

DIFFICULT TO GET TO MEETINGS?

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

OMEGA CARE FOR LIFE

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

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

Our members are able to access the Chatterbox Action Against Loneliness and Crisis Support Programme.

Phone 0845 259 3163 or visit the website at 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 the grants awarded to us.



WHO WE ARE

Carers4Carers is a self-help group run by carers, for carers. We are all volunteers. We welcome those who provide unpaid care and support for a loved one or friend and we continue to offer support if that person enters residential care. It can be hard to stop caring, so former carers are always welcome. Regrettably we are unable to support young carers.

We keep in touch by publishing a monthly newsletter. It gives details of forthcoming meetings as well as providing up-to-date information of relevance to carers.

CONTACT DETAILS

To find out more about the group or talk to us for any other reason, you can contact us by phone, email or via the website.

Phone **07947 893504**

Please be prepared to leave a message with your contact details and we will be in touch as soon as we can.

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



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 Care for Life Meeting Point Support Groups
Reg. Charity no. 1120322 Reg. Company no. 619052

Providing care and support for a loved one can be immensely rewarding but 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 also find it difficult to access shops and services because of lack of transport or time needed for travel

Our meetings provide an opportunity for carers to meet 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 includes time needed for travel so we offer a nearby place 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 running costs are welcome.



WHAT ELSE DO WE DO?

It's important that you have access to appropriate information to help you care.

- At some meetings we have speakers to inform on relevant topics or help you develop skills important to your caring role.
- We have an extensive library of information leaflets.

We have occasional arts therapy sessions.

ANOTHER WAY TO RELAX

At many of our meetings when we have no speaker, 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 whom you are able to bring with you to the Village Hall. They will be cared for by qualified and experienced care assistants, supported by a volunteer while you relax in the main meeting.

In our Companionship Group, they enjoy social interaction and friendship with others, stimulating mental awareness. There is a library of books, newspapers and games and a range of activities are 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.