



# Carers 4 Carers

Finding support through supporting each other

June 2019

I must start by apologising that this newsletter is rather later than usual and also rather short on news. I arrived back from holiday the day I should have been sending it out and I'm sure I am the same as many people in needing a day or two to adapt to being back home. However, that has given me the space to include several pictures from last month's visit by our MP, Jeremy Wright.

Being able to take time out of the daily routine, meet new people both in our tour group and at our various tourist destinations as well as enjoy beautiful natural surroundings is a wonderful opportunity for refreshment. This clearly is not always an option for many carers but perhaps making time just once during a week to do something a little different may be a valuable way of breaking that routine.

Perhaps joining Susan at her garden party for the local Parkinson's group may be a way of doing just that. Susan invites you to join her on Thursday afternoon, 27th June, from 2.30 p.m. at her home in Wellesbourne. If you would like more details, please phone or drop me an email.

## 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.

**June 28th**— Sophie Huddlestane, well known locally for her gardening skills, will be sharing some of her brilliant ideas for easy gardening. She will show us some clever ideas to save on watering by

demonstrating ways of planting up a tub. Sophie is then donating this tub to be raffled off so that someone can take it home to enjoy.

**July 26th**— Jasmin will be with us again but this time making music with our carer members. This is suitable for all, regardless of your level of musical prowess and very relaxing. More details next month.

**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 and enjoy an outing for the morning. Again, more details next month.

## **OUR VISIT BY OUR MP**

Last month, our members knew that we were to have a VIP visitor but it was only at the last minute that they found out who this was to be. Just half an hour after our Prime Minister announced that she would be resigning, our MP, Jeremy Wright, stepped through the door to begin an hour's private visit.

Sadly several of our members had loved ones in hospital so our numbers were a little low. Jeremy and his chief of staff, Jessica Vining, sat down with coffee and cake and spent valuable time talking to carers and learning about the practical issues they face at so many levels, the emotional toll they experience and the feelings of isolation as caring responsibilities affect the ability to continue with previously enjoyed activities.

Jeremy and Jessica also spent time with members of the Companionship Group where they had been enjoying making music with Jasmin and her harps. When I joined them, as usual there was plenty of laughter and discussion going on. I even believe the 'B' word was mentioned!

