



# Carers 4 Carers

Finding support through supporting each other  
November and December 2018

November has been a sobering month, with the many moving tributes made for the centenary of the end of the First World War. Read about our tribute overleaf.

Now, children are busy counting the sleeps until Christmas! This year, Kineton is to host its first Christmas Tree Trail and I'm delighted that Carers4Carers will be participating. If you have an item that you think would make a decoration that is particularly relevant to our group, please bring it along to our meeting on 23rd. Remember that the tree will be outside. We'll also be asking the Companionship Group to make some decorations. The trail will be opened at the Christmas Fair on Friday 30th November and trees will be displayed throughout the Christmas period. Our tree will be placed outside the Methodist Church in Southam Street and we will be serving refreshments there on Saturday 1st December between 10.00 and 2.30 p.m. We'd love to see you.

As there will be no newsletter in December, it remains for me to wish everyone a happy, peaceful and restful Christmas.

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## OUR MONTHLY MEETINGS

Carers 4 Carers' 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 as long as you are able.

**November 23rd**—A fire and home safety talk with members of the Bravo Watch from the Gaydon Station. We will also welcome Thomas Memery and his colleague Rob Rutherford, from Omega Care for Life.

**December 14th**—our seasonal meeting. Enjoy a relaxing time with seasonal activities and refreshments. You are invited to bring an item for our Christmas Raffle. Anita will be offering you her delightful mini-massages. Members of the Companionship Group will join us to conclude the morning with some musical entertainment from Ilona and friends.

**January 25th 2019**— A talk on recognising and coping with scams from our Community Safety Project Officer, Alex Gloster.

**February 22nd**—A visit from our local area Adviser for Parkinson's, Rekha Tanna Hirani.

## THE COMPANIONSHIP GROUP - also known as THE GINGER NUTS!

Each month, staff from Unique Senior Care (formerly Home Instead), supported by a volunteer—usually Liz— offer care for those our members care for, in our Companionship Group. A few months ago they came up with a nick-name for their group, The Ginger Nuts!

Nadine and her colleagues do a fabulous job in arranging activities appropriate to the members' abilities and interests, supporting them as necessary so that they have an enjoyable hour and a half socialising and taking a break from home routine. We know they have a good time because we often hear gales of laughter coming from beyond the screens!

Last month, the members created a beautiful Remembrance Tribute in the form of a cascade of poppies, together with painted stones which named

people they wished to remember. The Tribute was taken to Flower Thyme, where Gill Hawtin incorporated it in the Kineton Remembrance Tribute round the War Memorial. The photos have been much admired on Facebook.



Knowing that your loved ones are so well looked after helps you relax in your own meeting. Please remember that we cannot accept your loved ones in the Companionship Group if you are not attending the meeting in the hall at the same time. It is also important to remember to update the information you provide if this will affect the care we offer.

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### DO YOU WRITE YOUR THOUGHTS DOWN?

Last month I published a poem written by a carer and it clearly resonated with many of you. I received a lot of comments in emails and conversations.

I know several of you have said that you find it helpful to write your thoughts and feelings down. If you would like to share these at any time, anonymously if you prefer, and in any format, do pass them on to me and I'll include them when space allows.

I leave you this time with something to make you smile! I'm sure many of us would like to make this our wish for 2018!



**Santa, for 2012 all  
I ask for is a big fat  
bank account and  
a slim body.  
Please, don't mix  
up the two like  
you did last year.**