



Carers 4 Carers

Finding support through supporting each other

June—July 2022

Well, the Jubilee weekend was quite a celebration. I do hope you were able to enjoy it. Which was your favourite bit? I have to say I'm a sucker for small bears and marmalade sandwiches, so I think for me, it has to be that wonderful sketch from Buckingham Palace with Paddington Bear. Ma'am, you are a real good sport!



The following week was Carers' Week. I'm trying not to sound negative but I have to be honest and say I was underwhelmed by the activities in South Warwickshire. Other areas of the county held face-to-face sessions for carers in libraries but I couldn't find any south of Leamington and Warwick. Many of Carers' Trust activities were online and we know from experience that many of our members do not like this form of contact. Sadly I spent the week struggling with COVID so perhaps the fact that I saw nothing about Carers' Week on the media was due to the fact that I was asleep much of the time. Have you had a different experience?

Owing to being unwell, this is a shorter than usual newsletter. I hope you will understand.

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.

It is no longer necessary for carers to book in advance to attend the meeting. However, we request that anyone wishing to bring their loved one to attend the Companionship Group contacts us in advance so that we can be sure that we can provide appropriate care.

Friday 24th June— it's time to enjoy some music with Catherine, from Chiltern Music. This month, we're all in together. However, we will still have our separate coffee and chat time so Companions should still go first into their usual space for refreshments.

Friday 22nd July— we do not yet have final details for our Carers' meeting so will let you know more next month. However, 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 in April, will have an opportunity 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, our first visit since August 2019.

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

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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
- 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—a reminder that this runs from June 18th to July 3rd. It's a wonderful little outing for those of you able to get out. Look out for the brightly coloured brochure with all the details. Don't forget that the profits from the sale of refreshments at Newbold House will be donated to us. They will be open 18th and 19th June, then 23rd to 26th June. Pop in and see Penny Varley's work and that of 10 other artists and don't forget to enjoy tea and cake while you're there! More details here:www.warwickshireopenstudios.org

POSITIVITY CORNER

A time to reflect and perhaps to smile

Eleanor Tomlinson, from East Yorkshire, was inspired after watching the video of the Queen and Paddington enjoying tea together, at the celebrations. Her watercolour painting quickly went viral on Facebook and she has been overwhelmed by the response and requests for copies. I hope it brings a smile to your face, too.

