



Carers 4 Carers

Finding support through supporting each other

February 2017

Welcome to February's newsletter.

I was pleased to read recently that Warwick Hospital is one of the better ones for waiting times in A & E because of the new systems they have put in place to reduce bed blocking. However, much is being talked about in the news about the crisis in our hospitals and in our social care systems and as carers you probably have some experiences that will either agree or disagree with this.

This month, triggered by Valentines Day, Carers Trust highlighted the difficulties that can occur in our relationships with those we care for. It was all rather negative until I looked elsewhere on their website and found their ten top tips for carer wellbeing. The first, looking after your own health, we looked at at our meeting last month with Harm Gordijn and I hope you found it helpful. The second was 'say "I love you"' and the third 'greet your partner with a hug and a kiss'. These intimate gestures sometimes get overlooked in the daily routine of caring but they are so important and remind us that, although carers, we are also a husband or wife, mother or father, son or daughter and that should come first.

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 for as long as you are able.

Friday 24th February— we welcome Karen Swan to help us 'Let off steam'. Karen was the drama facilitator working with the team of young people from NCS who helped put on our Afternoon Tea last year. She was so

taken with our group that she wanted to do something for us and offered to come and run a workshop. It will certainly be something different and I'm sure great fun, so come and enjoy!

Friday 24th March—no speaker this month but Joelle from Warwick University will be with us to show us the Care Companion and seek our thoughts about it. This will be an online resource to help support carers and be rather different from what is out there at the moment. Two of our members have been involved in a Carer User panel advising the research team from the University.

Carers 4 Carers is one of a network of Omega Care for Life Meeting Point Support Groups

www.carers4carersonthefosse.org.uk

07947 893504

kcarers4carers@gmail.com

FUNDING NEWS

Where possible, we want to make attending our carer support meetings and our Companionship Group free of charge. We could not do this without donations and grants and Liz Feldman works hard on our behalf to place bids. We were delighted last month when Chas Hilditch, the chairman of the Kineton Victorian Evening group visited to present us with a cheque which will help with our running expenses.



This month I have received confirmation that funds have also been received from the WCC Councillor Grant Fund and Jaguar Land Rover which will enable us to purchase more suitable chairs with arms for use in the Companionship Group.

A big 'thank you' to all individuals and organisations who support us and to Liz for all her hard work.

MENTAL HEALTH WORKSHOPS

Mind, the mental health charity, is offering a couple of courses that may be of interest to carers and former carers.

A sense of loss can occur at different points while caring and not just when the person you have been caring for dies. At times it can be strong enough to cause strong feelings of grief. Self-confidence can be an issue for many carers, especially those who are isolated because of their caring role.

The courses take place at Springfield Mind, Timothy's Bridge Road, Stratford and are free of charge.

Coping with Loss and Change — Wednesday 1st March, 10 a.m.—12 p.m.

Improving Confidence and Self-Esteem — 5 sessions starting Wednesday 22nd March, 10—12 noon.

If you wish to attend, please phone 02476 22 99 88 or email pathways@cwmind.org.uk

The most basic and powerful way to connect to another person is to listen. Just listen. Perhaps the most important thing we ever give each other is our attention.... A loving silence often has far more power to heal and to connect than the most well-intentioned words.

- Rachel Naomi Remen



Warwickshire
County Council

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