



# Carers 4 Carers

Finding support through supporting each other

January 2016

It seems a lifetime away that we met for our Christmas meeting and what a lovely time we had—a real party atmosphere. Thank you so much to everyone who contributed. We spend so much time preparing for our Festival and it seems to be over in a flash. I do hope you were able to take some time for yourself over the holiday season and start the New Year a little refreshed, at least in spirit.



Last November an introductory Open Afternoon was held for the new Memory Café in Wellesbourne. The Memory Café will be opening its doors at the Village Hall on a regular basis for the first time on Wednesday 27th January 2—4 p.m. It will be open every Wednesday afternoon offering friendship, information, activities and refreshments for those with Memory issues and their carers.

## OUR MONTHLY MEETINGS

Carers4Carers' monthly meetings take place on the **fourth** Friday of the month. We meet at 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 22nd January** - Bob Church, the rural crime co-ordinator for South Warwickshire will offer advice on crime prevention in rural areas. It's easy to think that in the country

we don't have to worry about crime but sadly the newspapers tell us otherwise.

**Friday 26th February** - this will be a 'speakerless' meeting so Anita will be on hand to offer her lovely mini therapy sessions. There will be a 'Benefits and advice' surgery with an adviser from the Stratford CAB, offering individual private appointments. More details on how to book your appointment are overleaf.

Change of date .... our March meeting will be held on the **third** Friday, the **18th**, as the fourth is Good Friday

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

[www.carers4carersonthefosse.org.uk](http://www.carers4carersonthefosse.org.uk)

07947 893504

[kcarers4carers@gmail.com](mailto:kcarers4carers@gmail.com)

## FEBRUARY BENEFITS AND ADVICE SURGERY

At our November meeting, Stephen Wright gave us an excellent overview of benefits and allowances relevant to carers and those they care for. It became very clear from the discussion generated that many carers needed a one-to-one consultation in private to help sort out their issues and queries.

I have arranged for Richard Jackson, an adviser from the Stratford CAB, to be with us to offer just this on February 26th. Fifteen minute appointments **must** be booked in advance and if longer is needed or he needs to do more research then Richard will make arrangements to visit you at home. To get the most out of an appointment, do bring all relevant information, facts and figures with you.

To book, please speak to Gillian at the January meeting or contact her by phone or email.

Just to prove that it's never too late, I learnt from Stephen that I could have claimed council tax discount because of my husband's impaired mental capacity. Jokingly I asked if it could be backdated and to my total surprise he said 'Yes, up to five years'. Stratford DC have agreed with him and I am now in the process of making a claim.

## GUIDEPOSTS TRUST - Phone 0845 600 9980.

Guideposts Trust is the charity commissioned by the Council to provide support for carers countywide. Their support is offered by professional support workers, some of whom may have family carer experience. As well as providing advice on a range of aspects of caring they can help you with completing some of the many forms needed to access different benefits.

Our group is different as it is run by volunteers all of whom have carer experience and focuses on self-support. We offer advice by inviting health and social care professionals to our group meetings and making a library of information leaflets and booklets available. Guideposts publish a quarterly 16 page Newsletter; their January issue contains a lot of very useful information on benefits, NHS funding of services and what to do in a variety of circumstances. If you are not already registered with Guideposts, I urge you to do so. At the very least, this will ensure you receive their quarterly newsletter.

Something to make you smile ....



*There is something you must always remember...*

*You are braver than you believe,  
stronger than you seem,  
and smarter than you think.*

~Winnie the Pooh



**Warwickshire**  
County Council

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is pleased to  
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