



Carers 4 Carers

Finding support through supporting each other

May 2015

After a very dismal winter, how wonderful it was to have the beautiful weather in April. It makes us feel so much better, even—or especially - when the chips are down.

I'm pleased to report that we have a new date for our re-scheduled posh Afternoon Tea. It will now be held on Friday June 19th, 3—5 p.m. More details overleaf. If you already have tickets printed with the April date, then of course they are valid; if you now find you cannot come to the Tea and would like a refund, please let us know.

8th—14th of June is Carers' Week and the theme this year is "Building Carer Friendly Communities". Our group has been nominated to be a local Charity of the Year at the new Sainsbury's store opening this month in Wellesbourne. They have suggested working together in some way during Carers' Week. I don't yet know what form this will take, but please do keep your eyes open for events.

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.

May 22nd— Cat Rowe from AdvoCATE Services will talk about independent advocacy, what it is and who can benefit from it. Access to advocacy will be a right under the new Act for those less able to speak for

themselves. Read more overleaf.

June 26th— Maria Veitch from the Stratford CAB will talk about the services they offer. With their outreach into rural areas, carers could really benefit.

July 24th— another of our 'speakerless' meetings, which give us more time to chat and support each other. Judging by our last one, there was no shortage of what to talk about!

August— we usually take the month of August off, as regards a formal meeting although the last two years we have gone out for coffee. Let us know your ideas.

Help with transport needed ? If you'd like a lift, ring 07947 893504 and leave a message. We'll ring you back as soon as we can. Please give us time to organise it!

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

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