



Newsletter

Supporting Carers in Redditch

May 2020

In an ideal world...

... today many carers would have phoned us for help or a chat, several would have dropped in to catch up with us or to get some information, Mel would have opened a new box of biscuits and copious cups of tea and coffee would have been made and drunk. We'd all be looking forward to the events and trips planned for the summer, there'd be a lot of chatter and giggling going on...

But, as we know, it's not an ideal world; at the moment it's a world turned upside down and we're all just trying to get on with it the best we can. So, all the plans and preparations are wrecked by events over which we have no control, something carers know better than anyone else because, actually, few of us ever really plan or prepare to be a carer, more often than not it just presents itself - a bolt from the blue, that can't be ignored - so we grit our teeth, pull ourselves together, and try to find a new 'normal' in the life that's overtaken us.

Even as we grope our way through, the sun continues to rise every day and little by little we get accustomed to life as it is for the time being.

There is lots of help out there for carers so please, please don't struggle without any. It's amazing how much of the help is on-line based but, in case you haven't got internet, we are giving phone numbers as well where we can.

If you need any information about what's available, or even if you only need somebody to chat to - please ring us on 01527 66177. We're all working from home so the number will be re-directed and if it's engaged please just leave a message and one of us will ring you back.

Contact Redditch Borough Council on 01527 65252 or go to their website at www.redditch.bc.gov.uk. Ring 01527 919869 and/or 01527 528430 to connect with the Support Redditch volunteer hub, who will be able to support you with collecting medications, shopping, etc. Also find them on www.supportredditch.net.

Anyone who is desperate for food can ring 01527 351064 and talk to them; they will bring you emergency rations.

If you live outside of Redditch, go to the Worcestershire county council website, which is www.worcestershire.gov.uk. It will direct you to here2help which will give you lots of information. If you don't have internet, ring them on 01905 768053.

We do know that this time is going to be especially hard for our carers whose cared-for have had to be moved from home into further social care or hospital and we are thinking of you all as you struggle with the added problem of very little or no information or contact.

Please remember that we are here and if you need somebody to talk to, don't hesitate to give us a ring.

It's possibly a lot better for us if we can see the situation not as ourselves being locked in but as the virus being locked out! Which is easy to say - after all, we're all wishing we could escape for just a little taste of the freedom we didn't know we had until we lost it - but give it a try!

And the winners are...

This is our latest volunteer - Nat's happy little girl, Esmé, drawing the numbers for the 100 club winners in April.



The winner of the first prize was number 58, and the winner of the second prize was number 39. Congratulations, winners! Thank you, Esmé!

Call: 01527 66177

Twitter: @carers careline

FB: Carers Careline

Email: info@carerscareline.co.uk

Web: www.carerscareline.co.uk

Instagram: carerscareline

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

2nd Tuesday in month, 5-7pm

3rd Saturday in month, 10-12noon

Good things happening...

It's not all bad news - there are a lot of good things happening! For a start, the importance of social care and carers has at last moved up the awareness agenda. We'll have to wait and see how this pans out.

Communities seem to be more together; people seem, on the whole, to be more considerate of each other, neighbours helping each other - the applause for medical and care staff on Thursdays - it all signals a more caring society. We have to hope it continues.



Another good thing is, everybody's making their shopping go further and there's less waste. The panic-buying didn't last for long, thank goodness, and most people seem to have lost the fear that they were actually going to starve. We owe a huge thanks to all those who are working in, and with, the shops to keep us supplied.



How to help yourself...

We have some rainbow tips here from a psychologist who's been advising people how to cope with the quarantine:

***Dress for the social life you want, not the one you have. Take time to care for yourself. Dress in bright colours to cheer yourself up.



***Find some time every day to move for 30 minutes. Walk if you can, find tai chi, yoga, or keep fit on tv or online. If all else fails, put some music on and dance.

***Connect with other people. Phone calls, texts, social media - anything that keeps you in touch.

***Lower your expectations and practise radical self-acceptance. Don't waste time beating yourself up for what you see as your failures. Accept everything about yourself, the situation and your life, without question or blame. Everybody's doing their best in this unprecedented situation.

***Notice the good in the world, the helpers, the supporters, the donators. Use this good to counter-balance all the negativity and fear.

***Ration your watching and listening to the Covid news updates. Try not to ruminate, it brings you down.

***Remind yourself that this, too, is temporary. Nothing is forever.





**To keep yourself safe from Covid -
act as if you've got it and
you don't want to
give it to anyone else!**



There are some who never give up...

Unfortunately there's always somebody willing to do their best to make things worse for everyone else. The scammers are out in force at the moment!

If you get a text or an email that says it's from 'the government' offering you a one-off payment to help you deal with extra costs because of Covid19 please delete it straight away. It will take you through to what looks like a government website but it's really just a gang trying to get you to enter personal information so that they can get hold of your money!

There are also criminals online when you might be trying to buy medical supplies who are making appeals to you to support bogus charities. Don't do it!

It's easy to be taken in by these confidence tricksters, especially when you're under stress and everything is so confusing. The best advice is to **STOP** and **THINK** before you give any money or personal information away. Challenge anything that sounds too good to be true. It's perfectly okay to reject, refuse or ignore requests. Don't be panicked into doing anything you wouldn't do ordinarily. Call your bank immediately if you think you might have fallen for a scam. Don't be too embarrassed to report it because it really can happen to anybody. These gangs research a lot of psychology to work out exactly what to say to coerce people into parting with their money and their details and if you report it immediately you will be helping Action Fraud and the National Crime Agency to try and put an end to it.

Everybody is scared but...

...it's probably easier to get through if we don't keep searching for explanations and whys and wherefores at the moment but use distractions to get our minds back on track, any two minute break helps! So get the kettle on and make a cup of tea!



And finally, no matter how bad it gets, do NOT try this at home...



...it will only end in tears!

