



Newsletter

Supporting Carers

in Redditch

July, 2021

The sun has got his hat on...

... in between the heavy rains! Nothing gives the spirits a lift as much as bright skies, warmth and loads of vitamin D, so we can only hope the sunshine will come, stay, and cheer us up. Unfortunately, the 21st June did not bring the news we were all hoping for - that we'd be off the hook - but, obviously, we'll all keep going and *eventually* we'll get there - not that any of us know where 'there' is - but, onwards and upwards... we've come much too far to give up now.

We promised to bring you news of our new Chief Officer as soon as we could, and here it is...

A word from our new Chief Officer, Erica Gibson Di Meo.



It's been just over a month and a half since I joined the team and I've already had the pleasure of meeting a number of our fabulous carers in our first face to face Creative Writing session.

The dedicated Carers Careline Staff, Volunteers and Trustees have done the most amazing job keeping connected with our carers over the pandemic through telephone support calls and virtual support group sessions. As we emerge out of the pandemic and see the chance to return to some kind of normality I have every intention of strengthening those connections, welcoming back our carers into the

Centre and offering our fantastic programme of services including the Drop-in service, Support Group events, Form Filling and much more.

I have been touched by what it looks and feels like to be a carer after my Dad fell ill a few years ago although the burden of care fell primarily to my mum. As a mum of 3 boys I already appreciate caring is not an easy job but when a loved one is sick or requires continuous care I really believe the personal support and empathy our charity provides is priceless.

Coming from a background of working within the charity sector I fully understand the value of organisations like Carers Careline who exist to promote the health, mental and emotional well-being of carers in our local community. I personally look forward to meeting many more of our carers, old and new, in the very near future.

Erica

Staying Safe



Please be assured that now we're opening up again we're doing everything possible to be in line with government restrictions and to keep everyone safe. We are so looking forward to seeing you all again, please don't be afraid to come and join us for groups and activities!



Call: 01527 66177

Twitter: @carers careline

FB: Carers Careline

Email: info@carerscareline.co.uk

Web: www.carerscareline.co.uk

Instagram: carerscareline

Drop-ins:

Monday-Thursday,

11am-12noon.

What's coming up?

The Ecumenical Centre is up and running again, but everything remains more or less the same until whatever the government say on 19th July. The priority is to keep everyone safe; things may not be just as they were before Covid but it's all bound by risk assessment and government restrictions.

For everything except drop-ins, please ring us to book in so that we know exactly how many people to expect. Roll on the garden centre breakfasts and pub lunches, we say! And Nat is already thinking about more exciting activities she'll be glad to organise when it's possible, so watch this space!

Drop-ins:

Monday-Thursday, 11am-12noon.



Gentle Keep-fit:

Wednesday, 7th, 21st, 28th July, 10-11am in the hall. £3 per session. Please note there will be no session on 14th July as Sue will be on holiday.

Craft Group:

Monday, 12th July, 1-2.30pm.

Creative Writing:

Tuesday, 13th July, 10.30-12noon.

Bereavement Group

Saturday, 17th July, 10.30am.

Coffee Afternoon:

Wednesday, 21st July, 1-2.30pm.

Book Club (previously called Reading Group):

Tuesday, 3rd August, 11am. The book we're reading for this session is 'The Secret Garden' by Frances Hodgson Burnett. Please come and join our chat and discussion about it.

Don't forget to ring us to book into any of these activities.

JUST FOR YOU...

- Go to www.discountsforcarers.com to join free for carer discounts from loads of companies, including Argos, M & S, Waitrose, Sainsbury's, RAC, plus holiday companies, insurance, fashion, mobile phones, etc. You can get discounts as well as a cashback card.
- If you need help with debt, call CAP debt help on 0800 328 0006, or go to capuk.org/get help. This is a registered charity offering free debt counselling to all who need it.
- Struggling with heating/energy bills or need help with your boiler? Contact Act on Energy by phone on 0800 988 2881 or by email at advice@actonenergy.org.uk.

These organisations are there to help you, don't be afraid to contact them.

The 100 Club winners are

May: 1st prize, 22; 2nd prize, 50.

June: 1st prize, 11; 2nd prize, 19.



Finding a



We're glad to be able to welcome you back to our Drop-ins but, for the time being at least, they will be just from 11am to 12noon. You will need to buzz us from the top of the stairs so that we can let you in. You will need to wear a mask to move around the Centre and also to sign in to the Ecumenical Centre tracking list.

If you need help with benefit forms please don't use the Drop-in to do it, ring and make an appointment with Nat. Also ring Nat if you are struggling or worried about venturing out and you think our counselling service might be able to help you.

Our support groups are running again and we'd love to welcome you back. If you're not sure whether any of them would be right for you, give us a call and we'll let you know what happens in them. For instance, you do not have to be planning to become a famous novelist or poet to join the Creative Writing group, just as you do not need to be a fabulous artist to join the Craft group! It's about doing something you enjoy with like-minded people and escaping the world for a while. The way the Book Club runs is - a book is chosen by a member, we all read it and then we get together to have a chat about it. We've changed the time to 11am now, to give people more time to get out. The idea is that it encourages us to extend our usual habitual choices by reading books others have enjoyed. There's nothing like relaxing with a book and then chatting about it with others!

One of our life-after carers is still trying to get people to join him on a mini hike to Alvechurch. He's now thinking of a Saturday in August (date not arranged yet), to walk from Redditch, catch a late breakfast or lunch at Tardebigge Court Cafe, and get back to Redditch by bus. Please let us know if you're interested.

Quote of the month:

'Let it be.' (The Beatles)

