



Carers 4 Carers

Finding support through supporting each other

January 2019

I hope it's not too late to wish everyone a very Happy New Year.

It seems ages since Christmas. Kineton's first ever Christmas Tree Trail was a great success with 110 trees on display from 30th November throughout the village and Little Kineton. Carers4Carers' tree was outside the Methodist Church where, together with ladies from the church, we served refreshments on Saturday 1st December. Sadly the weather was against us and it wasn't well attended. Gill Hawtin, at Flower Thyme, who organised the trail, collected donations for us from people picking up a map. We will let you know how much was raised in due course. Meanwhile, a huge 'thank you' to Gill and everyone involved for a successful event which will have helped to raise our profile.

So now, the snowdrops are bravely poking their heads above the soil and life for most has returned to normal. Our programme of speakers and activities reflects what you have asked for so don't forget to let us know what you would like us to focus on.



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 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.

January 25th—Alex Gloster, the WCC Community Safety Project Officer, will be talking to us about recognising and coping with scams. Forewarned is forearmed, so this will be really helpful in making sure we

are on our guard.

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.

COMPANIONSHIP GROUP INFORMATION FORMS

Anyone attending the Companionship Group, or their carer, is asked to complete a confidential form providing us with the necessary information to ensure we offer appropriate and safe care. We have recently revised the form to take into account new requirements in data protection and also make some items clearer. The information you provide needs to be updated regularly to reflect any changes in condition and needs.

We shall therefore be asking all carers whose loved ones attend the group to complete a new form over the next few months.

ASSISTIVE TECHNOLOGY

Warwickshire County Council has recently run a pilot scheme to explore the effectiveness of a range of assistive technology items. Of the huge variety of products now available, many can offer the carer a chance for short respite breaks, knowing that they will be alerted if there is a problem. E.g a GPS gadget that fits in the shoe alerts the carer if their loved one wanders outside a certain area.

This week I received information from Carers UK of a system developed with Hive. Hive products include plugs, lights and sensors that can be controlled by your phone. The new Hive Link alerts the carer if their loved one is not following their usual routine or if, for example, the front door has been left open longer than normal. This would be invaluable to carers who do not live with the person they care for or would allow them to go out.

The system currently works with iOS phones and iPads and will shortly be available for Android phones. Find out more at <https://www.carersuk.org/help-and-advice/technology-and-equipment>

DATES FOR YOUR DIARY 2019

Here are the dates of our meetings throughout the year. Cut it out and slip it into your diary!

January 25th

February 22nd

March 22nd *

April 26th

May 24th*

June 28th

July 26th

August 23rd *

September 27th

October 25th

November 22nd *

December 13th

* these months have 5 Fridays so the meeting is not the last Friday.

Advance date: we are having a change for our fundraising event this year and will be holding a table-top sale and coffee morning on **Saturday 18th May**

THE GINGER NUTS GET MESSY - aka the Companionship Group

This month Jo Price will be introducing members to pottery. We look forward to seeing your masterpieces!

We have aprons and gloves etc. but suggest that you don't wear your best clothes!