



Newsletter

Supporting Carers in Redditch

July 2019



At the time of writing this we don't seem to have had much (any?) summer so far this year - however, we can but hope and maybe when the newsletter plops into your letter box or inbox we'll have a nice blue sky above us...

We could all benefit from some real daylight and a whiff of the sun. It's amazing how even a couple of nice days can act as a tonic! Apparently, even if we get only ten minutes of natural vitamin D on our skin in a day it can make a huge difference to our health and wellbeing! So, if and when the sun *does* arrive - on with the tee-shirts and let's get outside for however short a time we can - it can only be beneficial!

There are two new local initiatives you may find of interest. The first: Perdiswell Leisure Centre, Worcester, is organising sessions for the Stroke Association on Thursdays, 10-11am, from 27th June. They are open to anyone recovering from a stroke. The first session is free, £4.20 per session afterwards. Contact Jo Weston on 07392080003 or email Jo.Weston@stroke.org.uk.

The second is a singing group, 'Oh, yes, we can!', with Jo Higgitt of Jestaminute Community Theatre at The Space, Winyates, on Saturdays 11-12.30; voluntary contribution of £1. Just turn up and sing!

And - if you are going away - have a lovely time. Come back refreshed and relaxed, ready to pick up all the balls and start juggling them again...



Keeping the kitty going

As with all charities, it's an everlasting, ceaseless task, trying to get enough money in to keep Carers Careline going. So thank you for supporting our fundraising efforts.

Redditch BC has a new way of supporting the voluntary sector. Each of the Borough local councillors now has a pot of money to donate to charities working in their ward.

If you could find it in your heart to contact your local councillor to tell them how much you appreciate our services and encourage them to think about supporting us with some of their budget - it could really help us!

Come in and see us if you don't know who your local councillor is.

Another way you could contribute is by joining the 100 Club, there are still a few spaces left - or maybe talking to members of family and friendship groups. Perhaps you could even inspire them to set up a small standing order to make a regular donation. Now, that would be absolutely fantastic!

We remember...

We are very sorry to tell you that our founder, Jeff Dry, whom many of you will remember from our 30th Birthday Celebration last year, has passed away. Jeff, along with others, began Carers Careline in 1988 when they could see that carers of family and friends at home were unrecognised, unsupported and struggling.

Jeff, who was 92 when he came as Guest of Honour to the party, was delighted to know that his 'baby' was still a great supporter of carers in the town. And he loved joining us for its 30th birthday party.

Our huge thanks go to Jeff for his drive and motivation all those years ago and our heartfelt condolences to his family and friends.



Jeff (left) and our Chair of Trustees, Alex, at the 30th birthday celebration.

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

A reminder and a thank you...

If you shop at the Co-op, please register Carers Careline as your chosen local charity. Everything you buy that is 'own brand' will earn us 1% of its price, and it won't affect you in any way. If you have trouble registering online or by phone, just pop into the office and one of us will help you.

We owe a big thank you to Waitrose in Bromsgrove for raising £200 for us in their April green token scheme.

And thank you to all who take part in these causes on our behalf. Every penny adds to our constant fundraising efforts.

Another reminder...

Please don't bin your used cartridges - recycle them with us instead! The last lot we sent off achieved the grand sum of £36.50. Thank you!



Nominated Neighbour Scheme

Do you know that Community Safety at Redditch and Bromsgrove Councils have a Nominated Neighbour Scheme to help protect the elderly and vulnerable from criminals who may knock their doors posing as genuine callers? The scheme enrolls a person who is able and willing to have the callers referred to them by the vulnerable person so that they can verify the caller's identity.

To find out more, ring 01527 534187, or email CommunitySafety@bromsgroveandredditch.gov.uk.



Caring with Confidence Course

Please note that some dates for this course have changed and details are now being shown on our programme. You don't have to attend every session, just the ones that apply to your situation. It's free and accessible to all so please take advantage of the opportunity to do it in Redditch. A quick phone call to us will get you booked in.

Pam, one of our carers, told us, *"Last year I went to the first session of this course in Bromsgrove. At the time 'confidence' was the last thing I felt. As well as fear of the unknown, I was really struggling with caring for both of my elderly parents. However, I had a warm welcome from the two trainers (facilitators) and, after a cuppa, I began to relax. It was so reassuring to meet fellow carers in the same boat as me.*

In all, I did seven sessions, each one built my confidence - and I made good friends into the bargain. It was great! I urge you to give it a go!"

Pam has volunteered to meet and greet for each session and she looks forward to seeing you there. Just give us a ring to book!



A huge thank you to all of our amazing volunteers for their time and support!

Becky, Nat, Mel & Fiona

What's been happening...

We had an engaging talk from Safer Redditch at the May Coffee Morning drop-in. Something we learned is that if you are looking after someone with mobility issues you can have a visit from Fire Safety to make sure you have a safe plan for leaving the building. Ring them on 0800 032 1155 or go to www.hwfire.org.uk.

The Fundraising Quiz at Lodge Park Social Club was just fantastic! There were almost 100 of us - what a jolly, carefree evening we enjoyed! You'll be pleased to know we raised £443 so a huge thank you to Craig for doing the quiz and to everybody who supported us!



Thanks to all who turned up at the Carers Week Coffee morning - including newcomers who came to see what we are about and bought raffle tickets! Lots of cake and chat, as usual, and one of the newcomers registered with us. So a win all round!



Everything stops!

The Ecumenical Centre will be closed for decorating during the week beginning Monday, 29th July - so there won't be any drop-ins at the office that week. However, we've arranged to have a coffee morning drop-in at the Rees Café in place of them on Tuesday, 30th July. Please come and join us there instead! 10-12noon as usual!

** ** *

Congratulations, all 100 club winners!

1st prize - May, 84 - June, 63

2nd prize - May, 26 - June, 53



Thursday 4th July 10.30am	<i>Men's Group</i>	Royal Enfield Motor Exhibition at the Kingfisher Centre. We'll meet outside Clinton Cards at 10.30am to rev up and glory in the famous Redditch manufactured motor bikes!	Kingfisher Centre
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! Everybody 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 natter, 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! Straw hats and chiffon dresses not obligatory!	Rees Café Church Road B97 5PG
Tuesday 6th August 10.30-12.30 noon	<i>Walk with Pam Heart & Sole</i> <i>(This is Lucy's sponsored walk that was rained off in June!)</i>	Our young volunteer, Lucy, is doing a sponsored 'walk' in her wheelchair around Morton Stanley Park. Take part with Pam and others to support Lucy with her endeavour.	Meet at Top car park in Morton Stanley park. B97 5QA
Wednesday 15th August 12—2pm	<i>Lunch at the Bramley Cottage Book with £5 returnable deposit, pay for own lunch.</i>	Lunch at the Bramley always goes down well so if you've never tried it before, now's your chance to come and see what you've missed!	Meet at Bramley Cottage, 12 noon. B97 5QB
Tuesday 10th September	<i>Trip to Birmingham Jewellery Quarter</i> <i>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 10am-1pm	<i>Caring with Confidence Course</i> <i>BOOK WITH US</i>	This first session is 'Finding Your Way'. Meet new carers, make new friends, learn new ways to help you make your caring life easier and safer. There will be refreshments.	Redi-Centre South Street B98 7DQ
Tuesday 17th September 10.15-12noon	<i>Creative Writing with Irene</i>	Even if you've never thought of yourself as a writer we'd love you to turn up and give it a try. We promise no 'marking' or criticism! 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 with us, answer questions and listen to any concerns we might have. This is an opportunity to have your say!	Ecumenical Centre
Tuesday 1st October 10am-1pm	<i>Caring with Confidence Course</i> <i>BOOK WITH US</i>	Second Session: Caring Day to Day. One of the biggest problems for carers is the relentlessness of the day to day tasks. A chance to share your worries with other carers.	Redi-Centre South Street B98 7DQ
Tuesday 10th October 10.30-12.30pm	<i>Walk with Pam, Heart & Sole</i>	Get your trainers on and join Pam for another invigorating Autumn walk - all washed down with welcome coffee at the end!	Meet at the Countryside Centre at Arrow Valley Lake.

Tuesday 15th October 10am-1pm	<i>Caring with Confidence Course BOOK WITH US</i>	Third Session: Caring & Coping. Please give this session a try, it can really help. Meet up with other carers, swap your stories. Refreshments served.	Redi-Centre South Street B98 7DQ
Thursday 17th October 12-2pm	<i>Lunch at Rose & Crown Book with £5 returnable deposit, pay for own lunch.</i>	We thought we'd try out this newly refurbished pub. Let's give it a go and see what we think of it...	Rose & Crown Heathfield Road Webheath, B97 5RB
Tuesday 29th October 12noon-2pm	<i>Men's Group</i>	You've heard of 'Men in Sheds' - well, this is our version - Men-for-a-fish'n'chip' lunch! Come for the batter and the banter!	Ecumenical Centre
Tuesday 29th October 10am-1pm	<i>Caring with Confidence Course BOOK WITH US</i>	Fourth Session: Moving with Confidence. Information and training in staying safe whilst moving the person you're caring for.	Redi-Centre South Street B98 7DQ
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 Birmingham Road B80 7DL
Tuesday 19th November 10.15-12noon	<i>Creative Writing with Irene</i>	Notebooks and pens in hand - let's put the world to 'writes' with words and inspiration! All welcome!	Ecumenical Centre
Thursday 28th September 10am-12noon	<i>Handmade Sale</i>	This is always a great annual event! All donations gratefully accepted - please bring in all your crafts and lovely items!	Ecumenical Centre Coffee Bar
Thursday 5th December 12noon-2pm	<i>Xmas Lunch at Archer's Restaurant Book with £5 returnable deposit.</i>	Lunch was so enjoyed by all last year at the College Restaurant that we've booked it again just to make sure!	Archer's at Redditch College Meet in the foyer
Monday 16th December 1pm	<i>Panto at the Palace Book with £7 contribution</i>	It's Cinderella this year, folks! (<i>Oh, no, it isn't! Oh, yes, it is!</i>) Book early to reserve your ticket!	Palace Theatre

A heartfelt plea from Fiona...

We're sorry to have to flag this up but - please - if you haven't yet filled in and/or returned a Questionnaire to us - will you take a just a few minutes to do so! We are, of course, accountable to our funders, including the Health Lottery, People's Health Trust and the Community Fund (lottery). It is absolutely vital that we can show that we are supporting our carers in ways that are useful, helpful and needed by them. The questionnaires will give us that information! Thank you in anticipation of your reply!

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

Regular Strength & Balance Class.

Every Wednesday morning, 10-11am, in the Hall at the Ecumenical Centre.

No need to book, £3 per session.

(PLEASE NOTE - THERE WILL BE NO CLASS ON WEDS, 31st JULY)

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