



Newsletter

Supporting Carers in Redditch

November 2020

Well, this is different...

... by now in a 'normal' year, even with caring taking its toll, we'd probably be thinking about *Christmas*... but 2020 is different. We're not thinking about the festive season if we can help it because the minute it comes into our heads we're wondering if there's going to be anything festive about it at all. We just don't know what's going to happen. Uncertainty is one of the hardest things of all to manage and, let's face it, we've probably had enough unpredictability this year to last us a lifetime. We know and understand that many of our carers have often been feeling more frightened and isolated than ever.

But we've got through hard times before, and we can do it again. Never mind all the cancelling of holidays around the globe this year, time was when two days in Llandudno was the longed-for break of most people's lives, when running around in your wellies with a sparkler on Bonfire Night was the height of sophistication, when an apple, an orange and maybe a new pair of socks on a freezing Christmas morning was a dream come true, when playing Snakes & Ladders around the table with family and neighbours was all the entertainment we had and we loved it! So, yes, things change, and we change with them. You could say life is just a game of Snakes & Ladders really, thinking about it!

There's a new celebration to look forward to now - the day of 'Eventually'! That's 'Eventually' as in - *'this will pass, eventually', 'there'll be a vaccine, eventually', 'it'll go away, eventually...'* And, yes, it's been a massive shock, and it's extremely tough and everything turns on a sixpence every day, but we have to build resilience and do whatever we can to stay connected and to be kind to ourselves for the sake of our mental health if nothing else. Ring us if you feel overwhelmed and make sure you phone your GP if you're worrying about your own health. If your caring responsibilities are getting too much, ring us or phone Adult Services on 01905 768053.

For something a bit different, please try and join us at our AGM on Zoom, details overleaf. It's 11am on Thursday, November 5th, and it'll be more interesting than running round in your wellies with a sparkler - we hope! Let us know in advance that you're planning to join in. The Agenda and Annual Report are available on our website. If you've got any questions you'd like to ask beforehand either email them to us at info@carerscareline.co.uk, or use the chat facility on Zoom. We'll explain how this works at the meeting.

If you haven't ever joined a virtual meeting before, give us a call beforehand and we'll talk you through setting it up. It's just a different way of seeing each other's faces, having a chance to chat and keeping us all in touch with one another. So come online, with your smiling faces - no need to wear a mask - and we'll all carry on looking forward to the day that 'Eventually!' eventually arrives!

Let us have your artwork!

If you haven't sent us anything yet, get cracking! Collage, painting, stitching, writing - anything you want to do - we want to see it!



Great News!

The Co-op has once again nominated us for local funding from November 1st. Please register Carers Careline as your chosen charity and each time you shop Co-op own brands we'll get a donation. Tell all your friends as well. Thank you!



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.

What's coming up...

Our feeling is that because of current circumstances it's better not to plan events for the weeks coming up to Christmas really, the main issue being maintaining safety for everyone. So anything we do arrange for December will be on Zoom. We'll just all have to be resilient and take things in our stride, whilst keeping all levels of safety for all of us. We'll definitely miss the handmade sale, and the Xmas lunch and the get-togethers, but needs must (as the saying goes) and when 'Eventually' arrives and all this is over, we'll be able to pull out all the stops to get lots of things happening again.

Here is how the programme stands at the moment:

AGM:

Thursday, November 5th, 11am.

Log-in: Meeting ID: 896 1625 9722, Password 980760.

Coffee Morning:

Thursday, 19th November, 10.30am in the hall.

Christmas Coffee Morning:

Thursday, 17th December, 10.30am, on Zoom, join us with Christmas jumpers, hats and mince pies! (*This will be Fiona's last day*).

Creative Writing:

Tuesday, 10th November, 10.30am in the hall.

Tuesday, 15th December, 10.30am on Zoom.

Craft Group:

Monday, 16th November, 1-2.30pm in the hall.

Thursday, 10th December, 1-2.30pm on Zoom.

Gentle Keep-fit:

Wednesdays 4th, 11th, 18th, 25th November

Wednesdays, 2nd, 9th, 16th December.

All 10-11am in the hall. £3 per session.

Bereavement Group:

Saturday, 21st November, 10.30am in the Sanctuary.

Although we can't do drop-ins, if you give us a ring we can set a day and time and arrange to meet you somewhere quiet in the building. The Centre's coffee bar is open on Thursdays and Fridays at 10am until 1pm. If you come on a Thursday let us know and one of us will try and meet up with you but, of course, we are not here on Fridays.

* * *

Whoops! If you've had the letter from us saying it's time to renew your 100 Club membership you may have noticed we forgot to say it is, again, £25. If you aren't a member yet, please think about joining, you don't have to pay all in one go (give us a ring), and you stand the chance every month of winning £75 and £25. We have a few numbers left and it really helps with funding.

Here's Trustee and Volunteer Telephone Support worker, Michael, whose voice many of you will know well, drawing the October numbers. If you were a winner - thank Michael!



And the October 100 Club

winners are ...

1st prize: 22; 2nd prize, 8.

Please and thank you ...

Obviously, without can collections, events and raffles we are really struggling with fund-raising at this time. Because we think people are going to be buying more online for Christmas we're asking if you would think of registering with Easyfundraising. It won't cost you a penny but could bring in some very welcome funds for Carers Careline. Easyfundraising turns your everyday online shopping into free donations.

We already exist as a cause that they support. All you have to do is register with them at easyfundraising.org.uk and choose us as your cause. Most of the big retailers are in the network which means that every time you shop with them they will make a small donation to us. It's a situation where every penny adds up. Please have a look at the website and think about joining in and about encouraging your friends to do so as well. Thank you so much.

 smile.amazon.co.uk

If you shop on Amazon, we could earn 0.5% of each net purchase price which also will cost you nothing. All you need to do is go to smile.amazon.co.uk instead of going straight to amazon, then search for Carers Careline and select and start your shopping. Remember, always start with *smile* instead of *amazon*.

The Redditch Community Lottery is still going strong so that's another way we'd love you to support us if you'd like to. For £1 a week you have the chance to win £25,000, and we receive a donation from RBC. Ring 01527 370501 or google support@redditchcommunitylottery.co.uk to find out more.

Redditch Help

There is still help available with shopping, medication, food etc., from the Redditch East Stronger Together team. Just ring 01527 919869 and they will pull out all the stops to support you.

TOUGH TIMES NEVER LAST. TOUGH PEOPLE DO. (R.Schuller)