



Carers 4 Carers

Finding support through supporting each other

July 2019

By the time you receive this, the schools will have broken up and the summer holidays will be starting for many. It's a time when activities come to a halt as people aren't around to participate. Sometimes I find that an advantage as it can be good to have a change from routine.

At Carers4Carers, we try to take a short break as well but that doesn't mean we stop, we just do something different. In August, we have no usual monthly meeting but instead you are invited to join us, with your loved one, for coffee at the National Herb Centre. They always look after us so well and we treat you to your first cup of coffee! While it's not necessary to 'book', it does help the café if they can have an idea of how many are likely to be there. Please let us know at our July meeting or, if you are unable to be there, please phone or email by August 16th. It's also helpful to know if space is needed for a wheelchair.

I take a brief break in August so will not be publishing a newsletter. Our team of volunteers hope you are able to enjoy the warmer weather and, if possible, take a break from routine.

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.

July 26th— Jasmin will be with us again with her harps but this time making music with our carer members. Making music with each other can be incredibly relaxing and great fun. This is suitable for all and

requires absolutely no musical skill. If you can twang a string, then you can play a harp.

August 23rd— please note, this is **not** the last Friday in the month! This is a time for carers and their loved ones to join together to enjoy an outing for the morning. You are invited to join us for coffee at the National Herb Centre, Warmington. See above.

September 27th—many of you know that Lisa, our assistant co-ordinator, is a speech therapist. At this meeting she'll be raising awareness of some of the swallowing problems that can be associated with neurological conditions and frail, elderly people.

When caring comes to an end, the life of the carer can change dramatically. In addition to the emotional turmoil associated with bereavement, life can seem to lack purpose. We hope that by continuing to support members after caring, we can help in some way.

FREE BEREAVEMENT SUPPORT

Assistant Co-ordinator Lisa is helping our umbrella organisation Omega Care for Life to set up a Wellesbourne-based bereavement support group.

Led by Jane and Chrissie from Omega (who both visited our group a year or so ago) the free sessions will take place at Wellesbourne Village Hall, starting with a drop-in 'taster' session on Friday 20th September 2019. People can pop in anytime between 2:00pm and 4:00pm for an informal chat with Jane and Chrissie about what to expect from the programme. Three further small group sessions will then take place over the following months, helping participants to come to terms with their loss, adopt easy to follow coping strategies and make positive plans for their future.

The Omega programme is based on a model funded by the Department of Health. Although following an "After Caring" model, it is suitable for anyone who has suffered a loss, particularly people who are at least six months on from the passing of their loved one. Feedback from previous groups has been very positive:

"I met lovely people and was able to talk about my situation."

"It broke the feeling of isolation I've felt since the death of my mother."

"The Omega facilitators are excellent."

If you know of someone who has been bereaved within the appropriate time frame do please pass on these details. For more information and to book a place on the free programme, please call Omega care for life on 01743 245 088 or email info@omega.uk.net.

MAKING ART FOR THOSE LIVING WITH DEMENTIA

Come and join a pilot project run by Leamington Museum and Art Gallery for people living with dementia and a friend or relative. Using artworks displayed in the gallery as a starting point for discussion, participants will get stuck into creating a piece of artwork, using techniques such as printing, marbling and colour painting. The sessions are completely free of charge and require no previous art experience or materials, just a desire to meet new people and try something different. There will be plenty of people (and cups of tea) on hand to help you through the morning.

If you would like to join in please contact Sally Larke at Sally.Larke@warwickdc.gov.uk and she will add you to the list. If you have no access to email, then phone 0781 606 9698.

Making Art
with coffee and cake.

We are happy to welcome those living with dementia together with a friend or relative to join local artist, Victoria Smith for a new 5 week course of art activities.

This pilot course is completely free!

Tea and coffee refreshments will be provided. Keep an eye out for similar upcoming events.

The sessions will be held each Tuesday for 5 weeks in the Art Gallery from 10:30am till 12:30pm on the following dates:

- 17 September
- 24 September
- 1 October
- 8 October
- 15 October

Places are limited.

If you are interested in taking part, please contact:
sally.larke@warwickdc.gov.uk

LEAMINGTON SPA Art Gallery & Museum
The Park Estate Trust
MUSEUM
Ironbridge
Royal Pump Rooms, CV32 4AA