



# Carers 4 Carers

Finding support through supporting each other

June 2016

This has been a month when carers and the subject of caring has been very much to the fore. Perhaps during Carers' Week you saw some of the short films on the news programmes in which different carers told their stories. I am sure some of them will have resonated with you.

I attended two information sharing days where I heard more stories, including the gentleman who had been told by the doctor and staff at his surgery that he badly needed help but then proceeded to offer nothing at all. He came to the event hoping to find help there. This story serves to illustrate just how important the GP is in identifying carers and helping them get the help they need. You can help. Next time you are in your surgery, please scan the noticeboard and if you cannot see one of our posters on display or our leaflets, perhaps you could ask if they have one. Also, please let us know so that we can supply more.

Last month we welcomed Tom and Rob from Omega. They enjoyed their visit very much and you will be delighted to learn that from June we will be having two care assistants to care for your loved ones in the Companionship Group. We are also now advertising for an Assistant Co-ordinator so if you know some who might be interested, please put them in touch.

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## 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.

**24th June**—Maggie Tink, deputy Director of Nursing and Care Services at Myton Hospice will tell us about the services they offer and look at key issues for caring for your loved one in the home. For those who wish, she will talk about end of life care. Provision will

be made for any one who does not want to participate in this part for any reason.

**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.

**26th August**—we do not have a formal meeting in August but some time ago, members decided they'd like to go out for coffee (and cake?) to the National Herb Centre. This will be our third visit and we are always welcomed so warmly. More details next month when I shall also be taking numbers.

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

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## MOVING AND HANDLING AND BACK CARE FOR CARERS

Sometime ago I was asked for help with this very important aspect of caring. I'm delighted to let you know that Wenman Mobility, based just outside Barford, have offered us a morning in their training room. There they have all the essential equipment that carers might need to assist them with moving and handling in their home. Using this equipment correctly is vital for the safety of both carer and cared for and Saf will demonstrate how to do this. It will be a practical session so carers will be invited to participate and learn by doing.

Carers are welcome to bring their loved ones with them. The session will be our usual one and a half hours and during that time we will be offered refreshments and also have an awareness session on the sort of aids, large and small, that are available.

The training session is to be in July and we will be offered a few dates and accept the most popular. If you are unable to get to our June meeting but would like to be included, please let me know as soon as possible so that I can let you know the dates.

## IDEAS FROM CARERS' WEEK INFORMATION EVENTS

While these events are, of course, primarily for carers to learn what support is out there, it's a brilliant opportunity for representatives from the various organisations to network. I came back with a wodge of business cards and leaflets and my head buzzing with ideas for guest speakers and activities.

I was delighted to learn that the discharge process from hospital for dementia patients is set to improve. I plan to invite Heidi Portrey to tell us about this very soon. I also attended a session on becoming a dementia friend, which carers might like to consider for one of our meetings.

I spoke to Harm Gordijn, the Falls Prevention Co-ordinator from the Rehab Hospital at Heathcote who is also interested in devising ways to help carers keep fit and healthy while probably being restricted in their opportunities for exercise. Knowing how stiff I was when my caring came to an end, affecting my mobility and how long it is taking to recover, I can't emphasise the importance of this enough.

## IT'S AFTERNOON TEA-TIME!

I met with Rosa from the National Citizen Service this week to finalise plans for their involvement in serving our Afternoon Tea. She is very excited at the prospect!

The Service runs youth development programmes which aims to give young people the skills they need for adult life through working in the community. By working with us, the youngsters will also learn what it is to be a carer and how it affects every part of life.

Do come to the tea and support both them and us and tell all your friends about it.

*Thursday 18th August, 3 - 4.30 p.m.*

*at Kineton Village Hall,*

*Tickets—£6.50 or two for £12*

*available from the group, Flower Thyme or by contacting Gillian.*