



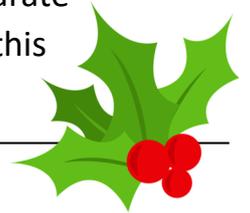
Carers 4 Carers

Finding support through supporting each other

November/December 2019

It's hard to believe that it's already that time of year when we start to decorate everything with sprigs of holly and wondering how we're ever going to get everything done before the Great Day. For carers, this can be especially challenging because their routine is constant and someone important in their life depends on them. Our December meeting is always brought forward in the month so come along and enjoy a relaxing morning when you can sit back and enjoy being looked after yourself.

Because of the earlier date of our seasonal meeting we do not publish a separate newsletter for December. Our volunteers and I would therefore like to take this opportunity to wish you all a very happy Christmas.



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.

November 22nd— N.B. not the last Friday of the month. Please note, this will be held at Kineton Methodist Church Hall in Southam Street. It's Carers Rights Day the day before our meeting with the theme 'Helping you find your way'. The focus is designed to ensure carers are aware of their rights and know where to go for all the information they need for all aspects of caring. Val Trinder, a retired medical librarian, will be helping you to "Find

Reliable Medical Information". Afterwards, Gillian will give a demonstration of Care Companion. This will be new for some members and for others a chance to see the many improvements that have been made over recent months.

December 13th— N.B. note please note the date—our Christmas meeting with seasonal refreshments, activities and entertainment, together with lovely TLC treats from our therapist, Anita. We'll be back in our usual home of the Village Hall in Kineton which now has a beautiful new kitchen.

January 24th— Wellbeing, both physical and mental, is extremely important for the carer if they are to fulfil their caring role effectively. Eimear Connaughton from the South Warwickshire IAPT Service (Improving Access to Psychological Therapies) will be explaining the service and the way it works.

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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SHARING INFORMATION

Every month I receive a number of emails containing information that I feel I should pass on to carers. If possible I mention it in a newsletter or pass on details at our meetings. Sometimes there are requests for carers to complete surveys so that organisations can improve their services and respond to what carers want. Many of these emails contain links or attachments of posters. Clickable links can easily be inserted in the digital copies of our newsletters but that's not much help to those of you without internet access.

I am very aware that many of us receive far too much in our email inboxes and so I try to limit what Carers4Carers send out to our newsletter and only very occasional extra messages. If there is something mentioned in the newsletter that you would like to learn more about and would like it sent as an attachment please either email me or sign the list on the information table at meetings. Where possible, I will make a paper copy available at meetings and there will also be a computer available for those who wish to look at things that can't be printed.

CARING AT CHRISTMAS

I've already mentioned Christmas can be a difficult time for carers. Here are some tips for coping with the festive season.

Try and plan in advance as much as you can; this will help if the person you care for needs routine.

Don't be afraid to ask family or friends for help so that you can have a rest too, even if it's only a couple of hours.

Talk with your family and friends, deciding how you're going to approach Christmas and discuss any concerns you have. Knowing everyone is on the same page can help reduce stress and conflict and make the time run more smoothly.

Take a break if you can, even if that means using a replacement care service such as the new Warwickshire CRESS service available through Carers' Trust

Talk to other carers in a similar situation. It helps to talk to someone who understands what you're going through.

Check Christmas opening times, especially of services that you think might need such as the surgery and pharmacy.

Make sure you and the person you care for keep warm and well so that you can enjoy the Christmas festivities.

It is not how much you do, but how much love you put in the doing - Mother Teresa

I remember once being humbled when one of the agency carers who visited to give my husband personal care said she found me an inspiration. I was stunned; what was I doing that others would not do?

I know some members listen to what others do and sometimes think they do not do enough. But we all do what we can in our own situations; we are all different but we are also all the same, because we do it with love.

You deserve a Happy Christmas.

