

Carers Careline

Providing support for Carers

Newsletter



We're here for you!

Last month we focused on our Telephone Support Service and this month it's our Support Groups. Organised and run by our staff and a dedicated team of registered volunteers our Support Groups allow carers to engage and network with other carers.

Support groups provide invaluable spaces for registered carers to come together to share experiences, speak openly about challenges and share information. The results can be astounding with members often trying new things and feeling more positive. Group members are encouraged to build on their strengths, share what they know and learn from others.

Each month we share our Support Groups and Events programme on our newsletter's rolling calendar. We run a regular gentle keep fit session each week from the Ecumenical Centre on a Wednesday promoting physical and mental wellbeing. Each month we hold a Creative Writing session at Where Next with Irene and a Craft Group with Angie at the Ecumenical Centre. Our monthly "Care for Coffee?" with Julie at Aroma on Church Green is a great way to catch up with old friends and meet with new ones.

We also try to organise a monthly meet up for breakfast or lunch in a local garden centre or pub and each quarter hold an event for both our carers and those they care for, much like the Easter Chocolate Tombola in April and the Jubilee Cream Tea in June.

We are constantly thinking about how to more fully meet our carer's needs introducing groups to aid with stress and promote relaxation like our Aromatherapy Group and bringing the Book Club back for group discussion and mental stimulation. And of course we will continue to plan to get out and about in the wider community around us - like the visit planned in October to the West Midlands Police Museum and our traditional trip to the Panto in December.

What do others think?

We understand that finding time can be difficult but also understand the importance of taking a break where possible. Here's what some of our carers say about the benefits of attending our groups.

"Support groups are a lifeline"

"Companionship. So helpful to meet up and chat over problems and everything going on in the world"

"I enjoyed the coffee afternoon and am looking forward to the next. I am finding it difficult looking after my husband so found talking to other carers in the same situation helpful"

"Thank you for a brilliant day - entertainment and information, catching up with carers. Thank you for organising it - it really makes a difference - something to look forward to and so uplifting - much appreciated"

"Thank you to the team at Carers Careline for 2 amazing sessions this week with aromatherapy the other day and book craft today. Everyone taking part commented on how much better these activities made them feel and new interests were born from both of them. A great boost for mental health"

Carers Careline are working hard to find ways of offering registered carers the opportunity to get more involved in our full programme of services. For our Support Groups we are exploring the opportunity to run some of them as 'hybrid' where carers could join in person or online through a meeting link. We are also exploring how we can offer our carers some respite from their role as a carer and will feature this in a future newsletter.

What's Coming up? To book: Ring 01527 66177 Email: info@carerscareline.co.uk

Wednesday August 10-11am	Gentle Keep Fit £3 per session No need to book	Join Sue's weekly class to meet with other carers for some physical activity and a bit of a break, for your own wellbeing.	Ecumenical Centre Hall 3rd/10th/17th/24th
Tuesday 9th August 10.30-12.30pm	Creative Writing with Irene (Park at Community House) Book with Nat	Writing is when you find out what you're really thinking! Join the group and get writing to surprise yourself with what's on your mind!	Where Next Easemore Road B98 8ER
Wednesday 10th August 10 - 11am	Care for Coffee? Let Nat know if you're coming	Our regular meeting at Aroma with Julie. We'd love to see you there. Make this the month that you come and join in to meet with other carers.	Aroma Coffee Shop Church Green East
Wednesday 17th August 11.30-1pm	Craft Group Book with Nat	If crafting is your thing, come and join this group to get creative and share ideas whilst enjoying a chat and a cuppa.	Ecumenical Centre Hall
Monday 22nd August 2-3.30pm	Bereavement Group Let Nat know if you're coming	Sarah, a qualified counsellor, runs this group and is ready to welcome you. See things from a different perspective, gain a sense of belonging, all discussion is confidential.	Ecumenical Centre Sanctuary
Wednesday 24th August 10-12noon	Garden Centre Breakfast Book with £5 returnable deposit	Meet at Mappleborough Green Garden Centre (formerly Badgers) - we haven't been there since before Covid, so let's try it out again!	Mappleborough Green Birmingham Road B80 7DL
Wednesday September 10-11am	Gentle Keep Fit £3 per session No need to book	Join this enjoyable group if you haven't already for some nice, gentle exercise that will definitely help with your health and wellbeing.	Ecumenical Centre Hall Dates to be confirmed
Tuesday 6th September 10.30-12.30pm	Creative Writing with Irene (Park at Community House) Book with Nat	If you've never been to the writing group why don't you just turn up and give it a whirl? We'll be happy to welcome you with a cuppa!	Where Next Easemore Road B98 8ER
Wednesday 7th September 10-11am	Care for Coffee? Let Nat know if you're coming	Join Julie for a coffee or tea, there's always somebody new to chat to and it's a great space to meet and make friends.	Aroma Coffee Shop Church Green East
Wednesday 14th August 11.30-1pm	Craft Group Book with Nat	Another chance to get together with Angie and other crafters and spend some time absorbed in making something different.	Ecumenical Centre Hall
Monday 26th September 2-3.30pm	Bereavement Group Let Nat know if you're coming	The people who know what it feels like to be bereaved are those who have been bereaved. Share some support with Sarah and others.	Ecumenical Centre Sanctuary
Monday 10th October Tour begins at 11am	West Midlands Police Museum Book with £10 contribution	Talk and Tour of Steelhouse Lane Police Station in Birmingham. We will travel by train and tram into Birmingham city centre—pay for own fare.	Plan to be arranged Watch this space

Are you or someone you know **struggling to pay energy bills?**

Act on Energy is administering the **Household Support Fund*** on behalf of Worcestershire County Council, so if you are a pensioner, family or an adult only household, and on a low income

Call our free line now 0800 988 2881

apply NOW at www.actionenergy.org.uk

Act On Energy

Act on Energy is a registered charity

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Have your say!

We love telling you about all the good stuff we're doing to support you and we're always thinking about how we can further meet your needs as our registered carers. Carers Careline team have lots of ideas however it would be great to hear what you have to say. Give us a call in the office or if you have requested our Telephone Support Service share your feedback and ideas with one of our dedicated telephone support volunteers. You can also contact us by email or follow us on Facebook, Instagram or twitter **(contact details on front)**

