



Carers 4 Carers

Finding support through supporting each other

October—November 2020

Autumn has come in with a great deal of bluster and colder temperatures. However when the sun shines it's a real treat to see the changing colours. We have a beautiful chestnut tree here in Little Kineton by the pond which is quite stunning.

As the country adjusts to the new normal I suspect that for many of you little has changed since the beginning of lockdown. It is understandable that many of you are reluctant to venture out. Do remember that there are still many community support schemes operating but if you are unable to get help do get in touch with us and we will see what we can do.

I'm afraid it's now too chilly to arrange an outdoor meeting. We are hopeful we may be able to do something in December but please do not hold your breath. So much depends on government regulations at the time that it is difficult to plan. Please also note that the Warwick Road between Compton Verney and Kineton is scheduled to be closed for three months during the day from the end of October until the end of January. This is by the new development near Brockhampton Lane. The quickest away from Wellesbourne will therefore be via the Lighthorne Road which is not advisable in icy weather.

SCAM ALERT

With the arrival of the new NHS Track and Trace app has come a new raft of scams. Once again, the scammers are trying to trick the unwary into parting with their money by devious deceptions. They are phoning people and frightening them into paying for a test. The official COVID test is free of charge to everyone. There is only one phone number for it which is:

0300 013 5000

Other current scams encourage residents to divulge personal and financial information including passwords or to send money by bank transfer or gift cards. Remember, if in doubt, put the phone down and keep the information to yourself.

VIRTUAL COFFEE MORNING

Lisa will be hosting this month's coffee morning. You will find the link in your accompanying email.



Don't forget there are five Fridays this month, so the coffee morning will be on **October 23rd**, not 30th. It is at our usual time of 10.30 a.m. and lasts approximately 40 minutes. You are welcome to join or leave at a time to suit you.

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

THE THREE As

Doing some work on Care Companion recently I came across some advice on how to help people who are blind or visually impaired. Much of the advice was also very appropriate for those helping the disabled, frail or elderly. The 'Three As' sum up their guidance.

Approach: if you think someone might need help, greet them and identify yourself.

Ask: "Would you like some help?" The person will accept your offer or tell you if they don't require assistance.

Assist: listen to the reply and assist as required. Not all people who are blind or visually impaired will want assistance—don't be offended if your assistance is not required.

It's important to remember that those with restricted mobility may also have restricted vision, perhaps because they can't turn their head or body very far. Therefore, make sure you stand or sit where they can see you easily.

Of course, someone needing help may refuse it for a number of reasons and when you are caring for someone all the time, you will know best whether this is the case or whether it would be wise to step in.

Other things to think about include not filling drinks to the brim, making sure there are no obstacles in a person's pathway and removing trip hazards such as rugs.

We are all creatures of habit and we have our favourite places to put things. It's important that if you can't move or see easily that the things you need are readily accessible and recognisable. One of the problems I faced when caring for my blind mother was the way her eye drop packaging and drug names seemed to change every time I collected a new batch. She had three sets of drops, all of which were taken at different times. I solved the problem by finding three small plain boxes. I made each a strongly different colour and wrote the initial of the name she was most familiar with for each bottle of drops, even though the name might change. All she needed to do then was find the right coloured box in the fridge. Hey presto! Another strategy to help her independence.

Carers sometimes need to be creative and 'think outside the box' to find the best way of helping. If you're stuck for ideas, try quizzing family members, friends or, better still, other carers.

A DIFFICULT DAY

"Today was a Difficult Day," said Pooh.

There was a pause.

"Do you want to talk about it?" asked Piglet.

"No," said Pooh after a bit. "No, I don't think I do."

"That's okay," said Piglet, and he came and sat beside his friend.

"What are you doing?" asked Pooh

"Nothing, really," said Piglet. "Only, I know what Difficult Days are like. I quite often don't feel like talking about it on my Difficult Days either.

"But goodness," continued Piglet, "Difficult Days are so much easier when you know you've got someone there for you. And I'll always be here for you, Pooh."

And as Pooh sat there, working through in his head his Difficult Day, while the solid, reliable Piglet sat next to him quietly, swinging his little legs...he thought that his best friend had never been more right."
A.A.Milne

