



Carers4Carers

Finding support through supporting each other

June 2018

Last Friday, June 15th, saw quite a gathering at Kineton Village Hall, for our Cream Tea. It was lovely to see so many members, some of whom brought their friends along, together with other members of the community. Everyone enjoyed scones with jam and cream and a selection of delicious cakes. Our grateful thanks go to all who worked so hard behind the scenes; it was lovely to have Shelagh from Stratford Timebank, join us. Also, of course, we couldn't have done it without your generous donations of cakes and raffle prizes so many thanks to all who contributed.

Our tea came at the end of Carers' Week. Although there were some notable items in some TV and Radio programmes, including an item featuring carer Helen Clues from Kenilworth on Midlands



Today, I was generally disappointed in the media coverage. Unless I missed it, (in which case I stand corrected) there was no mention on the ONE show and BBC News focussed on issues of adult social care, important in themselves, rather than the challenges of being a carer. Missed opportunities I felt, in prime time programmes.

Warwickshire County Council held events around the county, each day having a different focus, culminating in a conference for Warwickshire Carers on the Friday.

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.

June 22nd— it's time for another meeting without a speaker so there will be more time for chatting and relaxation. There will be an opportunity to look more closely at

the Care Companion which has now been launched (see elsewhere in the newsletter).

July 27th - we have yet to make firm arrangements for this meeting as unfortunately our original plans fell through. Look out for details in our next newsletter.

August 24th— this is the day when we usually all go out for coffee. Arrangements to follow.

THE CARE COMPANION— an online support tool for Warwickshire and Coventry Carers

Back in 2015, I was approached by Dr Veronica Nanton, Senior Research Fellow at Warwick Medical School at the University of Warwick. Ronni was contacting various carer support groups to seek their reactions to an idea for an online tool that could support carers by offering personalised resources. The initial aim was to come up with a possible solution that might help reduce unnecessary hospital admissions. At the time, it's working title was the 'E-Treasure Chest'. I could see the potential of such a tool and soon found myself working with the team of researchers and a software company in Oxford. Three years down the line, the Care Companion as it is now known, was launched on Wednesday 13th June during Carers' Week. The site is unique in that it has been developed with a panel of carers, for carers and it is hoped that as a result, it provides what carers want.

In addition to returning resources relevant to the carer as a result of a personalised profile, there is also a useful journal feature, mood monitor, To Do list and Address Book.

The Care Companion has been funded by NHS CCGs, WCC and charitable sources. It is now part of the Warwickshire Carer Wellbeing Service. I shall be happy to demonstrate the Care Companion at our meeting on 22nd June and there will be leaflets available describing how to get started. In the meantime, if you can't wait until then, you can now access it at www.carercompanion.org.uk

CONGRATULATIONS ANITA!

During Carers' Week 2013, we held an Information Day in Kineton. I looked around for a therapist who might be willing to offer mini-therapies during the day and a web search took me to Anita's page, Tranquil Beauty. She was just setting up in business.

Since then, Anita has come to many of our meetings when we have no speaker and offered carers a few minutes of TLC and relaxation with short hand massages and quiet one-to-one time.

Her business at her home in Wellesbourne has steadily grown and she has a loyal clientele of ladies who enjoy her relaxing massages as well as a range of personal

beauty treatments.

Earlier this year, Anita was nominated for the award of



Beauty Therapist of the Year and became a finalist for our region.

The award ceremony took place last Saturday and I am delighted to tell you that not only was Anita given the gold award for our region, she has been voted the **overall winner for the whole country! Wow!**

