

Newsletter

Supporting Carers in Redditch

June 2020

Such a shame...

... there'll be no planned day out in Weston for us this year, nor anything else at this moment in time. We've cancelled the programme altogether until September, but as soon as we know we can get up and running we'll be organising get-togethers of whatever we can. We're all missing each other - missing our coffee mornings, our walks, our craft afternoons, writing mornings, strength and balance sessions - missing all the smiling faces and the chat and the giggles. To say nothing of the biscuits and the cake!

On which note - Julie and Heather, two of our volunteers have organised an idea they had for sharing a cup of tea and a slice of cake to keep connected. The idea is that at 3 o'clock each Thursday, you stop what you're doing, make yourself a nice cup of tea and have it with a treat that you enjoy, knowing that we'll all be doing the same thing. If you can post a picture to Twitter or FaceBook that's even better!



If you need help...

...ring us on 01527 66177. We're working from home so the number will be re-directed. If it's engaged leave a message and we'll ring you back.

Redditch Borough Council is 01527 65252 or their website is www.redditch.bc.gov.uk. Ring 01527 919869 and/or 01527 528430 to connect with the Support Redditch volunteer hub, who will support you by collecting medications, shopping, etc. Their website is www.supportredditch.net.

Emergency food parcels can be arranged by ringing 01527 351064, just call this number and talk to them.

If you live outside of Redditch, go to the Worcestershire county council website, which is www.worcestershire.gov.uk/here2help or ring them on 01905 768053.

A message from Fiona

So here we are, at the time of writing this, 8 weeks into 'the lockdown', with no real discernible pathway out (although, by the time you read this, maybe we will have).

We've all faced different challenges with this, some will have found it easier than others, some will have found consolation in an absorbing hobby, some will be bored, some desperate to go out, some will have lost loved ones, some will be longing to see loved ones - or some of those things, or all of those things.

It's been a difficult time for us all, but I do want to put on record my huge thanks to the staff and volunteers who have worked so hard to keep in contact with as many of you as possible. They've been able to point many of you in the right direction as you deal with the trials of life in lockdown. Please don't hesitate to contact us if we can help in any way, even if it's just for a chat; we all know the importance of maintaining contact with others. The office is currently closed but all calls are diverted and we're getting back to you as quickly as we can. We'll keep you up to date with any changes about that but, for the time being, we'll be staying at home.

However, we do have some good news, we are delighted to tell you that we have secured a further five years' funding from the National Community Lottery starting in September. This is great news for unpaid carers in Redditch and means that for the foreseeable future we will be able to continue to offer a range of services. We're all looking forward to seeing you again as soon as possible. Stay safe!

All good wishes, Fiona

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...

Well, the 75th anniversary of VE day didn't go exactly to plan, did it, but lots of street parties did indeed happen and - even if we were all two metres apart - they did turn out to be good community events which got lots of neighbours chatting to each other when they'd probably only ever shared the odd 'Morning!' before.



A great plus for us is that we have three new volunteers. We're all looking forward to meeting them and, meanwhile, we extend a huge welcome!

Morrison's *Community Champion* arm, which is the charitable arm that gives us lots of donations and allows us to do the can collections, is now running a free delivery service for elderly and vulnerable people. You can phone to order on 01527 523252 on Monday between 9-4, Tuesday 9-12, Thursday 9-4, Friday 9-12, or you can ring 0345 611 6111 option 5.

The NHS has launched *Now We're Talking* to help with mental health problems. Taking care of your mind as well as your body is really crucial in this situation. Go to www.nowweretalking.nhs.uk to find help. They can offer free self-help guides, online therapy and further support. Email Laura.Gregory16@NHS.net for more information.

And, while we're on the subject of looking after yourself, please don't ignore things other than the virus which may not be quite right! If you feel unwell in other ways, please, please ring your GP about any worrying symptoms. This is not a time for taking risks. If you'd query it in normal times, please query it now! Just because we're in the situation we are doesn't mean other illnesses aren't happening. Don't think you 'don't want to be a nuisance' - our GPs are desperate that people who are really ill aren't coming forward for the help they need.



And the winners are ...

May 100 Club - 1st, 50; 2nd, 28.

Jinny Pearce

Some of you will remember Jinny Pearce. Jinny was a staff member with Carers Careline and later became a member of the Board. Don't underestimate the work she did for the organisation and her commitment to carers - she was more than just a Trustee - putting so much of herself into ensuring the organisation had a future. Sadly, Jinny died on May 7th, not a Covid related illness.

We remember her with a lot of love and affection.

If you are currently not on our phone-calls list but have found during this strange time that it would be helpful to you - just let us know and we'll set it into motion straight away.

We need your help...

Obviously our local fundraising is taking a bit of a battering because of the virus! The everyday funds that come in from our raffles, carers' donations, events, collections of old cartridges, the can collection - and everything else - has come to a full stop! And, as you know, every penny of that adds up to let us do the things we want to do with, and offer to, carers.

It's absolutely great that we're going to get Big Lottery Funding again but it always comes ring-fenced to cover just *some* of our core costs. We then have to raise funds for the rest of the core costs and all of our trips, events, speakers, training sessions, the newsletter, everything we do, really.

The Redditch Community Lottery is a great way that you could support us with this. For £1 a week you get the chance to win cash prizes up to £25,000. If you think you'd like to join in and nominate us as your chosen Redditch charity, just email support@redditchcommunitylottery.co.uk or ring 01527 370501. If you have any problem doing this please give us a call and we'll be able to help you. Please know that we appreciate every bit of your fantastic support and that in helping us you are helping many, many other carers. Thank you.

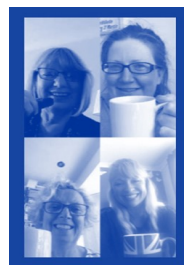


Zoom in for a coffee morning drop-in on

Thursday, 11th June at 10 o'clock!

There can't be many people who haven't heard of Zoom by now because it's become such a popular and important way of keeping in touch during the lockdown.

So we've decided to take it on board and we're inviting you to a coffee morning drop-in by Zoom. We're all new to it, so don't be anxious. All you need to do is download the free Zoom app onto your phone, your tablet or your computer. Email us at info@carerscareline.co.uk and we will give you the details you'll need then to be able to join in. Fingers crossed!



Don't forget Tea @ Three on Thursday afternoons. Raise a cup with us - and practise Zoom, ready for the 11th. We'd love to see you there!