



# Newsletter

Supporting Carers in Redditch

July 2020

## We are so looking forward...

... to getting all the 5" squares of artwork you've been busily producing for us over the lockdown. Please don't tell us you've forgotten! We're hoping for a whole wall-full for our 'lockdown display'. We're not *exactly* expecting anything like the Escher print that graces the top of the page - but who knows? If you haven't started yet it might give you some inspiration!

So - get cracking! We can't wait to see what fabulous creative ideas you've come up with and how you've produced them! Hopefully, the wall will be a good topic of conversation when we can eventually be together.

We know that many of you are suffering the double whammy of being isolated with those you care for, and are now shielding, who would normally have activities, care and support occasionally to give you a bit of respite, but everything has closed down. Also, we know there have been several losses during the past few weeks. We send heartfelt wishes and condolences to all who are going through the saddest of times during this desperate period. It is always hard to know what to say but now we can't even share a comforting hug.

We think often, as well, about those who are isolated and alone, who perhaps do not have any family or friends to share a 'bubble' with them. We're doing our best to keep in contact with everyone but if you need someone to talk to, or you feel you could do with some counselling, please don't wait for us to ring you - just pick up the phone and let us know.

## Here to help...

Like everybody else, we have absolutely no idea when our normal drop-ins will be able to resume but we're doing everything we can to make Carers Careline accessible to you.

If you think you would like Video or WhatsApp calls instead of normal telephone calls, please let us know and it can be arranged. And, obviously, if you're not on the phone calls list but feel you'd like to *join* it, just let us know.

We can still help you to complete and process any Benefit forms so please don't struggle with them, ring us and we'll help you sort them out.

Our first Zoom coffee morning was - well, *different* - but it did work and we're arranging more. We'll all get more confident with the technology as we practise and it does give us another way of connecting and staying in touch, so we hope that more of you will grasp the nettle and join in. When we're back to some kind of normality we're planning to run some easy techie classes so that we can help more carers to feel confident online.

We've got a walk planned to the Redditch Positivity Rocks by the 5 Tunnels (details overleaf); meanwhile two carers have added these to them, remembering us.



Thank you, Stephen and Heather!

## Can it really be true...

... that only two years ago we were planning for our 30th birthday on the 30th June? What a lot of water has gone under our bridge since then!

There still isn't any specific news from the government about the structure, or support of, social care and caregivers in our society yet, but one thing is certain - Covid19 has resulted in another 4.5 million home carers joining our ranks. Surely, eventually, the factor of *invisible* - or would it be more appropriate to say *ignored* - carers is one that is simply going to have to be addressed?

Meanwhile, while we're hoping for recognition, perhaps we can try and see the things we *'have to do'* to get through the day as things we *'get to do'* before our turn is over. It's clutching at straws but just might help...

Call: 01527 66177

Twitter: @carers careline

FB: Carers Careline

Email: [info@carerscareline.co.uk](mailto:info@carerscareline.co.uk)

Web: [www.carerscareline.co.uk](http://www.carerscareline.co.uk)

Instagram: carerscareline

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

2nd Tuesday in month, 5-7pm

3rd Saturday in month, 10-12noon



### **And the winners are ...**

Thank you, Amelia (Nat's can't-wait-to-get-back-to-school teenage daughter) for drawing the June 100 Club.  
1st prize: 13; 2nd prize, 4.

### **We're definitely getting the hang of this**

#### **now...**

After having some success with several Zoom meetings, we're determined to press on and have arranged more, and we are hoping that lots more of you will join us.

So - maybe we can't do the things we intended to do this summer but let's get adventurous and do some of it differently!

Here are some dates for your diary! To join in, you'll need to email Nat on [ncarney@carerscareline.co.uk](mailto:ncarney@carerscareline.co.uk) or phone on 66177 to let her know that you'd like to take part. Then, once Natalie has the details you will need in order to join a meeting she will email them to you. If you think you'll have difficulty downloading Zoom or connecting just let us know because Julie, one of our volunteers, is happy to ring and talk you through it. So... this is what we've arranged so far:

**Coffee afternoons:** Wednesday, 8th July, 1pm  
Wednesday, 5th August, 1pm

**Coffee Mornings:** Wednesday, 29th July, 10.30am  
Thursday, 20th August, 10.30am

**Creative Writing:** Wednesday, 15th July, 10.30am  
Wednesday, 12th August, 10.30am

**Craft Group:** Monday, 20th July, 1pm  
Monday, 17th August, 1pm

Plus - We've organised two *real-life* meet-ups, which are:

First: A [walk](#) to the line of Redditch Positivity rocks by the 5 Tunnels, part of the Miller's Trail. This will be on Thursday, 16th July at 11am. It will have to be limited to six people because of, guess what, social distancing, so if you'd like to do this one let Nat know as soon as you possibly can.

Second: A socially distanced [picnic](#) at Morton Stanley park - at 12.30pm on Thursday, 6th August. You will need to bring your own food and drinks, chair or blanket, and we obviously can't guarantee there will be any toilets open. Again, please let Natalie know if you think you'd like to come.

Another thought - if there is someone you've met and chatted to at other events that you'd like to get in touch with but don't know how, let us know. Obviously, we cannot give out details but we can always contact them and pass your number on with your permission.

### **There is support for you out there...**

Our number is: 01527 66177

Email: [info@carerscareline.co.uk](mailto:info@carerscareline.co.uk)

Redditch Borough Council: 01527 65252

Website: [www.redditch.bc.gov.uk](http://www.redditch.bc.gov.uk)

Support Redditch Volunteer Hub: 01527 919869 and/or 01527 528430

Website: [www.supportredditch.net](http://www.supportredditch.net).

Morrison's delivery service for over 70s and/or disabled: 01527 523252 (this service has been a lifeline for some of our carers).

Emergency food needs: 01527 351064

Worcs CC here2help: 01905 768503

Website: [Worcestershire.gov.uk/here2help](http://Worcestershire.gov.uk/here2help)

### **Redditch Community Lottery...**

Carers Careline is one of the charities the Redditch Community Lottery supports. For every £1 ticket someone buys with us noted as their chosen charity, we receive 50p and another 10p goes to other local charities. Every ticket has a one in 50 chance of winning different prizes; top prize is £25,000 every week.

It works very simply. You choose 6 digits between 0 and 9, so a cherished birth or anniversary date is ideal. For example, if you wanted 15/01/93 your digits would be 1,5,0,1,9,3. If these digits come up in this order, you've won £25,000! The £2000 2nd prize goes to a combination with only the first five or last five digits matching; 3rd prize, £250 for first or last four digits matching; 4th prize, £25, first or last three digits, 5th prize of three extra tickets, first or last two digits matching. It's drawn every Saturday night.

It's simple, it's fun and it's a great and easy way to help us with our funding so please do join in if you possibly can. To join, ring 01527 370501, email [support@redditchcommunitylottery.co.uk](mailto:support@redditchcommunitylottery.co.uk) or go to the website. Obviously, because of the lockdown we've missed out on all of our fundraising opportunities, as every other charity has: we're all desperately trying to re-coup.

Please know that your support is greatly appreciated by us and we'd be over the moon to hear that one of you (or us!) has won the £25,000 next weekend!

**Last, but definitely not least... applause for every single one of you, our steadfast carers - just getting on with the task in hand - you are always in our thoughts...**

