



Carers 4 Carers

Finding support through supporting each other

November/December 2016



This month we welcome Lisa Maloney to our team as our new Assistant Co-ordinator. Lisa is looking forward to being involved in all our monthly meetings and also helping me with some of the admin tasks. Isobel, whom we also met at our October meeting, has kindly offered to volunteer when she can.

I am pleased to have returned from my recent holiday feeling refreshed and rested. Breaks for carers are to be treasured but not always easy to come by. Sometimes we become so involved in caring that we don't always realise we need one. For those no longer caring or whose loved

ones are in care, solo travelling can bring it's own challenges. A loss of self-confidence can be a real barrier. As we near the festive season, I hope you are all able to fit in a little time for yourself and, if possible, perhaps other family members may be able to help out.

It would be lovely to see as many as possible of you at our annual seasonal meeting on 9th December. We are combining it with our fourth birthday, delayed slightly from November so of course, there will be cake!

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 9th December - our Christmas meeting with seasonal refreshments, activities and music and of course our lovely Anita who will be offering extra special TLC

with lava shells.

Friday 27th January — "Looking after yourself" with Harm Gordijn from the rehab hospital at Heathcote. It's important that you look after yourself and keep well. Harm will give us ideas for some gentle exercises that are easy to fit in in difficult situations but will help keep us moving.

Friday 24th February—Karen Swan, who was the drama facilitator working with the team from NCS was to have been with us in October but had to reschedule. She's going to give us an opportunity to 'Let off steam!'

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

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KEEPING WARM AND KEEPING WELL

At the time of writing this, we are experiencing our first really cold snap. It looks beautiful out there with clear blue skies and some autumnal colour still in evidence but it's really chilly. Keeping warm can help prevent colds, flu and more serious health problems. NHS Stay Well recommend wearing several layers of light clothes, rather than one bulky layer, heating the home to at least 18° and, where feasible, keeping active. Make sure you have adequate supplies of medication and food in the house and ensure you have plenty of hot drinks and at least one hot meal a day.

Act on Energy's (based in Wellesbourne) advice leaflet contains a temperature sensitive guide and these, together with the government's "Keep Warm Keep Well" leaflet will be available at our next meeting. If you are unable to come to the meeting but would like paper copies, please let me know. For those with internet access, they are available at: apps.warwickshire.gov.uk/api/documents/WCCC-630-883 and www.gov.uk/government/publications/keep-warm-keep-well-leaflet-gives-advice-on-staying-healthy-in-cold-weather.

ACCESSING HEALTH RECORDS

Anyone over the age of 16 can ask to see their medical records. For records held by their surgery, the request needs to be in writing and addressed to the Practice Manager. For records held by community based services, such as rehab hospitals, health visitors, physiotherapy, occupational therapy and district nursing, forms can be requested by writing to ANH/FOI Officer, Westgate House, Market Street, Warwick. CV34 4DE.

Carers sometimes have difficulty accessing information about the person they care for. Under the 1998 Data Protection Act, carers can do this if their loved one does not have mental capacity and they have Lasting Powers of Attorney (Health and Welfare) Anyone with the old Enduring PoA does not have this right as this is limited to decisions about finance and property although sometimes this is accepted.

Hastings House has a form that carers can complete and have signed by their loved one, granting access to records. Forms are available on their website, at the surgery or at group meetings.



Our team of volunteers and professionals who work with us join with me in sending all good wishes for the festive season.



Warwickshire
County Council

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