



Carers 4 Carers

Finding support through supporting each other

September 2018

As the country returns to 'normal' following the summer break, I hope you, too, may have had an opportunity for perhaps a short break. It's often said that a change is as good as a rest, so maybe time with the grandchildren has brought some smiles to your life. I've had a break too; I took time out to do some de-cluttering and as the stifling heat subsided have taken the opportunity to clear out the garage. Phew! It's only taken at least three years to get round to doing it; it's still a work in progress!

No doubt you are starting to see some posters of large mugs of coffee appear around the area as groups advertise the annual MacMillan Coffee Morning. Every so often, we like to have a meeting open to members of the public; it's an opportunity for the community to learn about the work we do and come and meet us. Giving is identified as one of the '5 ways to Wellbeing' so when the date of the Coffee Morning coincided with our meeting, it seemed too good an opportunity to miss. Tell all your friends or better still, bring them with you! We'd love some donations of cakes and Pam is arranging a super raffle. We've also been asked if we could have our Craft Stall so you'll be able to do some early Christmas shopping!



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.

September 28th— We are hosting a MacMillan Coffee Morning for the community. We will have a short time together at 10.30 before enjoying coffee and cake. The Companionship Group will

run as normal. Electric Blanket testing collection—details overleaf.

October 26th—fun with gentle chair exercises with Physiotherapist, Sarah Patterson from Pure Physio. Sarah will introduce you to short exercises that can be slipped easily into your daily routine. She will take into account the various medical issues some of you have. Anita will be with us for some TLC.

November 23rd— Fire Safety talk with members of the Watch from the Gaydon Station.

December 13th—our seasonal meeting.

WARWICKSHIRE CARE CHAMPIONS

Warwickshire County Council is looking at new ways for volunteers to get involved in making care services better.

What is a Care Champion? Volunteers are supported by WCC officers to visit care services and talk to users, family and staff members to discover what the service is like. Feedback is then sent to the manager of the service about what is good or could be better.

Family carers or anyone with experience of using care services know what good care is like and are ideally placed to help improve services whilst gaining new skills and meeting new people. If you'd like to know more, visit <http://www.wcava.org.uk> or phone Emma Mold on 07768 006027

ELECTRIC BLANKET

TESTING

I've been asked once again to co-ordinate a local collection for Tradings Standards annual Blanket Safety Testing campaign. The dates coincide conveniently with our monthly meeting so if you have a blanket, please bring it along on to our meeting on September 28th so that you can be confident that it is safe to use this winter. Trading Standards will contact you to arrange return of your blanket. There will also be a collection at the Dementia Café in Wellesbourne on Wednesday 26th September, 2—4 p.m.



PHARMACY2U

If you have received a letter from Pharmacy2U, please read the leaflet I have attached to the end of this newsletter. I received one and it gave the impression it came with the blessing of my surgery. Dispensing surgeries provide a valuable service for their patients, particularly in a rural area, and it's important that they are supported.

ROLL UP

It's time for that flu jab again!

The different surgeries in the area are advertising the times for their flu jab clinics and appointments. It's important that you stay well, so that you can look after your



loved one effectively, so please try to make sure you receive yours. If you are unable to leave the person you care for, you

should contact your surgery.

YOU'RE INVITED

Anita, our lovely therapist, is holding a charity event to celebrate her success in the British Hair and Beauty Awards .

Details at the end of this newsletter.

CAFÉ LOMAS & CARE COMPANION

If you've seen the Café Lomas newsletter, you may have seen that I'm due to give a demonstration of the Care Companion, timed to coincide with the arrival of the Dementia Bus on September 25th. Due to a Royal Visitor being on a site for the opening of the unit, this has had to be postponed until October 16th at 1 p.m.

Pharmacy2U is **NOT** your local pharmacy and has nothing to do with us.

You may have received a leaflet in the post inviting you to get your repeat prescriptions from a company called Pharmacy2U.

Here are some important facts about Pharmacy2U which we feel you should know:

- Pharmacy2U is not your local community pharmacy and has nothing to do with us.
- Pharmacy2U is a distance selling (internet only) pharmacy based on an industrial estate.
- As a patient, you cannot have any face-to-face contact with Pharmacy2U. Distance selling pharmacies like this are only allowed to deal with patients by post, telephone or internet, not in person.
- Prescriptions from Pharmacy2U are delivered by Royal Mail, unlike your medications handed to you in the pharmacy by a member of our team, or personally delivered to you by our own driver.
- In October 2015, Pharmacy2U was fined £130,000 for selling its patients' details to marketing companies including an Australian lottery. The Information Commissioners Office subsequently found that this data was used by the marketing companies to deliberately target elderly and vulnerable patients.
- Over Christmas 2015, Pharmacy2U failed to send out prescriptions for three weeks, leaving thousands of patients stranded without their essential medicines.
- In February 2017, the Care Quality Commission inspected Pharmacy2U and found that it was "not safe, effective or well led".

We believe that an internet business like Pharmacy2U is no substitute for your local pharmacy.

Please support us to continue caring for you and your family by ignoring any correspondence from Pharmacy2U and obtaining your prescriptions here at your local NHS community pharmacy.

Thank you for your support



You're Invited!

*Anita Swetman
Gold Beauty Therapist National Winner*

Invites you celebrate her success at

A Charity Event

on

Saturday 3 November 2018 - 1.30pm – 6.00 pm

At St Peter's Church Rooms

*Afternoon tea & Pamper Afternoon
Spa Find Treatments for ladies in the Carr Room
Hand & Feet Treatment for Men in the Main Hall*

Please join us at this special celebration in aid of

*Amasango School
(for street children in South Africa)*

&

*Caring for Life
(a registered UK Christian Charity for vulnerable people
many of whom have nobody else to turn to)*

For more information & ticket enquiries please contact:

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