



# Carers 4 Carers

Finding support through supporting each other  
February 2020

First of all, our congratulations go to Margaret Maughan who has won our first ever Quiz. The answers to all the questions were birds and the quiz was compiled by Val Trinder. Thanks Val. The prize—a voucher for Afternoon Tea for Two at the Mercure Warwickshire Walton Hotel and Spa—has been passed on and a delighted Margaret is looking forward to her special treat. You can find the answers on our website under the 'News' tab.

Last December, Carers Trust Heart of England, published their first newsletter, which was emailed to all registered carers. I'm delighted that they found space to include some information about Carers4Carers. Unfortunately there was a mistake in the published email address. Please note that the correct version begins with a 'k'. See the foot of this page.

I do hope the recent spells of bad weather have not affected you too badly. While the warmer temperatures make it easier to keep the house warm, the strong winds and heavy rain are less welcome. I've just had a few days away in Wales and was lucky to have some beautiful weather. The reflections in Lake Vyrnwy were perfect and I saw my first daffodils of the year. We look forward to better days ahead.

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## 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 OLB 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 28th**—Lisa will be following up on her talk about swallowing issues in those with neurological conditions, the frail and the elderly. Many of you found her first talk so interesting and helpful that we ran out of time and she promised a second instalment.

**March 27th**— there will be no speaker for this meeting so it will be an opportunity for relaxation and interaction with other members. Bring along some creative projects or use the time to sit and chat. Several members have said they would like help getting started with Care Companion so we may have members of the University team with us to help with this.

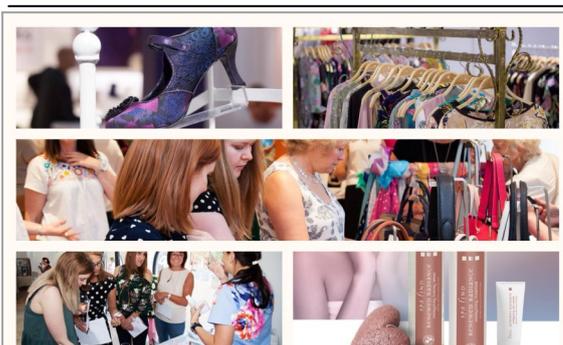
**April 24th**— we shall be trying something different! Carers and Cared-for will join together to enjoy a visit by members of the community outreach team from the British Motor Museum at Gaydon. It will be a chance for a walk down Memory Lane!

## SURVEYS, SURVEYS, SURVEYS

It seems hardly a day goes past without being asked to complete this survey or that. There are times when I feel a distinct 'survey fatigue'. However, we all know that if we want to be able to play a part in driving improvements in our services and support, feedback is vitally important. It's easy to complain that this or that is not what we want, or inconvenient or unsuitable, but we do need to tell those who plan the services. I always say it 'takes a carer to understand a carer' and while it's forecast that before long 4 out of every 5 people will have caring responsibilities at some point in their lives, how many of those who plan at Government level have that experience?

Carers UK is a campaigning organisation which works hard to improve the conditions of Carers throughout the UK. Every year they carry out a major State of Caring survey, the results of which are used to support their demands for improvements. The 2020 survey has now gone live and it is your chance to paint a picture of what it's like to be a carer. The survey is available online at [www.surveymonkey.co.uk/r/CKBM3QZ](http://www.surveymonkey.co.uk/r/CKBM3QZ). It will be open until May 17th so there will be devices available at our meetings until then for anyone who does not have internet access.

The results of the 2019 survey can be found on the Carers UK website, together with details of what they did with the data.



A Fundraising Event to Celebrate Mother's Day

**SATURDAY  
7 MARCH 2020**

Anita & Anya invite you to  
A Pamper Day for you to treat someone special  
And that includes you!

**ST PETER'S CHURCH ROOMS, WELLESBOURNE**  
1.30 PM – 3.30 PM & 3.30 – 5.00 PM

Come along and enjoy  
Afternoon Tea      Gift Stalls  
Beauty Treatments      Fashion Show

**TICKETS £10.00**  
Contact: Chris Murphy 01789 842365/07854 854960 and Anita 07815 975186  
**BOOK YOUR BEAUTY TREATMENT**  
Contact Anita: 07815 975186      [www.tranquilbeauty.org.uk](http://www.tranquilbeauty.org.uk)

This is a Fundraising Event in support of  
Friends of St Peter's Church  
Charity Registration: 1143822

Peter's in Wellesbourne. Treatments, booked through Anita in advance, Afternoon Tea, Gift Stalls and a Fashion Show all make this an afternoon to re-charge your batteries. Go on, treat yourself! You deserve it.

### IT'S MARKET TIME!

The first Farmers' Market in Kineton of 2020 will be held on March 14th. Come along and see us; we'll be there selling craft items and spreading the word about Carers4Carers. Two weeks later, we will also have a stall at Harbury Local Produce Market, held at the primary school, 10 a.m. until 1 p.m.

### IT'S SMILE TIME!



### IT'S PAMPER TIME!

Fancy a bit of pampering? Anita is holding a Pamper Event on March 7th to celebrate Mothers' Day and raise funds to support the Friends of St.