



Newsletter

Supporting Carers in Redditch

August 2020

Hello all...

So, we're now in our 17th week of lockdown. I'm sure you, like me, feel it's been a bit of a roller coaster and that you've had your good days and your not so good days. Things are beginning to slowly open up but everything does seem different. The Kingfisher Centre is generally quiet and orderly and more and more people are beginning to wear their masks – this will be compulsory by the time you read this. Tomorrow, we're taking a tiny step forward with our short walk to look at the Redditch Positivity Rocks (*which turned out to be lovely, see pic right*) and then we have our picnic on Thursday 6th August if you'd care to join us (just let us know).



We're still largely working at home although some of us are spending a bit more time in the office. Myself, the Trustees and Nicki, manager of the Ecumenical Centre, are working hard to make sure the centre and our office are as safe as possible for everyone. It is likely that things might very slowly get going early in September. We're hoping initially that some of our groups can restart but there will be changes. We will keep you in touch with what is happening. Unfortunately the drop-in won't be able to open again in its old format, but we will be able to talk to people in the Coffee Bar when it reopens and, if necessary, find a place where you can talk confidentially. If you do need to talk to someone, please give us a ring or email us and we will get back to you as soon as we can. If you need help with benefit application forms or anything else, get in touch and we will do our best. If you were having counselling and are ready to resume that, give us a call or ring your counsellor. During the lockdown we have tried to ring all of you and it's been great to catch up with so many. However, because of the Covid-19 crisis, we've tried to contact as many of you as we can but, as things get back to normal, we won't continue to call unless you're already registered for telephone support. If you aren't on the telephone support list but have enjoyed being called and would like to be, ring us and we'll add you to the list. At this moment, we cannot plan any trips and outings but, hopefully, this will be possible in due course.

Thanks to all of you who have signed up for the Redditch Community Lottery. This directly benefits Carers Careline and surely one of us will win something soon! (*Note to F: I won three free tickets this week! Yay! Ed*)

It's been a strange time for us all and we're looking forward to being able to see you all again. Meanwhile keep safe and take care. **Fiona.**



Have you heard about...

Have you heard of the Hidden Disabilities Sunflower Scheme? This scheme is aimed at helping businesses recognise people with hidden disabilities so that they can offer additional help and support. As part of this scheme, a range of products, including lanyards, are available which help the adult or child with hidden disabilities to show that they need this support. We are working on getting some of these products in but in the meantime the Kingfisher Centre (tel: 01527 4058000) is part of this scheme and may currently have lanyards available. This may be particularly helpful for those of you who are concerned that the person you care for is not going to be able to manage a face mask. If you go to the Service Desk at the entrance to the Centre they should be able to help you. We'd be pleased to hear if your query is successful.



Call: 01527 66177

Twitter: @carers careline

FB: Carers Careline

Email: info@carerscareline.co.uk

Web: www.carerscareline.co.uk

Instagram: carerscareline



For drop-ins, watch this space. Normal service will resume as soon as possible.



And the winners are ...
Thank you, Esmé for drawing the July 100 Club and we loved the flowers you picked for Mum!
1st prize: 48; 2nd prize, 98.



What's coming up...

- Coffee afternoons:** Wednesday, 5th August, 1pm
 Wednesday, 2nd Sept, 1pm
- Picnic:** Thursday, 6th August, 12.30pm
 Morton Stanley Park
- Coffee Mornings:** Thursday, 20th August, 10.30am
 Thursday, 17th Sept, 10.30am
- Creative Writing:** Wednesday, 12th August, 10.30am
 Wednesday, 9th Sept, 10.30am
- Craft Group:** Monday, 17th August, 1pm
 Monday, 14th Sept, 1pm
- Walk:** Thursday, 27th August, 11am

It's important that you let Natalie know, by phone or email, if you would like to join any of our events so that she can give you all the details.

The picnic will be socially distanced at Morton Stanley park - bring your own food and drinks, chair or blanket, - obviously we can't guarantee that there will be any toilets open.

The walk on 27th August will be along the Millers' Trail from Forge Mill to the Arrow Valley Lake. Weather permitting, it should be a pleasant and satisfying walk.

The Zoom creative writing group has worked very well indeed - a poetic quote from one of the writers:

**To Zoom is to care,
 write, laugh, belong and share. (J)**

The Craft group also had a really good time, showing each other what they'd been crafting, lots of chat and social interaction. Just let Natalie know if you'd like to give either of these groups a try.

If you've never used Zoom before, why not have a go - you really can't go far wrong and it has been a blessing for interaction during lockdown.

The Ecumenical Centre is working towards trying to open in September so hopefully we'll be able to start some of our activities again. We are aiming to get the Bereavement Group and the Keep-Fit group back as soon as we possibly can. We won't be able to operate drop-ins for some time though and we all need to follow the **Golden Rule** - which is, if we don't feel well we must - please - stay at home!

If there is someone you've met and chatted to at other events who you'd like to be in touch with but don't know how, call us. Obviously, we cannot give out anyone's details but we can always contact them and pass your number on with your permission.

Thank you...

... to everyone who has joined the Redditch Community Lottery on our behalf. Your support will really be a massive help to us. If anyone wants to know more, you can find information at support@redditchcommunitylottery.co.uk or ring 01527 370501, or just ring us. This is a fantastic way to help the charities local to our town - and it gives you a chance to win £25,000 every week!

There is still help out there...

- Our number is: 01527 66177
 Email: info@carerscareline.co.uk
 Redditch Borough Council: 01527 65252
 Website: www.redditch.bc.gov.uk
 Support Redditch Volunteer Hub: 01527 919869 and/or 01527 528430
 Website: 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



Track and Trace...

So how can you tell whether a call from a Covid-19 tracer is genuine or not? Giveaways are:

- *A genuine contact tracer will know your name - or the name given to them by whoever has tested positive for coronavirus. A scammer may well not. If they don't, be on your guard.
- *They will ask you to self-isolate for 14 days, and ask about any symptoms you have. If they want any other information, be on your guard.
- *If you *do* need a test because you're showing symptoms, it's **completely free** - if they ask you for money, it's a scam. Hang up.

And, on the subject of risk - save yourself from Identity theft. All a criminal needs to create another 'you' and take out credit cards, shop online, or apply for state benefits, is your name, address and date of birth.

- *Store all documents - passport, driving licence, bank statements, bills etc. in a safe place.
- *Shred or destroy old documents.
- *If you move, change your address with everyone you need to by phone or in person, not by letter.
- *Think before buying online. Use secure websites showing the company's contact details. Look for the padlock symbol. Check that the website address begins with 'https'.

!!!STAY ALERT, STAY SAFE!!!

