

Carers

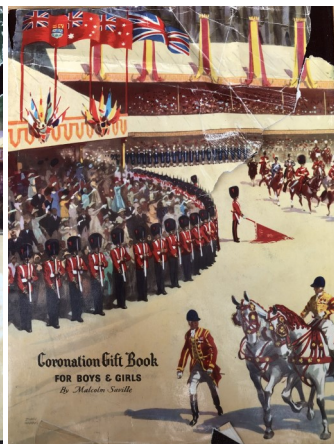
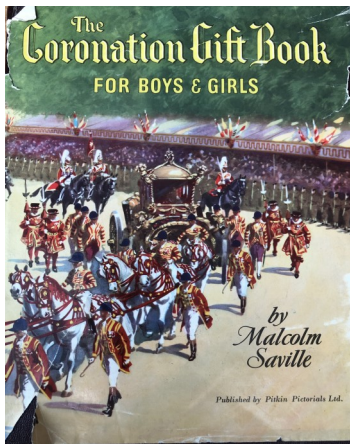
Careline

Providing support for Carers

Newsletter



It may be a 'once in a lifetime event' for many but, for some of us, the Coronation will be a 'twice in a lifetime' happening and at least one of our team (mentioning no names) who still has The Coronation Gift Book for Boys and Girls that was presented to all pupils in Senior School in 1953.



And, if there's nothing happening in your street or locality that you can join in with, try and make it to our post Coronation Cream Tea at Haywood Lodge on May 10th, details on the calendar overleaf, where we can swap some old and new memories together. We look forward to seeing you there.

Our Easter Coffee Morning was a great success! Everyone who came had a lovely time, and it was really good to see some people we haven't seen since before Covid. One carer who came told us it was so long since she'd been that she was feeling quite anxious about showing her face but, luckily, one of our volunteers persuaded her in and, before she knew it, she was surrounded by carers and team members who were really happy to see her and she was smiling fit to burst! If you feel a bit the same – please don't be nervous, there's absolutely no need – please come back to our events, we'd love to see you!

It's complemented of course by loads of memories of the 9" black and white telly in the corner of a well-off, very lucky neighbour's living room which, itself, was crammed to the ceiling with everyone from the street. And outside, on the trestles, spam sandwiches, jelly and custard, home-made jam tarts and lemonade laid upon, and surrounded by, red, white and blue handmade bunting. It was all so very jolly and simple and uncomplicated! What a wonderful time we had!

Today, the TVs might be 55" in glorious colour and in the living rooms of each and every house in the street – and the Coronation tea a feast of M&S party food and show-stopper cakes – to say nothing of Prosecco – but 70 years ago, out of the war at last, we definitely knew how to put on a show and how to get the community rocking and singing along. It was certainly exciting and fun then – who knows how it will be this time? Life has certainly seen a lot of changes in the last seventy years while the little Prince Charles has been growing up to take his place as Sovereign King of England.

Let's hope it all goes with a swing and, in view of all the rain we've had lately – that the weather doesn't dare to put a damper on it!



We do know that it's beyond hard sometimes for our carers to cope and you never cease to amaze us with your courage, your resilience, your fights to get support and help for those you care for. We all know that the world is a fragile place, life itself hangs only by a thread – and, really, the only way to work our way through it is to accept it as it is.

If there's one thing this Coronation can show us it's that no matter how rich you may be, or however much status you have, we all have one common factor. Our human vulnerability. So – never mind just raising your glass to the new King and Queen – raise it to yourself as well, as we will. It's a 'Cheers!' from us to each one of our brave carers wherever you may be!



Call: 01527 66177

Email: info@carerscareline.co.uk

Drop-In:

Twitter: @carers careline

Web: www.carerscareline.co.uk

Monday-Wednesday

Facebook: Carers Careline

Instagram: carerscareline

10.30am-12.30pm



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

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	Please note that there will be no Keep Fit on the 10th of May. Come and join us, bring your friends—they don't need to be registered with us. Everybody welcome!	Ecumenical Centre 3rd/17th/24th/31st
Wednesday 10th May 1-2.30pm	Coronation Cream Tea Book with refundable £5 deposit	Our hosts, Haywood Lodge, will be welcoming us all to a special cream tea with sandwiches 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—with your cared-for person. Enjoy a productive time together and get some ideas for taking your creativity back into your home.	Ecumenical Centre
Wednesdays June 10-11am	Gentle Keep Fit £3 per session No need to book	Please bring your friends—they don't need to be registered with us. Everybody welcome!	Ecumenical Centre 7th/14th/21st/28th
Monday 5th June 2-3.30pm	Bereavement Group Book with Nat	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 10.30-12.30	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
Wednesday 14th June 11.30-1pm	Craft Group Book with Nat	Angie has lots of ideas for craft projects that will keep your mind absorbed. You are able to bring the person you care for to this group if you would like to.	Ecumenical Centre
Wednesday 21st June 10-11am	Care for Coffee? Book with Nat	Join in for a chat and a free coffee with other carers and give yourself a break for an hour.	Aroma Coffee Shop Church Green East
Monday 26th June TBA	Canal Boat Trip £10 contribution	A trip on the charity canal boat to and back again . Limited places.	All details to be advised later.
Wednesday 28th June 10am-12pm	Carer's Breakfast Book with refundable £5 deposit	Join us for breakfast at the Greenview Bar and Café at the golf course on Plymouth Road.	Greenview Cafe Plymouth Road B97 4PB

Fully booked—let us know if you'd like to join the waiting list

THE BIG PICTURE OF CARING IN THE UK TODAY:

- 6.5 MILLION PEOPLE ARE UNPAID CARERS IN THE UK** (That's 1 in every 8 adults)
- 9 million** (That's 1 in every 8 adults)
- CARERS SAVE THE UK ECONOMY £119 BILLION EVERY YEAR**
- 6,000 PEOPLE TAKE ON A CARING RESPONSIBILITY** (That's one in 2 million people a day)
- THREE IN FIVE OF US WILL BE A CARER AT SOME POINT IN OUR LIVES**
- CARERS ACROSS THE UK:** NORTH WEST 214,000, NORTH 214,000, SOUTH EAST 214,000, SOUTH WEST 214,000, EAST OF ENGLAND 214,000, WEST OF ENGLAND 214,000

Don't forget this year Carers' week will take place between 5-11 June and this year the focus is on recognising and supporting carers in the community. Carers' Week is an annual campaign to raise awareness of caring, highlight the challenges unpaid carers face and recognise the contribution they make to families and communities throughout the UK. It also helps people who don't think of themselves as having caring responsibilities to identify as carers and access much-needed support. It is brought to life by thousands of individuals and organisations who come together to provide support for carers, run activities and highlight the vital role carers play in our communities.

The Link in the Winyates Centre runs a carer coffee afternoon on Thursdays 1 – 2pm, with free drink and cake. They also offer an advisory service – benefits, form filling, money management and how to save on utility bills. You can contact Shannon or Rachel on 01527 919869.