



Newsletter

September



money raised by
healthThrive
through



Well! What a summer it has been!

Even the Met Office didn't seem to be expecting the heatwave, let alone the rest of us! We didn't exactly bask in the heat in the office - actually we just melted!

But there you go - it's all a distant memory now and the season of mists is on its way - not sure about the mellow fruitfulness because half of the fruit was finished before it had hardly begun - and the bulbs are springing up already!

The world is indeed going mad!

A real big **thank you** to all who returned our annual questionnaire. We need this information all the time to be able to demonstrate to those who fund us what we do and what the impact of that is on our carers.

There is a break-down of those responses in the office for anyone who wants to see it (just ask Fiona) but probably the newsletter is not really the place for all of the statistics we gathered. We can say that about two thirds of those who responded are caring now and the other third are 'life-after' carers. The outcomes achieved are really heart-warming as high percentages of those who responded feel better, physically and emotionally, less isolated, understand their caring role better and have made new friends.

This is what we love to hear. This is what we're here for.

So please keep dropping-in, keep coming on trips, joining activity groups and knowing that we will do our best to support you whenever you need us. And watch out for next year's annual questionnaire because we'll be contacting you all again. But don't wait to hear from us - if you want to say, suggest or add anything - please just give us a ring!

If there's something on the programme that you would like to join please book in - we need to know that people are coming so that we don't inadvertently cancel!

Get those ideas rolling!

We want to put on activities and events which you want to do so we're always on the lookout for new ideas - places to go, talks to book, different activities for people to take part in. If you've got any suggestions - don't be shy - just throw them at us - the more the better!



Have you joined our 100 club yet?

If you haven't, don't worry - there's still time. We could do with a few more people to hit the hundred - so invite your friends and family to be in it to win.

There are prizes of £75 and £25 every month so that, over the year, according to our Statistics Expert (Fiona), your chances of winning are one in four! Phone Mel or Becky on 01527 66177 or email info@carerscareline.co.uk to find out more.

New Bereavement Group

Carers Careline is starting a new group for people who have been bereaved and would like the support of a group. It will meet on the third Saturday morning of the month (20th Oct, 17th Nov, 15th Dec) 10.30-12noon and is open to anyone. If you are interested and would like to know more, contact us at the office.

Put this in your diary!



Whatever you do, don't forget our Annual General Meeting on Tuesday, 6th November at 11am-2pm. There will be time to bring up anything you want to talk about or put forward, there will be a delicious lunch and time to socialise with old and new friends - so we'd love to see you there.

Fundraising News

We're still collecting 5p coins, old pound coins, and used cartridges - so please keep bringing them in because every single penny we get counts towards our fundraising. Our latest batch of cartridges raised £11.98.

All Round Voices



A new fortnightly daytime Choir has begun upstairs at

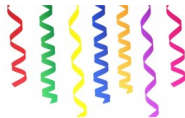
the Palace Theatre.

All welcome, no experience necessary, no auditions, just a love of singing!

Ring 07722596339, or email allroundvoices@gmail.com.

Ladies!

This may sound like a funny request but it's not a joke, honestly! You know the loops of thin ribbon that are stitched into tops, cardigans, jumpers etc. to hang the garment with? The ones that drive you so mad poking out of the top of your blouse when you're trying to look dignified, elegant and sophisticated that you chop them off in frustration and chuck them in the bin? Please could you continue to chop them off but don't chuck them in the bin, bring them into us instead because they are fab for art and crafts and we need a nice rainbow collection for the Christmas crafts session on 22nd November!
Thank you!



What can you do?

Life-long learning keeps your brain active.

The Open University offers a host of free courses, covering a wide range of subjects at various levels. Find out at

www.open.edu/openlearn.

Watch fascinating TED talks. They cover all sorts of subjects, each talk lasts approx. 20 minutes. Go to www.TED.com or download the TED TALKS app. They're brilliant!

Quote of the month...

Try to be a rainbow in someone's cloud.

Maya Angelou

What's been happening?

- We had an extremely interesting talk from Susie James of **Healthwatch** at our Coffee Morning on 11th July. The brief of **Healthwatch** is to gather the views of those using the services. They don't deal with individual complaints themselves but can refer you to someone who can. They want to help you to have a say in how health and social care services are run, and to assist in holding services to account when things go wrong. Email info@healthwatchworcestershire.co.uk or ring 01386 550264.
- Our trip to Finest Catch at Henley didn't go entirely without drama as three people ended up at the wrong Fish and Chip shop - hey ho, the best laid plans!
- The first 'Walk with Pam' across the Abbey Meadows also had a bit of a hiccup because Pam had fallen down a step and injured her leg. She met the squad, set them off and had to go home and rest the injury! The walk was great though and everyone's looking forward to the next one! Better luck next time, Pam!
- Our August events ended with lunch at the Hopwood Inn which was enjoyed by all, although the daughter of one of the carers was actually in labour at the time (not at the Hopwood obviously) so everyone except the grandmother-to-be was on tenterhooks waiting for a call that would send her racing off to greet her new grand-baby.



Being Well, Being Positive, Being Connected

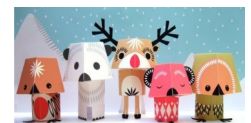
Every day try to find some time, space and energy to think about your own needs. It is positive to have time and space to yourself - time to reflect, laugh, relax, do something you enjoy, attend to your own health and wellbeing. Easier said than done, obviously. But the point is, you'll feel all the better for it and that will always reflect in your caring so it's never just about you really. Make efforts to keep in touch with friends and social groups, even if you can't get out to join them much. Try not to slide into the trap of days not speaking to anyone turning into months and months turning into years and then finding yourself totally isolated. A simple couple of minutes chat on the phone every so often, even when you really don't feel like it, can keep you connected with the outside world and lessen any sense of aloneness you may feel. And - obviously - a cup of tea and a chat at one of our drop-ins can work wonders!

Do it for YOU!



Handmade Sale - get making!

We'll need loads to sell at the Handmade Sale - it's a highlight of our fund-raising year so please get knitting, sewing, cooking, woodworking, ear-ring making, building, crafting - whatever is your 'thing'. Bring your goodies into the office as soon as you like - we're ready to collect from now on. Let's aim to make this year's sale on the 27th November better than ever!



Winter's on its way

If energy and water bills are high on your Worry Agenda, remember you can contact Act on Energy. Speak to Gareth on 0800 988 2881.

For water worries, find out about Severn Trent's 'Big Difference' scheme which gives discounts for carers on low incomes. Ring 0121 355 7766.



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

Tuesday 4th September 7-9pm	<i>Wills, Probate and Power of Attorney - joint talk with local charity Where Next</i>	Kerwood Solicitors will be explaining the ins and outs of Wills, Probate and Power of Attorney.	Where Next Hub Millsborough House Redditch B98 7AL
Thursday 13th September 1-2.30pm	<i>Carole Anderson, Admiral Nurse</i>	Carole will talk to us in detail about Admiral Nurses, explain how they work with people with Dementia and give lots of tips to help you.	Ecumenical Centre
Tuesday 18th September 10-12noon	<i>Creative Writing Workshop with Irene</i>	All are welcome - those who came last time and those who couldn't make it.	Ecumenical Centre
Thursday 20th September All day	<i>Coach Trip to the National Memorial Arboretum, Alrewas £7 contribution on booking, pay for own lunch.</i>	Explore the amazing Memorial Arboretum. Have morning coffee in the café and we'll be going to a local Alrewas pub for a late lunch.	Coach leaves Redditch at 9am, returns by about 4pm.
Wednesday 26th September 10-12noon	<i>Coffee morning drop-in</i>	As well as our usual cake and coffee, Jane Taylor from WAC will introduce mindfulness and we are hoping Rachel Maclean, our local MP will drop in.	Ecumenical Centre
Thursday 11th October 12-2pm	<i>Carers lunch at The Bunker Book with £5 returnable deposit, pay for own lunch.</i>	We've tried the breakfast and really enjoyed it - now let's give the lunch a go!	Meet there at 12noon.
Tuesday 16th October 10-12noon	<i>Creative Writing Workshop with Irene</i>	All welcome - get your creative juices flowing and release your Muse. You stand a chance of being really surprised!	Ecumenical Centre
Tuesday 23rd October 11-12noon	<i>Strength & Balancing taster class</i>	Hayley, who runs the Redditch strength and balancing classes, is coming to give us a taster of what she teaches.	Ecumenical Centre
Thursday 25th October 10-12noon	<i>Coffee morning drop-in</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.	Ecumenical Centre
Wednesday 31st October 9.30am-5pm	<i>War Horse Book with £7 contribution.</i>	This is now fully booked but give Nat a ring to put you on the waiting list in case anyone cancels.	Train to Birmingham— meet at the station to travel together and coach home to Redditch.
Tuesday 6th November 11am-2pm	<i>Annual General Meeting and Lunch</i>	Everyone is invited to our Annual General Meeting and Consultation, with lunch. It's a time for you to meet everyone, have your say and socialise. 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 her Introduction to Mindfulness. This is a chance to learn some good and useful techniques for managing your stress levels.	Ecumenical Centre

Wednesday 21st November 10-12noon	<i>Parent Group at The Foxlydiate</i>	Meet Sue from Worcester Parent Carer Community and the group for a Coffee Morning and catch-up.	Foxlydiate
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 - coffee flowing. 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!	Narthex 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 and, hopefully, 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>	Let's get re-invigorated with The Great Raymondo. They say laughter's the best medicine so we need to give it a jolly good go!	Ecumenical Centre
Wednesday 19th December 10-12noon	<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
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...	Ecumenical Centre
Wednesday 6th February	<i>Carer Lunch</i>	A chance to get together with other carers for lunch and a chat.	Venue to be confirmed
Wednesday 13th February	<i>Make a visual family tree</i>	Make a family tree picture with photos to help people with Dementia and Learning Difficulties remember who's who in your family.	Ecumenical Centre
Tuesday 5th March	<i>Carers Walk with Pam Dunstone Heart and Sole</i>	Come and join other carers for a gentle walk in the Redditch area.	Remember to bring water, and wear sturdy shoes or trainers!
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