



Carers 4 Carers

Finding support through supporting each other

May 2019

Our visit by Debbie Anderson last month, talking about legal issues and caring, was extremely informative. There was so much to talk about that we will be inviting her back as soon as possible.

We are having a few more meetings without speakers at the moment. Back in March we invited members to bring along their sewing and knitting projects to 'stitch and natter' and also had magazines and mindfulness activities available. This was extremely successful so we are repeating it again this month. Please remember that this is an extended meeting and will continue until 12.30 p.m. Do stay as long as you can.

Hopefully you will be reading this just before our Coffee Morning and sale, on Saturday 18th May, 10.00—12.15. There will be a mixture of craft and table-top stalls together with secondhand books from the Community library and a cake stall run by the ladies of the Kineton Methodist Church. We will also have an information stand and don't forget the raffle. This is our main fundraising event this year so let's make it a bumper one. We look forward to seeing as many of you who can make it as possible.

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.

May 24th—another meeting without a speaker. Bring along your creative projects and while you create, share your carer experiences. Anita will be with us and Jasmin will be bringing her harps to make

music with the Companionship Group.

June 28th— Sophie Huddleston, from Sophie's Seasonal Plants (what used to be the Red Road Plant Nursery in Little Kineton) will be sharing some of her brilliant ideas for easy gardening. She will be showing some clever ideas to save on watering by demonstrating ways of planting up a tub. This will then be raffled off so that one lucky person takes 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, whether musical or not, and very relaxing.

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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CARE COMPANION LAUNCH

This event took place successfully last month. Those attending included two MPs, Jeremy Wright and Matt Western, Cllr Izzi Seccombe (Leader of WCC) and a number of carers. I do encourage you to take a look at the site if you have not already done so. It is available to use free of charge for all carers living in Warwickshire and is part of the support package provided by the Council. You can visit the site and have a look round but registering will enable you to take full advantage of its unique ability to provide information personalised to you.



After the launch, Jeremy Wright wrote that ‘we are lucky to have access to this unique and innovative resource. I am sure that it will make a real difference to our carers—and by extension to those they care for ...’

As always, a computer will be available at meetings so that you can access the site.

REGISTERING AS A CARER

We talked briefly last month about the importance of registering as a carer. However, I understand that some members were confused by this and unsure as to why they should register. We will spend a short time at our May meeting explaining this a little more fully.

ELECTRIC BATH LIFT

I was contacted recently by a former carer, Ann, living in Tysoe who has an electric bath lift previously used by her husband. She is anxious for it to go to someone who can make good use of it. If this is something in which you could be interested, please let me know and I will arrange to put you in touch.

CARERS' WEEK

This year Carers' Week runs from June 10th—16th. Its focus this time is ‘Getting Carers Connected in their Communities’. There are a number of events running around the county.



If you attend Hastings House surgery, there will be some events running throughout the week. At Café Lomas, Stratford Hospital, carers are welcome to attend an event between 11 a.m. and 3 p.m.

Keep your eyes open for details and do go along and enjoy. I will pass on more details as I receive them.

DEMENTIA AWARENESS WEEK—MAY 20TH—26TH

Hastings House surgery are holding an afternoon tea between 2 and 4 p.m. on May 20th and a coffee morning on May 22nd between 10 a.m. and noon. There will be someone available who can help you learn more about Dementia and find out where to get help.