

Carers Careline

Providing support for Carers

Newsletter



Well! Just as you think the world has gone to pot and there is absolutely no good news anywhere, something wonderful happens!

Donanemab - the new Alzheimer's drug, is about to change the world! Alzheimer's is no respecter of people or places – 55 million people across the world have it at this moment in time and each year sees 10 million new cases. At least half of all cases are people cared for at home – this means twenty seven and a half million carers.

At the moment, Donanemab has been proved to slow decline by up to 60% in certain patients and is hailed as a 'turning point' in treatment of the disease. This 'wonder drug' could pave the way to finding an answer and, with scientists hot on the case, could, we must hope, lead to a new understanding of all forms of dementia. So it's a huge 'HURRAH' for this massive breakthrough!

Our job is caring for the carers so we're always working on your wellbeing, in all kinds of ways. It's true to say that the Covid years have developed a certain lack of confidence in all of us. Obviously, we got so used to being told we couldn't go out, we couldn't do this, we couldn't do that, we had to sing Happy Birthday and wash our hands a hundred times a day, we dare not touch our face, our eyes, anybody else's hands, can't breathe without a mask on... it's like a nightmare to even think of it all now! But even harder to get back some of the social interactions that kept us fit and healthy.

Why not try and make yourself a fit-plan that will get you out and joining in just once a week? Have a look at our calendar and see what you could take part in, it could be a different thing every week – just for one short time of social activity. Try our Gentle Keep-Fit on Wednesdays every week. If you can't make every single week – come when you can. There's the Craft group, the Creative Writing group, Care for Coffee at Aroma, and every month we try to arrange an alternative get-together, such as a pub lunch. It's never obligatory for you to turn up every time. It's 'come when you can' but if it's something in your diary you're more likely to make it, don't forget to book!

We know it's hard to get out. But sometimes that difficulty is an emotional pull that you really would benefit from overcoming.

Come join us for a special fundraising event !

AN AFTERNOON AT THE RACES

September 20th, 1-4 pm

In partnership with Alestones

Tardebigge



Starting with 7 standard races with a minimum bet of £1, max £5, with a final "Big Finish" Race - £5 a bet. For £10 you can buy a race, name it and all the runners. For example: "The Mane Event" - with runners such as Carney's Colt, Hurricane Howes, Di Meo's Delight! If you would like to buy a race please let us know at least a week in advance of the event so we can generate your personalised race card. 75% of winning from all bets placed will go to each of the 8 race winners, 25% will go to Carers Careline.

As with all our groups and events please make sure you book with one of the team so that we can stay in touch should we have to make any changes.



We had to cancel our picnic in July because of the awful weather. It's difficult to plan outdoor events so far ahead however we'd still love to get together for some fresh air in the park with you whilst summer is here!

The team have decided to go on weather watch each week for the next month and if it looks like we're going to get a good day we will call (in advance) those carers who were originally coming to the picnic or had shown an interest—please let the office know if you'd also be interested and we will add you to our call list.



Did you know? The council are running lots of different Walking Football, Walking Touch Rugby and Walking Cricket groups, plus a Walking Netball session, at the Abbey Stadium. All the sessions are free. Ring Hayley Gwilliam, RBC Physical Activity Development Officer, who can give you all the details, on 01527 881404 or go to redditchbc.gov.uk and search for what you're interested in. There are groups for men and for women.



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 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 a couple of hours 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 a catch-up! Fully booked—let us know if you want to be added to the waiting list	The Duck Inn Pheasant Lane B98 7YH
Wednesdays September 10-11am	Gentle Keep Fit £3 per session No need to book	Invest in your own well-being by coming to the group. You're welcome to bring friends who aren't registered with us.	Ecumenical Centre 6th/13th/20th/27th
Wednesday 6th September 11-1pm	Craft Group Book with Nat	Spend a couple of hours crafting with Angie and enjoy the company and chat. Carers and cared for are welcome to join the group.	Ecumenical Centre
Wednesday 13th September 10-11am	Care for Coffee? Book with Nat	Another month, another free cuppa! Lots of chat and a good catch-up. Come meet the team and other carers for mutual support.	Aroma Coffee Shop Church Green East
Tuesday 19th September 10.30-12.30pm	Creative Writing with Irene Book with Nat	Always welcoming of new members—or even old members who haven't been for ages! We'd love to see you—everybody makes a difference.	RYCE South Street B98 7DQ
Wednesday 20th September 1-4pm	Afternoon at the Races Book with £5 refundable deposit	Join us at Alestones, a family run micro pub in the Tardebigge court, Unit 23, for an afternoon of fun at the interactive races. Place your bets!	Alestones Tardebigge Court B97 6QW

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



Ben Nevis
Sunday 5th May 2020

Hi all, thank you for all your replies to last week's adventure with Irene, who rang on Monday to say how much she had enjoyed Weston-super-Mare but was suffering from sun-burn and could we go further afield and somewhere cooler like Scotland this Sunday. I said no way was I driving that far in a day so we decided on a weekender. At this point, may I diverse to say none of my male Facebook friends replied – don't they like female drivers?

Anyway this post comes to you from the top of Ben Nevis where Irene and I have just had a bacon sarnie and are now ready for our return journey. We did get delayed yesterday as I had to wait for my weekly food delivery and Harry Potter's invisibility cloak which had helped us jump the testing station queues. We reached Scotland OK but were slightly delayed at Gretna Green by two odd men wearing kilts who were looking for English ladies to wed over the anvil. We said "No Way". Go find some wee girlies who understand your language to go *averring* with.

We did ask Hazel and Val BC to join us but they were a bit miffed at not going to Weston-super-Mare and decided to go off to Weymouth today via two old skateboards found in Val's shed. We hope to be home for tea as it's quicker coming down country.

Love to you all and all being well we will be home for tea.



!!!!!!!!!!!!!! This tip from a pharmacist may change your life! If you've got pills to take: small round pills, take some water in your mouth and tip your head back to swallow. Large capsule shaped pills, take some water in your mouth and lean your head forward towards your chest to swallow. Trust us! This works every single time – it's like a bit of magic nobody ever told anybody!!!!!!!!!!!!!!

escape pain

Do you have knee or hip pain?

Join our ESCAPE-pain class, meet other people living with osteoarthritis and learn:

- Information and simple ways to better manage knee and hip pain.
- A gentle, individualised exercise programme that matches your needs and pace

Class details

Venue: The Abbey Stadium, Redditch.
Day/ Dates: Wednesdays and Fridays
Time: 11am to 12pm (total 1 hour)
Starting: Wednesday 13th September

How do I sign up?

First, make sure that you can attend twice a week on the days stated. Evidence is based on attending every session. Complete a registration form on the RBC webpage: ESCAPE-pain-redditchbc.gov.uk Or call Hayley on 01527 881404



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