

# Carers Careline

Providing support for Carers

## Newsletter



July 2023

**It's a sad fact** that more and more often the problems of social care and its non-existent system are being pushed on to charities like Carers Careline and the voluntary sector. We're all chasing the same pockets of funding in a never-ending round of fighting for grants and searching out new funding avenues! So we're delighted to give you a quick update of some of the funding we've received in the past six months.

**We have been successful** in securing grants from Redditch Borough Council VCS Scheme and Social Prescribing grant funds. The Inner Wheel of Redditch's Kate Roberts chose to support Carers Careline during her year as president and recently presented us with a cheque for £750. We've also received generous individual donations totalling £605, plus a collection of £106 from Emmanuel Church. Also, to support our Bereavement Group, we had £300 from Redditch Round Table.

**Funding is crucial** to us keeping going, to provide phone calls, monthly newsletter, events, groups, drop-ins and to cover respite break fees. It's more a constant wrestling match than a balancing act so we're sending a huge thank you to all our friends and donors for their consistent support because, without them, we couldn't do any of it!

**Quite often we find someone** will have been caring for a long time without realising they're a carer. They will say, 'I was just looking after my mum.' Or, 'My dad needed a bit of help.' Or, 'I'm not a carer. It's my child!' Or, 'There was nobody else to help so I just started to pop in...'

Then, over weeks or months, the caring becomes more and more the thing they think of first when they wake up in the morning – '*how am I going to...*', '*what shall I do about...*', '*I really need to...*'. Their life has become the responsibility for someone else's life and all it entails – feeding, medicating, making appointments, getting to the surgery, the hospital – the list goes on.

As a carer, you soon lose sight of your own life. How do you juggle it all? How impossible is it when you have children or young adults living at home and you're racing about looking after your parents at the same time? When the person you love needs as much care and attention from you as a child would? When a person you may not even like dictates that you are obligated to look after them because they think it's your duty?

Caring is not always a matter of 'looking after loved ones', which is a phrase beloved of politicians. It's sometimes a case of 'I've got to do this because no one else will.'

**Are you still a carer** if your caree needs to go into full time care? Yes, because you'll be visiting, doing laundry, still advocating for them.

And, once you've been a carer – how do you let go? With great difficulty! Because the act of caring is so giving and often intimate, it is easy to fall into a pattern of co-dependency. It's hard to recognise and accept but it happens. Your caree is dependent upon you for care but, because your life is so restricted by the tasks you have to perform and the time it takes, over a period of time your whole life is seen by you through the prism of this caring. You forget or ignore your own welfare - you are now dependent on that caring to give you a reason to be.

**A life-after carer** told us, 'I didn't know about co-dependency until my husband died. I'd done everything to keep him at home. When he died, I looked around and it was as if all of my life before caring had disappeared. My friends were no longer around. There seemed to be no one in my corner. I had to start all over again.'

This is one of the reasons we try to get you out – to join us for a coffee, to see what you might do at the various groups – to enjoy our events. It's so good to meet other people in your situation – there is nothing like mutual support to make sure that you don't ever lose sight of yourself.

I'm **Nikki Stearman**, and I work for Worcestershire County Council as part of their Adult Learning team. My specific role is to link up with other organisations within the county and look at ways we can work together for the benefit of those residents living in our local communities.



Recently I had the fortunate opportunity to meet Erica and Becky at Carers Careline and talk through how we could indeed do this. We all agreed that whilst I could write a list of all the courses we do, in this newsletter, it may be more fun to come along and meet you, for a 'Staying Connected Chat' where we can talk about what you'd like to learn and if we don't offer that at present, I can see how we can in September.

Getting out of the house and meeting up with others for our well-being is important. I hope we get to meet at one of the following events:

Wed 19<sup>th</sup> July – Care for Coffee?  
Mon 24<sup>th</sup> July – Summer Picnic

P.S If I meet you at both, I apologise in advance for possibly repeating myself! *Nikki*



Call: 01527 66177

Twitter: @carers careline

Facebook: Carers Careline

Email: [info@carerscareline.co.uk](mailto:info@carerscareline.co.uk)

Web: [www.carerscareline.co.uk](http://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](mailto:info@carerscareline.co.uk)

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! <b>*No Keep Fit 5th or 19th July*</b>	Ecumenical Centre 12th/26th
Wednesday 12th July 11-1pm	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	Meet the team and Nikki Stearman from WCC. We'll hope for a lovely, sunny day and make the most of the café and new loos at the park!	Morton Stanley Park Green Lane B97 5GN
Monday 31st July 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
Wednesdays August 10-11am	Gentle Keep Fit £3 per session No need to book	Strength, balance and mobility are so important, join this class for some good movement work. Good for the body and the mind!	Ecumenical Centre 2nd/9th/16th/23rd/30th
Wednesday 9th August 11-1pm	Craft Group Book with Nat	You can bring the person you care for to this group if they are able - or come alone for an hour and a half of respite and develop some new skills.	Ecumenical Centre
Tuesday 15th August 10.30-12.30pm	Creative Writing with Irene Book with Nat	This group is a chance for you to express yourself and your emotions in writing - it's good for the soul! Give it a try!	RYCE South Street B98 7DQ
Wednesday 16th August 10-11am	Care for Coffee? Book with Nat	We'd love to see you at Aroma - Affy, the owner, donates this space and the coffee/tea to us each and every month and it's so good for a catch-up!	Aroma Coffee Shop Church Green East
Monday 21st August 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 23rd August 12-2pm	Pub Lunch Book with £5 refundable deposit	Join us for some pub grub and chat at the Duck Inn. Limited places.	The Duck Inn Pheasant Lane B98 7YH

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

#### Monday 4th May - Our Glider



Well folks, as some of you know Irene and I returned home late last night tired but not daunted by our adventures. We have now set ourselves quite a task. We are going to build a balsa wood plane from Magnum sticks. Val BC is constructing the tail section, Irene the wings and I'm doing the body. Being Bank Holiday weekend and in the spirit of V.E. Day we will take off on Friday morning. We are painting it blue and naming it Blue Spike as we don't want to steal the Red Arrows' thunder. We will launch from Headless Cross Water tower at daybreak so give us a wave as we fly over South Redditch, especially Matchborough.

In case you are wondering, Hazel declined our invitation as gliding is not her scene. We are using tightly wound elastic bands to drive the propeller for momentum. If your Granddad has some spare braces they might give us a better launch.

Where are we going? New Zealand with a good tail wind because they are out of lockdown but, Anne, you could look out for us in Aussie in case we're blown off course. Tickets for the launch pad can be obtained from your nearest on-line delivery service if they have a slot by Friday. Cheers from the crew XXX



### Astwood Bank Memory Café



The drop in Memory Café supporting people with memory problems and/or dementia, and their families and carers who may be in need of help and support relaunches on **Thursday 6th July!**

**We meet on the first Thursday of each month at:  
ASTWOOD BANK CLUB**  
5 Dark Lane, Astwood Bank Redditch, B96 6AS  
2pm - 4pm


The Memory Café is run by Redditch Kingfisher Rotary Club supported by local volunteers.

Come and join us for light refreshments, a chat or join in with the varied activities we have each month, such as crafts, bingo, quizzes, singing and reminiscence games. There is no charge!

For further information email:  
[hello@redditchkingfisherrotary.org](mailto:hello@redditchkingfisherrotary.org)




### Alcester Café



### Did

Supporting people with Dementia and their carers

you know there is also a memory café in Alcester?  
**Open 10:30-12:30 every Tuesday and Friday at the Eric Payne Centre. Call 01789 765971 for further info.**