

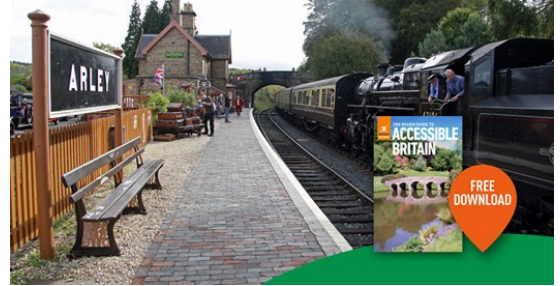


Carers 4 Carers

Finding support through supporting each other

April 2019

We are promised warmer weather for the Easter break and that inevitably encourages us to think about venturing out. There are many attractions that offer special deals for carers, often offering free admittance. The Rough Guide to Accessible Britain lists a whole host of ideas for suitable days out. This is free to download or view online at www.motability.co.uk/accessibleguide. The link can also be found on our Facebook page. For those of you without internet access, we still have a few hard copies from previous years. Please ask at our next meeting if you would like one.



Last month, we had computers available for anyone who wanted to complete the Carers UK 'State of Caring' survey. I'd like to remind you that the deadline for completing this is May 24th. This is a very in-depth survey and as a result, can take up to 30 minutes to complete. You can access it here: www.carersuk.org. Carers UK have also produced a round up of the most recent changes to benefits. carersuk.org/updates-from-april-2019

OUR MONTHLY MEETINGS

Carers4Carers' monthly meetings take place on the **fourth** Friday of the month. We meet at the Kineton Village Hall, Mill Street, Kineton, CV35 0LB between 10.30 and 12 noon. We always 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. Come when you can and stay for as long as you are able.

April 26th - Debbie Anderson, Head of the Health and Community Care Team at Moore & Tibbits will be making a return visit to update us on recent changes in legal issues that affect carers. Bring a notebook!

May 24th—another of our meetings without a speaker. Our last one saw members bring along their knitting and sewing projects so that they could 'stitch and natter'. It worked well. We hope while you natter, you'll share your carer experiences. Anita will be with us and Jasmin will be bringing her harps to make music with members of the Companionship Group.

June 28th— Sophie Huddleston, from Sophie's Seasonal Plants (what used to be the Red Road Nursery in Little Kineton) will be sharing some of her brilliant ideas for easy gardening.

Carers 4 Carers is part of the network of Omega Care for Life Meeting Point Support Groups Reg. Charity No. 1120322

www.carers4carersonthefosse.org.uk

07947 893504

kcarers4carers@gmail.com

THE CARE COMPANION OFFICIALLY LAUNCHES THIS MONTH

If only I had known If only I could What do I do next?

How often have you found yourself saying these things? Where do you go to find answers to these questions—and many others? Searching Google can be frustrating, time-consuming and there is no guarantee of the quality of resources found.



The Care Companion is a simple to use online resource to support carers in their caring role. It was made available to carers last year and now, following feedback from carers and further developments, it is to be launched fully at an event at Café Lomas, Stratford Hospital on Friday 26th April, to be attended by Jeremy Wright MP, who is also Minister for Digital.

The Care Companion has been developed by a research team from Warwick University with carers, for carers and is free to use by carers in Warwickshire and Coventry. To get the most out of the site, it's important to register. Ask for a demonstration at group meetings or visit www.carecompanion.org.uk

HAVE YOU BOOKED THE DATE?

Tell your friends all about our coffee morning on Saturday May 18th.

If you know someone who might be interested in having a table, please tell them to get in touch with me. They are available for £8.

Carers4Carers
Finding support through supporting each other

COFFEE MORNING

**CRAFTS &
TABLE TOP SALE
CAKE STALL**

KINETON VILLAGE HALL

**Saturday 18th May
10 am - 12.15 pm
Admission free**

OMEGA
Carers4Carers is part of the network of Omega Care for Life Meeting Point Support Groups
Reg. Charity no. 112052. Reg. Company no. 60196052

COVENTRY & WARWICKSHIRE'S YEAR OF WELLBEING

The Health and Wellbeing Boards of Coventry and Warwickshire are forming a unique partnership to promote a Year of Wellbeing. It aims to address challenges that affect us, including the rise in ill-health and problems such as loneliness and social isolation.

Carers' Week this year runs from Monday June 10th to Sunday 16th. The theme is 'Getting Carers Connected in their Communities'. As part of the Year of Wellbeing, Coventry City Council and Warwickshire County Council are planning a joint Carers' Conference on Wednesday June 12th, 9—12.30 p.m. The venue has yet to be confirmed but will probably be in Coventry.

Attendance is free and you can register your interest here: [Carers Conference 2019](#)