



Carers 4 Carers

Finding support through supporting each other

November/December 2017



In November 2012, Carers' Rights Day fell on the 30th. In response to adverts I had placed in local newsletters and press, a small group of about six carers met in the Methodist Church Hall in Kineton. Grace Foot served us refreshments and during the morning we decided that there was indeed a need for a group to support local carers. The 30th being the fourth Friday of the month, we decided that we would make that our monthly meeting date. We held our first meeting, with a speaker, the following January. Our speaker was Amanda Jerman, then a carer support worker with Guideposts Trust.

From these very small beginnings, the group has grown. In September 2013 we joined forces with Omega Care for Life and became one of their Meeting Point Support Groups. Thanks to successful bids for grant funding, we were able to launch the Companionship Group during the summer of 2014, meaning at last we were able to offer some provision for those we care for, so that our members wouldn't have to worry about leaving them at home alone. That year we also changed our venue to the Village Hall in Kineton because the ceiling in the Methodist Church fell down, resulting in no access to the disabled toilet!

Today we are a thriving, warm-hearted and friendly group. We support each other, responding to each other's needs and laughing and crying together. A huge "thank you" to everyone who has helped us grow to who we are today.

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.

Friday 24th November - Carers' Rights Day 2017. Catherine Wickens is a dietician and will help us with lots of tips and hints to

ensure we keep healthy while we're busy caring.

Friday 8th December—our joint Birthday and Christmas party! Come and help us celebrate. More details overleaf.

Friday 26th January 2018—Sarah will explain how Stratford Timebank can offer help.

Friday 23rd February—Jas Kaur from the WCC Financial Assessments and Benefits Advice team.

Carers4Carers is part of the network of Omega Care for Life Meeting Point Support Groups

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SO IT'S OUR 5TH BIRTHDAY—Oh and it's Christmas too!

As our anniversary meeting and our Christmas meeting are so close together, it makes sense to have a joint celebration. So we're planning a super party with lots of treats. There'll be party food of course, so don't eat too much for breakfast, and some lovely TLC treats.



At our first ever meeting we decided to have a raffle to raise some funds to help meet our costs but because there were so few of us, it didn't really work. There are lots of us now, so I thought we'd have a special raffle with some Christmassy prizes for this special occasion.

Do come along and join us and make it a real celebration.

WELCOME BACK NADINE

Nadine, our lovely care assistant from Home Instead, has been looking after our members of the Companionship Group from the very beginning. The laughter frequently heard from the other side of the screen is testament to how much our cared-for members enjoy the activities she organises for them.

Nadine has recently been recovering from surgery and everyone has missed her so much. It was lovely to see her back last month.

CARERS' RIGHTS

DAY 2017



Carers' Rights day, supported by Carers UK, is an opportunity to focus on the needs of carers. This year's theme is "Make Connections. Get Support" which recognises the need for carers to have access to all relevant information. Carers' UK have an Adviceline, on 0808 808 7777 and their updated copy of the "Looking After Someone Guide" will be

FLU JABS 2017

Have you rolled your sleeve up yet this year?

All registered carers are entitled to a free flu jab each year and you are encouraged to have one. If you are ill, who's going to look after your loved-one?

This year there has been less take up of the flu jab, especially amongst the over 65s in the area. The earlier the quadruple vaccine is administered the better and Hastings House surgery will be holding their last drop-in clinic on November 22nd. If you are unable to get to that clinic, let them know in order to make other arrangements.

The surgery would also like to know if you do not wish to have the vaccine, for whatever reason, so that you will not receive any 'reminder' phone calls.

available at our meetings. A digital copy is also available online at www.carersuk.org/help-and-advice/get-resources/looking-after-someone.