



# Carers 4 Carers

Finding support through supporting each other

November—December 2021

November is our birthday month! We were formed 9 years ago so that must mean celebrations will be in order next year. We launched on Carers' Rights Day and this year, this will be held on 25th November. The day aims to ensure carers are aware of their rights, let them know where to find help and support and, for the general public, raise awareness of the needs of carers. Each year, CarersUK publishes a helpful guide which outlines your rights and also gives an overview of practical and financial help available. I shall be ordering some copies of the guide in time for the next meeting. If you are unable to attend the meeting, details of how to obtain the guide are included in your accompanying email or letter.



There will be no newsletter for December, as we meet earlier in the month, on **10th** December. You are welcome to book for both meetings at the same time.

**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 by 6 p.m. on Wednesday 24th November and Wednesday 8th December for our Christmas meeting. 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, but we still say "Come when you can and stay for as long as you are able".

**Friday 26th November:** The Olive Branch is a new service that aims to support both carer and cared-for. They will outline how they use different activities to keep the cared-for engaged, giving them an enjoyable, socialising time while the carer takes a well-earned break.

**Friday 10th December**—please note the change in date from our usual meeting

time. Our Christmas meeting is always a social occasion, giving you time to chat, enjoy seasonal refreshments and entertainment and of course some lovely TLC with Anita. For more information, see overleaf.

**Friday 28th January 2022**—we are in the process of finalising our programme for next year. Details to follow.

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)

## DO YOU NEED HELP WITH YOUR COMPUTER OR DIGITAL DEVICES?

Last month we had a visit from Iain Wilson from AbilityNet. As well as helping to demystify the wonders of Zoom, he spoke about the services the charity offers, free of charge, to older people, carers and their cared for. Their aim is to enable digital access for all, either through training or advice on suitable equipment, particularly for the disabled. Although a national organisation, they started locally.

AbilityNet's volunteers are all DBS checked and now able to visit you in your home. If you would like their assistance or want to find out more about what they can offer, you can contact them on 0800 048 7642 during office hours.



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## A NEW BEREAVEMENT CAFÉ IS OPENING



Sadly, a number of our members have lost loved ones over the last two years or more. Losing someone you love is always incredibly hard, but for those whose loss has occurred during the pandemic when you've been unable to experience the touch of family and friends, meet together or hold the kind of services you would wish, I can only guess what you must have been through.

At Carers4Carers, we always say that we continue to support our members through such periods of loss. You have your friends in the group and will probably feel safe opening up and talking when you feel ready. I know some of you also appreciate being able to share your experiences in order to help others. We have discussed the possibility of providing a separate space within our meeting if the focus of the morning is not particularly helpful for you.

Everyone's bereavement journey is different. There is no defined route or time-scale. Some people are told 'you should be over it by now' but that can be a very hurtful thing to hear. Feelings of bereavement are rarely finite.

Starting on Monday 15th November, a weekly drop-in Bereavement Café will be opening at St. Peter's Church in Kineton. While led by a group of Christians, this is for anyone of any faith or no faith. It will be an opportunity to acknowledge your loss, gain understanding and coping strategies through listening to others and to receive gentle support from each other, just as you do by attending our group.



This is not instead of Carers4Carers, it's an additional option for you, for when you feel ready. The café will be open on Monday afternoons, 2—3 p.m. and of course there will be tea and coffee waiting for you.

## A LITTLE MORE ABOUT OUR MEETINGS

Since we re-opened our meetings in September, we have welcomed a number of new members. It is a privilege to be able to offer you what support we can. We hope that over the next few months, we will be able to return to offering a wide-ranging programme of speakers, guests and activities. Our aim is to help with information and training in skills to help your caring role, as well as activities that will support your wellbeing. We also look forward to relaxing our restrictions as circumstances allow, such as bringing back our Information Table. In the meantime, if you require information that is not displayed, please mention it to one of our volunteers.

Our meeting in December is always a social one, with no speaker. Anita, our Therapist, will be offering a special treat with some lava shell mini-massages and we will have some seasonal entertainment. We usually have a raffle at this meeting and invite you to contribute a prize. However, on this occasion, the prizes will be supplied so there is no need to bring something. We will be selling raffle tickets at £1 each.

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## CARDS, CALENDARS AND PRESSIES

Christmas shopping can be difficult for carers, especially if your opportunities to leave the house are limited. In the past, we have brought selections of cards to you, from a local charity. This year, volunteer Val Trinder is selling her cards and calendars for Shipston Home Nursing and will bring some along to our November meeting. Cards are £3.50 per pack of 10.

Throughout the year, I attend local Farmers' Markets, pop-up markets and craft fairs, to raise funds for the group. In addition to any donation of items made by members, I sell my own craft work under the name Hemiola Crafts and Carers4Carers benefits from the profits. In the past I have brought some of my craft work to November meetings for those of you wanting to shop for presents. I'm not planning to do that this year but if you are interested in anything in particular, let me know and I'll happily bring some along. You can see the range of items I make on my website [www.hemiolanet.co.uk](http://www.hemiolanet.co.uk) and I'm showing a few of them here.



Decorated wine bottles

Poo bag holders



Reusable Make-up remover pads

Domino Jewellery



## DO YOU NEED LEGAL ADVICE?

Pre-pandemic, Age UK offered free 20 minute sessions at their Leamington office for anyone seeking initial legal advice on a range of issues. This was provided by members of the Moore & Tibbits' team of solicitors. Moore & Tibbits are now offering a free legal advice clinic each Wednesday by telephone between 2 and 4 p.m. You can book a telephone consultation by calling 01926 354704 or emailing [rebeccaC@moore-tibbits.co.uk](mailto:rebeccaC@moore-tibbits.co.uk).

While Moore & Tibbits offer the full range of legal services, they are particular specialists in advice on all matters to do with care, including Care Fee Funding, Care Package Cuts, Funding Withdrawal, Mental Capacity and Court of Protection applications. Debbie Anderson, Head of the Health and Community Care Team, has a wealth of knowledge and experience in this field and many of our members have benefitted from her advice when she has been able to come and talk to us.

### IMPORTANT CONTACTS AND LINKS

Citizens Advice Consumer Helpline on 0800 223 1133.

Carers Trust Heart of England— [www.carerstrusthofe.org.uk](http://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](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/info@thesilverline.org.uk](http://www.thesilverline.org.uk/info@thesilverline.org.uk) 0800 4 70 80 90



It may seem a little early but, as there is no newsletter next month, our volunteer team and I would like to send best wishes to you all for Christmas and the New Year. I do hope you will be able to have a happy time and perhaps some kind of a break.

*Wishing you a Happy Christmas  
and a Peaceful New Year*

### POSITIVITY CORNER—a time to reflect



**It's not how much  
we give  
but how much love we  
put  
into giving.  
MOTHER THERESA**