



Carers 4 Carers

Finding support through supporting each other

January 2018

Welcome to 2018. Let us hope it will be a kind year for us.

Do you make New Year Resolutions? No? I don't either! However, it does no harm to make a promise to ourselves to try and look after not only our loved ones, but also No.1. It's not being selfish, it's being sensible because it makes you better able to carry out your caring role. It's a theme we keep returning to because it is so important but it is natural to put others first. A friend of mine, whose husband has MS, recently had to undergo an unpleasant hospital procedure. 'Remember to accept the sedatives' urged her friends. 'I can't,' she replied, 'I can't be out of action that long because of Ken.' That is a decision no-one should have to make but it is one frequently made by carers.

So, are you able to find an hour to yourself once a week? If so, why not consider going for a walk. Stratford District Council run 'Walk & Talk' Health Walks on Friday mornings at 9.45 from Wellesbourne which are perfect for beginners or those wishing to increase their activity levels. I like to walk but don't fancy doing it on my own so have promised myself I really will join up when I have a free Friday. There, I've made it public! For more details, contact Danny Tollhurst on 01789 260115 or Lucy Wilkes on 01789 260646.

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 January—Sarah Coxall from Stratford Timebank will explain how the organisation can help members. Carers4Carers is a group member of Time-

bank and we have already benefitted from their help when Brian helped us with setting up and clearing up for the November meeting when Tim was unavailable.

Friday 23rd February—Jas Kaur is a member of the County's Financial Assessments and Benefits Advice Team. Following informal discussions during meetings, I've invited Jas to explain charges and allowances and also the procedures and paperwork we should expect when accessing the county's services.

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

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'MY' ACCESSIBLE STRATFORD-UPON-AVON

Stratford Town Trust have produced a map and guide showing accessible facilities, parking, places of interest, disabled access and much more within the town. Elizabeth Dixon, who has compiled the guide, has been encouraging local businesses and organisations to improve so that they are really 'inclusive'. This is not just about wheelchair users; she wants them to think about the 'needs of all users' which can mean hidden disabilities too. It might mean making sure a chair is available to save customers having to stand—once upon a time, most shops had chairs by their counters, didn't they—or providing a large print menu.



The maps and guides are available online at www.accessiblestratforduponavon.co.uk/. I am also making arrangements to ensure that we have some paper copies available at meetings.

HAVE YOU GOT THE BUG?

There are some nasty bugs around this winter and I know several members have fallen foul of one. Both hospitals and doctors' surgeries have reported seeing increased numbers of patients with flu cases and chest infections.

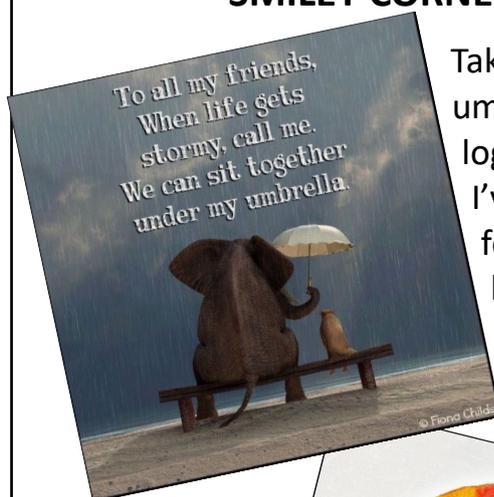


We can all help reduce the spread of infection by being meticulous about frequent handwashing or using hand sanitiser gels when available. It's also important to keep your germs to yourself when infectious by not mixing with others, especially the vulnerable.

Take up of the flu this year has been lower than previous years. If you've not had yours, it's not too late and it is free for all registered carers as well as anyone 65 or over by March 31st 2018.

Just contact your usual surgery and they will be happy to arrange for you to receive one.

SMILEY CORNER



Taking the umbrella in our logo as a theme, I've chosen a few sayings to help you smile.

