



Carers 4 Carers

Finding support through supporting each other

January—February 2022

Welcome to our first newsletter of 2022. I do hope you were able to enjoy a good Christmas despite all the restrictions in place owing to the Omicron variant. As I write today, Boris has just announced that the measures put in place under Plan B are to be lifted, the majority from Thursday 27th January. However, the pandemic is not yet over, many of our members are vulnerable and so we will continue to keep safety protocols in place. At the moment everyone using the Village Hall is required to wear a face mask. We will let you know of any changes to current procedures if you are booking for our meeting this month.

Those of you who have been members of our group for some time will know that we welcome requests for topics or activities for our meetings. We do our best to ensure that the programme we devise is of interest and help but we also try to be flexible so that we can respond to requests we receive when possible. Do please let us know if you have a request. It's a help to put it in writing but not essential. This month's meeting is the result of such a request.

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 0LB, 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 28th January 2022— following requests for information regarding various aspects of advance planning for end of life, Dr Helen Gunton will take us through the Purple Respect Form. While end of life is not something many of us like to think about, thinking ahead can ease the trauma and heartache when the inevitable happens. Put simply, the Respect Process allows personal preferences to be recorded about clinical care in a possible emergency when the patient is unable to express their choices. Although this can be for anyone, it is particularly relevant for those likely to be nearing the end of their lives.

Friday 25th February— plans have not yet been confirmed and there will be details in the next newsletter.

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

www.carers4carersonthefosse.org.uk

07947 893504

kcarers4carers@gmail.com

ARE YOUR DRAWERS AND CUPBOARDS STUFFED WITH UNWANTED ITEMS?

Last summer, I finally bit the bullet and, with the help of a couple of wonderful ladies, sorted out the garage. Everything is now beautifully boxed up and labelling is in progress. There's so much space I can now get a table down the middle—but not a car!



The majority of us have unwanted items that we just don't know what to do with. In these days of recycling, it seems a waste to throw them in the bin. OK, there are often collection boxes in some shops but it's a bit of a fag to remember to take them and if you can't get to the shops, that's no help. Many of those items can raise much needed funds for charities and Omega will be very happy to accept old phones and iPads, with their chargers, ink cartridges, stamps and foreign currency. Funds raised for Omega by default also helps Carers4Carers.

If you have any of these items, bring them along to a meeting and we will do the rest.

IMPORTANT CONTACTS AND LINKS

Citizens Advice Consumer Helpline on 0800 223 1133.

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

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/](http://www.thesilverline.org.uk/info@thesilverline.org.uk)
info@thesilverline.org.uk 0800 4 70 80 90



BEREAVEMENT CAFÉ

This has now moved from St Peter's Church in Kineton to



the Methodist Church Hall, where it is warmer! After a short break, the café is resuming on Monday 31st January, from 2 p.m. until 3 p.m.

Helen and her team will be delighted to welcome you.

POSITIVITY CORNER—a time to reflect

I received a gift of a book, "The Secrets of Happiness"
I'd like to share this quotation with you.

A smile is an indication
of a happy heart
and when you smile,
it changes your perception.
It can create a better day

