



Carers 4 Carers

Finding support through supporting each other

June 2015

This month is proving a very busy one for the group, even though we are not yet half way through it. June 8th - 14th has been Carers' Week and hopefully you will have seen or heard reference to this in the media. It is always an awareness raising campaign and this year the focus has been on 'Building carer friendly communities'. Sadly there are still a huge number of carers whom we call 'hidden carers' because they do not recognise themselves as such and therefore do not benefit from the support that is out there, if you know where to look for it.

I mentioned last month that our group has been nominated for local Charity of the Year at the new Wellesbourne Sainsburys. Unfortunately, there has been some misunderstanding about this. We have been nominated, but not yet selected. The store looks carefully at each application and makes a shortlist but the final choice is down to the public. So, if you see an opportunity to vote for us, please do. Each day this week, volunteers from the group have been at the store, as part of Carers' Week, handing out leaflets and talking to people to raise awareness. We have met some interesting people and received great support from the staff. Thank you Sainsburys. Photo overleaf.

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 June - Maria Veitch from the Stratford Citizens Advice Bureau will be visiting us. The CAB offer free advice on a huge range of issues. Their aim is 'to provide

the advice people need for the problems they face' which is just what so many carers need.

Friday 24th July - we have no speaker this month so will have more time for talking. A new member of the mental health team in South Warwickshire has asked if she can join us for the morning in an informal way, to meet carers.

Don't forget—**Friday 19th June**; do you have your ticket for our Afternoon Tea at the Village Hall in Kineton, 3—5 p.m. ? Please phone for yours, now.

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



Our 'Awareness Raising' table at the new Sainsbury's in Wellesbourne, during Carers' Week. Did you see us?

A COUPLE OF TIPS—

YOUR GP IS YOUR GATEWAY TO SUPPORT AND SERVICES & KEEPING A RECORD

One of the themes that emerged from the LAALO course was the vital role that your GP plays in gaining access to support and services, through the referral system. Some services can be accessed through self-referral but the majority need your GP's involvement. It's important too, not to give up but to keep asking. Your GP really is the gateway to the support and services that you or your loved one needs.

When I was caring for my husband, I kept an A5 notebook in which I recorded details of all phone calls, (including date, time and who I spoke to) correspondence, consultations, referrals, results of tests and checks and a list of medication. I also recorded any incidents that happened at home, such as falls. It came in very useful if I needed to remind or inform a health professional about what had happened, had a disagreement or needed to chase up a referral. I found it really useful at times of particular stress such as an admittance to A & E. You can't be expected to remember it all !

LOOKING AFTER A LOVED ONE WITH DEMENTIA - LAALO

Three members of Carers4Carers recently took part in this 8 week course, organised by WRAP at Wellesbourne. The sessions included speakers from teams at Guideposts Trust, Age UK, Speech & Language, Adult Social Care, mental health, Fire Safety and the matron from Galanos House in Southam. All sessions were very informative with plenty of time for discussion and at the end of the course, a treat for carers with some important 'tlc'.

The 6 or 7 carers on the course soon bonded, offering each other mutual support and a sharing of experiences, much as our own group does. I think all would agree that it was a helpful course to go on and I would urge anyone caring for someone with dementia takes up the opportunity to participate when it next becomes available in our area

We're putting on the Ritz

Come and join us for
Afternoon Tea

Friday 19th June 3—5 p.m.
Kineton Village Hall



On the menu

- Dainty sandwiches
- Scones with jam and cream
- Fancy cakes

Raffle Craft stall

Tickets: £5 per person or £8 for two
Phone 07947 893504 or from Flower Thyme, Kineton
In aid of Carers4Carers