



# Carers 4 Carers

Finding support through supporting each other

November—December 2020

I'm writing this on 17th November and it has been wonderful to hear some good news this week with the cautious announcement that the roll-out of a COVID vaccine could be in sight. This will, of course, be dependent on all the relevant safety checks and approvals. Added to that is that priority will be given, along with NHS and other key workers, to the vulnerable and elderly. It won't, of course, mean an immediate end to restrictions and I know we are all waiting with baited breath to find out what Christmas will look like this year.

We had hoped that we would be able to hold our seasonal meeting this year. That would have been so lovely. Risk assessments are at an advanced stage and a lot of planning has already taken place. However, the date falls just a week after the current lockdown is due to end and it seems likely there will still be restrictions of some sort in place. Added to that is the problem of local road closures making travel to and from Kineton more complicated, especially if the weather is bad. We therefore feel that it is just too close to call. We will, of course, offer a virtual coffee morning for those who would like to join in on **December 11th**

We do not normally send out a newsletter in December. However, you can be assured that you will not be forgotten and we will be in touch at some point during the month.

## HAPPY BIRTHDAY, CARERS4CARERS



Carers4Carers held its first exploratory meeting on Carers' Rights Day, 28th November, 2012, That makes us eight years old this year!

Who could have thought that when I invited carers to come along for that exploratory meeting that we would grow into the lovely group we have today. Grace was our 'coffee lady' (and for about the next five years) and four or five carers came along.

It's a pity we won't be together for our birthday which again falls (almost) on Carers' Rights Day. Happy Birthday, Carers4Carers!

## VIRTUAL COFFEE MORNING

Our Coffee Morning this month on Zoom will be held on our usual meeting date, Friday 27th November at 10.30 a.m. and lasts for a maximum of 40 minutes.



It would be lovely to see as many of you as possible. As with our face-to-face meetings, come when you can and stay as long as you are able. Joining details are in members' accompanying emails or can be obtained by contacting us by phone or email.

**OUR MONTHLY MEETINGS**—In accordance with Government guidelines during the current COVID-19 pandemic, we regret that our meetings have been **CANCELLED** until further notice.

Carers 4 Carers is part of the network of Omega 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)

## CARERS RIGHTS DAY 2020

Carers' Rights Day, promoted by Carers UK, falls on Thursday 26<sup>th</sup> November this year with the theme 'Know Your Rights'. Each year the day aims to:

- Ensure carers are aware of their rights
- Ensure carers know where to get help and support
- Raise awareness of the needs of carers.

A survey of nearly 6000 carers was recently held and from that, Carers UK found:

- 4 out of 5 unpaid carers are providing more care for relatives
- 78% reported that the needs of the person they care for have increased during the pandemic
- Two thirds worried about how they will cope through further lockdowns and local restrictions

As a result of the day's activities, Carers UK hopes to empower carers with information and support, giving them the confidence to ask for what they need. They also want to ensure carers know how to challenge when their rights are not met.

Each year, Carers UK publishes their 'Looking after someone' guide. It is available to download here: [www.carersuk.org/images/Looking\\_after\\_someone\\_guides/CUK\\_Looking\\_After\\_Someone\\_2020-21\\_England\\_Oct20.pdf](http://www.carersuk.org/images/Looking_after_someone_guides/CUK_Looking_After_Someone_2020-21_England_Oct20.pdf). Hard copies will be available for those without internet.



### *Rights For Residents*

You will have seen and read much of the extensive coverage in the news about the appalling situation of families not being able to visit their loved ones in care homes. I was alerted by one of my facebook

friends to the campaign, Rights for Residents. The group are asking for a family member to be given 'key worker' status to enable them to be tested and thus safely visit their relatives. They also want better Government guidance to be provided.

Those involved in the campaign are working tirelessly to make this happen but there is frustration at the slow speed of progress. Promising visits 'before Christmas' may be too late for some. Some MPs across the country have been so supportive while the minimal response from others just serves to infuriate the campaigners. Full marks to those in the media who have chosen to put their weight behind the campaign and make a lot of noise.

Of course safety is vital for everyone and there are positive reports from some care homes that really are making visits possible, albeit not in the 'normal' sense. It can be done. Visits are a human right, necessary for the mental health of both resident and family.

I look back at the time my husband was in residential care and am so thankful. I often think 'There but for the grace of God ....' I needed him as much as he needed me.

## TRANSPORT UPDATE

### UBUS—dial-a-ride service

The UBUS has been offering an improved service in Stratford District since 26th October.

All towns and parishes in Stratford-on-Avon District will now have a UBUS operating each day, Monday—Friday. Bookings can be made by calling 01789 264491. Fares are £4 single and £6 return but there is now a Concessionary Pass also available.

This service is available to those unable to make a journey by public transport or who have a mobility impairment. Passengers can travel anywhere within their local area. Full details are available in an information sheet available by clicking [here](#) or by going to the [www.stratford.gov.uk](http://www.stratford.gov.uk) site.



### VASA Community Transport

This service is still running throughout the current lockdown. Safety procedures are reviewed weekly. These include a strict cleaning regime of vehicles before and after each journey and volunteers are supplied with PPE. Passengers are required to wear a face cover and anyone exempt from wearing one will be referred to another service. Passengers can be taken to medical appointments and to groups or activities which encourage social inclusion.



To book, please phone 01789 262889

## SCAM ALERT

WCC Trading standards have sent a lengthy alert regarding buying Black Friday and Cyber Monday deals. Because of its length and focus on online shopping, I have uploaded the content to our website and added a “Scam Alerts” tab to the menu. You can find it [here](#).

Additional scams circulating regard:

**Individuals selling TVs** from the backs of vans in car parks etc. Advice is always to buy from a genuine trader you know and trust.

**PPI money back scam.** High pressure to make a claim, circumventing 40% commission if a life insurance policy or funeral plan is taken out.

**Email Takeover scam:** these circulated locally earlier this year and I know of several people affected. A person’s account is taken over and the fraudster emails their contacts and asks them to purchase gift cards on behalf of the sender. They then ask for the card numbers and spend your money.

If you use email, keep your account secure otherwise you could be open to identity theft. Advice on password and online security can be found here: [www.ncsc.gov.uk/collection/top-tips-for-staying-secure-online/use-a-strong-and-separate-password-for-email](http://www.ncsc.gov.uk/collection/top-tips-for-staying-secure-online/use-a-strong-and-separate-password-for-email)

## TECHNOLOGY SUPPORT

During this pandemic the use of digital technology has really come to the fore. If you are struggling and would like some help, you can find it at AbilityNet. Their assistance is available for older people or for people of any age living with a disability or impairment.

### Best quote for 2020

I found this quote the other day. I thought it was so true I wanted to share it.

This is not the year to get everything you want. This is the year to appreciate everything you have.



## FREE technology support from a friendly volunteer

AbilityNet believes in a digital world accessible to all. Technology has never been more important than in this time of physical-distancing. The right technology can transform the lives of older and disabled people. It can reduce isolation, improve confidence and promote independence, and is a vital way to connect with others and access essential online services.

AbilityNet's FREE support can help you and/or your loved ones use new and existing devices. That includes laptops, tablets, smartphones and desktop computers of all types.

As well as tech advice our volunteers also provide specialist advice for those living with vision, hearing, cognitive or motor impairments.

**300 trusted, DBS-checked volunteers**  
Support available online and by phone

**FREE HELPLINE:** Freephone 0800 048 7642

**EMAIL US:** [enquiries@abilitynet.org.uk](mailto:enquiries@abilitynet.org.uk)

**FREE RESOURCES:** <https://abilitynet.org.uk>



SCAN THE QR CODE FOR FREE SUPPORT

Follow us on Facebook and Twitter @abilitynet

AbilityNet is a registered Charity in England. No. 1067673 and in Scotland No. SC039866

## TIME FOR A QUIZ—a mixture of easy and some requiring more thought.

1. Who discovered penicillin?
2. What colour is the spot in the middle of the Japanese flag?
3. 'Frankly my dear, I don't give a damn' is an iconic line from which classic film?
4. On which street did the Great Fire of London start?
5. Where is Toblerone chocolate from?
6. What Christmas-themed ballet premiered in St Petersburg, Russia in 1892?
7. What year did the Titanic sink?
8. Which is the only venomous snake native to the UK?
9. How many National Parks are there in Wales?
10. What is the smallest country in the world?
11. How many teeth does an adult human have?
12. How old is Queen Elizabeth II?
13. In what London street did Sherlock Holmes live?
14. How many people have walked on the moon?
15. What is the biggest planet in our solar system?
16. Who wrote Sense and Sensibility?
17. Name the slowest animal in the world?
18. What is the name of the Greek dip consisting of yoghurt and cucumber?
19. In 'Allo Allo,' who owns a small café in France during World War II?
20. In which city would you find The Van Gogh Museum?



Answers next  
time

