



Carers 4 Carers

Finding support through supporting each other
July and August 2016

Still waiting for summer? Well, we've had a few warm days but oh the rain. It makes the few extra sunny days especially welcome though, doesn't it.

I'd like to pay tribute in this issue to the tremendous support the group has received from Rev. Dawn Saunders. Not all of you will have met Dawn as she's not often able to visit us. A carer in her own right, Dawn has been very supportive from the beginning when I first mooted the idea of the group and over the years she has continued to help us both practically and through her wise advice, particularly offered at our volunteer meetings. Dawn is moving on to pastures new next month and the good people of Milton Keynes are very lucky to have her coming to them as their Superintendent Minister. Thank you, Dawn, for all you have done for us and we wish you and your family well for the future.

The date of our Afternoon Tea is approaching fast. Please make sure you have your tickets which will be available at the July meeting or you can order by phone.

There will be no full newsletter next month so I'd like to wish you all as relaxing a summer as possible.

OUR MONTHLY MEETINGS—and more

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.

22nd July— Steve Kelly, from Wiltshire Farm Foods, will be offering a food tasting session, sampling some of their meals range. Jasmin will also be on hand to treat you to a mini-therapy.

29th July—Moving and handling training at

Wenman Mobility, Barford. Please let us know asap if you need more information or wish to go and are not already on the list.

8th August—meeting with team from the National Citizens Service. (More overleaf)

18th August—our **AFTERNOON TEA**

26th August— informal meeting for coffee at the National Herb Centre, Warmington. 10.30 a.m. onwards. Please let us know if you are likely to be joining us by Aug 19th so that I can provide numbers. Carers and Cared-for welcome.

23rd September - our speaker will be Heidi Portrey who is working to improve the discharge process from hospital .

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

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“HOW CAN WE IMPROVE SUPPORT FOR CARERS?” ASKS DEPARTMENT OF HEALTH

“We think that we need a new strategy for carers setting out how we can do more. One which reflects their lives now, the health and financial concerns they have, and gives them the support they need to live well whilst caring for a family member or friend.”

About time too, most of us would say, especially as the Carers’ Trust research has reported that 69% of carers have seen no improvement in their lot since the implementation of the Care Act. The Government is planning a new strategy for supporting carers. It wants to hear from carers, those who have someone who care for them and professionals. Read more at: <https://consultations.dh.gov.uk>. There is an online survey but if you would like to submit a written response in your own format, this is acceptable too. Individual or collated responses can be sent to carers@dh.gsi.gov.uk; or The Social Care Policy Branch, The Department of Health, Richmond House, Whitehall, SW1A by the end of July 31st.

I am happy to collate any comments you might have and send them off together. I will need them by Monday 25th July.

ELDERLY CARE SUPPORT LINE

Bupa has opened an Elderly Care Support Line. This is for anyone to call for advice on most aspects of care for the elderly, in particular:

- if you are starting to think about care for your loved one,
- Have questions about paying for care
- Need help finding the right care home

The advice line is free and is not restricted to BUPA members. It is also not a sales line, so if the best solution for you is recommending one of BUPA’s competitors, then they will do so.

You can phone them on 0808 250 1801 or send an online request for help at www.bupa.co.uk/care-services/general-enquiry . The phone lines are open 8 a.m. to 8 p.m. Mondays to Fridays and 9 a.m. to 5 p.m. on Saturdays and Sundays.



CONFESSION TIME—OUR WEBSITE

I have to confess that our website is very out of date. It takes a considerable amount of time to keep it ‘fed’ with the correct information and I’m afraid I’ve been found wanting. The basic information is still correct but for the latest information on dates and meetings it is best to look on our facebook page:www.facebook.com/Carers4Carers