



# Carers 4 Carers

Finding support through supporting each other

February 2019

February is the month associated with St. Valentine and love. I've 'googled' the saint and unearthed a selection of stories. What does seem to be the common thread was that he was a 3rd century Roman priest who performed secret weddings at a time when marriage was outlawed. The Emperor believed unmarried men made better soldiers because they were not distracted. St. Valentine became the patron saint of, amongst other things, lovers, epileptics and bee keepers.



Loving someone takes so many different forms, be it between lifelong partners, parents and children, family or good friends. It also changes as we grow older but I can think of few better ways in which it is demonstrated than by the way in which a person selflessly cares for another. This can so often be to the detriment of the carer, which is why we are here to offer our support. Knowing you are not alone or that others are in a similar situation to yourself can be a great help.

## OUR MONTHLY MEETINGS

Carers 4 Carers' 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.

**February 22nd**—This will be a visit from our local Parkinson's Disease adviser, Rekha Tanna Hirani. She will be explaining the many ways in which support is available. Parkinson's is such a complex disease that

the various elements touch on a wide range of situations common to many other conditions.






**March 22nd**— A meeting without a speaker so a chance to relax and enjoy some precious moments with our therapist, Anita. More details of any other activities available nearer the time.

**April 26th** - there have been a lot of changes over recent months to legal issues affecting carers. Debbie Anderson, Head of the Health and Community Care Team at Moore & Tibbits, will bring us up-to-date on developments.

## Useful contacts and links for reporting and avoiding scams and fraud

Alex Gloster, WCC's Community Safety Project Manager gave us plenty to think about last month when he and his two colleagues visited to talk about scams and fraud. As promised, he has let me have the details shown on the last few slides he brought.

Their Top Tips for staying safe online were:

-  Beware of links and attachments in emails
-  Strong passwords are key
-  Check that a website is secure when entering data—look for **https://** at the beginning of the address, not just **http://**
-  Ensure you have anti-virus protection
-  Report cyber scams, phishing etc.

Three ways in which you can report cyber crime are:



For scams and fraud



When the victim has been threatened with physical harm

Report a scam or rogue trader to Trading Standards via Citizen's Advice Consumer Service on 03454 040 506

There are lots of tips and reports of scams at [www.cybersafewarwickshire.com](http://www.cybersafewarwickshire.com)

Creating a secure password—this website will tell you whether the password you've chosen is secure or not and gives you tips for creating a strong one. It's fun to use, too. I discovered it would take 47 million years for a computer to work out the password protecting my calendar!

<https://howsecureismypassword.net/>

There have been a number of reports on local Facebook pages about scam telephone calls. Remember, never give out your security details; if it's too good to be true, it probably is; if you are at all unsure, delete it or put the phone down.

### USING A MICROPHONE

Last month, for a variety of reasons, it was difficult for some members to hear the speakers. I have made enquiries about the possibility of using a microphone. I hope that next time our speaker wants to use a presentation and screen we'll be able to make arrangements to have one available.

### NAME BADGES

There have been problems with the ink from the pens not drying on our badges and therefore smudging, so we're going to try something different. We'll have the badges all ready with your names on. Lisa and Val will have them and bring them to you as you arrive. Please leave them in the baskets at the end of the meeting.