



Carers4Carers

Finding support through supporting each other

April 2018

You have no doubt heard of something called GDPR or General Data Protection Regulation. This is EU wide and comes into effect on May 25th. Organisations which hold data of members must offer them a chance to 'opt in' rather than 'opt out'. If a member does not do this, then that member's data can no longer be held. All our members were given the opportunity to opt in when requesting to be put on the mailing list, but to ensure that we are adhering to the new requirements, we will be asking you to do this again. In the next couple of weeks, anyone who is on our emailing list will receive a message explaining how they can do this. Please look out for it and do your best to respond. For those attending our April meeting, we will provide an opportunity for you to complete a consent form. Anyone who receives their newsletter by post who is unable to attend the April meeting will receive a form with their May newsletter.

The South Warwickshire Clinical Commissioning Group are seeking opinions from people in the area on a new service offering extended access to a range of GP services, including access in the evenings and at weekends. You can contribute by completing the survey at www.surveymonkey.co.uk/r/GPServicesSurvey. I'm sorry, but I've been unable to track down a paper version! I'll have it available online at the April meeting.

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 0LB 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.

Friday 27th April—Paper, Print and Texture—a creative wellbeing workshop led by community artist, Penny Vigers. Hot on the heels of last month's talk about the 5 ways to wellbeing, this is the morning to

release your inner Picasso, but if he's not there, don't worry. You don't need to be to be an artist, able to draw or even step outside your comfort zone. Join in as much or as little as you want. Anita will also be with us to offer you some relaxing TLC. You should be thoroughly chilled by the end of the morning! There will be a raffle at this meeting. No need to bring prizes.

May 25th—Michael Howard, service manager for the Warwickshire's Carer Wellbeing Service, will bring us up-to-date on how the new service, which has been in place nearly a year now, is developing.

LET US KNOW IF THERE IS SOMETHING YOU WOULD LIKE US TO DO

We deliberately do not plan the programme for our meetings too far in advance so that we can respond more quickly to members' requests and ideas for topics and activities. The leadership/volunteer team will be meeting again after the meeting on April 27th to plan for the next few months.

If there is a topic that you would like us to cover or an activity you would like to suggest, please let us know before the end of the meeting. You can pass your suggestion to your member rep, David Brazier, speak to Lisa, Liz or myself, write it on a comment slip or phone or email me.

We'd also like to know if you are happy with the balance of our meetings. Would you like more 'content free' meetings, allowing for more informal chat and discussion, some meetings with speakers that are nothing to do with caring, more wellbeing sessions or do you think we get it right?

It's your group, so we want to give you what you want and whenever possible we will always follow your ideas up.

OUR FIRST MARKET STALL

We will be running our first market stall at the Kineton Farmers' Market on 12th May, 10.00—12 noon. We will be selling handmade items so if you have anything to contribute do let us know. Items could be brought to our April meeting. 100% of profits will go to the group.

Because of insurance restrictions, we will not be selling baby items, other than blankets, nor food, as the organisers would require us to provide a hygiene certificate. I have recently received a large donation of soft furnishing fabric that would make fabulous bags so if anyone is a bag maker and would like some, please ask.

It would be lovely to see you if you are able to come. In addition to the stalls, local children will be maypole dancing and there

will also be a visit from the Adderbury Village Morris Men.

On June 9th we will also be having a stall at the Wellesbourne Street Fayre. It has a royal theme so we'll be decked out in red, white and blue. Any ideas for a fun game we could put on the stall? I've been told this is a good magnet to draw people to the stall.

THANK YOU HAMPTON LUCY

I returned from my holiday to find a lovely phone message from the Clerk to the Hampton Lucy Parish Council which had recently voted to make us a small grant.

We are very grateful for this generous gesture which will help us to continue providing our support free of charge.