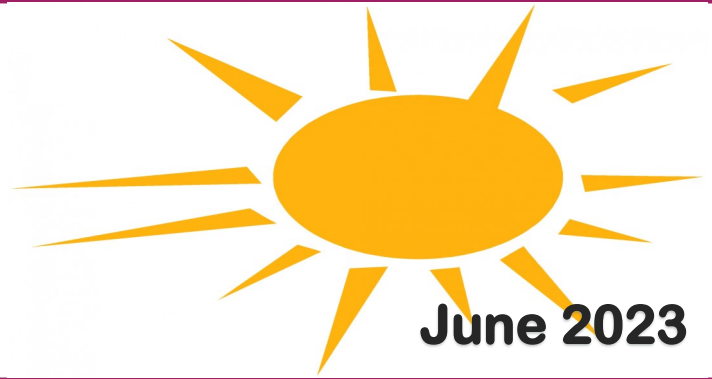


Carers Careline

Providing support for Carers

Newsletter



June 2023

It was really heartening that so many of our carers and life-after carers joined us for our Coronation Cream tea at Haywood Lodge. We had an absolutely lovely time in such a friendly and welcoming atmosphere; the food was amazing, so much choice and our carers were delighted to meet up with one another in such a beautiful setting and have a good old catch up. Big shout out to Asda who provided us with a fabulous hamper for our raffle.



If you didn't manage to make it to our event at Haywood Lodge you can phone and book in for free lunch on 01527 911005. The lunches are on Thursdays and they are open to all over 65s.

The resounding message from the team at Haywood Lodge is that they fully understand how special unpaid carers are, caring day-in, day-out with little or no recognition and that they were only too happy to have provided the treat for such deserving people. We know that this meant so much to our carers because – it's true. Most of the caring is done behind closed doors with no one to notice or give you a pat on the back, or just say 'You're doing a great!' which are just the kind of things that actually keep you going.

So we'll just reiterate that and say 'Well done, one and all!'

An enquiry we get frequently is 'Can you recommend a handyman, a cleaner, a gardener?' If you have someone in mind that you could put in a good word for, please let us know and we'll try and build up a bank of recommendations that we can use for our enquiries. It's good to give this work to local people, from their point of view and yours, so, if there's anyone you'd like to vouch for please let us know.

Sometimes, life gets to all of us, especially if we are carers. Don't forget that if you are feeling really at the end of your tether, and need someone to talk to, we can arrange counselling for you with a qualified counsellor, quickly and easily in a matter of a few days. No endless GP waiting list. And, of course, we'll be paying for it. So don't sit and brood and make your problems grow – give us a call, speak to us in confidence and we will organise the first of 8 complementary sessions.

We are aware that the state pension and benefits have increased since April which have in turn increased certain individuals' yearly income. With the personal income threshold of £12,570 being frozen until 2026, this has resulted in some of our carers' income rising above this threshold which will now also be subject to tax. From what we understand, any tax owed which should be minimal will be taken at source so there should be no need to take any action however any queries or further clarification on individual cases should be directed to HMRC on 0300 200 3300.



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



MAGIC
LITTLE GRANTS

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

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.	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 .	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. Carer and Cared for are both welcome.	Ecumenical Centre
Wednesday 21st June 10-11am	Care for Coffee? Book with Nat	Join in for a chat and complementary coffee and tea with other carers and give yourself a break for an hour.	Aroma Coffee Shop Church Green East
Monday 26th June 10:30-3:30pm	Canal Boat Trip £10 contribution	For those who have booked, meet at 10:30am for 11am launch. Lunch at the Hopwood House Pub around 12:30pm (carers to cover cost of lunch) and return by canal boat back to Alvechurch, 3-3:30pm	Meeting point TBA Nat to call attendees
Monday 26th 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.	Ecumenical Centre
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. Limited places	Greenview Cafe Plymouth Road B97 4PB
Tuesday 11th July 10.30-12.30pm	Creative Writing with Irene Book with Nat	If you haven't yet managed to persuade yourself to come and join us, please do! Writing is an excellent way to express yourself . We'd love to see you!	RYCE South Street B98 7DQ
Wednesdays July 10-11am	Gentle Keep Fit £3 per session No need to book	Keeping mobile is so important - it's good for your body and your brain. Come and get fitter amongst friends! No keep fit 5th July.	Ecumenical Centre 12th/19th/26th
Wednesday 12th July 11.30-1pm	Craft Group Book with Nat	All are welcome at this group - including your cared for if you feel it would be helpful to you and them. It's great to find something different to do!	Ecumenical Centre
Wednesday 19th July 10-11am	Care for Coffee? Book with Nat	Free cuppa, people to chat to, mutual support, sharing stories - what's not to like? Join us for a well-deserved break.	Aroma Coffee Shop Church Green East
Monday 24th July 12 noon	Summer Picnic at Morton Stanley Book with Nat	It's a long time since we've had a picnic! We'll hope for a lovely, sunny day and make the most of the new loos and café at the park! See you there!	Morton Stanley Park Green Lane B97 5GN

Introducing The Adventures of the Ladies of Table No. 1 (the Naughty Table)

Each month we will feature a short story by the creative, inventive mind of one our carers, Annette Stanley, who at the start of the pandemic penned her imagined adventures with close friends as the world locked down. We hope you enjoy reading these stories as much as we have. In Annette's own words; *These articles were started as a joke, just after Lockdown had been enforced throughout the world, as light relief between a group of friends...We expected the pandemic to last a few weeks—how wrong we were.*

29th March 2020, Weston Super Mare

Good morning all. What a lovely Sunday morning it is. I've had a full English with coffee and now ready to face the day. I have decided to get the car out and go for a ride so if any of you would like to join me let me know and I will pick you up. I'm definitely taking Irene but there's room for more. If too many want a trip out we could strap a few on the roof. We'll go through Bromsgrove and Droitwich, pick up the M5 over the Avon bridge and on to Weston Super Mare. We can have a paddle, go on the pier, have fish and chips and ride on the Land train.....

Oh no!!! We'll probably get picked up by the police (we could say we're on a shopping trip or going for our daily exercise) but the tide is out (no paddling), the pier is closed as is the fish restaurant and the land train can only take one passenger per carriage if the driver is prepared to drive us so SORRY, no go! However you can spend the day working or relaxing in your garden. So enjoy. Have a lovely day. Things could be worse. Love to all.

Look out for the next instalment "Our Glider" followed by a trip to "Ben Nevis" in July's newsletter