



Newsletter



NATIONAL
LOTTERY FUNDED

Supporting Carers in Redditch

November 2018

funded
through



West
Midlands



And that's another year nearly over - where does



all the time disappear to? It's been a really busy year for us what with the 30th birthday celebrations and lots of outings and activities. And now everyone's beginning to think about Christmas already!

Especially us! We've got lots of activities lined up, have a look at the programme and let us know what you can manage.

We know the nature of caring is that it's not always easy for you to get out and join us but we hope that you do whenever you can. All the activities and outings are arranged with the idea that they may give you a bit of a break and some time for yourself with other people who understand what you're going through.

The next newsletter will be January, 2019, so we'll take this opportunity to say - take care, look after yourself, we'll be open on Monday, January 7th, for a normal Monday morning drop-in and we leave you with Season's Greetings for Christmas and the New Year, *Fiona, Nat, Becky, Mel and all*

of our Trustees and Volunteers

Let us eat cake!

Huge on our 'come and enjoy' agenda is the Handmade Sale on 27th November. Everybody looks forward to the delicious home-made cakes, of course, so - come on all you wonderful bakers - let's have our very own Carers Careline Christmas bake-off!

We need all your craft work as well, of course, and then - most of all - we need you to galvanise friends, family and those you care for to come and join in the fun!

There's still time...

We've still got some slots available for the 100 Club. Please give Mel or Becky a ring, or pop in and see us, to be in with a chance of winning £75 or £25 every month!

Friends and family are also welcome to join so feel free to do a bit of arm-twisting - the 100 Club will be a good, regular fund raiser for us and every penny counts!

How can we help you?

Please let us know if you think or feel that you would like any other services from us that you currently don't have. For instance, you may feel that you'd like to be added to our telephone support list if you aren't already on it. Also - if you think you could pop into the office to collect your newsletter it would help our postage costs or if you wanted to be taken off the newsletter list altogether please let us know!

From now on ...

... we will be trialling the use of Skype for those carers who receive monthly telephone calls from us. If you have a missed call or we have left a message for you it will be from the number +44 7925821513 and if it works for us it will save us such a lot of money, so fingers crossed!



Bereavement Group

We had great feedback from our first Bereavement Group meeting. The group will be meeting next on Saturday, 17th November, and every third Saturday. If you are interested, please ring the office on 66177 and let us know if you'd like to come and give it a try. It doesn't matter where you are on your journey, all are welcome.

Call: 01527 66177

Twitter: @carers careline

FB: Carers Careline

Email: info@carerscareline.co.uk

Web: www.carerscareline.co.uk

Drop-in: Mon-Thurs, 10-12noon

2nd Tuesday in month, 5-7pm

3rd Saturday in month, 10-12noon



What's been happening

September was a busy month with the Wills and PoA talk together with Where Next (we had some shocks and surprises!), the Creative Writing Workshop, and a much enjoyed trip to the National Memorial Arboretum.

At the coffee morning drop-in, Jane Taylor explained to us what Mindfulness is and isn't and we're all now looking forward to the session with Jane on Thursday, 15th November.

Also, our local MP, Rachel McLean, did a question and answer session and that generated some heated discussion about - guess what - the Alex and Diamond buses. No surprise there, then! Rachel fielded and answered all the questions levelled at her. She wrote to us afterwards saying, 'I very much enjoyed speaking to the carers. It was invaluable listening to their personal experiences and I will ensure to feed this back to the Government as I continue to lobby for greater support for carers.' Watch this space!

October kicked off with lunch at the Bunker, more Creative Writing, the new Bereavement Group and a Strength & Balance taster class. It ended with our trip to 'War Horse' at the Hippodrome - which was fabulous!

A heartfelt plea...

Please, please, please - when there's something on the programme you fancy, ring or email to book in! Apart from drop-ins, we always need to have an idea of how many people are coming - and please also check that you're looking at the latest programme in case anything has changed!

Look behind you!



Put Sunday afternoon, 6th January, in your diary now for a fun-filled pantomime at the Ecumenical Centre.

The pantomime is 'Hark the Nativity Story!' and tickets will be available at the Centre, or you can phone 01527 65952 or email centreoffice@emmanuelredditch.church.

Bromsgrove Carers

Please note that from 31st October, the WAC carers group in Bromsgrove will be held at Bromsgrove Library. All carers in Bromsgrove are welcome. The meetings are held on the last Wednesday of the month, 2-3.30pm.

Real help!

The Brambles Residential Care Home at Headless Cross is offering social events at the home, every Thursday from 10-12noon. They also offer short and long-term respite, as well as the use of their bathing facilities with seats and hoists for anyone requiring a bit of extra support, at a cost of £10.

Ring Andy on 01527 555800 or email Brambles@sanctuary-housing.co.uk for more information.

Teaching the Next Generation

Making disability and impairment more acceptable to the next generation might be something you've never even thought of but, in fact, carers are in an ideal situation to help to change people's perception. Children often stare or ask difficult questions when someone's on a mobility scooter, for example, or in a wheelchair. Parents might feel embarrassed that their child is being nosy. But, actually, if we can welcome the child in, answer their questions without fear, offer some light information, then maybe what we are really doing is teaching the next generation. We are helping to change their attitude towards disability and trying to normalise impairment.

Even better if the person you are caring for is happy to talk as well - showing the child (or even the adult!) that someone who is disabled is not 'different' or an alien!

Between us we might have the power to change the world - or at least Redditch - let's keep trying!

Help for male carers

WAC are running five sessions in November, specifically to help male carers. We have a leaflet in the office, or you can ring 0300 012 4272 to book a place. The sessions are all about helping you to cope mentally and emotionally, together with techniques to help you manage your busy life.

Please note!

Our office will be closed at Christmas from Friday, 21st December until Monday, 7th January.

If you need emergency contact, you can get help by ringing Worcestershire Association of Carers on 0300 012 4272.

Don't forget our holiday get-together on Dec 28th at 2.00-4.00pm at The Rees Café.

What's Coming up? To book: 01527 66177 info@carerscareline.co.uk

Tuesday 6th November 11am-2pm	<i>Annual General Meeting and Lunch</i>	Everyone is invited to our AGM, Consultation and Lunch. It's a chance for you to meet other carers, have your say and get to know everyone. Hope to see you there!	Ecumenical Centre
Thursday 15th November 1-2.30pm	<i>Mindfulness and Wellbeing</i>	Jane Taylor from WAC will follow up the introduction to Mindfulness. It's an excellent opportunity to learn some techniques for avoiding and managing stress.	Ecumenical Centre
Saturday 17th November 10.30-12noon	<i>Bereavement Group</i>	Come to the second meeting of this group for support and sharing. Everyone welcome, no matter where you are on your journey through grief.	Ecumenical Centre
Wednesday 21st November 10-12noon	<i>Parent Carer Group at The Foxlydiate</i>	Meet Sue from Worcester Parent Carer Community and the group, for a Coffee Morning catch-up.	The Foxlydiate Birchfield Road Webheath
Thursday 22nd November 1-2.30pm	<i>Christmas Crafts</i>	Lots of fun, laughter and exploration to be had making cards, calendars and decorations for Christmas.	Ecumenical Centre
Tuesday 27th November Starts at 10am	<i>Handmade Sale</i>	Join us for our annual fundraising Handmade Sale. Lots of crafts and cakes. It's always a really good social gathering and you'll have a lovely time! Bring your crafts in early and bring your friends, family and the people you care for to join in the fun!	Coffee Bar Ecumenical Centre
Thursday 6th December 12-2pm	<i>Christmas Lunch Book with £5 returnable deposit, pay for own lunch.</i>	A new venue for us - come for Christmas cheer - we're promised a delicious Christmas lunch cooked for us by young students on the Catering Course.	Archers Restaurant at Redditch College
Thursday 13th December 1-2.30pm	<i>Laughter Workshop</i>	Get re-invigorated with The Great Raymondo. They say laughter's the best medicine so let's give it a jolly good go!	Ecumenical Centre
Wednesday 19th December	<i>Christmas Coffee Morning</i>	Coffee, tea, hot chocolate, cake, cake and cake, plus a Christmas raffle and lots of people to chat to. What's not to like? See you there!	Ecumenical Centre
Friday 21st December	<i>Closed for Christmas and the New Year</i>	We re-open on Monday, 7th January. Drop-in as usual 10-12noon.	Ecumenical Centre
Friday 28th December 2-4pm	<i>Meet up for a coffee and a chat with Becky and others who can make it</i>	 Come for a chat! Rees Community Café is opening up especially for us! Come along, bring your family and those you care for, let's have our own little post Xmas gathering!	Rees Café 13 Church Road, by the old Law Court B97 4AB
Thursday 17th January 10-12noon	<i>Creative Writing Workshop with Irene</i>	Hot chocolate and cake guaranteed to help flex the writing muscle!	Ecumenical Centre

Tuesday 22nd January 10-12noon	<i>Coffee Morning Drop-in</i>	So - 'normal' life resumed after all the festivities - back to Business As Usual. Enjoy a chat and a get-together. Find out what's coming up in 2019.	Ecumenical Centre
Wednesday 6th February 12-2pm	<i>Carer Lunch at Bramley Cottage Book with £5 returnable deposit, pay for own lunch.</i>	Something to look forward to - a nice lunch and lots of people to socialise with.	Bramley Cottage
Wednesday 13th February	<i>Make a visual family tree</i>	Using photos and snippets, make a family tree that will help those with Learning Disabilities and Dementia to remember who is who.	Ecumenical Centre
Monday 18th February	<i>Men's Group Morgan Factory Tour Malvern Book with £7 contribution.</i>	Every man's (and Becky's!) dream is to own a Morgan classic car! Join the tour of the factory to see how it all works.	Malvern Phone Becky to arrange lifts.
Tuesday 5th March 10.30- 12 .30pm	<i>Carers Walk with Pam Dunstone, Heart and Sole</i>	Join other walkers for a gentle walk in the Redditch area. Remember to bring water and wear sturdy shoes or trainers!	tba
Wednesday 13th March 1-2.30pm	<i>Carer Group Historical Talk</i>	This talk will explore the Western side of town, based on the 1903 ordnance survey map - come see what lies under the ring road!	Ecumenical Centre
Tuesday 19th March 10-12noon	<i>Creative Writing Workshop with Irene</i>	Another chance to practise and develop your writing skills. Please remember to bring pens and notebooks if you have them!	Ecumenical Centre
Wednesday 20th March 10-12noon	<i>Coffee morning drop-in and Consultation</i>	Drop in for a drink, some cake and a catch-up; find out what's going on and share some social time with old and new friends, as well as taking the opportunity to influence what we do here at Carers Careline.	Ecumenical Centre
Tuesday 9th April 10.30-12.30pm	<i>Walk with Pam Dunstone Heart and Sole</i>	Join other walkers for a gentle walk in the Redditch area. Remember to bring water and wear sturdy shoes or trainers!	tba
Wednesday 10th April 1-2.30pm	<i>Talk by Worcestershire Healthy Minds</i>	WHM supports over-16s who have difficulties with stress, anxiety, low mood or depression. This talk will tell you all about their services, what to expect and how to access their help.	Ecumenical Centre
Thursday 9th May 10-12noon	<i>Breakfast at the Bunker Book with £5 returnable deposit, pay for own breakfast.</i>	What could be better than a really nice breakfast of your choice, with lots of people you know to chat with?	Meet at the Bunker at 10am.
Wednesday 15th May 10-12noon	<i>Coffee morning drop-in with talk from Safer Redditch</i>	There'll be lots of coffee, lots of cake and a speaker from Safer Redditch will be here to tell us who they are and how they work in the community to help and support people.	Ecumenical Centre
Wednesday 29th May 1-2.30pm	<i>Carer Group Talk with Hereford & Worcs Fire & Rescue Service</i>	This talk is going to give us lots of information, hints and tips on keeping safe from fire.	Ecumenical Centre