



Carers 4 Carers

Finding support through supporting each other

June—July 2022

After a somewhat lack-lustre summer so far—apart from the one-day heatwave last month—our silly weather has now gone to the other extreme. Please do take care. Hot weather is particularly dangerous for the over 65s and so I have written an article offering ideas for coping. If the weather is still hot by the time of our meeting on 22nd July, we will take all possible steps to make the room as comfortable as possible and, following our own advice, ensure plenty of drinks are available.

During Carers Week, we were delighted to learn that Carers4Carers has been awarded a small grant to allow us to arrange an outing! In April 2020, we were due to be visited by a team from the British Motor Museum, but of course, this had to be cancelled. Instead, we are using the funds awarded to us to organise an outing to the Museum. The grant will cover the cost of entry and light refreshments plus help with community transport costs if required. Brief details are included in this newsletter and anyone receiving it through our mailing list will also receive further details on how you can sign up. The visit will be in place of our usual meeting on Friday September 23rd.

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, if a speaker or workshop is scheduled, this will usually begin at about 11 o'clock.

Anyone wishing to bring their loved one to our Companionship Group for the duration of the meeting is asked to contact us (details at the foot of this page) so that we can be sure of having appropriate care in place.

Friday 22nd July (N.B. not July 29th)— This will be a self-help session. We were asked some time ago for help on motivating those you care for. Sadly we have drawn a blank on finding a suitable speaker, so instead, Lisa and I have done some research and will lead a discussion to which those who wish can contribute and from which we hope all of you can listen and learn.

Penny Varley will be returning to work with members of the Companionship Group to make their tiles for our Anniversary project. Any carers who missed her earlier will have to chance to catch up this time.

Friday 26th August—it's time to put your sunhat on. We're off to the Herb Centre for coffee and cake. Details elsewhere in the newsletter.

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

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DETAILS OF TWO UPCOMING VISITS

COFFEE AT THE NATIONAL HERB CENTRE

For most of our ten years, we have held our August meeting off-site. The last time this happened was in 2019, for obvious reasons, and we are delighted to be returning to the Herb Centre at the top of Warmington Hill this year. We meet as usual from 10.30 on August 26th. We will have an area



reserved for us and on arrival you will be greeted by one of our volunteers who will give you a voucher. This is for a filter cup of coffee. If you would like a more expensive drink and perhaps are tempted by the array of cakes, then we ask you to pay the difference. The visit is for both carers and cared-for and the site is fully accessible. It is always a very relaxed occasion and an opportunity for everyone to enjoy a fresh and pleasant environment. The staff always look after us well. You can, of course, visit the garden centre and shop if you wish.

We do need to know numbers in advance so if you would like to join us, please either sign up at the July meeting or contact us by phone or email. I've also provided a quick Google Form for those who like to use that method. Click [here](#) to find it. Please let us know by **August 19th**



VISIT TO THE BRITISH MOTOR MUSEUM

We are delighted to be able to organise this outing for you. It will be an opportunity for you to let someone else do all the arranging and have someone on hand if you need help.

The cost of the visit is covered by a small grant and includes entrance to the museum, light refreshments and assistance with transport if required. This is a half day outing and replaces our usual September meeting. The approximate timetable, in brief, is:

Meet at the British Motor Museum at 10.30 a.m. Enjoy a time for coffee/tea and chat, with cake!

11.15 we will have a bespoke guided 45-minute tour of the museum

12.00 gather for 10/15 minutes before dispersing. Part of the conditions of the grant is that we submit feedback from our outing by 30th September. These few minutes will be an opportunity to chat about what we've experienced. Disperse at approximately 12.15 p.m.

We are asking you to make your own way there but will be able to offer assistance with this if needed. To sign up, please complete and return the accompanying form or follow this link to a [Google form](#). Please sign up by **Thursday 1st September** at the latest.

DIAL 159 IF YOU RECEIVE A SCAM PHONE CALL



STOP SCAMS UK, which works to stop scams before they can cause harm, has created an easy way for you to check if a call you have received is a scam. It is currently running as a pilot scheme. If:

- Someone contacts you claiming to be from your bank – even if they do not seem suspicious.
- You are contacted by someone claiming to be an authority figure (such as the police) and told to transfer money – even if the request seems genuine.
- You receive a call about a financial matter and it appears suspicious.

then stop, hang up, wait 5 minutes or more and then ring 159

The number will connect you directly and securely to your own bank or telecoms company, so you can check if it was they who originally phoned you. Banks serving 70% of the UK's account customers and most of the major telecoms companies are signed up to the system. Why wait five minutes? Because some fraudsters will keep the line open and you could actually be speaking to them again and not 159. An alternative idea is to phone a friend first. If the person who answers the phone claims to be from the bank claiming to ring, e.g. Lloyds, you know something is wrong. Even better, use a different phone if you can.

159 will never call you and only a fraudster will ever object to you calling 159.

THE SUN HAS GOT HIS HAT ON ... AND SO SHOULD YOU

We've all heard the advice about how to take care in the sun and high temperatures:

- Keep indoors and draw curtains on the sunny side of the house
- Keep well hydrated
- Cover up your body and your head if you do have to go out.
- Protect your eyes with sunglasses
- Wear a good sunscreen



But do we know why, in particular, this advice is so important for the over 65s?

Over the years, our kidneys become less active and less efficient at producing a hormone which tells us we're dehydrated and makes us thirsty. Additionally, older people are more likely to suffer from chronic medical conditions that can change the way in which our body usually responds to heat. The medication they take may also limit or even stop sweating and affect the body's ability to regulate its temperature. Anyone suffering from dementia may forget or be reluctant to drink. To encourage them, you could try other high water content foods, such as fresh fruit, salads and jellies and always have a drink with meals.

Another sensible piece of advice is to keep a good supply of food, household essentials and medication in the house to reduce the possible need for an emergency trip to the shops in the hottest part of the day.

IMPORTANT CONTACTS AND LINKS



- Carers Trust Heart of England— www.carerstrusthofe.org.uk; 024 7663 2972 (option2)
- Consumer help, including scams and fraud— visit www.warwickshire.gov.uk/tradingstandards. To make a consumer complaint, ask for help and advice or report scams or rogue traders, contact Trading Standards, at Citizens Advice Consumer Service on 0808 223 1133. Report fraud directly to Action Fraud on 0300 123 2040
- **STOP SCAMS UK** - ring 159 to be put through to your bank or telecoms company.
- 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/>
- **AbilityNet** offers free help with all things digital to carers, older people and disabled people of any age. Phone 0800 048 7642 during office hours.

WARWICKSHIRE OPEN STUDIOS — four of our volunteers spent time at the exhibition at Newbold House over the two weeks that it was open. We met some lovely people and spread the word about Carers4Carers. At times, this triggered some heartfelt conversations. We helped serve tea and coffee and a delicious array of homemade cakes. I'm delighted to tell you that the profits donated to us from the sales amounted to almost £300. In addition we received a very generous donation from one person in particular who 'didn't want to buy anything but would like to donate'. Yes, we met some very lovely people. Thank you to the artists for the opportunity.

POSITIVITY CORNER

A time to reflect and perhaps to smile



Please note: there will be no newsletter for August.