



Carers 4 Carers

Finding support through supporting each other

July/August 2017

Some like it hot! Do you? I think there was something quite comforting about finding a cardigan this morning and like many others, I'm finding a relief from the intense heat very welcome. So, it's time for the school holidays. I'm sure many of you will look forward to seeing a bit more of the grandchildren over the coming weeks and a change to the daily routine that comes with caring will be welcome. I wish you all a pleasant summer.

Nadine, our lovely care assistant who works her magic each month in the Companionship Group, has recently had surgery and is currently on sick leave. We hear she is making progress in her recovery and look forward to her returning fit and well in September. We have sent flowers and a card from the group to cheer her on her way.

It was good to meet Jane and Chrissie at our meeting last month. They both work on the Bereavement Support programme for Omega in the West Midlands and were interested in meeting a very different support group to see how we work. Our Leadership team look forward to meeting them again in the Autumn to have more time to talk and exchange ideas.

Have you got your tickets yet for our Ploughman's Lunch? Pick them up at our meeting next week or order them phone. Details overleaf.

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 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 28th July—A speaker from **Act on Energy** will be with us to give advice not only on the best options for energy in our homes, but also up-to-date information on grants and benefits. There is a treat for the

Companionship Group as they are to have a visit by a pet therapist.

Friday 25th August— this month we go out to coffee. It's an opportunity for all of us to be together, carers and cared-for. The staff at the National Herb Centre are looking forward to welcoming us from 10.30 onwards. I need to give numbers in advance so please let me know by August 18th if you hope to be there and also if you will need extra space for a wheelchair. We'll be taking numbers at our meeting next week or contact us by phone or email. Let us know if you need help with transport.

Carers 4 Carers is part of the network of Omega Care for Life Meeting Point Support Groups

www.carers4carersonthefosse.org.uk

07947 893504

kcarers4carers@gmail.com



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In association with the National Citizen Service 

Join us for a
Ploughman's Lunch
at
Kineton Village Hall
Wednesday 9th August
12.30 to 2.30 p.m.

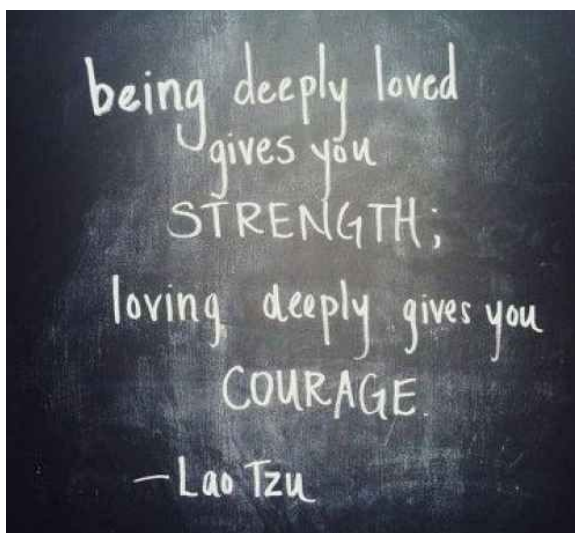

Tickets £6.50 or £12 for two people from Flower Thyme or
Phone 07947 893504 Email: kcarers4carers@gmail.com

JOIN US FOR OUR FUNDRAISING EVENT

We're looking forward to serving you a two-course Ploughman's Lunch on 9th August, once again working with a team of youngsters from the National Citizen Service. We can cater for some special diets as long as we know well in advance. There will be a raffle.

If you can, please come and meet the team when they make their preparatory visit on Monday July 31st. We'd love you to join us (carers and cared-for) between 11.00 a.m. and 12 noon at the **Methodist Church Hall** on Southam Street in Kineton. It's a real opportunity for the youngsters to find out what it is like to care. Refreshments will be available.

I know many of you have been enjoying the inspiration cards I've been bringing to the group recently. I hope they help. Here are two more to take you through the summer.

Warwickshire Carer Wellbeing Service

The Carers Trust Heart of England state that the aim of their service is to ensure that carers are supported in every way possible so that they are able to take on this vital role while maintaining their own wellbeing.


The Trust took over the role of Carer Support in Warwickshire in June and there is inevitably a period of transition. Many of the staff from Guideposts have moved across to the Trust and are still working with carers in the County.

If you need to contact the service for support, phone 024 7610 1040 – Option 4. Sometimes you just can't get to the phone in office hours so there is also an email address:

carerssupport@carerstrusthofe.org.uk

That's why we care, isn't it because we love.

Carers4Carers is pleased to acknowledge grant funding from a number of sources including from

 Kineton Parish Council and our County Councillor.

Warwickshire County Council