



Carers 4 Carers

Finding support through supporting each other

February 2016

Brr! Some real winter weather at last; but as I write there is a beautiful clear blue sky and a fieldfare hopping around on the grass outside. It cheers the soul after all that wet.

This month has been a busy one with various meetings to raise our profile and find out how we can spread the word. So many of you say 'without the meeting I wouldn't know ...' Lack of information is a real problem for carers so that's one way in which we aim to help.

We have received quite a number of requests over the last months for information from you, on your experiences in connection with caring and also access to services. I hope you are not suffering from 'research fatigue' but hopefully you or other carers might benefit from some of the findings.

The South Warwickshire NHS Foundation Trust is to be inspected by the Care Quality Commission (CQC) and the chief inspector is seeking the views of members of the public about their local health services. There are details overleaf of how you can be involved.

Lastly, some excellent news. Liz has also been very busy, submitting funding bids to ensure that we are able to continue our work. We have just been awarded a County Councillor's grant and also received one from the Heart of England Co-op. Well done, Liz.

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 26th February - Richard, from Stratford CAB, will be available for private appointments, offering advice and information on benefits. If you would like an

appointment, please phone me as soon as possible. There are a couple of appointment slots still available. Anita will be on hand to offer her lovely mini therapy sessions.

Friday 18th March—Len Mackin from Healthwatch Warwickshire will be discussing mental health services in the area and is keen to learn about your experiences of them. There is to be a series of workshops across the county inviting the public to share their experiences of health and social care services and what worked and what didn't. See overleaf for more details.

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

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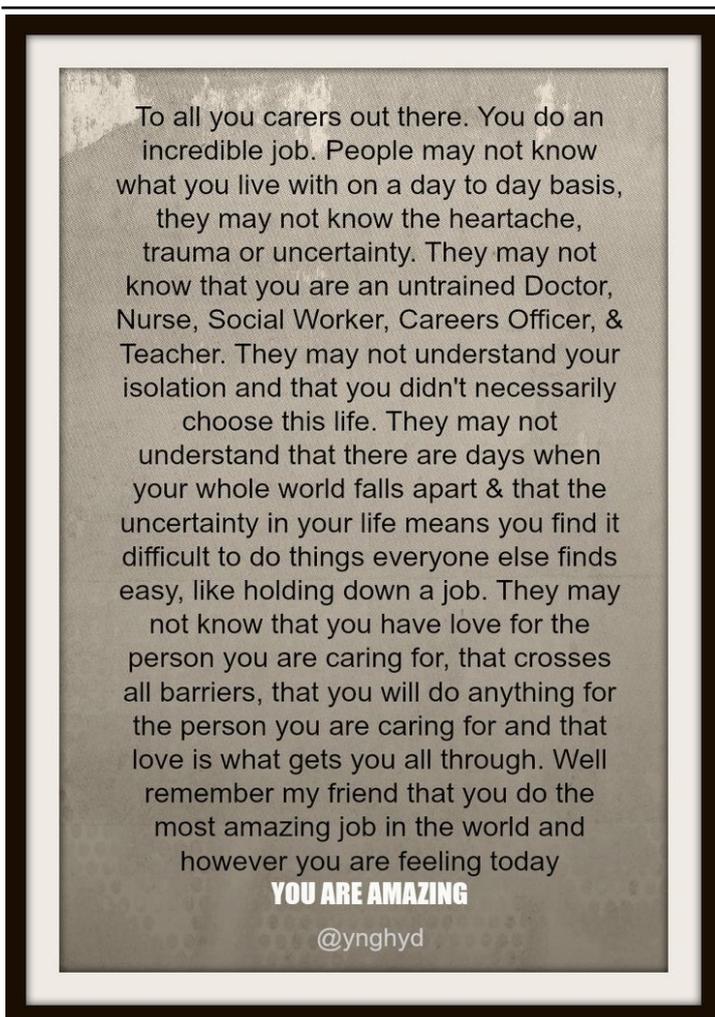
THREE OPPORTUNITIES TO HAVE YOUR SAY

The CQC want to know about your experiences if you have used Warwick Hospital in the last twelve months. There are three ways you can pass on your information:

- At a Listening Event on 14th March at Warwick School, 6 p.m.– 7.30 p.m.
- By completing the Share Your Experience survey online at <http://www.cqc.org.uk/share-your-experiences-finder>
- By email to enquiries@cqc.org.uk
- By phone: 03000 61 61 61
- By letter: CQC, Citygate, Gallowgate, Newcastle upon Tyne, NE1 4PA

CQC also want to know about your experiences of accessing health services urgently, including in an emergency. There is an online survey at www.cqc.org.uk/urgentcaresurvey. The deadline for responses is 26th February. No alternatives have been provided but I suspect the above phone, letter and email details will be acceptable.

Healthwatch Warwickshire are also seeking your views, this time on health and social care services. They are holding a series of workshops throughout the county. The nearest for us is in Leamington in April so more details next month.



I came across this the other day and felt it was worth passing on. Read it and believe it. It's very true.

GADGETS AND GIZMOS

Bob Church talked to us last month about tackling crime prevention in rural areas. He brought with him various low cost products designed to help keep us safe. <http://redlinesecurity.co.uk/> is the website he recommended if you wish to purchase any items and suggested we could put in a group order to cut down on postage. Redline Security are sending me a copy of their catalogue which will be available at February's meeting so if you have no internet access then you'll be able to browse it. The items Bob brought with him were Memo Minder, Door Wedge Alarm, Door Handle Alarm, Fake TV light and 24 hour timer and the Safe Can.

If you're not able to come to the meeting but would like to join in with an order, please get in touch.



Carers4Carers is pleased to acknowledge grant funding from a number of sources including our County Councillor and the Heart of England Co-op.