



Newsletter

Supporting Carers in Redditch

May 2019



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So - the sun shines, daffodils flutter and dance in the breeze, we're looking forward to our summer programme of events and activities and we hope you are, too.

Coming up there's a breakfast get-together, a quiz night, a walk, a picnic in the park, a summer trip along the River Severn and a chance for you to let the health services know what you think, to say nothing of various coffee mornings and drop-ins. And, of course, the can collection fundraiser at Morrison's in June. Please give us a ring if you think you can help with that.

We've arranged for the WAC Caring with Confidence Course to come to Redditch. It is an incredibly informative course, it will cost you nothing and it is a real opportunity to do it without having to travel all the way to Worcester, so do please give it some serious thought. You don't have to do all the sessions, you can do the ones that interest you and that apply to your life. To find out more, phone us or drop in one morning. A list of the sessions that are coming up is at the end of the programme on this newsletter.

What matters to us is seeing the huge difference our fellowship and activities make in carers' lives. Just the chance to talk with another person who knows what you're going through can help. If you're feeling as though there's nowhere to turn, drop in and see us if you possibly can but if you can't do that - give us a ring. We can help in all sorts of ways and people meet here and form long and sustainable friendships because of their related experiences.

And, don't forget, Carers Connect is at the library every fourth Saturday, beginning at 1 o'clock.

Three Conversations Approach

The County Council now have a 'Three Conversations Approach' to providing services for adults. They can be contacted on 01905 768053. You will be put through to a social worker from the Redditch Team who will listen to you and help find a solution. This new approach means that instead of waiting several weeks for a social worker to return your call, 80% of people have a call back within 4 days. If you are not sure whether or not you need to speak to a social worker, come and have a chat with us in the office or give us a call.

Times, they are a-changing

We telephone approx. 200 carers and life-after carers every month. Recently, several carers have chosen to have support by email rather than phone. This means that they can contact us at any time, although, obviously, they won't always get an instant reply. It does mean that they may feel able sometimes to speak with us more freely. If you think you'd like to have e-mail support rather than phone calls, please contact us in the office.

Easter Coffee Morning Drop-in



Thanks to all who came and all who made cakes. It was great!

Calling all Carers!

Would you be willing to be part of a carers' Focus Group with Healthwatch? They need at least three carers to take part in a discussion group on Wednesday, 8th May at the Where Next hub, Easemore Road, B98 8ER.

The topics for discussion are 'Local Care out of hospital' and 'Prevention and Self-care'. There will be refreshments and - although it is short notice - it would be great if you could take part. If you can, please ring us on 66177 to say you are willing to do this.

Thank you.

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

Ring us if...

...you're interested in coming on one of our trips but are worried about the cost. Speak to one of the staff on the phone, 01527 66177, or drop in and have a word with one of us and we'll sort something out.

Also - if you need to come into the office and speak to one of us in confidence, just let us know. We understand completely that it's not always right for you to talk in the office but don't let that stop you coming in - just mention that you need some privacy and it can be arranged!

What's been happening...

There's been plenty of activity lately, as usual - and it's been great to see so many of you. Pam's March and April walks happened at the Lake and finished off with coffee and cake in the coffee shop - there's a surprise - not!

The Historical Talk went down very well and Anthony Green, who ran it, is putting together a talk about the East side of town which, hopefully, will be coming our way later in the year so watch out for that.

The Creative Writing had lots of tears and laughter as usual - but we did miss some of our 'regulars' - hope you can make the next one! Please note, we've changed the time - it's now 10.15, to begin at 10.30am, finish at 12.

The Easter Coffee morning drop-in was lovely, with old friends and new. The raffle raised over £150 (thank you, Morrison's, for our lovely prize!) and the winner of it, who couldn't get to the coffee morning, was thrilled. Thank you all for your support.

The last batch of 'dead' cartridges raised £49.50 - please keep sending them in! Also, we're still keen to get your 5p coins and any old currency that you can't use - our bank will take it from us! Every penny counts! Thank you!

The winning numbers in the last two 100 Club draws were:

1st Prize - March, 30 - April, 44

2nd Prize - March, 83 - April, 48



Get a quiz team together and join us to have fun and fundraise at the Lodge Park Social Club on Friday, 24th May, 7pm. Prizes and Raffles.

SpeakEasy N.O.W.

There is a free event for people with learning disabilities and those around them to help them to prepare for growing older and end of life. It is on Saturday, 18th May from 10am-3pm at the Droitwich Community Centre.

If this would be helpful to you, book online at growingolderendoflifeevent.eventbrite.com or call SpeakEasy NOW on 01905 774247 for more information.

A bouquet for Madeline

We are really sorry to say goodbye to Madeline Gould, one of our Trustees.

Madeline joined the Board in 2009, shortly after she retired and, having been a mental health nurse for many years, she brought a great deal of knowledge and experience.

Madeline has always been actively involved and has offered a lot of support to the staff. We will really miss her thoughtful contributions.

Madeline will still be around and we hope to hear from her from time to time but we want her to know how grateful we have been for all of her work and wish her well for the future.

A heartfelt thank you, Madeline.

The caring journey

Everybody's journey is different - but, in lots of ways, everybody's journey is also the same.

One of the factors in which it is the same we hear over and over again. 'Everybody thinks I'm doing well and am coping but inside I'm falling apart...'

Falling apart is about feeling isolated, alone, over-burdened, exhausted, no time for self. Anxious to get back when you're out. Worried about leaving the person you care for alone. Sounds familiar?

Please, please, remember that - amongst all of this stress - YOU are important. Try to find even five minutes in a day to go for a little walk, play some music, ring a friend, read a magazine - it doesn't matter what the activity is. The fact is, any Me-time you can practise will help to keep you in touch with the person you are on the inside.

That Me-time will help to keep you going. And when you need Me-and-Others time - pop in and see us or give us a ring. We 'get' it, we really 'get' it, and we're here for you Monday to Thursday mornings between 10am and 12 noon with a cup of tea, someone to talk to and maybe even a chocolate biscuit!



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

Thursday 9th May 10-12noon	<i>Breakfast at the Bunker</i> <i>Book with £5 returnable deposit, pay for own breakfast.</i>	What could be better than a really nice breakfast of your choice, with other carers to share your morning 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
Tuesday 21st May 10.15-12 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! Meet at 10.15 for 10.30 start.	Ecumenical Centre
Friday 24th May 7-9pm	<i>Fundraising Quiz Night</i>	Bring friends, family, those you care for, neighbours - the more the merrier! Bring a quiz team or join one when you get there. Start swotting now! Please note change of venue!	Lodge Park Social Club Lodge Pool Drive B98 7JT
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, as well as hints and tips on keeping safe from fire.	Ecumenical Centre
Thursday 6th June 12-2pm	<i>Carer Lunch at Bramley Cottage</i> <i>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 Meet there at 12
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 12th June 10-12noon	<i>Coffee Morning Drop in for Carers Week</i>	It's Carers Week this week. Look out for stands and promotional material in lots of different places helping to bring the home caring situation into the public eye.	Ecumenical Centre
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 All day	<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 - in hour slots to make it easy.
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 Easemore Road B98 8ER

Tuesday 16th July 10.15-12noon	<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!	Ecumenical Centre
Wednesday 17th July 10-12noon	<i>Coffee Morning drop-in</i>	We'd love to see you for a get-together, a catch-up, a chat, and to let you know what's coming up!	Ecumenical Centre
Tuesday 23rd July 1pm-3pm	<i>Ladies' Afternoon Tea Book with £7 contribution</i>	Dainty, elegant, sophisticated - and that's just the cake stands! Come and enjoy a really nice get-together!	Rees Café Church Road
Tuesday 6th August 10.30-12.30 noon	<i>Walk with Pam, Heart & Sole</i>	What could be better than a lovely summertime walk with friends and fellow carers? Wear decent footwear and bring some water. Every walk ends with a coffee stop to look forward to.	Tba
Tuesday 10th September	<i>Trip to Birmingham Jewellery Quarter Book with £7 contribution</i>	Our tour of the Museum is booked for 11.15am. You can make your own way and meet us there, or travel with us from Redditch Station, pay for own fares. We'll be getting the tram to the Museum.	By train and tram. Meet at Redditch Station, details when you book.
Tuesday 17th September 10.15-12noon	<i>Creative Writing with Irene</i>	Even if you've never thought of yourself as a writer, come and join in. You might surprise yourself!	Ecumenical Centre
Wednesday 25th September 10-12 noon	<i>Coffee Morning Drop-in</i>	MP, Rachel MacLean, will be here to talk to us, answer questions and listen to our concerns. Come and join in!	Ecumenical Centre
Thursday 14th November 10-12noon	<i>Parent Carer Group at Mappleborough Green Garden Centre (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

WAC CARING WITH CONFIDENCE COURSE

All sessions are held at the Reddi-Centre, South Street, Redditch B98 7DQ. Refreshments will be served. Book with us.

03/09/2019	10.00-13.00	Finding your way
17/09/2019	10.00-13.00	Caring & Coping
01/10/2019	10.00-13.00	Caring Day to Day
15/10/2019	10.00-13.00	Caring & Me
29/10/2019	10.00-13.00	Moving with Confidence
12/11/2019	10.00-13.00	Caring & Resources
26/11/2019	10.00-12.30	Legal Clinic
10/12/2019	10.00-12.30	Paying for Care
07/01/2020	10.00-13.00	Caring & Communicating
21/01/2020	10.00-13.00	Caring & Life
04/02/2020	10.00-12.30	Benefits Masterclass

funded
through



Regular Events:

Drop-in for those who can't make weekday mornings:

2nd Tuesday in the month: 5-7pm

3rd Saturday in the month: 10-12noon

Bereavement Group:

3rd Saturday in the month: 10.30am-

12noon at the Ecumenical Centre

Carers Connect, at the Library:

4th Saturday in the month: 1-3pm

Don't forget to ring and book in early for any of the trips or activities you would like to join!