



# Carers 4 Carers

Finding support through supporting each other

February 2015

Welcome to this February edition of our newsletter. Let's hope that by the time you receive it the weather is a little kinder to us. I've had snowdrops out in my garden for at least two weeks and even the birds seem to be very active now so Spring must be on the way.

One of the many problems that carers face is finding time - and opportunity- to do something for themselves. Then there are also the feelings of guilt to cope with. In January I was lucky enough to go on a Creative Journaling weekend, thanks to my carer's assessment. Journaling is more than keeping a diary; it allows you to express your emotions through words if you wish but also through visual representation. You don't need to be a great artist. For many it is incredibly therapeutic, spending even just a few minutes alone with your journal which is just for you. No need to share. One of the quotes I came across that weekend seemed very appropriate to many carers: *When we ignore ourselves for too long, we become exhausted and weakened from trying to get our own attention!* (The Sound of Paper .... Julia Cameron)

During the months of February and March we are focusing on dementia. Our March meeting open to all who would like to know more about the disease.

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## 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 0LB 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.

**February 27th** - Mike Strophair will be with us from WRAP, the Warwickshire Reminiscence Action Project. The project offers training for carers and at the heart of its

courses is Reminiscence Therapy. A course is due to start at the end of February and more details are on the reverse of this page.

**March 27th**—Louise Gillard-Owen from the Alzheimers Society will be our guest and, as hinted above, we are opening this meeting to the general public. If you know someone who may be interested, please tell them. More details next month.

**April 24th**—we will have no speaker and so have more time for talking, sharing experiences and enjoying some of Anita's lovely therapeutic massages.

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)

## THE WARWICKSHIRE REMINISCENCE ACTION PROJECT—WRAP

It's well known that those with memory loss find it difficult to remember what happened two minutes ago but events forty or fifty years ago can often be remembered in some detail. As my husband's second wife, I only go back twenty-five years in his memory and his daughter often has more success in getting him talking than I do because she can go back much further.

WRAP is a charity that has been working with the community for over 20 years, supporting and training family carers of older people, with Reminiscence Therapy as its main focus. The charity runs information programmes for people who are looking after a loved one living with dementia called "Looking After a Loved One" Support Programme (LAALO) which are highly recommended. The course runs one day a week, from 10.00 until 12 noon, for eight weeks. There is no charge. Thanks to recent grant funding, a course is now planned to start at the end of February based in Wellesbourne. While Mike will be able to give us more detail about WRAP courses, if you are interested in attending this Wellesbourne one, I would advise you to contact Mike without delay. Phone 01789 778431, ask for Mike — or leave a message — and give your name and contact details clearly.

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### HOW CAN WE HELP?

#### BRING YOUR LOVED-ONE TO OUR COMPANIONSHIP GROUP

If you are not able to leave the person you care for at home while you attend our meetings, then bring them with you if it's possible. Our qualified and experienced care assistant, Nadine, together with our volunteer Judy, will look after them and give them an enjoyable time while you enjoy the meeting. Refreshments are provided. There is no charge. It's important that you book this in advance, by phone.

#### DIFFICULTY WITH TRANSPORT?

If you find it difficult to come to meetings because of transport difficulties, we should be able to help. Please give us as much notice as possible so that we can make arrangements to suit you.

#### YOUR LOVED-ONE IS HOUSEBOUND

If you are unable to bring the person you

### BOOK THE DATE

We are holding a fund raising event on



FRIDAY 17TH APRIL

Come and join us for  
AFTERNOON TEA

More details nearer the time.

care for with you and you can't leave them, let us know so that we can discuss how we might help.

#### INFORMATION

We have a large library of leaflets and brochures that you can take away, covering all sorts of topics including your rights, benefits and services, legal assistance, coping with finance and looking after yourself.

If you can't find what you are looking for or need something sending to you, then please ask. We're here to help.