

# Carers Careline

Providing support for unpaid carers

## NEWSLETTER



SEPTEMBER 2023

**As we well know** 'to everything there is a season'. Who can believe that September has come round again already? The summer seems to have passed us by - except for gardens growing like jungles because of all the rain - but no doubt the minute the children go back to school the rain will stop and the sun will come out!

**Autumn is the season of our AGM** – so please put the date into your diaries and come if you possibly can. It's always a well attended event and it is, of course, your opportunity to have a say in what we do and how we do it! Plus the chance to catch up with everyone you may not have seen since the last AGM!

**The date is Wednesday 22nd November** from 11:00am onwards and we'll be providing lunch as usual; after the success of last year's hot lunch provided by the team at the Ecumenical Centre we have asked them to cook for us again. We'll be looking forward to seeing as many of you as possible. Don't forget to book with one of the team if you think you're going to make it, we'll need numbers as early as possible for catering purposes.

**We're hoping that the Afternoon at the Races** on September 20th will be another successful event with lots of you joining us. We've had some race buyers already – if you'd like to sponsor a race, name it and all the runners, please let us know as soon as you can. 75% of all bets placed will go to each of the 8 race winners, 25% will go to Carers Careline, so this is a fund-raising event with a difference! We don't think it's been done before so – get adventurous and come join in! More details on the calendar overleaf.



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### !!!!!! OFFICE CLOSURE !!!!!!

PLEASE BE AWARE THAT AS USUAL, AFTER A BANK HOLIDAY, THE OFFICE WILL BE CLOSED THE NEXT DAY, TUESDAY AUGUST 29TH. AS WE ARE ONLY A SMALL TEAM OF 3 ALL WITH CHILDREN AND IT BEING THE KIDS' SUMMER HOLIDAYS, THE OFFICE WILL ALSO BE CLOSED WEDNESDAY 30TH AUGUST AND TUESDAY 5TH SEPTEMBER SO THERE WILL BE NO DROP-IN SESSIONS ON THESE DAYS. IT'LL PROVIDE THE STAFF SOME QUALITY FAMILY TIME WITH THEIR 'LITTLE TREASURES' AND A WELL DESERVED BREAK, AS WE ARE SURE YOU WILL AGREE.

KEEP FIT SESSION 30TH AUGUST WILL GO AHEAD AS USUAL.

**Talking of breaks...**there is still time this year for you to have a 2-night break with our respite partners, Carefree. You can take a free break once a year. You will have plenty of choice of where to go and which hotel to stay at. You can take a friend or family member, it's all free (other than meals although breakfast is usually included) and, best of all, it is a complete and welcome break from everything at home.

**Carer H** went to the Moxy Marriot Hotel in Slough with her sister for two nights. On arrival they were given a voucher for a free drink, shared a beautiful en-suite room and enjoyed free Continental breakfasts on both mornings. They had a lovely time exploring the shops and the famous old railway station. The staff were absolutely brilliant and accommodating; they were originally offered a third floor room but as her sister can't do lifts the staff happily re-assigned them to a ground floor room. It was all spotlessly clean and they couldn't have asked for a better hotel. We're quoting a text to the staff team from H because, really, it just says it all:

H: Thanks for arranging my break.  
It's great. I'm on the Bailey's! xx

CC: Enjoy!  
Bailey's...yum!  
But we thought you didn't drink...ever?x 🤔

H: Not a carer for 2 days! 🙄

**We are so pleased** for Carer H. Taking some time out to do something for herself and, dare we say, letting her hair down! We hope that we can facilitate many more of these breaks for our carers through Carefree's fabulous hotel stays. Just give us a ring and we can get the process started.



## Carefree



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



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.	Ecumenical Centre 6th/13th/20th No keep fit on 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.	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
Monday 25th September 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
Wednesdays October 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 4th/11th/18th/25th
Wednesday 4th October 11-1pm	Craft Group Book with Nat	Lots of creative tasks as well as coffee, chat and get-together, are on offer at this group and it is organised so that you can bring the person you care for.	Ecumenical Centre
Wednesday 11th October 10-11am	Care for Coffee? Book with Nat	We'd be pleased to see you for a chat and a catch-up. Drinks are free and we are always grateful to Affy for offering us this monthly space to get together.	Aroma Coffee Shop Church Green East
Wednesday 18th October 12.30-3.00pm	Fancy a Film? Book with Nat	Join us at Haywood Lodge's very own cinema room for an afternoon at the movies. And if you have time, stay and be taken care of by Haywood Lodge's team for Tea at 3.	Haywood Lodge Mappleborough B80 7DG
Tuesday 24th October 10.30-12.30pm	Creative Writing with Irene Book with Nat	We'd love to see you at Ryce for the writing class. All you need is a notebook, a pen, and an open mind. It's not about being a brilliant writer, it's about finding out how to express yourself and your thoughts and feelings.	RYCE South Street B98 7DQ

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



**VE Day Anniversary**

**Friday 9th May 2020**

Happy VE Day Anniversary to you all from the crew somewhere in the cloud. It has been a difficult week. Irene, bless her, has worked her little socks off to finish the wings on time. We did have trouble with Val who refused to be a tail-ender unless we let her wing walk across Europe. We gave in to her request but banned table dancing or the singing of the Funky Chicken. Hazel couldn't decide between a VE street party or risking reaching OZ by accident thus visiting her brother. In the end she has decided to do both. Letting us take off without her she is going to catch the first Albatross from the bus stop near her house. We warned her she may have to wait a long time but then maybe two will come at once so if she ties them together with Alfie's lead she'll have more speed and catch us up quicker. It was a good take off and we appreciate the Matchborough waves from up up and away. Be good, stay safe. We'll meet again...

ideal carehomes

Haywood Lodge Care Home

Redditch

Please come and join us For Tea At 3

Every Wednesday



Join the Haywood Lodge team every Wednesday for free cup of tea and cake.

Call 01527 396940 to let them know you're coming.