



Carers 4 Carers

Finding support through supporting each other

October 2017

Are you sitting comfortably? Well I certainly hope the members of the Companionship Group were last month as they tried out the new chairs purchased with grants from WCC Councillor's Grant Fund and the Jaguar Employees General Charities Fund. The chairs are sturdy, with arms which should be much more comfortable and also make transfer to and from them much easier and safer. Carers4Carers is extremely grateful for the two grants enabling us to make these purchases and thus improving the experience of carers and their loved ones attending our meetings.



I recently spent some time sorting through our large library of information leaflets, weeding out those that were out of date so that we can be sure all information we provide is accurate. We don't put all our leaflets out at meetings so if you can't see what you are looking for, please ask.

OUR MONTHLY MEETINGS

Carers 4 Carers' monthly meetings take place on the **fourth** Friday of the month. We meet at the Kinton Village Hall, Mill Street, Kinton, 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 27th October—Alison Conway, from Age UK, will be talking about many different aspects of housing, from aids and adaptations to benefits, grants and

discounts.

Friday 24th November— this is actually our 5th birthday, as our first meeting was held on Carers' Rights Day 2012. Today is also Carers' Rights Day but we are saving our birthday celebrations until next month. Today, Catherine Wickens, dietician, will be giving advice on keeping healthy.

Friday 8th December— Dare I mention the C word? Yes, it's our seasonal meeting and combined birthday party. So that must mean cake! Make a note of the date and come along and enjoy.

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

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WESTERN POWER PRIORITY SERVICE

The effects of the recent storm Ophelia on Ireland and the western part of the UK are a timely reminder that we rely so heavily on our power supplies. A power cut can be at best an inconvenience but for others it can be a major trauma. Western Power, who distribute electricity in our area, have a priority service for the elderly, chronically sick or disabled, those who rely on electricity for medical equipment and those who have communication needs such as visual or hearing impairments.

The service provided includes a dedicated phone number for power cuts, extra support during prolonged outages, including hot meals and drinks, a password scheme, personal contact ahead of planned cuts and attempts to contact medically dependent customers within three hours of unplanned cuts.

Registration for the service is free and confidential. Phone **0800 096 3080** or visit www.westernpower.co.uk/PSR

WARWICKSHIRE'S NEW CARER WELLBEING SERVICE

In June this year, the new Carer Wellbeing Service provided by Carers' Trust Heart of England took over from Guideposts Trust in providing carer support in the county. Initially there was a three month 'settling in' period and we hope soon to start seeing changes.



Although carers previously registered with Guideposts Trust were invited to give permission for their data to be passed across to Carers' Trust there have been some issues and not all information has reached Carers' Trust. If you were previously registered with Guideposts Trust and have not heard anything from Carers' Trust, you are advised to re-register.

You can do this by: phone **024 7610 104** option 4,

Email: carerssupport@carerstrusthofe.org.uk

Online form at www.carerstrusthofe.org.uk/contact-us/

By post: Freepost RTUB-TXTJ –RBZH, Carers Trust Heart of England,

Central Library & Reference Library, 17 Smithford Way, Coventry, CV1 1FY

Provide your name, address, telephone number, email, the name of the person you care for and their condition, date of birth for both of you and the name of your surgery.

For those of you able to attend our meetings, you are welcome to complete a form with these details and I will forward them for you.

All surgeries should be receiving and displaying information about the service. If you can't see it, ask why and either let Carers' Trust or us know.