



# Carers 4 Carers

Finding support through supporting each other

February—March 2022

February can be a depressing old month and as I write our country is expecting to be hit by two winter storms with strong winds a feature. What better, then, than to think about ways in which we can snatch some valuable minutes to relax and take some time out. It's a subject we keep returning to but for carers, and in particular those of you who are providing substantial care 24/7, it's vitally important that we make time for it. Without self-care, we are threatened with burn out and a caring crisis, which will affect both you and the loved one you care for.

With this in mind, our programme over the next few months will concentrate on ways to spend some time for you and your wellbeing. We're looking at relaxation in general this month and then will be offering you opportunities to try some activities that perhaps you may not have considered before. We hope you will find them interesting, fun, maybe different and yes—relaxing .

This month's newsletter looks at two ways in which you might try some time out. Enjoy!

**OUR MONTHLY MEETINGS** Please note that it is essential to book a place for both our carers' meeting and the Companionship Group. Please leave a phone message or email as soon as you can after receiving this newsletter and by 6 p.m. on Wednesday 26th January at the latest. Contact details are at the foot of this page.

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, if a speaker or workshop is scheduled, this will usually begin at about 11 o'clock. At the moment we are allocating arrival slots to reduce possible congestion in the entrance hall.

**Friday 25th February**— this month we will be looking at different aspects of relaxation so come along with your ideas of how you spend those precious times. We'll spend some time in relaxing activities and Anita, our therapist, will be with us to offer you some lovely moments of TLC. Our Companionship Group members will enjoy some games and activities together.

**Friday 25th March**— continuing with our emphasis on wellbeing, we have a visit planned with a music therapist from Chiltern Music. We have decided that for a change, carers and cared-for will be having a relaxing and fun time together. More details next month.

**Friday 22nd April** - the creative fun continues with Penny Varley, ceramics artist.

Carers4Carers is part of the network of Omega Care for Life 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)

Last month we didn't have room for our usual list of scams so here are a few from the list sent to me from Warwickshire Trading Standards. While many of these are online, there are still some that come through your letter box or via a phone call.



**Copycat websites** for renewing your driving licence: details may appear above the official Government websites if you do a Google search. They might charge you for documents that are free of charge. For any Government document or information, always start on the official website which is : [www.gov.uk](http://www.gov.uk) .

**Do you use WhatsApp?** Bogus messages are being sent from hacked accounts of your friends so they look like they are coming from someone you know. They claim they have lost their phone or been 'locked' out of their phone. Some messages ask for money, some for photographs or personal or financial information. Be very careful of any message that seems unusual, even if it comes from someone you know. Avoid sharing personal or financial information or photos and look out for links in the messages. They could send you to a bogus site.

**'Bogus surveys'**. An unexpected phone call invites you to participate in a 'lifestyle survey' which could lead to you being targeted by scammers. Callers ask for a wide range of personal and financial questions, pension details and holiday plans. Callers may encourage you to take part by offering bogus rewards such as fake lottery tickets. The information acquired will then be used to conduct scam phone calls or identity theft and may be sold to other criminals.

**TV Licence** messages: these might suggest there is a problem with your account, such as your bank details are out of date and a link will take you to a false site. Look out for bad spelling or grammar and whether you are addressed by your name. There is very useful and clear advice on how to spot the fake from the genuine message, letter or phone call on the real TV Licencing website. You can find it here: [www.tvlicensing.co.uk/faqs/FAQ288](http://www.tvlicensing.co.uk/faqs/FAQ288) . Sadly there appears to be no phone number although there are addresses for written enquiries available on the website.

For advice or to report any instances of scams, details are on the back page of this newsletter.

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### IDEAS FOR RELAXATION

We all have different ways of relaxing. For the active, it's going for a walk in the country or even a run for the energetic! Many love to spend time in the garden. There's nothing like pulling up some tough weeds to release some pent-up feelings. Listening to favourite music is high on many people's list and if you can combine that with a soak in a hot bath with lights low, that's even better. For other people, being creative is a great release and can have either a calming or re-energising effect. It's well known that singing is amazingly good for you or making music together is great. For others, some kind of craft or art works wonders.

Arty-Folk, in conjunction with Carers Trust, are offering two well-being courses this spring. The first is a 6 week course on Zoom, **Passion for Plants**, starting on Monday 28th February, 10 a.m.—noon. It's a painting course for all levels inspired by Victorian Botanical Artists. Different skills will be learnt each week and will involve painting, drawing and collage. To find

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## DO YOU ENJOY SITTING DOWN WITH A GOOD BOOK?

Taking time out is so important for carers who are constantly on the go. It can be tough finding a moment but sitting down with your feet up while the person you care for is having a snooze or receiving personal care from a domiciliary carer might be just the chance to relax for a few minutes with a book and a cuppa.



Kineton was the first to form a Community Library in Warwickshire, ten years ago. Sadly, user numbers are down, possibly as a result of the pandemic, and a review will soon take place as to its future. It could be a case of 'Use it or lose it'. The Library is based in the Village Hall and open on Mondays and Wednesday 2—5 and Saturdays 9.30—12 noon.

It's free to join, you can select from the books in stock or make a special request.

Kineton library welcomes those who live in Kineton and of course all the surrounding villages. All Warwickshire residents can borrow from any library and return books to any library. If you are able to get out, why not pay a library a visit then snuggle down at home for a few minutes escape with your chosen reading.

There will inevitably be some of you unable to get out to your nearest library and so you can apply to use the home library service. My husband used to use this service and it was wonderful. When you apply, you tell them what kind of books you like to read. Every four weeks you will be visited by volunteers to deliver books and collect those you have borrowed. Of course, you can also make a special request for specific titles. It's lovely to see a smiley face and enjoy a few minutes chat with the volunteers.

To apply, phone 01926 851031 or email [mobilelibraryservice@warwickshire.gov.uk](mailto:mobilelibraryservice@warwickshire.gov.uk)

out more and book a place, go to <https://arty-folks.org.uk/events/a-passion-for-plants-carers>.

The second course is in-person and takes place at the Leamington Brunswick Hub, starting on 26th April, 10.30—12.30. This course is called **Crafts for your Garden Sanctuary** and is for those who like crafting and making things. You'll be using a range of different materials, provided free, to create a mindful sanctuary in your garden or home. To book your place or learn more, go to <https://arty-folks.org.uk/events/crafts-for-your-garden-carers-leamington>.

You can also phone [024 7641 4740](tel:02476414740) or [074 4364 3634](tel:07443643634) Both courses are suitable for beginners as well as more experienced artists and crafters.

### Carers Trust Heart of England

in conjunction with **Arty-Folks**

We are offering carers free Art for Wellbeing courses

#### A Passion for Plants

#### 6 week online course

Starts: **Mon 28th Feb 2022**

Time: **10am-12pm**

Venue: **online on Zoom**

Book your place:

[tinyurl.com/4x7m3ymf](https://tinyurl.com/4x7m3ymf)



Inspired by Victorian Botanical Artists and Georgia O'Keefe you will learn to drawing, collage, and painting with acrylics and use your passion for plants to express yourself.

\*Art pack will be posted to you.

#### Crafts for your Garden

#### 6 week in-person

Starts: **Mon 25th Apr 2022**

Time: **10.30am - 12.30pm**

Venue: **Penny Collard Centre**

Fleet St, Coventry, CV1 3AY

Book your place:

[tinyurl.com/yckhwjby](https://tinyurl.com/yckhwjby)



Learn to use creative mindfulness techniques to relax and create your own Garden Sanctuary or to decorate your home.

Learn how to make a wall planter, Mexican weaving and tin art, native American dream catcher, macramé tree of life, and crochet.

All materials will be provided for six different crafting projects with wool and a wide range of materials.

Starts: **Tues 26th Apr 2022**

Time: **10.30am - 12.30pm**

Venue: **Brunswick Hub**

100 Shrubland St,

Leamington CV31 3BD

Book your place:

[tinyurl.com/46p5p59j](https://tinyurl.com/46p5p59j)



## IMPORTANT CONTACTS AND LINKS



- Carers Trust Heart of England— [www.carerstrusthofe.org.uk](http://www.carerstrusthofe.org.uk); 024 7610 1040 Option 4
- To make a consumer complaint, obtain consumer help and advice or 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 our 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](http://www.warwickshire.gov.uk/doorstepsellers) ; [www.actionfraud.police.uk/](http://www.actionfraud.police.uk/).
- 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)
- **Silverline**—available 24/7 as well as a befriending service [www.thesilverline.org.uk/](http://www.thesilverline.org.uk/) . Email: [info@thesilverline.org.uk](mailto:info@thesilverline.org.uk) or phone 0800 4 70 80 90
- Warwickshire County Council: [www.warwickshire.gov.uk/](http://www.warwickshire.gov.uk/) 01926 410 410 . For social media go to their facebook page: [www.facebook.com/WarwickshireCountyCouncil](http://www.facebook.com/WarwickshireCountyCouncil) or search 'Social Media' on the website for details of dedicated links such as Instagram and Twitter.

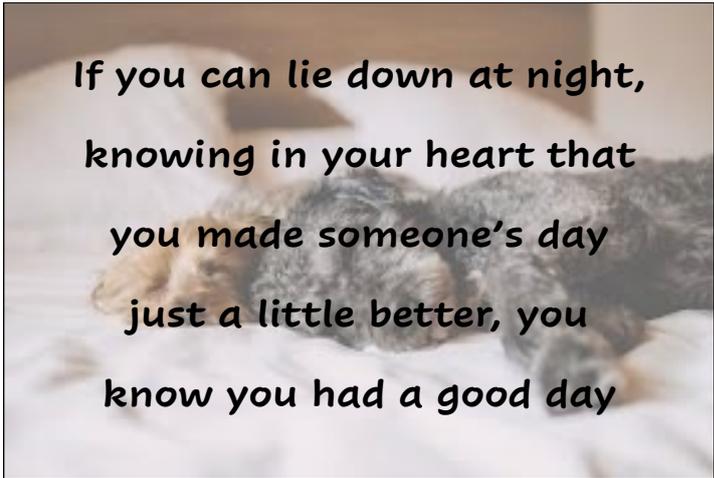
## WARWICKSHIRE COUNTY COUNCIL SERVICES

It's easy to forget, sometimes, how much is offered by our County Council. We hear so much about services disappearing but there is still a lot out there. On Facebook, they have recently been posting about the sort of support available for carers. They work with many organisations, such as Arts Uplift, to provide that support, often through workshops.

Other services work to help you maintain your own health and of course others are there to support you when in difficulty. The imminent price hikes in the cost of energy are on many people's minds. If

## POSITIVITY CORNER

A time to reflect and perhaps to smile



**If you can lie down at night,  
knowing in your heart that  
you made someone's day  
just a little better, you  
know you had a good day**

you are struggling, phone 0800 408 1448 or 01926 359182 for confidential advice.

For more details of WCC services, see the contact details above.