



# Newsletter

Supporting carers in  
Redditch  
October, 2020

## Do conkers really stop spiders coming inside ...

... and all those other questions about life, the universe and everything are not easy to answer. We can ponder it as much as we like, get upset, angry, despondent, despairing, but it won't make any difference. As the poet, Robert Frost, said, 'In three words I can sum up everything I've learned about life. **It goes on.**'

You might think, 'It's all right for him to say that!' but actually he had a pretty tragic life and what he's saying here is we can get as afraid and anxious, as we like but it won't make any difference in the long run. So we might just as well make the best of the best bits and get on with it!

With the rising Covid cases, guidance will keep changing - it looks as though we may be heading for a bit of another lockdown - who knows? It's unbelievably hard for any of us to do any planning at all - but we are definitely trying. Obviously, any plans we do make can be thwarted at any time but we're all just having to live with that. If anybody's got any ideas of things we could do, within guidelines, or if there's something you can suggest that you think would help you and others, please let us know.

The Ecumenical Centre has re-opened the coffee bar, within government guidelines, to the public from 10am-1pm on Thursdays and Fridays and everybody's welcome. If you let us know you're going to use it we'll do all we can to see you face to face, but obviously please don't just drop in to our tiny office as per normal times because that wouldn't be safe. If you're in town and you want a chat between 10 and 12, give us a ring; we can find somewhere safe and quiet to go and catch up. We do know that carers have been on their own for so long it's beginning to take its toll with many and we'll do all we can to try and alleviate that a bit so please don't be worried about ringing us. We want to help.

Life for everybody at the moment is full of chop and change, absolutely nothing is set in stone. One change we do need to let you know is that Fiona is taking retirement at the end of the year but we'll keep you posted on that as it progresses. Meanwhile, we'll all recognise that life does indeed go on and, with that in mind, there is at least one amongst our number who is now off to find a bagful of conkers to try and make the best of fending off the autumn spiders in the solid belief that *prevention might be better than cure...*

### Let us have your artwork!

We're thinking that now is the time to begin sending in your 5" squares. We've already had some and they are very inspiring. We can't wait to make a display of them!

So - what are we expecting in case you haven't started yet? A 5" square on any kind of material you like - paper, card, fabric - really, anything!

The theme is Covid-19 and lockdown. The medium is entirely up to you - stitching, sticking, colouring, painting, writing - anything and everything! And that includes photography - whatever you want to use to capture something of the bundle of joy (not) that this year has been for everyone!

Give it a go! Let your most brilliant ideas take wing!

### Counselling

This is such a bad time for everyone, and even worse for carers. If you feel some counselling could help to get you through it, please ring us because we can arrange it.

If you have had counselling with us in the past twelve months please send us your evaluation forms. We need these desperately for the statistics we have to compile before the AGM. If you have lost your form, please ring us and we'll send another one but we do really need to have your feedback now!

Thank you in anticipation...

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



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

## What's coming up...

### On Zoom:

**Coffee Mornings:** Thursday, 29th October, 10.30am.

**AGM:** Thursday, November 5th, 11am.

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

Obviously, please book with Natalie for any Zoom or real life meetings shown below. Please note that the Ecumenical Centre is a Covid Secure building. At the top of the stairs, go through the door and check in at the new kiosk. You will need to leave contact details for Test & Trace purposes.

### In Real Life:

**Gentle Keep-fit:** Wednesday, 7th, 14th, 21st, 28th October, 10-11am, numbers limited, cost £3 per session.

**Walk:** Thursday, 8th Oct, 11am at lake.

**Creative Writing:** Tuesday, 13th October, 10.30.

Tuesday, 10th November, 10.30.

**Bereavement Group:** Saturday, 17th October, 10am.

Saturday, 21st November, 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.

**Craft Group:** Monday, 19th October, 1-2.30pm.

Monday, 16th November, 1-2.30pm.

**Coffee Afternoon:** Weds, 21st October, 1.30-2.30pm.

**(If necessary, these meetings will still go ahead using Zoom).**

**Reading Group:** We have no dates yet but just a little more information about how it would work in case anybody's wondering. Choice of books would be discussed; it would be popular fiction, chick-lit, crime, adventure, travel written as fiction, nothing heavy or classical but it might take a meander into current books for children and some of the old children's classics like Swallows & Amazons, the Secret Garden etc.

The meetings would probably be every six weeks or so, giving you time to get hold of the book and read it. You could beg, buy, borrow, download to Kindle or get your copy in any way you wished. We'd hope the meetings could be face to face and probably the first one would be some time in January. Please let us know if this grabs your interest.

**We are thinking** - that where we have set up face-to-face groups and you would like to join in but wouldn't be able to come, or would rather not come in, it should, technically, be possible for us to set up a Zoom option as well so that you can take part. Please let us know if you think this is a good idea. It might be a bit of a challenge at first but - nothing ventured, nothing gained!

If you haven't got a computer, it is perfectly possible to set up Zoom and join us through your smartphone. Ring us if you'd like to try this and we'll talk you through it. It's probably much easier than you think!

## And the September 100 Club

winners are ...

1st prize: 64; 2nd prize, 86.

### Thank you ...



... from us and from Sarah, to everyone who took part in the survey with her for her dissertation. We are so proud to tell you that Sarah has achieved her BSc (Hons) in Psychology, although Covid means the graduation ceremony won't happen until November. She now has a job as a Mental Health Support Worker and is embarking upon a Master's degree.

Sarah was the only student in her group who actually did a *real live* survey with *real live* people so - well done, indeed, Sarah. Sarah is staying on the Board as our youngest Trustee - only 3% of charity Trustees are under the age of 25, so we are really pleased about that. Sarah, from all of us, many congratulations!

### Annual AGM

We're really sad to say that there'll be no lunch or consultation at our AGM this year, due to you-know-what. (*That obviously means none of Fiona's delicious Lemon Drizzle cake either! It's a sob from me, Ed*). The Board and staff will meet in person but everyone else is invited to join by Zoom. Please do this to be with us if you can. The log-in details are shown in the What's Coming Up column. We'll be sending the Annual Report out with the Newsletter that follows.

### Another Winner!



There was another Redditch Lottery winner this week who'd bought tickets and ticked us in their charity box. She won £25, so we're doing well - that's three winning tickets so far! We wish it had been the £25,000 for her but never mind, £25 still makes you feel good! Please give the lottery a go if you haven't already, it really is helping us while we can't do any other kind of fund-raising. Also - it'll soon be time to renew 100 club subscriptions so we do hope you'll keep that in mind as well and we'll start nagging soon! Thank you so much!

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