



Carers 4 Carers

Finding support through supporting each other

October 2016

Brrr! A truly autumnal, misty morning when I looked out of the window first thing today but isn't it a beautiful time of year. The colours look magnificent on those beautiful clear days that we've had this week.

We had a great Information Sharing Event at Wellesbourne last month. Well done to Heidi and her team from Hastings House Surgery for organising it. Combining it with the MacMillan Coffee Morning and the chance to have your flu jab was a master stroke. By lunchtime, 150 jabs had been given. Have you had yours? If not, book one now.

We usually have no newsletter in December but we're having a change this year. There will be no newsletter in November but you will receive one in December, as usual about a week before the meeting.

I'd like to remind you about contact numbers if you need help, want information or just want to talk. Many of you have my personal number which are welcome to use and we have our dedicated Carers4Carers number below. Additionally, you can contact Omega Care for Life on 0845 259 3163. Don't forget their telephone support service, Chatterbox, which is run by trained volunteers who believe that it's 'good to talk'.

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 0LB 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 28th October— Unfortunately Karen Swann, who was to have been with us, has had to re-schedule her visit and now will be with us in February. I am currently organising an alternative activity. As this was

planned as one of our more informal meetings, Anita will be on hand to offer us some much needed TLC.

WEDNESDAY 23rd November—visit to Myton Hospice. See overleaf for more details. There will be **NO MEETING on Friday 25th November**

Friday 9th December - our Christmas meeting with seasonal refreshments, activities and music and of course our lovely Anita will be offering her usual TLC.

Friday 27th January—"Looking after yourself" with Harm Gordijn from the rehab hospital at Heathcote.

Carers4Carers is part of the network of Omega Care for Life Meeting Point Support Groups

www.carers4carersonthefosse.org.uk

07947 893504

kcarers4carers@gmail.com

VISIT TO MYTON HOSPICE—WEDNESDAY 23RD NOVEMBER 11 a.m. to 12.30 p.m.

When we visit Myton Hospice next month, we are being offered the facilities of the Day Hospice for our Companionship Group. This is a very generous offer and the reason why we have had to change the date of the meeting. If you have not already registered your interest in attending, please let Gillian know as we need to let the Hospice know numbers.

The address of the Hospice is Myton Lane, Warwick, CV34 6PX, Tel: 01926 492518 and it is just off the Myton Road.

If there are any other details that I need to pass on I will contact those who have indicated they want to come individually. Please note the later start time.

CHRISTMAS CARDS

Last year I arranged for a range of Christmas Cards from Shipston Home Nursing to be available to buy at one of our meetings last year, which saves you the problem of having to visit the shops. The charity has decided not to have cards this year so, as we are visiting Myton Hospice next month, I have arranged to have some cards from them instead. There will be an assortment of designs available at our October meeting, all them priced at £3.50 per pack of 10.

THE HOME LIBRARY SERVICE

Did you know that the Warwickshire Home Library Service can come to you if you can't get to the library?

Two trained volunteers will call every four weeks and, after you let them know the sort of books that you like, will bring a selection for you to choose from. There are no limits on the number of books you can borrow—you can have 20 if you wish—and there are no fines if you keep them a long time.

CARE COMPANION

Many of you will have been introduced to draft designs for the Care Companion, which started life as the E-Treasure Chest. It is being developed by a research team at Warwick Medical School and it's aim is to produce an online resource for carers which will provide information all in one place and be personalised to the carers' needs.

The project is developing well and we are now at the exciting stage of populating the site with information. I have been involved with the project almost from its beginning and now two of our members are involved in the Carer User Panel which is providing vital feedback on its development. We hope soon to have the site ready for you to have another look so that you, too, can pass on your comments.

As well as books, audio books and jigsaws are available and the volunteers can also often help provide information on a range of issues.

To learn more, phone 01926 851031