



# Carers 4 Carers

Finding support through supporting each other  
September 2017

We often think of everything shutting down during the summer holidays but it seemed all-systems go here!

August 9<sup>th</sup> was the date for our Ploughman's Lunch. We once again had a super team from National Citizen's Service who visited us a week earlier to learn all about us and what we were going to ask them to do. They really worked hard and were so efficient they soon had everything prepared for the meal and we were able to sit down before our guests arrived and learn a little bit about them. Numbers of guest were down a little this year but it didn't dampen our enjoyment (sorry, but outside it was pouring) and everyone enjoyed a lovely lunch. We are particularly grateful to Jayne at the Red Road Fruit Farm who donated the beautiful raspberries, Costcutters (Greenhills) for the cheese and the Boulangerie Valentin, Shipston, who supplied the crusty rolls. Everyone remarked how lovely the hall and tables looked so well done, Team Sabesan and thank you, too, to our volunteers who also worked extremely hard.

From time to time, members are consulted on a variety of things, from choice of speakers to layout of the room! The volunteers and leadership team meet about three times a year to make plans for the group and we feel it would be good to have a representative from the carer members present at those meetings. We have one offer at the moment but please think about whether representing your fellow carers is something you would like to do. We'll talk about it at our September meeting and take a vote.

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## 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 22nd September** - this month we

have one of our popular 'speakerless' meetings. Anita will be on hand to offer you some of her lovely TLC.

**Friday 27th October**—our speaker for this meeting still has to be confirmed at the time of writing.

Following meetings:

November 24th—talk by a dietician

December **8th**— our Christmas meeting and also our 5th birthday celebrations.

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

[www.carers4carersonthefosse.org.uk](http://www.carers4carersonthefosse.org.uk)

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## INFORMATION DAYS

Heidi Williams, Community Nurse for the Elderly at Hastings House Medical Centre is organising an Information Day at Wellesbourne Village Hall this month. Because it was so successful last year, it again coincides with the MacMillan Coffee Morning on Friday 29<sup>th</sup> September 2017. Nursing staff will also be available to administer flu vaccinations. This is a golden opportunity to learn about all sorts of services and organisations available in the area, enjoy some refreshments and roll up your sleeve. Look out for posters publicising the event.

For those wanting to wander further afield, there is to be the first Engage Festival for the Over 50s in Stratford. It begins with an Information Day on September 30<sup>th</sup> at the Levi Fox Hall and concludes with a Grand Tea Party at the Town Hall. Supported by a number of local businesses plus Lottery funding, it is being led by Pride of Stratford Citizen of the Year Award winner for 2017, Sophie Mansfield, and a team of volunteers. It is advertised as being for those in the second half of life! Full details of the full range of imaginative events are on the website [www.engagefestival.org.uk/](http://www.engagefestival.org.uk/). Oh ... and it's free!

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## ELECTRICAL SAFETY TESTING

Warwickshire Trading Standards are once again running their free electric blanket safety campaign for over 50s and this year are extending it to kettles, irons, toasters and Christmas lights. We are again co-ordinating a local collection for those unable to take their items to the testing centres in



Team Sabesan from the National Citizen Service, at our Ploughman's Lunch

Leamington or Stratford.

Anyone wishing to have items tested should take them to either Wellesbourne Library by **4 p.m.** or Kineton Community Library by **4.15 p.m.** on Wednesday 4<sup>th</sup> October. As storage space is very limited in both libraries, please avoid taking items on earlier dates. They will be collected from the libraries for testing and returned on Friday 6<sup>th</sup> October to Wellesbourne and Saturday 7<sup>th</sup> October after 10.00 a.m. to Kineton.

Items should be put in a carrier bag or bin bag and labelled clearly with your name, address and telephone number. You will need to complete a form when you leave your item, available at the library. If you need more details, please phone us on 07947 893504.