



Carers 4 Carers

Finding support through supporting each other

OCTOBER—NOVEMBER 2022

I don't think you can go anywhere these days without seeing either something to do with Hallowe'en or Christmas. Hallowe'en isn't everyone's cup of tea and it's not mine. I'm not mean, I just don't want to be opening the door to someone in the dark. I draw my curtains and turn off my porch light. I found this advice on Google: leave out a note saying "The goblins took all my candy, sorry none left!" Now there's an idea. I wonder if it works.

As I write, there are 70 days left until Christmas. Charlecote Garden Centre has opened its Christmas shop and cards and mince pies have been in the supermarkets since August. It's also the time of year when there's an increase in Craft Fairs and Markets. Yesterday I spent the day at Moreton Morrell with my Hemiola Crafts stall. Yes, people were looking for Christmas presents and it was a lovely occasion. At the end of the month I shall be at Harbury's pop-up market and then on November 12th at Chedham's Yard. Do come and say 'hallo' if you are visiting. 50% of the profits from my stall go to Carers4Carers and the rest is ploughed back into more materials. It's a lovely way to shop for presents and you can find some unusual items.

You'll find details inside about our new minibus service provided by Back&4th, to help carers and cared-for travelling from the direction of Wellesbourne. Do read it carefully and consider giving it a go. The more people who use it, the better and it's lovely to have someone drive you for a change. Do contact us if you want to know more.

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 0LB, 10.30 a.m. until 12 noon. We start with time for coffee and chat and then the main part of our meeting will start at about 11 o'clock. Anyone wishing to bring their loved one to attend the Companionship Group, especially for the first time, is asked to contact us in advance so that we can be sure that we can provide appropriate care.

Friday 28th October— Penny Varley returns to help us complete our anniversary work of art. We all enjoyed Penny's earlier visits. Our tiles have been fired so now it's time to decorate them. Don't worry if you're not Carers4Carers' answer to Artist of the Year. Just come along and enjoy yourself; no experience necessary. There will be some

spare tiles if you missed the earlier sessions. There will, of course, be time for some talking therapy.

Friday 25th November—it's our 10th birthday and we'll be celebrating. Yes, there will be cake and guests and we'll unveil our completed celebratory work of art.

Friday 9th December— our seasonal meeting.



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

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TRANSPORT TO AND FROM OUR MONTHLY MEETINGS



For some time now, Carers4Carers have offered subsidised travel to and from our meetings through the VASA community transport scheme. Because the scheme uses the volunteers' own vehicles, unfortunately wheelchair users are only able to use it if they can transfer safely from their wheelchair into the car. For some of our members this is now proving either impossible or extremely difficult, with physical

risks to both the user and the carer.

We are therefore piloting a scheme to use the Back&4th Community Transport minibus to provide transport for those living in Wellesbourne or enroute to Kineton. There are several benefits to using Back&4th:

- As a small charity, we only have limited financial means to offer support for transport. By using a minibus, we can help more people in a more cost-effective way.
- The minibus is suitable for everyone to use, whether able-bodied or confined to a wheelchair.
- It will reduce the need for carers looking after someone with mobility issues to struggle to assist those they care for to get into a car, so reducing risks to both parties.
- Back&4th volunteers are trained to assist in boarding passengers with disabilities.
- In most cases, passengers will receive a door-to-door service.
- It's a greener option to share transport as one minibus can replace the need for in excess of five cars. It will also reduce congestion in the Village Hall car park.
- Opportunities for social interaction start the minute you get on board. It's more fun to travel together!

This service is not just for those without their own transport. If there is room on the bus, then you are welcome to leave your car at home.

How to book? We have to pass on collection addresses to Back&4th as soon as possible before the meeting. Therefore, this month we ask you to book your place on the minibus as soon as possible and by **Saturday 22nd October at the latest**. You can leave a message on our phone or send an email. We will get back to you after the deadline with a pick-up time.

How much will it cost? We are asking for a contribution of £3.50 per person per round trip journey. We hope this will be cost-effective for you and allow us to maintain this service. We will review this charge in a few months' time.

FROM OUR ROVING REPORTER, LISA

Our Assistant Co-ordinator writes:

Many, many congratulations to Gillian who was the individual winner in the Health & Wellbeing category at the South Warwickshire Volunteer Awards 2022, held recently at Stratford High School. Each year Warwickshire Community & Voluntary Action, Warwickshire County Council, Warwick District Council and Stratford-on-Avon District Council celebrate and recognise the impact that volunteers have on lives in South Warwickshire. As founder and Coordinator of Carers4Carers 10 years ago, Gillian's tireless work supporting and advocating for the needs of local carers was recognised with this well-deserved award. Well done, Gillian!

Gillian adds:

It's lovely to be recognised in this way and it was a real surprise. I attended with no expectations of coming away with an award. However, Carers4Carers is by no means a 'one-woman' show, and by recognising my achievements, the hard work and dedication of Lisa and our merry band of volunteers is also recognised. I couldn't do it without you. It's lovely that this recognition has come as we are about to celebrate our 10th year. Thank you!



It was lovely to be supported on the evening by Thomas Memery, the Director of Omega, together with Lisa and our volunteer, Val

HELP WITH THE COST OF LIVING CRISIS

There are a number of agencies helping people cope with the cost of living crisis. If you have internet access, there is a dedicated section of the County Council's website devoted to advice and help at www.warwickshire.gov.uk/costofliving. Alternatively, phone 01926 410410.

Act on Energy has a free helpline, offering advice on keeping down your energy costs. The number is 0800 988 2881. We hope that a representative from the charity will be able to come and talk to us early next year.

Remember, if you are struggling, it's important to talk to someone: family, friends, Citizens Advice, your surgery, Samaritans The list goes on. If you need contact numbers, please ask.

IMPORTANT CONTACTS AND LINKS



- Carers Trust Heart of England— www.carerstrusthofe.org.uk; 024 7663 2972 (option2)
- To make a consumer complaint, obtain consumer help and advice or report an issue to Trading Standards, please contact the Citizens Advice Consumer Service on 0808 223 1133.
- For consumer or business help and advice, including details of an approved trader scheme, please visit our website: <https://www.warwickshire.gov.uk/tradingstandards>
- 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 ; www.actionfraud.police.uk/.
- 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/>
- **Act on Energy** offers free advice regarding anything to do with energy costs and usage. Phone 0800 988 2881 or visit their website at actonenergy.org.uk/

VOLUNTEER DRIVERS NEEDED

Back&4th are looking for volunteers to become minibus drivers. They know that our carers are not in a position to offer but they ask that you spread the word amongst family and friends. It's a great way to meet people and have the opportunity to make a positive change to people's lives.

I'm attaching their poster for those of you receiving this newsletter by email. More details are available by phoning 01789 471 595.

POSITIVITY CORNER

A time to reflect and perhaps to smile

