



Carers 4 Carers

Finding support through supporting each other

September 2019

Well, it's been quite a summer, hasn't it and, judging by the weather as I write, it's not over yet, at least for a few more days. Yipee!

We had a wonderful time at our last full meeting in July when Jasmin brought her harps, ukuleles and other instruments and we all had a ball. I don't think I have ever seen so many smiles on so many faces. Thank you, Jasmin, for bringing us so much joy and laughter. A real tonic.



Overleaf you will find details of local events that support those living with dementia and their carers, including an initiative to make Kineton a dementia friendly community. Enjoy!

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 27th—many of you know that Lisa, our assistant co-ordinator, is a speech therapist. At this meeting she'll be raising awareness of some of the swallowing problems that can be associated with

neurological conditions and frail, elderly people.

October 25th— no speaker this month so time to relax, chat to your fellow carers and enjoy a few minutes of TLC with Anita, our gold awarding winning therapist. If you'd like to, bring along a creative project that you have been trying to find time to work on—knitting, sewing, crochet, painting—whatever you like. We'll also have some relaxing activities available.

November 22nd— **please note, this will be held at Kineton Methodist Church Hall in Southam Street.** Details nearer the time.

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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MAKING KINETON DEMENTIA FRIENDLY

Grandma Remember Me—this production is presented by the AZ2B Theatre Company to help give the local community a better understanding of dementia and what it's like to live with it. It tells the story of Lilly, who realises everything is not quite right with her grandma as she develops Alzheimers' disease and the challenges faced by the whole family as they come to accept and understand the disease. Told through a mix of puppetry, dram and storytelling it also considers the need for support and understanding within our communities and the importance of memories and relationships.

"It is a piece of high quality theatre, very powerful, realistic and deeply moving."

I have been wanting to see this production for some time and I am so pleased that Kineton Manor Nursing Home are offering this opportunity, supported by the Teaching Care Home Project and WCC.

You can see the production on Saturday 19th October at Kineton Hight School in the hall. There are two performances: 11.00 a.m. and 2.00 p.m. There is no need to book.

In addition to this production, there is a workshop, 'Listening with your Eyes' at Kineton Village Hall on Tuesday 24th September, 2.30—4.30 p.m. which looks at the powerful affect of using non-verbal techniques to help us make connections with those living with dementia. This is limited to 30 participants and must be booked by contacting Kineton Manor on 01926 641739 or emailing info@kineton-manor.co.uk

DID YOU KNOW?

Stratford Picturehouse run regular dementia friendly screenings . These are mainly of old films but they also want to offer some relevant 'new releases'. Dementia Friendly screenings are open to all. The lights in the screen are left on low, and guests are free to walk around, take a break, and sing along to any familiar songs. Free refreshments are available 30 minutes before the start of the film. The next few planned dementia friendly screenings are:

Downton Abbey on Monday 30th September at 12 noon

Gentlemen Prefer Blondes on Wednesday 9th Oct at 12 o'clock.

The new Judy Garland film '**Judy**' on Wednesday 16th October at 12 o'clock.

The Picturehouse is fully accessible, including for those in wheelchairs. Carers are admitted free of charge and there is also a carers card that can offer discounts. For more information, pop into the Picturehouse, phone 0871 902 5747 or email customerservice@picturehouses.co.uk,

ALSO ON OUR DOORSTEP

Compton Verney offers a concessionary rate for admission to full-time carers and also admits essential carers free of charge when they are accompanying the person they care for.

Enjoy the grounds, galleries and café or visit the exhibition.

The next exhibition, captures the world in photography over 70 years. Magnum Manifesto starts on 12th October.