



Newsletter

Supporting Carers

in Redditch

August, 2021

It's hard to believe...

...that we're past the middle of the year 2021 but we are. It's been one difficult year so far - with all the changes at Carers Careline and with you-know-what in the outside world.

We've been waiting for the 19th July to know what we'd be able or not able to do and it looks as if the world is now our oyster in a kind of way! This doesn't mean, of course, that we're expecting everybody to be ready and able to throw caution to the wind but we're looking forward to welcoming you back when you do feel comfortable about getting out.

Our new Chair of Trustees, Michael Hopper, says, 'Lots of you know my voice because I have been on telephone support, talking to you for several years and I have made many good friends. Although we've kept up the telephone support all through the past seventeen months nothing is the same as meeting you in person and chatting, sharing stories, having a cup of tea together. We have missed that interaction with our carers so much - and we cannot wait to see you again soon!'

Most of our group activities happened over Zoom during, and between, the lockdowns but we're now at the point of organising events and activities to try and get us all out and about again. The first was a picnic at the Arrow Valley Lake - it wasn't sunny - a bit cold and windy, but it was good to be together to share catch-ups and chats and eat together. We've also held two Book Club face-to-face meetings and two Creative Writing sessions. We're making plans for the Christmas Panto at the Palace and Christmas Lunch at the college so watch out for news of these.



None of the team feel ready to think we're back to normality but we're doing our very best to get us back together safely and happily and we can't wait to see you all again. It may never be exactly the same as it was but onwards and upwards is our motto now!

Just to remind you...

... how we support our carers. There may be things you've forgotten about so we're taking this opportunity to remind you about the services we can provide.

Telephone Support: If you'd like a regular call from us and you're not registered for telephone support, please let us know.

Drop-In: For information and signposting, a chance to meet other carers and share experiences, a safe space to talk and for regular informal support at your own pace. Drop-ins are now on Mondays to Thursdays, between 10.30 and 12 noon.

Form Filling: Make an appointment by ringing Nat on the number below, for any help you need with filling in benefit forms or finding out what you are entitled to claim for. We can help you with Personal Independence Payment (PIP), Disability Living Allowance (DLA), Attendance Allowance (AA), Pension Credit, Council Tax Support, Universal Credit and Blue Badge applications. As well as this we can offer advice on DWP, HMRC, local council and utility providers.

Support Groups: We have a variety of groups to keep you going physically and mentally! A Book Club, a Creative Writing Group, a gentle Keep Fit group, a Craft Workshop and a new Coffee shop monthly meeting. We will be organising - now that we can - day trips, local picnics, theatre trips, breakfasts and lunches out, our annual home-made sale and as many of our 'normal' events, including training sessions and talks from different associations, as we possibly can.

Counselling Service: Available at all times; if you need support now, ring us.

Bereavement Group: Usually held the third Saturday of each month. Call Mel on the number below to let her know if you'd like to join.

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,

10.30am-12noon.

What's coming up?

Drop-ins:

Monday-Thursday, 10.30am-12noon.

Dates for August

Book Club

Tuesday, 3rd August, 10.30am at the Centre. The book we're reading for this session is 'The Secret Garden' by Frances Hodgson Burnett.

Gentle Keep-fit:

Wednesday, 4th, 11th, 18th, 25th August. 10-11am in the hall. £3 per session.

Julie's Coffee Shop:

Tuesday, 10th August, 11am, at Aroma, Church Green East.

Craft Group:

Monday, 16th August. Meet 12.30pm, at the Jinney Ring, Hanbury Road, Bromsgrove, B60 4BU. Come and look for craft inspiration.

Creative Writing:

Tuesday, 17th August, 10.30-12 noon, in the hall. Please phone Nat to book in.

Bereavement Group

Date to be advised.

Coffee Afternoon:

Wednesday, 25th August. Meet 12.30pm, at Botany Bay Nurseries, Edgioake Lane, B96 6BG. They now have an outside area to their coffee shop so it could lead to a nice lunch together!

Dates for September

Gentle Keep-fit:

Wednesday, 1st, 8th, 15th, 22nd, 29th September. 10-11am in the hall. £3 per session.

Book Club

Tuesday, 7th September, 10.30am at the Centre. The book we're reading for this session is 'The Book of Lost Names' by Kristin Harmel.

Craft Group:

Monday, 13th September in the hall. Bring the craft inspired by the Jinney Ring visit and/or whatever you are working on now.

Creative Writing:

Tuesday, 21st September, 10.30-12noon, in the hall. Watch out for the homework by email from Irene and phone Nat to book in.

Bereavement Group

Date to be advised.

Coffee Morning:

Wednesday, 22nd September, 11.30am-1pm in the hall. Come and catch up with everyone.

The 100 Club winners are
July: 1st prize, 36 ; 2nd prize, 40.
Congratulations to our winners!



NEW FOR YOU...

Julie's Coffee Shop - those of you who have been joining Julie online will know that the meetings are now happening in person. The next one will be on Tuesday, 10th August, 11am, at the new Italian Aroma coffee shop on Church Green East, and then hopefully each month after.



Just come along, meet Julie and other carers and have a coffee (or drink of your choice) on us! You don't need to book for this, Julie will be in the coffee shop from 11am till 12 noon and will be happy to greet you.

Funding Matters

Of course, funding always matters and it's never far from our minds! We haven't been able to do much fund-raising, obviously, over last year and this year, but you can help us now.

We're waiting for a date from Morrison's to do a can collection so if it's something you'd like to help with, please let us know.

Each month we collect used toners and cartridges to raise funds - if you, or friends, have any, please drop them into the office.

One thing that can bring in regular money for us is the Redditch Community Lottery. Tickets are £1 per week. 60% of your payment goes to local community charities. If you name us as your chosen charity we will get 50p each week you buy a ticket. You have the chance to win several prizes - top prize being £25,000! You may have read in the local press that the lottery isn't doing very well but this is only because the council hasn't been able to organise any events to advertise it during lockdowns.



The good news is it is still up and running; it is supporting local charities every week and people are winning prizes - though nobody's yet hit the jackpot. It could be you! What could you do with twenty-five thousand pounds?

To join in, ring 01527 370501 or go to support@redditchcommunitylottery.co.uk. We'd be thrilled to bits if one of our carers or team turned out to be that first top prize winner!

AN ENORMOUS THANK YOU TO
'MAGIC LITTLE GRANTS' FOR
SPONSORING OUR KEEP-FIT GROUP

MAGIC ★ ★ ★
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