



# Carers4Carers

Finding support through supporting each other

February 2018



I always seem to be writing about the weather in these newsletters! However, the bitterly cold days in February to-date have been pretty grim and the sunny ones, like it is today as I write, are a relief. It reminds me of when the group first started — I can remember welcoming everyone to our meeting with our MP, Jeremy Wright, saying that it was our third meeting and that it had snowed for each one. That was in March! Well, we have to be thankful that it's not snowing, but we've not finished with winter yet.

This brings me to the point of reminding you how important it is to keep the house warm and also that the utility companies have to have priority schemes for all of pensionable age, those with long-term medical conditions and the disabled or chronically sick. It's easy to register—I have—and there are a number of benefits, including priority in cases of disruption to services. More information is available at [www.ofgem.gov.uk](http://www.ofgem.gov.uk) or by phoning your utility provider.

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## 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.

**February 23rd**—Jas Kaur from the WCC Finance team will explain the financial intricacies of the Adult Social Care Services. It will be good to know what our

entitlements are and what is expected of us.

**March 23rd**—Paul Thompson, a community volunteer from Springfield Mind, will help us understand the Five Ways to Wellbeing.

**April 27th**— hot on the heels of learning about the route to wellbeing, we will have a creative wellbeing workshop this morning, led by community artist, Penny Vigers.

**May 25th**— Michael Howard, the service manager for Warwickshire's Carer Wellbeing Service at Carers' Trust Heart of England, will be with us.

## LISTENING WITH YOUR EYES - A workshop for carers of loved ones with dementia

Vamos Theatre Company are offering places on a workshop called 'Listening With Your Eyes'. They currently have a show called 'Finding Joy', a wordless performance about an 83 year old lady with dementia, cared for by her grandson. The workshop looks at the many ways in which we can make connections, focussing on the non-verbal. It looks at the impact of body language, mood, eye-contact, touch and gesture which can help make connections with someone when words no longer make sense.

The workshops last two hours and will be held in Stratford, venue to be confirmed. There is a choice of two sessions, 10.30 a.m. and 1.30 p.m. on April 26th and carers are welcome. For more information, visit [www.vamostheatre.co.uk/arts-in/arts-in-health/workshop-listening-with-your-eyes](http://www.vamostheatre.co.uk/arts-in/arts-in-health/workshop-listening-with-your-eyes) or phone 01905 312921. It looks to be a fascinating learning experience.

### RAISING FUNDS—future events

We are fortunate in being able to offer our meetings, for both carers and cared-for, free of charge. Much of our income comes from grants from funds such as the WCC Councillor's small grants scheme, Kineton Parish Council and a number of businesses and Trusts that offer grants to charities such as ours. Applying for these grants can be a very time-consuming job and you have to know what you are doing. Our treasurer, Liz, does a fantastic job in making successful applications; thank you, Liz.

Sometimes the grants are for specific projects; last year we received funds to pay for the new chairs now being enjoyed by members of the Companionship Group and we have recently received funding for wellbeing workshops.

We must, however, keep up fund-raising efforts in order to keep our meetings free of charge and we had some useful discussion and ideas about this at our last meeting.

I've acted on your ideas, so please make a note of these dates in your diary:

On **Friday June 15th**, you can look forward to a delicious cream tea in the Village Hall. Put the diet on hold that day!



I have booked a stall at the Kineton Farmers' Market on **Saturday 12th May**. This is a first for me and the group so let's hope the sun shines. There is no charge for the first time so all profits will come to the group. I've been busy running a little factory here at home, making all sorts of handmade goodies. We will not be selling food items but I'll let you know how you can help.



The Market is keen to support groups such as ours and it

will be a good way of raising awareness.