council's Carer Wellbeing Fund. What a welcome we received! We had our own private meeting area where we could enjoy scrumptious coffee and cake. We then enjoyed a 45 minute bespoke tour. There was something of interest for everyone: Dell



Boy's Reliant Robin, cars used in films, an omnibus and three of our ladies experienced what it was like to travel in style. Afterwards, we returned to the gallery for more coffee and cake! Without exception, all the feedback we received declared it an extremely enjoyable morning and expressed thanks to the fabulous staff and volunteers at the museum.



ANNE CONSTABLE

Anne Constable has attended our meetings whenever she could for a number of years. Despite incredible challenges including coping with poor health herself, she always had something positive to share and was determined to provide the best care she could for her husband. Last month she was looking forward to finishing off the tile she had enjoyed creating earlier in the year. She was unable to do so, having been admitted to hospital.

It is with great sadness that I have to tell you that Anne passed away on Thursday 3rd November. She will be greatly missed by all who knew her. Our thoughts are with her family and in particular her husband Andrew.

COME TO MEETINGS ON THE BUS!

If you travel to meetings from Wellesbourne or enroute, why not come on the bus! It's easy to get on and off and it's a door-to-door service. This is of particular help if you are bringing your loved one and it is difficult for them to get in and out of a car.



However, it's not just about accessibility. It's greener, fun to have company and, let's face it, it's nice to let someone else do the driving.

We ask for a contribution of £3.50 per person. This month, please book your journey by 12 noon on Thursday 17th and next month, by Thursday December 1st. I will then get in touch with you with a pick-up time.

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/



Our 10th Anniversary art project nears its conclusion. Now how will it finally turn out? Come along on 25th November and see it unveiled.

POSITIVITY CORNER

A time to reflect and perhaps to smile

When you are resting because you are worn out, you need to remember that you are not wasting time. You are doing exactly what you need to do. You are recovering.

