

Carers Support Groups

Radnor & North Brecknock

For more information call Fran on 01874 754040

There are monthly support group meetings in Knighton, Llandrindod Wells and in the Builth Wells area.

When I started working in June I was very impressed at the way a very small handful of carers and ex-carers continued

Knighton and area group

Meets on the second Tuesday of every month 1.30 – 4.00
The Knighton Hotel

Next Meeting:

The Knighton Hotel on Tuesday 8th November

This group have just lost their regular meeting place so our visit to the Knighton Hotel was a change of venue. There are many carers in this region and we need to make a concerted effort to recruit new members. We had a pleasant afternoon but were let down at the last minute and didn't have our usual Red Cross input. The neck and shoulder massages and the hand care are very relaxing and I will ensure that the next meeting has more to offer.

One of the problems carers face in attending meetings is, of

Builth Wells and area group

Meets on the second Wednesday of every month.

Next meeting: The Trout Hotel, Beulah on Wednesday 9th November 1.30 – 4.00pm

Christmas Lunch

at The Trout on Wednesday 14th December

This Group used to meet in Builth and has been dwindling in numbers so that the August and September meetings were down to three of us! It is thanks to Judith Hurford that the group still exists as she extended her hospitality and ran the group from her own home, last winter. Thanks, Judith!

We took a chance and organised our October meeting at the Trout Hotel at Beulah and I sent out 25 letters of invitation - I know there are carers I missed and I'm sorry - I'll do better next time.

The change of venue certainly worked - we had twelve

to attend and support these get-togethers. Being new to the job, I have a lot to learn but I am keen to build up all of the groups by helping with suggestions for fund-raising, organising therapeutic care, and social events - maybe a few visits to local places of interest, when the Spring arrives.

course, respite care for the person they look after. If this is preventing you from joining in with the group, please call me 01874 754040 and I will try to arrange cover for you.

We had lunch together in August at the Baron of Beef. The meal was good and the company lively. I recall Ivy Jones produced a camera and took several photos - we haven't seen these, Ivy - are they being saved for future blackmail?!!!

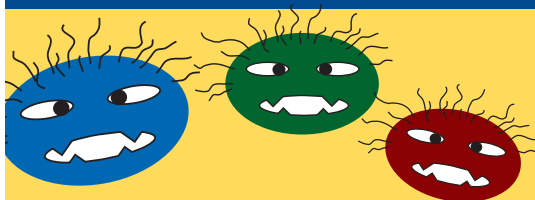
If you live in Presteigne/Knighton/ Knucklas - anywhere at all in Radnor - come and join us. We need new members and new ideas for activities and look forward to growing from strength to strength - the November meeting would be a good time to join us - then you can add your name to the list for our Christmas meal!

carers and we all had a very good time. Betty Twells from Rhayader and Barbara Jones from Llanwrtyd were the real stars of the afternoon. Betty used her skills as a therapeutic masseur (Red Cross trained) and Barbara used her extensive skills in reflexology, massage and aromatherapy.

Some of the members revealed hidden talents as they showed us how to play quoits - thank goodness this was a "waist high" game as I have lost the capacity to bend down and perform in skittles or ten-pin bowling!

We had refreshments provided by Lisa and the afternoon was very successful. Roll on November 9th!

If you are able to join in the next meeting you will be very welcome. If you can phone me first it would be helpful as we already need to transfer to a larger room - but just come along. I look forward to meeting you.



PROTECT YOURSELF

People sometimes call a bad cold the flu, but really having the flu is much worse. Flu is a highly infectious disease caused by a virus, which means antibiotics won't help.

SYMPTOMS INCLUDE

- Fever
- Chills
- Headache
- Aching Muscles
- Cough & Sore Throat

Even if you've had flu or the flu vaccine last year it won't protect you this year.

HOW SERIOUS IS FLU?

At best it's a nasty experience, even for people who are fit and healthy. At worst it can lead to more serious illnesses such as bronchitis and pneumonia, which may need hospital treatment.

Don't take a chance - make sure you don't get the flu - get the flu vaccine!

The Welsh Assembly Government has released its policy this year that, along with other groups of vulnerable people, GP's should pro-actively offer vaccinations to those who are the main carer for an elderly or disabled person whose welfare may be at risk if the carer falls ill.

