



# Carers 4 Carers

Finding support through supporting each other

January 2020

On behalf of our Carers4Carers team, I'd like to wish everyone a Happy New Year.

It's that time when many people make resolutions and, by the time this newsletter goes out, I suspect a good many of them have already been broken. In general, I don't make resolutions for that very reason but the tradition is a catalyst for thinking about how improvements might be made to day to day living. Try to eat more healthily—well, I've been aiming to do that as a member of Slimming World for more years that I care to remember, with mixed success. Allow myself more time to relax and enjoy my first loves of music and creativity—definitely a good one and I started the year well with a week's singing over the Twixmas period in the beautiful Wiltshire town of Corsham. Singing does both the body and soul good and a goal this year is to try and do more playing as well.

So what does your body and soul good? Let's hope this year you will be able to find time for activities that refresh and relax. Carer wellbeing is vitally important for effective caring.

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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.

**January 24th** — Wellbeing, both physical and mental, is extremely important for the carer if they are to fulfil their caring role effectively. Staff from the South Warwickshire IAPT Service (Improving Access to Psychological Therapies) will be explaining the service and the way it works. Anita will be visiting the Companionship Group so that members can benefit from some of her TLC.

**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.

**April 24th**— this month, 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!

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

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## A SURPRISE

Last November I received a phone call from Thomas Memery, the Development Officer for Omega Care for Life, in which he congratulated me on being selected as 'Volunteer of the Month'. It was, of course, a very pleasant surprise, but life soon took over and I thought no more about it. Until, that is, our meeting in December at which we were delighted to welcome Philip Maundrill, one of the directors of Unique Senior Care. Philip has been involved with Carers4Carers ever since we invited him to provide carers to work with members of our Companionship Group and he has been a great supporter. But it was a cunning plan, cooked up between Thomas, Philip and Lisa to surprise me with a presentation.



To repeat Philip's kind words would make me blush. Managing only a heartfelt 'thank you' at the time it was only afterwards that I realised I had missed a golden opportunity. It has been a real privilege to work hard to nurture Carers4Carers over the years into the warm, friendly and supportive group it is today but I couldn't do it without the help and support of Lisa, our Assistant Co-ordinator, Nadine from Unique, working with the Companionship Group, and our committed team of volunteers. So, to all those who contribute so much, a really big 'thank you'. P.S.—Lisa insisted I put the photo in!



## MEETING DATES IN 2020

Five week months always cause confusion for our meeting dates so here is a list of them for 2020. Cut out and keep, or make a note of them in your new diary.

January 24 <sup>th</sup>	July 24 <sup>th</sup>
February 28 <sup>th</sup>	August 28 <sup>th</sup>
March 27 <sup>th</sup>	September 25 <sup>th</sup>
April 24 <sup>th</sup>	October 23 <sup>rd</sup>
May 22 <sup>nd</sup>	November 27 <sup>th</sup>
June 26 <sup>th</sup>	<b>December 11<sup>th</sup></b>

The only exception to the 4th Friday is our meeting in December when it is the **2nd** Friday. In August, we go out for coffee.

## SURGERY NEWS

Carers and cared-for who attend the Little Thatch surgery in Kineton should be aware that the surgery is relocating next to the Pharmacy by the Church. It will close on Friday 17<sup>th</sup> and re-open on 27<sup>th</sup> January.

Details are available on the website along with the first surgery newsletter and a patient survey. You can find them here [www.hastingshouse.org.uk/](http://www.hastingshouse.org.uk/) or, on facebook [www.facebook.com/hastingshousemedicalcentre/](https://www.facebook.com/hastingshousemedicalcentre/). These are clickable links in digital versions of this newsletter. I hope to have paper copies of both the newsletter and the survey available at the next meeting.