



Newsletter

Supporting Carers in Redditch

March 2019



Spring and Easter are on their way...

... not that you can tell at the moment of writing this because it was a massive-scraping-of-iced-car-windows day today and we've been warned there might be snow - not that we're dwelling on any of that in the office! Neither are we thinking too much about the political climate (!) or any other kind of climate at this moment in time - we're too busy wondering how you are and thinking up nice things to put on the programme to give you a bit of a break when you can manage it. Even if you haven't been able to come to anything for ages, please don't be put off, we're always pleased to see you when you can pop in.

We know it's hard to walk through the door if you feel that you're out of the loop but, honestly, it's like riding a bike, you don't forget - and everyone's pleased to see you. Whatever your circumstances are at any given time - our door is open from 10-12 on Mondays to Thursdays. There's always someone here to welcome you, make you a cuppa and *listen*. And, please, if you know someone who is in a caring role and not registered with us - bring them along or pass on our phone number - there are all sorts of ways in which we may be able to help them.

You can tell spring's on its way when you hear the first sound of the early-bird tin-rattlers at the supermarket on Saturday morning! Well, we've arranged to do a fund-raising can collection at Morrison's on Saturday, 22nd June. If you fancy helping us with that please give us a ring. The more help we've got, the better, then we can work out a shift list so that nobody needs to feel it's going to take up their whole day!

Thank you in anticipation!

Annual Questionnaire

It really is twelve months since the last one so this year's is enclosed with the newsletter! We'd love you to fill it in and return it to the office as soon as possible. We need as many of you to complete it as possible, to give us a wide picture of needs.



The organisations who fund us are interested in the impact we make on your life as a carer so this questionnaire is much more about you and how caring affects you. If you want help with the form, just give us a ring. We'll be phoning people we haven't heard from in a while so expect a call if that's you. There will also be forms available in the office if you want to pop in and have a catchup at the same time. We're very interested in your views and opinions so if there's anything you want to say, please use this opportunity.

We look forward to hearing from you!

News Flash!

It's good to be able to tell you that Carers Careline was mentioned in the House of Commons last week by our MP, Rachel MacLean, who was talking about local charities. Thank you for all of your support, Rachel!



There are just a few numbers left on our 100 Club list - you never know - you could be the next big winner - but only if you're in it! Phone now to bag yourself a number!

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



Great Excitement in the office!

The first draw of the Hundred Club took place on the morning of 15th January. The first prize of £75 was won by number 16, the second prize of £25 was number 70.

We have decided we will only give the prize-winning numbers as many people wish to remain anonymous but we can assure you the winners were absolutely thrilled to hear of their windfall!

The winners of the February draw were:

First Prize of £75, number 40

Second Prize of £25, number 16

Congratulations to all winners!



What's been happening...

Despite the dismal weather, there was a good turnout for both the Creative Writing session and the first Coffee Morning drop-in of the year in January. They were both well attended with lots of discussion and - guess what! - thanks to our resident enthusiastic bakers - delicious home made cake! Thank you, bakers - you know who you are!

We also had a lovely lunchtime at the Bramley Cottage at the beginning of February. It was a really nice social gathering - if you missed out, do try and come to the Breakfast at the Bunker on 9th May.

Of course, the Men's Group had a fabulous time on their trip to the Morgan Factory on 18th February!



Thank you!

You'll be pleased to hear, the last lot of cartridges Jim sent off, netted us £41.25 - so it's well worth everyone's effort! Keep bringing 'em in!



Don't forget...

Shop at the Co-op and by choosing us as your local charity, 1% of anything you spend on own-brand goods will go towards their donation to us. It doesn't affect your own dividend at all. Just register online or by phone or drop into the office if you need help.

Do you live in Greenlands?

If so, you're invited to an Afternoon Tea Service at St. John's Church, on the Thursdays of 14th March, 11th April and 9th May, for tea with finger sandwiches, small cakes, tea, coffee and lots of chat around the tea tables, from 2.30-4pm, extra guests most welcome.



Worried about Benefits?



If you're worried that you're not getting the benefits you're really entitled to, please drop in and talk to us - we can soon sort out what you should be getting and also help you make a claim for it if you need us to.

Also - if the person you care for has gone into care, don't assume that you're automatically getting what you should be, because you may not! Again - come and talk to us - we continue to support you even though they're in care and we'll be happy to help you to sort through the Benefits system minefield!

Bereavement group

Our new Bereavement Group is going well and we would love to welcome more people. You don't have to be *recently* bereaved to come along. Bereavement and grief takes as much time as it needs - so, please, if you feel you'd like to be part of this group, come along to the Ecumenical Centre on the third Saturday of the month.

And if you know anyone who is having a hard time trying to deal with loss, please tell them about the group. They don't need to have been carers or be registered with us - this group is for anyone at any stage of their journey. It meets at 10.30 until 12.

Don't forget the Strength & Balance class on Wednesdays at 10am! Keep yourself fit! It's only £3 per session!

Keeping your social life going

It's so easy to become isolated and lose all social contact when you're caring for someone else. Introducing carers to others who are in the caring role is especially important to us and often carers tell us they wish they had someone to go to the cinema with occasionally, or bowling, or for a meal out or even just to meet for a coffee.

To help with this we've had some 'Stay in Touch' cards printed that you can pick up at any drop-in or meeting, fill in and pass on or swap with someone you've been chatting to and we hope these will help to forge some new friendships.



Bromsgrove Men in Sheds

There will be an open day on Saturday, 23rd March, from 11am-2pm. If you're interested, please ring Jo Hughes on 01527 868855, or email Jo.Hughes@ageukbrwf.org.uk for more details.



Tuesday 5th March 10.30–12.30pm	<i>Walk with Pam Dunstone, Heart and Sole</i>	Join other carers and walkers for a gentle walk in the Redditch area. Remember to bring water and wear sturdy shoes or trainers!	Meet at the Arrow Valley Lake Visitor Centre.
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 and see what lies under the ring road!	Ecumenical Centre
Saturday 16th March 10.30-12noon	<i>Bereavement Group</i>	Our friendly Bereavement Group is open to anyone, you don't have to be <i>recently</i> bereaved. You might like to bring someone who isn't registered with us. All are welcome!	Coffee Bar 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. At the same time take 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. You will need 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 about their services, what to expect and how to access their help.	Ecumenical Centre
Thursday 18th April 10-12noon	<i>Easter Coffee Morning drop-in</i>	We'll have hot cross buns to eat and Easter Eggs to raffle! We'd love you to come and join us to meet and chat in the Coffee Bar at the Centre.	Ecumenical Centre
Saturday 20th April 10.30-12noon	<i>Bereavement Group</i>	Come to our Bereavement Group and see if the social contact with others in the same circumstances as you can help you in any way.	Coffee Bar 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 other people who are caring for someone to chat with?	Meet at the Bunker at 10am.
Tuesday 14th May 10-12noon	<i>Parent Carer Group at Mappleborough Green Garden Centre (formerly Badgers)</i>	Meet Sue from Worcestershire Parent Carer Community and the group, for a coffee morning catch-up.	Mappleborough Green Garden Centre Alcester Road B80 7DL
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

Saturday 18th May 10.30-12noon	<i>Bereavement Group</i>	Whether you are newly bereaved or have been for some time, we would love you to come and join our group for the morning to see if you think it can help you.	Coffee Bar Ecumenical Centre
Tuesday 21st May 10-12 noon	<i>Creative Writing Workshop with Irene</i> <i>NB: This is a change of date</i>	Whether you've been before or not - we'd love to see you. Come and unleash your creativity!	Ecumenical Centre
Friday 24th May 7-9pm	<i>Quiz Night</i>	This is a fundraising event so we're hoping for lots of people - friends, families, those you care for, neighbours - the more the merrier! Bring a quiz team or join one here. Start swotting now!	Ecumenical Centre
Wednesday 29th May 1-2.30pm	<i>Carer Group Talk with Hereford & Worcs Fire & Rescue Service</i>	This talk is hopefully going to give us lots of information, hints and tips on keeping safe from fire.	Ecumenical Centre
Tuesday 11th June 10.30-12.30pm	<i>Walk with Pam Dunstone, Heart & Sole</i>	Join Pam for another lovely walk. Remember to bring some water and to wear sturdy shoes or trainers.	Tba
Wednesday 19th June 12.30-2.30pm	<i>Picnic in the Park</i>	Bring your own picnics, blankets and chairs. Bring those you care for. Bring your friends and neighbours and let's make this the mega picnic of the year!	Morton Stanley Park Meet at the park at 12.30pm
Saturday 22nd June	<i>Fundraising at Morrison's</i> 	Come and tell customers about Carers Careline! Please ring us to let us know that you're willing to help with our fundraising effort!	All help will be very much appreciated!
Wednesday, 26th June 9.45am-5pm	<i>Summer Day Trip</i> <i>Book with £7 contribution.</i> <i>(Not suitable for wheelchairs).</i>	Waterbus from Upton-on-Severn to Tewkesbury with wonderful scenery and then time to eat and explore Tewkesbury on Market Day!	Leave Redditch 9.45am Return by 5pm
Wednesday 10th July 1-2.30pm	<i>Carer Group Talk with Healthwatch</i>	Healthwatch is a Watchdog for health and social care. They want to know about your experiences of the services. Come and tell them!	The new Lodge at Where Next in Easmore Road
Tuesday 16th July 10-12noon	<i>Creative Writing with Irene</i>	Another chance to find out what you can do! Everyone comes along saying they 'can't write' and suddenly find out that they can! Do come and see how you can surprise yourself!	Ecumenical Centre
Thursday 14th November 10-12noon	<i>Parent Carer Group at Mappleborough Green Garden Centre</i> <i>(formerly Badgers)</i>	Come along and meet Sue from Worcestershire Parent Carer Community and the group, for a coffee morning catch-up.	Mappleborough Green Garden Centre Alcester Road B80 7DL

Do you know...

... that there is a Carers Room at the Alexandra Hospital? It is next to ITU and is somewhere you can go for peace, calm and rest. Ask staff/Reception to contact 'the Bleep holder' to let you have the code to get in. There is furniture and a shower and you can stay when you need to. Let someone know you will be in there.

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through



Regular Events:

Drop-in for those who work:

2nd Tuesday in the month: 5-7pm

3rd Saturday in the month: 10-12noon



Bereavement Group:

3rd Saturday in the month: 10.30am-12noon

Carers Connect, at the Library:

Fourth Saturday in the month: 1pm-3pm