



# Carers 4 Carers

Finding support through supporting each other

May 2016

Welcome to our May newsletter. Where is the year going?

June 6th to 12th is designated as Carers' Week. This is an annual campaign, each year with a different focus. This year it is 'Building Carer Friendly Communities' and more of this overleaf. Because it's always held early in the month, it never coincides with our meeting but the positive side of this is that it leaves me free to spread the word in other parts of South Warwickshire. Carers4Carers will have a stand at events in Stratford (June 8th) at the Art House and in Leamington (June 9th) at the Newbold Comyn Arms. Come and say 'hallo' if you see us.

This month we will receive a visit from Thomas Memery, the Development Officer for Omega Care for Life, the charity to which we belong. Tom likes to visit as many of the Meeting Point Support Groups in the network as he can and it's been some time since he has been with us, so welcome back, Tom.

We have spent some time recently looking at services for mental health in the area. This month our guest, Kate Richmond from Age UK, will be discussing just how important it is for carers to look after their own mental health. Remember, it's as important as physical health and to ignore it can be devastating.

---

## 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.

**27th May**—Kate Richmond from Age UK Warwickshire's Psychological Services will be with us. She will explain ways in which

the service can help both carers and cared for.

**24th June**—Maggie Tink, deputy Director of Nursing and Care Services at Myton Hospice will tell us about the services they offer and look at key issues for caring for your loved one in the home.

**22nd July**— Steve Kelly, from Wiltshire Farm Foods, will be offering a food tasting session, sampling some of their meals range. Jasmin will also be on hand to treat you to a mini-therapy.

Carers 4 Carers is part 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)

## BUILDING CARER FRIENDLY COMMUNITIES

Last month I invited members to submit details of any disabled friendly businesses they encounter so that we could update our list of these.



Disabled-friendly invariably goes a long way to make an organisation carer-friendly because it makes our job easier. Such organisations provide their staff with training to help them deal with situations that might arise. However, there are many other elements that make a community 'carer friendly' and Carers' Week has produced a checklist of practical steps that will not only make you feel supported as a carer but also recognised as an individual with needs of your own. The list covers five areas: health, care services, education, employment and the local community.

Carers Week is asking people to recommend organisations and businesses that are already carer friendly and also to invite other organisations to use the Carers' Checklist to commit to becoming carer friendly. I'm attaching a copy of the checklist to this newsletter. Perhaps it could be used as a basis for a discussion on how organisations can help. This is something that our group could take up with local businesses if you wish. Just let me know.

You can make your recommendations and organisations can record their commitment at [www.carersweek.org/about-carer-friendly-communities](http://www.carersweek.org/about-carer-friendly-communities). No access to internet? Let me know and I'll pass the details on for you.

## BOOKS ON PRESCRIPTION

This scheme aims to help readers understand and manage their health and well-being using self-help reading. One list offers dementia support and another for common



mental health conditions. There is also a list of mood-boosting books. No referral is needed to access the books which should be available at your library.

Carer4Carers has both lists available at meetings or they can be accessed via the Reading Well website: <http://reading-well.org.uk/>. If you are unable to use either of these sources please ask me for a printed copy.

## IT'S TEA-TIME!

Last year we held an Afternoon Tea Party which was part fund-raising and part awareness raising. Many people have asked when the next one will be. This year we have the opportunity to work with a team of youngsters from the National Citizen Service who will be help us put on another tea in Kineton Village Hall on August 18th.

Before the tea the team would like to meet a number of carers, including their cared-for if wished, together with our volunteers, so that they can learn about being a carer and what the group offers. A meeting for this will be on the afternoon of **August 8th** at Kineton Methodist Church, so please put this date in your diary.

