



# Newsletter

Supporting Carers in Redditch

September 2020

## *The times, they are a-changing...*

... nothing demonstrates this more clearly than what happened to a friend this week when she took herself into the Town Centre to find a new tea cosy because she'd accidentally made hers unusable. *Tea cosy? What's that?* was the response she got in every single store. Even when she explained about making tea in a pot and keeping it warm the faces were totally blank and, needless to say, she's now searching through all her old patterns to see if she can make one out of any bits she can find. 'I feel as though I'm living on another planet,' she said.

So, yes, everything changes and maybe we have to know that we can't go on doing things in the same ways that we're used to. Which, of course, is one of the reasons we organise 'get-togethers' on Zoom because – although it's not the same in that we're not there in person - it's one way of seeing familiar faces and having a good chat. We're aware that you may not have a computer but you don't have to have one, you can just use your phone if it's a smart phone. Give us a ring if you don't know how to set it up and we can talk you through it. If you haven't tried it yet, please give it a shot because we'd really love to see more of you – and you don't need to wear a mask to join in!

It's been only too easy over the lockdown for us all to lose our sense of independence but we really need to fight against that and build up our resilience before we become dependent upon staying in. Because of our caring roles we all have the understanding that adversity is part of life, that suffering is common, but resilience is built by accepting our vulnerability and reaching out – building strong, supportive relationships where we can. That's one of the reasons Carers Careline exists – to help carers to make connections so that they don't have to feel they're going it alone. Other people matter. Sharing common experiences matter. Chatting matters. All of it helps to zap that dreadful feeling of isolation that carers know so well. And it's always good to know that when you chat with another carer you're doing for them what their listening is doing for you!

So, take the plunge – join us on Zoom, book in for one of our walks, have a quick trip into the library to look for a book, venture into the Kingfisher Centre wearing your mask – except don't, whatever you do, go looking for a tea cosy there because if tea cosies were ever an answer to a question on the tea-time TV quiz they would most definitely be Pointless!

### **A Reminder**

If you have had counselling with us in the last eighteen months you should have received an evaluation form with an SAE from us.

We really need to have those forms completed and returned to us so please could you put it at the top of your to do list!

If you haven't had one, please contact us to let us know and we'll either email or post another one to you. It is really important that we have this feedback for funding purposes. Thank you.



**Our August picnic at Morton Stanley Park was greatly enjoyed by all who came. It was a lovely afternoon.**

Call: 01527 66177

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

Don't count the days - make the days count!

## What's coming up...

### On Zoom:

**Coffee afternoons:** Wednesday, 2nd Sept, 1pm

**Coffee Mornings:** Thursday, 17th Sept, 10.30am

**Creative Writing:** Wednesday, 9th Sept, 10.30am

**Craft Group:** Monday, 14th Sept, 1pm

Book with Natalie by phoning or emailing us, to join any Zoom events and she will give you all the details.

You will have to also book with Natalie for any of the real life meetings below. Those at the Ecumenical Centre will be socially distanced. The room that was Room 9 has been altered to provide an office kiosk when you get to the top of the stairs. You will have to leave your name for test and trace and it would be us contacting you if it were necessary. Obviously Nicki, who manages the centre, is accountable and doing everything she can to make sure the centre adheres to government guidance and keeps everyone as safe as possible.

### In Real Life:

**Gentle Keep-fit:** Wednesday, 16th September, 10-11am, and every Wednesday after. Please get in touch if you're interested because we'll have to limit numbers for social distancing. It will cost £3 per session.

**Coffee Afternoon:** Wednesday, 23rd September, in the hall at the Ecumenical Centre, 1.30-2.30pm.

**Creative Writing:** Tuesday, 13th October, in the Ecumenical Centre, 10.30am-noon, in the hall, socially distanced but together! You will have to book.

**Craft Group:** Monday, 19th October, in the EC hall. Please book in with Natalie.

**Bereavement Group:** Saturday, 17th October, 10am. If you're already a regular at the group we'll be in touch but if you're not and you'd like to be, please ring us. Everyone will have to book in with Natalie for the 17th because, again, social distancing means limited space.

Let's hope it's not going to be too long before we can get back to more of our normal events but for the time being we're just going to have to continue to go with the flow.

We're really hoping to start a **Reading Group** before the winter comes back to lock us in our homes. Reading books is definitely good exercise for the brain because it increases connectivity between brain cells, which lowers risk of neurodegenerative disease. According to research, ten minutes' reading (not on an electronic device) at bedtime can reduce stress by 68% and help you sleep. If you think you'd like to join this group please contact us - we're trying to get an idea of numbers before we can do any more planning.



And the August 100 Club

winners are ...

1st prize: 35; 2nd prize, 16.

## Persistence pays...

It's hard when you can't get out and it's been such a long time now, most of us need to be thinking about upping our movement and activity. It's all too easy to sit in the armchair, watching tv, knitting, doing crosswords - anything to relieve the monotony - but, the plain fact is - armchairs can kill!

So it's time to get mobile again and do as much as we can to hang on to our muscle strength, avoid falls and broken bones and strengthen our hearts and lungs - especially with the Covid-19 threat hanging over us.

There's an easy exercise programme called Stay Active at Home online at [www.csp.org.uk/easy-exercises](http://www.csp.org.uk/easy-exercises). It's free from the Chartered Society of Physiotherapy. If you aren't online, get someone else to download and print the small booklet for you.

For something much more energetic try the 20 -Minute Walk At Home session on YouTube. Or the Over-50s 5 Full Body Stretching Routine.

If you've always fancied having a go at Tai Chi but are too reluctant to join a class because you don't know anything about it, just key Don Fiore Tai Chi into your search engine or YouTube. Don Fiore is a master and an excellent teacher and you will find a host of sessions, including for beginners and seniors - you'll soon wonder why you've not tried it before!

Apart from those - our Gentle Keep Fit class starts again on Wednesday, 16th September. Join our walks, they're out in the fresh air, tailored to fit whoever turns up and guaranteed to make you feel a whole lot better about everything because it's just nice to be out with other carers. If you'd be interested in that, give us a ring.

When it comes to exercise - every little helps!



## Thank you...

... if you've joined the Redditch Community Lottery on our behalf. If you haven't joined yet but would like to support us just go to [support@redditchcommunitylottery.co.uk](mailto:support@redditchcommunitylottery.co.uk) or ring 01527 370501. Or ring us if you want to know more about this fundraising opportunity which helps us enormously!