



Carers 4 Carers

Finding support through supporting each other

July/August 2018

Phew! What a scorcher! If you are one of the many for whom hot weather is a bit of a trial, I do hope you are managing to find ways to keep cool. Remember the advice to drink plenty of water and keep in the shade whenever possible.

Members who have been with us since our first year will remember that Grace Foot was one of our founding members, keeping us well supplied with tea, coffee and biscuits from the very beginning. Last year Grace celebrated her 90th birthday and sadly illness forced her to withdraw from refreshment duties but she has still come to meetings when well enough. Next month, Grace will be moving to Pembrokeshire to be nearer her family. We want to say a huge 'Thank you, Grace, for all you have contributed to the success of Carers4Carers and wish you well in your new home. We will miss you.'

I'm pleased to report that we will have Colin Pearson with us at our July meeting and we plan to make this a regular, if not monthly visit. Colin is the carer support worker for this area with the Warwickshire Carers' Wellbeing Service from Carers' Trust Heart of England.

There will be no newsletter during August but you can keep up-to-date on our Facebook page and website. Work is currently being carried out on the website but it is still accessible.

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.

July 27th - Colin Locke, from R. Locke & Son Funeral Directors, will be our guest to talk about end of life arrangements. This is a difficult subject to discuss and we have invited Colin after consultation with our

members. If there is a particular aspect that you would like Colin to talk about it would be helpful if you could let me know by Monday 23rd July so that I can pass this on to him.

August 24th (N.B. this is a 5 week month, so it is not 31st) - no formal meeting but we will meet for coffee at the National Herb Centre. For details, see overleaf.

September 28th— Fire Safety. We will have a visit by the Watch from Gaydon Fire Station.

October 26th—fun with chair exercises to music. Anita will be with us for some TLC.

COFFEE AT THE NATIONAL HERB CENTRE

Summer is a time for going out and that's just what we like to do in place of our usual meeting in August. For the last few years we have been enjoying coffee and cake at the National Herb Centre Coffee Shop, Warmington, where they look after us beautifully.

The time is the same as for our usual meeting—10.30—12 noon - but feel free to come and go as you please and of course, this is for everyone, including those you care for. On arrival, you will be given a token for a free cup of filter coffee.



It's important that we can give approximate numbers to the staff at the Coffee Shop in advance, so they know how much space to allow. I'll be taking numbers at our next meeting but if you are unable to be there, please contact me either by phone or email by Friday 17th August. We will need to know if you need a space for a wheelchair.

'SHARING JOY' at the RSC

Earlier this year I let you know about a workshop called 'Listening with your eyes' for carers of loved ones with dementia. It looked at ways in which we can make connections, focussing on the non-verbal.

The same company, VAMOS, is giving two performances of 'Sharing Joy' at the RSC The Other Place on July 29th. There are still free tickets available. The show is specifically for people living with dementia and their carers.

The show is set in the 40s and 50s and is a huge celebration of life and all its joys. It uses music, dance, nostalgia, masks,



puppetry and laughter to bring pleasure and meaning

to everyone involved.

'A good laugh is what it's all about,' said 81

year old June.' I'm trying now to have a straight face. I can't do it!

If you would like details, please contact Josefa at Josefa.MacKinnon@rsc.org.uk. I've not been given a phone number but I'm sure the Theatre would be able to help. 01789 403493

CARE COMPANION AWARD

Those of you were at the meeting in June will have witnessed the making of a 30 second 'Talking Heads' video to be shown at an award ceremony for which the Care Companion had been shortlisted. Sorry it took so long!

I attended the Meridian Health Innovations Award Ceremony last Friday with other members of the research team and I'm delighted to let you know that, although we didn't win our category—the largest, with 9 projects shortlisted—we were 'Highly Commended'.