



Carers 4 Carers

Finding support through supporting each other
July/August 2015

Well, what a month we had in June! A very big 'thank you' to all who contributed so much to our very successful Afternoon Tea on June 19th. We had a magnificent team of beavers in the kitchen and hall who really worked so hard and then we couldn't have asked for a better clientele! All in all, it was a great afternoon and I'm delighted to tell you that, after expenses, just over £250 was raised. Well done, everyone!

That afternoon also saw a surprise visit from Sheila Hughes, one of the Trustees of Omega Care for Life. Sheila brought us some gifts for our craft stall and, as well as taking some photos, made herself very useful in the kitchen! Before leaving she presented Certificates of Appreciation to Elizabeth and myself. Modesty made me question whether to mention this but I do so because of Thomas' (Development Director of Omega) comment in a press release: "Whilst our awards were presented to two individuals who were instrumental in securing the success of the Group, the progress made *reflects the hard work, inspiration and kindness of everyone involved, not least the local community.*"

Please note, there will be no newsletter during August.

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 July 24th—This month we have no speaker. Instead, it will be a time to relax, enjoy a cup of coffee, chat, peruse our information library and exchange some tips and strategies. I plan to make a special time for this, so if you have some coping tips, on

anything at all to do with caring, then do bring them along. Anita can't be with us but Jasmine will be on hand to offer us some relaxing therapy treatments.

Friday August 28th— an informal outing for coffee and cake! Following discussion at last month's meeting, I have reserved a table for us again at the National Herb Centre. Usual time. They will want to have an idea of numbers so please let me know as soon as you can. You are very welcome to bring your loved one with you. For reasons of space, please let me know if they use a wheelchair.

Friday September 25th— Jude, from Social Services will be with us.

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

ADDITIONS TO OUR INFORMATION LIBRARY

Last month we had a very informative session with Maria Veitch from the Stratford Citizen's Advice Bureau. Maria brought with her copies of the Frontline Workers' Toolkit. We will make sure that a copy is always available at meetings; please ask if it hasn't been put out. Copies should be available in libraries; again, you may need to ask.

The toolkit contains information about local support services and covers topics including health and wellbeing, benefits, housing and money management as well as carers, disability and older people. For those of you with internet access, there is an online version which you can find at <http://www.frontlineworkerstoolkit.org/>.

This version is likely to be more up-to-date as notified amendments are easily added to the site.

Omega have made two copies available of "The Selfish Pig's Guide To Caring" for members to borrow. This is a 'must-read' book for anyone involved in caring, written by Hugh Marriott. As carer for his wife with Huntington's Disease, his guide attempts to put his finger on the advice he would like to have been offered while he was struggling to learn new skills and find his way in an unfamiliar role. It is frank, thought-provoking, moving and eminently readable. I recommend you try to find time to dip into it. Please ask if you would like to borrow a copy.

INFORMATION EVENTS

Community Matron, Heidi Williams, is organising two 'Over 75's Information Sharing Events'. These will be free events offering access to information etc. to over 75s and/or their carers, on various aspects relating to their daily living, offering support to people to live in home.

The first event is at Shipston Townsend Hall on September 2nd and the second a week later on 9th, at the Village Hall in Wellesbourne. Both are scheduled for 2p.m. to 5 p.m.

This is an ideal opportunity to talk to representatives from a selection of services so I encourage you to go along, if you (or your loved one) fits the over 75 criteria. Carers4Carers will be having a table at both events so come and say 'hallo' if you visit.



About 45 people sat down to enjoy our Ritz-style Afternoon Tea in Kineton Village Hall. More photos on the website very soon.

DON'T FORGET HOW WE CAN HELP! A brief reminder—we can help with transport if you are unable to get to meetings; that includes our August outing.

We can look after your loved one in our Companionship Group.

For either, please ring or email; details below.