



Carers 4 Carers

Finding support through supporting each other

March 2019

I am writing this towards the end of National Nutrition and Hydration Week, which recurs in March every year. We've spent quite a bit of time over the past year looking at a number of issues that contribute to both carer and cared-for wellbeing, in particular nutrition and keeping moving. We have talked little about the importance of hydration; I can remember really struggling to emphasise the need for my mother to drink plenty—and I'm not talking about the hard stuff!

There are many complications associated with dehydration but amongst the most common are low blood pressure, weakness, dizziness and an increased risk of falls. Of course, with the latter comes the risk of hospital admission and most of us would wish to avoid this. There will be a useful article on dehydration available at our next meeting or, if you are unable to be there and would like a digital copy, please let me know.

I enjoyed a guided tour of the new Hastings House Medical Centre in Wellesbourne yesterday and look forward to its formal opening tomorrow. What a wonderful facility we now have in our area.

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.

March 22nd— A meeting without a speaker so a chance to relax and enjoy some precious moments with our therapist, Anita. Tony Naylor will also be visiting; he is the local contact for Silverline, the helpline for

older people set up by Esther Rantzen. Many carers say they no longer have time to work on their creative projects, so if you have a UFO (Unfinished Object!) that you've been itching to finish, do bring it along. See overleaf for more details

April 26th - there have been a lot of changes over recent months to legal issues affecting carers. Debbie Anderson, Head of the Health and Community Care Team at Moore & Tibbits, will bring us up-to-date on developments.

May 24th—another meeting without a speaker. More details to come.

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

www.carers4carersonthefosse.org.uk

07947 893504

kcarers4carers@gmail.com

CARERS UK STATE OF CARING SURVEY 2019

This survey is made each year to gain a true picture of the state of caring in the UK. It takes about 20 to 30 minutes but is an excellent opportunity to have your say. It helps CarersUK to understand how services and support are delivered and they can then use the information gathered as evidence in their campaigning for better services and support and to influence government policies.

The results of last year's survey are available here: <https://www.carersuk.org/news-and-campaigns/state-of-caring-survey-2019> and the following is the link for the survey: <https://www.surveymonkey.co.uk/r/TQLBC58>. If you are reading a digital copy of this newsletter, these are clickable links.

Inevitably, Carers UK would prefer the survey to be completed online but it is possible to download and print it out. However, I should warn you that it is 34 pages long. Don't worry—that's not all solid print! We will have a laptop available at the next two meetings for anyone who wants to take the opportunity to complete the survey. The survey closes on 24th May.

I NO LONGER HAVE TIME TO

I wonder how often you find yourself saying this! Caring has become all-consuming and you've found it necessary to give up some of your favourite activities. Many carers will relate to this. So why not use the time during our meetings when we have no speaker to pick up some of the things you like to do to relax. We know being creative is helpful for many. If you have some knitting or sewing on the go which you've not picked for a while, bring it along, stitch or knit and natter at the same time. We'll have some magazines to browse through, adult colouring pages, paper for writing; just choose what you'd like to do and chill out! Oh, and no mention of Brexit while we natter!

SPREADING THE WORD

We take as many opportunities as we can to raise awareness of issues facing carers and of course, also about Carers4Carers. There have been two events recently in the Village Hall and then last Saturday was the first of this year's Kineton Farmers' Markets. We had planned to make it more of an information stand rather than selling our crafts but in the end, we did quite well on both fronts. It was cheering to see some shoppers happy to make a donation even if they didn't want to buy.

However, we didn't have a very auspicious start as the heavens opened just as we were setting up! The sun did come out but Lisa and I spent a lot of time chasing what the wind wanted to whip away!

