

Carers Careline

Providing support for Carers

Newsletter



We had a great time at the Winter Warmer lunch in February. It really was a good, friendly, all-together atmosphere with carers, staff and volunteers all appreciating the experience. We held a quiz and had plenty of raffle prizes and nobody went away hungry! We're sending a huge thank you to Chrissy at Asda, Bev at Morrison's, Loz at Co-op and Alyson our treacle sponge master-baker who, together, provided the delicious food for us.

A big thank you to Sharon, the Ecumenical Centre Hospitality Manager for supporting us, making endless cups of tea and coffee and to everybody who came and made it such an enjoyable event!



Obviously, our carer events are not just about what happens. It's not simply about the coffee, or the lunch or the writing or the crafting or the exercise. What it's always, always, always about, no matter what kind of event it is, is carers getting together to meet and talk with others who have the same kind of experience, to make new friends, to build mutual support.

We do know that your life as a carer is filled up with organising your life around someone else's, around meetings, appointments, feeling not in control of your own life, learning to live day to day, always in the present, dealing with the unknown. But we also know that a bit of support, a bit of companionship, being able to chat with someone who understands, can make all the difference in the world to any one of those days. That's why we'll continually encourage you to come out, to join in, to take a few moments of time to yourself. Our mantra for you is – *So, if you can ...just do it.*

We have great news about another opportunity for respite. We are working closely with The Respite Association, a charitable organisation who fund respite by providing grants of around £500 to pay for professional, appropriately qualified respite care for the cared-for in order for unpaid carers to take a much needed break.



Breaks can take the form of anything from enabling attendance at an evening class to a weekend break or longer. In 2021, with the help of their Patron Joanna Lumley, the Respite Association purchased a purpose-built holiday bungalow in Cornwall. They also have a holiday caravan in North Wales and provide free week-long seaside holidays to enable carers to recharge their batteries.

Whilst providing suitably qualified carers in the home or funding a temporary place in a residential care centre can be expensive, the benefits to the carer are beyond measure. Call the office to have a chat about the conditions of the grant and how to apply.

Carer News...

More great news from two of our writing group members. Annette - who's been writing for ever and, at 86, never misses a class – has had at least one paid-for letter in a women's magazine and was delighted, last month, to have a long letter published in the Redditch Standard. Well done, Annette!

Donna has had a poem show-cased on the Disability-Talk website and Chris Jordan is working out a way that they can host her blog on Disability-Talk and on the website of their new sister organisation National Carers Voice. Congratulations, Donna, this is a huge step forward for you!

And for those of you seeking some fresh air...

Life-after carer, Philip, is building up a contingent for his local walks – and hopes more carer walkers will join them once the weather starts getting better.



Call: 01527 66177

Twitter: @carers careline

Facebook: Carers Careline

Email: info@carerscareline.co.uk

Web: www.carerscareline.co.uk

Instagram: carerscareline

Drop-In:

Monday-Wednesday

10.30am-12.30pm




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

Wednesdays March 10-11am	Gentle Keep Fit £3 per session No need to book	Get into shape with our gentle exercise class. You can bring friends with you, no need for them to be registered with us. Just turn up! No keep fit 8th March.	Ecumenical Centre 1st/15th/22nd/29th
Wednesday 15th March 10-11am	Care for Coffee? Let Nat know if you're coming	Free coffee, chat and friendship! We know that carers can keep each other going by providing mutual support - if you don't know anybody now, you will when you join in!	Aroma Coffee Shop Church Green East
Monday 27th March 2-3.30pm	Bereavement Group Let Nat know if you're coming	Our Bereavement Group is open to anyone who is bereaved. It doesn't have to be a recent loss and you don't have to be registered with us. Everyone is welcome.	Ecumenical Centre
Tuesday 28th March 10.30-12.30pm	Creative Writing with Irene Book with Nat	We'd love to see you at the writing group! Plenty to talk about, plenty to write about and friends to meet and join up with - as well as a cuppa and biscuits!	RYCE South Street B98 7DQ
Wednesday 29th March 12 noon	Pub Lunch	We're giving the Rose & Crown another visit this month. Fully booked it to book	Rose & Crown Heathfield Road B97 5RB
Thursday 30th March 11.30-1pm	Craft Group Book with Nat	A nice break with a cup of tea and biscuits, plenty of chatter and interesting craft ideas to absorb you! This could be just the ticket for forgetting your problems for a while!	Ecumenical Centre
Wednesdays April 10-11am	Gentle Keep Fit £3 per session No need to book	We all know how important exercise is for our wellbeing. It can be hard to do it by yourself at home when you'd rather sit and have a cup of tea. Say 'No' to the chair and join our group instead!	Ecumenical Centre 5th/12th/19th/26th
Tuesday 4th April 10.30-12.30pm	Creative Writing with Irene Book with Nat	Join this happy, chatty group for a good and productive morning. It's okay to be a 'new' writer or someone who's never held a pen—just come and find out what we do, you may surprise yourself!	RYCE South Street B98 7DQ
Wednesday 5th April 11-12:30pm	Easter Chocolate Tombola Let Nat know if you're coming	We will be serving hot cross buns and running a chocolate easter egg tombola at our coffee morning.	Ecumenical Centre
Wednesday 19th April 11.30-1pm	Craft Group Book with Nat	Angie's always got lots of surprises up her sleeve so there's always something new to do, as well as plentiful tea, coffee and biscuits and things to chat about.	Ecumenical Centre
Monday 24th April 2-3.30pm	Bereavement Group Let Nat know if you're coming	Our professional counsellor, Sarah, leads this group and welcomes all newcomers. You don't have to be recently bereaved and you don't have to be registered with us, just come for support.	Ecumenical Centre
Monday 26th June TBA	Canal Boat Trip	A trip on the charity canal boat Com... Fully booked—let us know if you'd like to join the waiting list for back again. Limited places.	All details to be advised later.



We've had fantastic feedback from Carolyn, one of our carers who many of you may know. Just before Christmas Carolyn booked a two-night break, with her daughter, at a hotel near Leeds through our Community Partnership with Carefree. 'We had an absolutely lovely time,' she told us. 'The hotel was beautiful, a small mansion with four stars and easy to find. All the staff were absolutely amazing and friendly, - everybody said hello to us. Our room was the same room as any guest would have had, no one knew that we had come on the Carefree basis. Unexpectedly, the mini bar was free and so was the breakfast which was absolutely to die for! It was a just-what-the-doctor-ordered break. And it was so easy! I'll definitely be doing it again this year and will encourage every carer I get chatting with to do the same!' One very satisfied carer... Brilliant!



WORCESTERSHIRE CARERS

Worcester Association of Carers is offering a pack, funded by National Grid Customers UK and Local Giving, to support unpaid carers this winter. It includes practical and comforting items to support carers to stay warm and cosy. If you are registered with WAC, or would like to register, call their helpline on 0300 012 4272 to ask for the pack.