



## New Year's Resolution:

Option A:  
Lose weight

Option B:  
Buy a bigger  
basket

# Newsletter

Supporting Carers

in Redditch

January, 2022

## Welcome 2022...

Our office resolution is to make it a better year for everyone - especially for you, our carers!

We're aiming to give you plenty of options to find a New You in the New Year! Nobody wants to be like the cat in the basket above who's obviously going to plump for option B - it's just too easy to stay in the comfort zone!

So come and join us for:

- The Creative Writing Workshop on 11th January to find out how to enter the writing competition with £250 in prizes. You don't need to have come before - we're encouraging as many of our carers who will, to take part.
- Gentle Keep Fit classes on Wednesdays at 10-11am, £3 per session, beginning 12th Jan. This class is open to all so you can bring a friend who isn't registered with us if it helps to motivate you to come.
- Care for Coffee? will be at the Aroma Coffee shop once a month for anyone registered with us. We send huge thanks to the owner and his staff for making this happen. It's an informal chance to catch up with others, and we hope to see you on the 18th.
- Pub lunches are always a favourite so book in to join us on the 27th for lunch at the Bramley Cottage. They'll be happy to welcome us back and we'll be delighted to see you there!

We know that when you're caring it's hard to find any time for yourself. The problem with that is, if you go downhill physically and mentally, how is the person you are caring for going to get by?

Self-care should be high up on your agenda, for everybody's sake. Don't, like the cat, just buy a bigger basket! Make 2022 the year you do as many things for your health and wellbeing as you can - and start by putting all our events on your calendar and finding some way of making them happen for you!

We look forward to seeing you lots in 2022!

*There are lots of ways to make you feel better about yourself:*

**Make time to read** - reading helps to keep the brain young, according to neurologists. It is said that for every page read the brain works to retain more information and that provides loads of mental exercise.

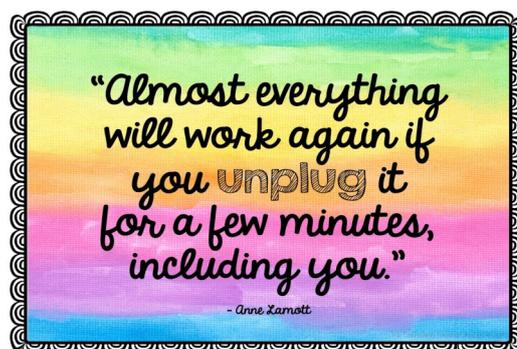
**Do puzzles** - crosswords, codewords, jigsaws - these are key to keeping the brain stimulated and the challenges help to form new brain connections and promote plasticity.

**Keep learning** - lifetime learning can lower the risk of dementia, or the risk of its symptoms. It doesn't matter what you're learning - it all helps to make your brain more resilient.

**See friends and family as much as you can** - a positive social life can help to reduce cognitive decline and keep you active into the bargain so the more the better!

**Learn to meditate** - it's easier than you probably think and regular meditation can keep a lot of fears, anxiety and stress at bay.

**Exercise** - obviously it's always good to have on your plan - even if it's only a very short walk once a day it's better than nothing. There's a *Tai Chi* class every Thursday at 2.30pm at the Ecumenical Centre, run by Age UK, which combines calm exercise, breathing and meditation. It's £4 a session and might change your life completely if you came to give it a try!



Call: 01527 66177

Twitter: @carers\_careline

FB: Carers Careline

MAGIC  
LITTLE GRANTS

Email: [info@carerscareline.co.uk](mailto:info@carerscareline.co.uk)

Web: [www.carerscareline.co.uk](http://www.carerscareline.co.uk)

Instagram: [carerscareline](https://www.instagram.com/carerscareline)

Redditch  
Community  
Lottery

Drop-ins:

Monday-Thursday,

10.30am-12noon

100 years  
1918-2018  
NATIONAL  
LOTTERY FUNDED

**What's Coming up? To book: Ring 01527 66177 Email [info@carerscareline.co.uk](mailto:info@carerscareline.co.uk)**

Tuesday 11th January 10.30-12	<i>Creative Writing with Irene</i>	Come and find out all about the creative writing competition - you, too, could have a go - you don't know what you can do till you try!	Ecumenical Centre Hall
Wednesdays January 10-11am	<i>Gentle Keep-Fit</i> £3 per session No need to book	Get your fitness back on track - join the group, bring a friend.	Ecumenical Centre Hall 12th/19th/26th
Tuesday 18th January 11am-12.30pm	<i>Care for Coffee?</i>	Meet up with other carers for a tea or coffee on us, and get to know people. Let Nat know if you are coming.	Aroma Coffee Shop Church Green East
Thursday 27th January 12noon on	<i>Carer's Lunch</i> Book with £5 returnable deposit	Making a return to the Bramley Cottage for a nice lunch - first time since before lockdowns! Meet us there for a jolly get-together!	Bramley Cottage Callow Hill Lane B97 5QB
Wednesdays February 10.00-11am	<i>Gentle Keep-Fit</i> £3 per session No need to book	Exercise is great for mobility and mental health - plus, it is a great social time and you can bring a friend.	Ecumenical Centre Hall 2nd/9th/16th/23rd
Tuesday 15th February 10.30-12noon	<i>Creative Writing with Irene</i>	Bring or send your writing for the competition or just come to talk, have coffee and write - lots of ideas being shared.	Ecumenical Centre Hall
Tuesday 22nd February 11-12noon	<i>Care for Coffee?</i>	Meet up in this lovely coffee shop for a tea or coffee on us, lots of chat and a real catch-up. Let Nat know if you think you might turn up.	Aroma Coffee Shop Church Green East
Wednesdays March 10-11am	<i>Gentle Keep-Fit</i> £3 per session No need to book	Keep yourself active - exercise is great for brain activity, circulation and memory as well as mobility.	Ecumenical Centre Hall 2nd/9th/16th/23rd/30th
Saturday 5th March 7.30pm	<i>Men's Group visit the Palace for Rave On</i> Book with £10 contribution	50s and 60s Rock'n'Roll Sensation! Come and relive all your teenage years! Let Nat know by 17th February if you want to do this!	Palace Theatre Meet outside at 7.10pm

**YOUR  
PARKING  
SPACE.**

**Some carers have noted their concerns about the change in the Kingfisher Centre car park system.**

**The new system takes a photo of your registration plate when you go into the car park, you do not need to collect a token from the machine, you just go and park.**

**When you're ready to leave town, use the pay machine nearest to your car and enter your car registration number on the screen and from this the system will know what time you entered the car park and will tell you how much you have to pay.**

**You can still pay by cash (except at Car Park 4), there is a machine at each car park exit which takes correct change only. Or you can pay with your debit/credit card. Put your card in the machine and key in your pin number or use contactless payment. If you want a receipt you need to enter your mobile phone number or email address, the machine does not print a paper copy.**

**Drop-in if you have problems; we'll talk you through it. It's definitely easy when you know how!**

***Congratulations!***

***100 club winners:***

**November: 1st: 57, 2nd: 34**

**December: 1st: 89, 2nd: 88**



This is the last 100 club draw for the time being. We'll let you know if and when we decide to try and run it again. In the meantime you can help us with fundraising by becoming a member, shopping at the Co-op and nominating us as your chosen charity. If you do this, anything you buy that is own-brand will earn us a small amount - and, as we all know, lots of small amounts add up to one big amount very quickly! Thank you!

**Watch out for details of our writing competition next month!**