

Carers

Careline

Providing support for Carers

Newsletter

CONNECTIONS

April 2023

Easter will be here before we know it and we're hoping for lots of spring sunshine and an uplift for all of our spirits. Hopefully the Easter Coffee Morning on the 5th, in the coffee bar at the Ecumenical Centre, will see a great gathering of carers! It's what we work towards and what we look forward to!

The unbelievably hard part of caring – that other people don't seem to have a clue about – is carers trying to keep their connections with the outside world. It may happen so gradually that you don't notice it but, so very often, the carer experience is that friends and family seem to drift away into the ether and before you know it, you're feeling all alone in the world. It can get to the point where you don't even remember that you used to have a social life at all. The problem with that is you become very insular, your thoughts become bound up with caring and you can end up being extremely isolated.

It doesn't have to be like that, but you probably have to work very hard at keeping all those connections with the outside world. The lockdowns didn't help at all and many people have become so used to being inside the four walls, they're reluctant to break out of them. We do everything we can to help our carers to break away and this month is no exception. We're working hard behind the scenes to forge local connections and partnerships with different places and organisations to develop our services.



We've opened up Angie's Craft Group to include not just our carers but their cared-for starting Wednesday, 19th April. We're thinking that this might provide some of you with an extra incentive to get out and do something creative and productive for an afternoon. It may help you to have something different to share with your "caree" and it would be lovely to welcome you all.

Our volunteers, like Angie, collaborate with us to run the groups and most of them have been, or still are carers so they know what your life is like.



Another community connection we have is with Affy Qadeer, owner of Aroma who sponsors our Care for Coffee support group each month. Pop in, if you can. You'll find Julie there who will make sure you know all the carers around the table – you will never be on your own and a chat with someone you know, or someone you've never met before, can make such a difference.

Our newest connection is our partnership with Haywood Lodge, the brand new care home in Mappleborough Green, opposite Studley Garden Centre. They have offered to host some of our support groups and events, starting with our Coronation Cream Tea on May 10th, which will be in one of their gorgeous lounges. It's a luxurious, warm and welcoming place and a great space to get together for our celebration. **And did you know?** Each Thursday Haywood Lodge host a "dine for free" lunch for anyone over the age of 65. To book your place, call them on 01527 911005. You'll receive a very warm welcome from the Haywood Lodge team.

We'd also like to remind you of the opportunity to take a free short break (you can take a friend) through our partnership with Carefree, we cover the booking administration fee. All those who've tried it so far have had a fabulous care-free time. We're also working hard to create an ongoing connection with the Respite Association so that we can assist you even more in being able to break out of the four walls you are so used to.

There are lots of good people in our community who have offered to help us out – all for the good of 'caring for the carers' – so keep your eyes open for all of our news and hopefully, for you, this spring will herald the start of something new – a little bit of freedom. Remember – it only takes just one small step...

And talking of good people we are very pleased to welcome Ross Crawford, formerly the editor of the Redditch Standard and Solihull Observer, to our Board of Trustees. Ross brings to the organisation his own personal knowledge and experience of caring and will be a very valuable member of the Carers Careline team.



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 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
Wednesday 5th April 11-12.30	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 is opening this session up to you and the person you are caring for. Please come and see if this can make it a good shared experience for you both.	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
Wednesday 26th April 10-11am	Care for Coffee Let Nat know if you're coming	Free coffee, tea and chat with our volunteer, Julie, and other carers, so please come and take advantage of us and the goodwill of Affy, the owner of Aroma!	Aroma Coffee Shop Church Green East
Tuesday 2nd May 10.30-12.30pm	Creative Writing with Irene Book with Nat	Gold star to all who spotted the 'deliberate' (!) mistake on last month's newsletter! Of course, there was no creative writing on 4th April but this is the session it was supposed to be. Please come.	RYCE South Street B98 7DQ
Wednesdays May 10-11am	Gentle Keep Fit £3 per session No need to book	Come and join us, bring your friends—they don't need to be registered with us. Everybody welcome! Please note that there will be no Keep Fit on the 10th of May.	Ecumenical Centre 3rd/17th/24th/31st
Wednesday 10th May 1:00-2:30pm	Coronation Cream Tea Book with refundable £5 deposit	Our hosts, Haywood Lodge, will be welcoming us all to a special cream tea to celebrate the Coronation in style! Please join us for this very special event and help to make it a great success!	Haywood Lodge Warwick Highway B80 7DG
Wednesday 17th May 11.30-1pm	Craft Group Book with Nat	Angie looks forward to welcoming you. Enjoy a productive time together and get some ideas for taking your creativity back into your home.	Ecumenical Centre
Monday 5th June 2-3.30pm	Bereavement Group Let Nat know if you're coming	Support available to anyone who has been bereaved and would find it useful to talk to others about their situation. The session is led by Sarah, our professional counsellor and all are welcome.	Ecumenical Centre
Tuesday 6th June 10.30-12.30pm	Creative Writing with Irene Book with Nat	You don't have to be a brilliant writer to join this group - we'd love to have you. All you need is a pen and a notebook - nobody is going to criticise - and nobody is going to bite! We promise FUN!	RYCE South Street B98 7DQ
Monday 26th June TBA	Canal Boat Trip £10 contribution	A trip on the charity canal boat... Fully booked—let us know if you'd like to join the waiting list ...back again. Limited places.	All details to be advised later.

Cost of Living Payment: The first 2023/2024 Cost of Living Payment will be paid automatically to those eligible between the 25th April—17th May. You do not need to apply.



Did you know? On Sunday 23 April 2023, there will be a national test of the UK Emergency Alerts service on most mobile phones. You will not need to take any action, just be aware.

Meaningful and engaging activities
For people with mild to moderate Dementia



Forge Mill
Needle Museum,
Redditch, B98 8HW
Every Monday
10.30am-3.30pm
For people living with Young Onset Dementia (under 65)
1.00pm-3.30pm
open to all ages
Light Refreshments included

Pay only what you can!
0800 008 6077
referrallhub@ageukhw.org.uk

If you need help with debt, ring Citizens Advice Debt Helpline on 0800 240 4420.

If you haven't joined the Redditch Community Lottery – why not have a go? Tickets are £1 each per week. Once you nominate us as your chosen charity 50p of that will go to us and 10p to the whole of Redditch local charities' pot and you stand to win £25,000 each week.

