



Newsletter

Supporting Carers

in Redditch

March, 2021

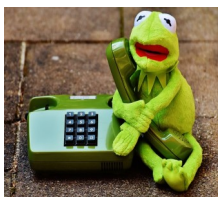
Here comes the crocus ...

... which is our reminder every year that, no matter how bad the winter gets, spring will eventually arrive. It's a promise of nature that never lets us down. And, in a way, it can be taken as a metaphor for life - no matter what happens - life's a cycle and it has its own seasons. Sometimes our lives are all green grass, blue skies and picnics and sometimes they're fallen leaves, rain, snow and ice. Whichever it is, we know it doesn't last for ever. So bring on the crocuses (or 'croci' if you wish), we say! Meanwhile it looks as though there may be a bit of gentle hope on the horizon. Definitely when the next good 'life season' comes around, we will all be ready for it.

It's really difficult to keep connected to others without being able to see them in person, isn't it? We all miss our families and our friends and the sooner we can get back together the better. But this experience may have helped others to understand a little of the challenges a carer faces constantly.

If any of you feel like putting pen to paper (or finger to keyboard) to record some of your experiences and frustrations whilst the pandemic has raged, please do it. We would like to archive some of this history, informally, in a folder, to be able to point to the greater pressures home carers have faced during this time. Send it to the office or put it through the Ecumenical Centre door, addressed to Carers Careline, marked 'lockdown', but please don't email it. It can be anonymous if you want. Thank you!

Because of the situation we are in and because our technology has been playing up while we're working from home, you may not have received your expected phone call. If you haven't and you need to talk to us, please don't wait - ring us instead. We won't miss anyone out, we promise, but the gap between calls may just be a little longer!



Fundraising

Obviously, our fundraising efforts have taken a bit of a beating over the past twelve months. Here's a reminder of how you can help:

- * If you buy online, try Amazon Smile. Once you register for this and click yes to 'smile' for your purchases we will get a tiny percentage of what you have spent without it making any difference to the cost for you - every penny adds up!
- * Easy-fundraising is another online platform that gives your chosen charity a small sum every time you buy and costs you nothing. Just go to Easy Fundraising to find out how to do it.
- * Support the Redditch Community Lottery for a chance to win £25,000 with every £1 ticket you buy. It's easy to join, just phone 01527 370501. If 50 people bought a ticket every week and chose us as their charity they would raise £1,300 in a year for us.
- * Keep saving your used toners and ink cartridges for us. We can't send them off at the moment but will be able to do so as soon as we can be back in the office and have Jim in to parcel them up again!
- * Join our 100 Club, we still have a few numbers left. It is £25 for a year's membership. This gives you a chance every month to win £75, first prize, £25, second prize.

**THANK YOU TO THOSE WHO SOMETIMES
MAKE SURPRISE AND VERY WELCOME
DONATIONS AND THANK YOU ALL FOR
HELPING US TO
CARE FOR OUR CARERS!**

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?

Obviously, we're all hoping that we'll be let off the leash soon and able to meet up in person; until that time we're still stuck with Zoom though the coffee mornings/afternoons are going to get more interesting because we'll be sharing virtual walks. If you've never been to New York or San Francisco join us on Zoom for a taste of what they're about - if you have, come and spot where you once (*or, maybe, more than once*) were!

Coffee Morning:

Wednesday, 24th March, 10.30am

Wednesday, 7th April, 10.30am with a virtual Historical Walking Tour of Central Park, NY

Coffee Afternoon:

Wednesday, 21st April, 1pm with a virtual Walk of Downtown San Francisco

Creative Writing:

Tuesday, 30th March, 10.30am

Tuesday, 4th May, 10.30am

Craft Group:

Monday, 15th March, 1-2.30pm

Gentle Keep-fit:

We'll let you know when this can re-start.

Bereavement Group

Obviously we can't meet at the moment so watch this space. If you are not a member of this group but would like to be, please ring Mel on 01527 66177.

Reading Group

Tuesday, 16th March, 10.30am

Tuesday, 13th April, 10.30am. (Book will be decided in March).

[Ring us to book into any of these activities.](#)

Mini hike to Tardebigge

Now that spring's on its way the weather is likely to pick up and if you're at all interested in this venture please let us know and we'll pass on your details.



Healthwatch Worcestershire needs you.

If you, your cared-for or anyone you know was in and discharged from Worcester Royal or the Alex last year, 2020, Healthwatch are eager to learn of your experience.

They want to hear from patients or unpaid or paid carers of anyone who was in hospital after March 2020 because they are doing a survey on how people were discharged. You can download the appropriate survey or speak to them on the phone. They are also specifically interested in hearing from anyone who was discharged from Worcester Royal or the Alex in November, 2020.

Ring 01386 565951 which is an answerphone, leave your number, they will call you back. Or you can email mreilly@healthwatchworcestershire.co.uk. Or you can visit www.healthwatchworcestershire.co.uk for more information. They will make sure you receive the survey pack that's appropriate for your situation and will be very glad to have your input.

***And the February 100 Club winners
are***

1st prize: 51; 2nd prize, 28.

Getting help

Morrison's doorstep delivery for elderly and/or vulnerable: Ring 0345 611 6111. Press option 5 for 'Doorstep Delivery' and then 1 to speak to someone and place an order.

Redditch Food Bank: 074847618539. Call them and they will talk you through the process of getting food from them.

Redditch East Stronger Together team (REST): 01527 919869. They will pick up prescriptions, shop and help in many ways.

Support Redditch Emergency Network (SREN): 01527 359008 or email info@supportredditch.net for help.

Here2Help Worcestershire is on 01905 768053 or www.worcestershire.gov.uk/Here2help.

Relax and unwind...

If you're looking for a way to relax, why not with a cuppa and a good book? Read, then come along to the new reading group for a chat.



The first meeting went well and the book we're all reading before the next meeting (Tuesday, 16th March) is Maeve Binchy's 'Firefly Summer'.

As with all new groups we're a bit thin on the ground to start with but we'd love you to join in if you possibly can. 'Firefly Summer' is a great bit of escapism so give yourself a treat away from all the melodrama of this current life. If you'd like to join but don't want to do Zoom, read it anyway and send us your thoughts if you can so that we can share them.

**Easter and sunshine and daffodils -
'Spring' it on!**

