



Carers 4 Carers

Finding support through supporting each other
September—October 2020

It seems ages since I wrote my last newsletter, but it was a bumper edition and this one will be back to our normal size. This evening I'm just filling in a few minutes starting this before watching the Last Night of the Proms. I'm not an avid fan of all the Proms but there have been some lovely concerts which I have enjoyed and it's been a hint of normality. It is a beautiful late summer evening with a clear sky. Today Lisa and I have been at the Kineton Farmers' Market where I'm pleased to say we did very well. It was lovely to see people that we haven't seen for five or six months and have a little chat in the sunshine.

Our planned get-together at Compton Verney went ahead although we did have to postpone it from the original date because the weather was too bad. Instead, we went the following week; six carers and cared-for met together with Lisa and myself and once again it was clear that everybody was so pleased to see other. There was so much catching up to do. The staff and volunteers at Compton Verney did everything to make our COVID secure visit a success, from the warm welcome we received to the smooth running of the shuttle bus. My thanks go to Lisa especially, for the stringent risk assessment that she completed to enable us to go ahead. As we move into autumn it would be too risky, weather-wise, to arrange another meeting there so let us hope it won't be too long before we are able to meet back at the village hall in Kineton again.

EXEMPTIONS FOR WEARING A FACEMASK

If you are exempt from wearing a face covering you can download a card or an image for your phone. You can use these to show in shops and other enclosed spaces where wearing face covers is mandatory.

The card is available here:

<https://www.gov.uk/government/publications/face-coverings-when-to-wear-one-and-how-to-make-your-own>

There is also a card asking someone to remove their face cover so that you can understand them better. If you are unable to print out the card or find someone to do it for you, let me know and I'll post one to you.

TIME TO ROLL YOUR SLEEVES UP

If you haven't already had your flu jab this year then now is the time to get it. It is being offered first of all to over 65s



and carers. It's really important both for your health and the effective management of NHS services. All surgeries are offering flu clinics so check when yours are available or if you are eligible.

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

ASSISTIVE TECHNOLOGY

This is the term given for equipment and aids designed to make daily life easier for you. One of the most frequent questions we are asked is about available aids and how to go about getting hold of them. Just knowing what is available can sometimes be half the battle. If you know what is out there, then you know what to ask for. Many people do research online before asking about available aids. AskSARA is an online tool created by Carers UK working with the Disability Living Foundation.



It works in three main categories: your health, your home and daily activities. Having chosen the area of interest, you are guided through a series of straightforward questions with YES or NO answers and when all are complete a report takes you to a list of suggested aids. Links do take you to a site where you can purchase the aids, but of course, you don't have to purchase that way if you don't want to.

AskSara is available through the Warwickshire County Council website at <https://asksara.dlf.org.uk/?auth=warwickshire>

VIRTUAL COFFEE MORNING

While we are still unable to meet, we will continue with our virtual coffee mornings. I know they are not for everybody but in the present circumstances they are the best we can do. I am looking into other methods to enable non-digital enabled households to participate.

As we always try to hold the coffee mornings at the same time as we would have held our physical meetings, the next one will be on **Friday September 25th at 10:30 a.m.** and last up to 40 minutes. I will be on hand from 10:15 a.m. so if anybody needs help joining the meeting we can do that then. I will also have the Carers4Carers phone by my side so if you get stuck you can ring me on that.

Please find the joining instructions for the meeting in the email that accompanies this newsletter.



I hope you enjoy the activity booklet that accompanies this newsletter. It has been provided by the British Motor Museum. Their original planned visit in April was postponed until September but sadly of course that too has had to be postponed.

To make a difference in
someone's life you don't have to
be brilliant, rich, beautiful
or perfect.
You just have to care.

