

DIFFICULT TO GET TO MEETINGS?

We can arrange assistance with community transport to help you come to meetings, for which there may be a charge. We need as much notice as possible so do let us know as soon as you can. Please also let us know if aids or a wheelchair need to be transported.

OMEGA

Carers4Carers was started by local carers in November 2012. A year later we joined Omega and became part of their network of Support Groups.

Omega has strengthened the group by providing services such as training, guidance and administration.

Our members are able to access their services: Chatterbox, A Letter for Louise and bereavement support. Omega can be contacted by phoning 01743 245088 or via their website www.omega.uk.net

Carers4Carers is recognised for its work by a number of organisations, including Warwickshire County Council and Kineton Parish Council. We are very grateful for their support.



WHO WE ARE

Carers4Carers is a self-help group. All our volunteers have caring experience. We welcome those who provide unpaid care for a loved one or friend. We continue to offer support if that person enters residential care. It can be hard to stop caring and any members who become bereaved are still welcome to benefit from our support. Regrettably we are unable to support young carers.

We keep in touch with a monthly newsletter. This gives details of forthcoming meetings and up-to-date relevant information.

CONTACT DETAILS

To find out more about the group or request signposting to other caring information, you can contact us by phone, email or via our website.

Phone **07947 893504**

Please leave a message with your contact details and we will be in touch.

Alternatively, please send an email:

kcarers4carers@gmail.com

There is more information on our website and updates about meetings and events can be found on our Facebook Page:

www.facebook.com/Carers4Carers

www.carers4carersonthefosse.org.uk

C4C/0722A



Finding support through supporting each other

Carers4Carers

Are you a carer?

If you look after a relative or friend who needs care because of illness, frailty or disability, then our group is for you. Please read on and come and join us!

A support group based in Kineton, serving rural carers in the area.



Carers4Carers is part of a network of Omega Support Groups.

Reg. Charity no. 1120322 Reg. Company no. 619052

While providing care and support for a loved one can be immensely rewarding, it can also take its toll on the carer. If you are a carer, it's possible you may experience or feel:

- fatigue and lack of energy
- isolation
- depression
- financial pressures
- ill-health
- difficulty finding the right information
- if you live in a rural area, you may find it difficult to access shops and services because of lack of transport or the time needed for travel

Our meetings provide an opportunity for carers to meet with others for peer support. It can be helpful to talk with others who experience and understand some of these feelings in a friendly and relaxed atmosphere.

Carers4Carers was set up specifically for rural carers who often face different problems from those living in urban areas. This can include time needed for travel so we offer a place nearer to home to meet and relax over a cup of tea or coffee.

WHEN & WHERE?

Carers4Carers meets once a month on the **fourth** Friday, between 10.30 a.m. and 12 noon. Come when you can and stay as long as you are able.

We meet at the Village Hall, Mill Street, Kineton, CV35 0LB where there is full disabled access. There is no charge although donations towards our costs are welcome.



WHAT ELSE DO WE DO?

It's important that carers have access to the right information to help you care.

- We invite speakers to inform carers on relevant topics or help in the development of important skills for their caring role.
- Through wellbeing workshops and activities we encourage carers to look after their own physical and mental health

ANOTHER WAY TO RELAX

At some of our meetings a therapist is available to offer a short relaxing treatment such as a hand or shoulder massage.

DIFFICULT TO LEAVE THE PERSON YOU CARE FOR?

Carers4Carers is able to offer care for a limited number of loved ones who cannot be left at home on their own but who are able to come with you to the Village Hall. They will be cared for in our Companionship Group by a qualified and experienced care assistant, supported by a volunteer, while you relax in the main meeting.

Here, our Companions enjoy social interaction and friendship with others. We have a selection of books, newspapers and games and a range of activities is organised appropriate to their abilities and interests. Refreshments are offered.

Before bringing your loved one to the Companionship Group for the first time, it is essential to register with the co-ordinator **at least a week** before the meeting. We can then ensure we have safe provision. Please note: we are unable to offer personal care.