

Carers Careline

Providing support for Carers

Newsletter



November 2023

After trying to encourage everybody to get outside for a walk, however short, last month, we're now at the point of trying to arrange some inside warm and friendly activities that we can tempt you with before winter sets in. The team are looking forward to seeing those of you who have booked to attend our AGM on 22nd November and as you are already aware The Ecumenical Centre hospitality team will be cooking and hot lunch and pudding.

Starting on the first day of the month, Angie, our Arts and Crafts Volunteer – has had a brilliant idea for making Christmas gifts and/or decorations. Instead of doing one session in November, she's going to run three so that everybody can get involved in doing a longer project. The sessions will be on 1st, 15th and 29th, from 11am in the Ecumenical Centre, and will involve Christmas wreath-making (see photo below) plus other Christmas themed crafting.



Remember – you can bring the person you care for to these sessions as well, so please think about coming along and enjoying yourselves in some creative ways. The more the merrier, as we well know so, please, let us know if you think you'd like to join in.

And talking of Christmas, we have booked the Archers at HoW College in the centre of Redditch for Christmas lunch on the 6th December. Don't forget to book with one of the team, places are limited and we do require payment of the full amount of £16.50 to secure your place. And if you can't make it on the 6th, we have a Christmas coffee afternoon planned for the 11th December with warm mince pies, Christmas quiz and raffle.

Everybody sometimes needs to get off the roller coaster of life and take a step back in order to see the big picture. This is why we try to get you out and connecting with others. So, even if, in your caring life, the things or events we offer seem to be small or trivial or unimportant, try to see them as opportunities to leave some of the stress and aloneness to one side.

These small opportunities, even chatting to someone we don't know in a the lift, without us noticing, help us to build emotional strength and energy. And those small bits of strength and energy teach us to trust ourselves to handle life's challenges and remember that we don't always have to do it all alone. Every connection builds a bit more resilience.

The staff team have been out and about in the community building connections and exploring opportunities. We recently met the with team over at Millcroft Care Home who, like their sister care home, Haywood Lodge, have been working hard to offer members of our local community warm spaces and places to meet, especially for the over 65's.

We thought we'd share with you some of the fantastic activities and events both homes are running in the next few months for those over 65. There are other activities and events including yoga and exercise, a kids' weekend cinema club, parents' and tots' group and blue light breakfasts too. These are run completely free of charge for anyone who'd like to attend. We already have a number of our carers, and those they care for, who have taken up these opportunities. You can book on to these events for free by calling the telephone numbers below.



MILLCROFT: 01527 433384

EVERY WEDNESDAY:	CHATTY CAFÉ	10:30AM
FIRST FRIDAY OF THE MONTH:	FISH AND CHIP LUNCH	12:30PM
EVERY OTHER WEDNESDAY:	LADIES' CLUB—BINGO AND WINE	3:30PM
OR	MEN'S CLUB—POKER & BEER	3:30PM

HAYWOOD LODGE: 01527 911005

EVERY WEDNESDAY:	TEA AT 3—TEA AND CAKE	3:00PM
EVERY THURSDAY:	"COME DINE WITH US" LUNCH	12:30PM

It's Carers' Rights Day on Thursday, November 23rd. This is a national campaign that brings organisations, such as Carers Careline, together to help unpaid carers know their rights and find out how to get the support they are entitled to. You can find a lot more information about this and other rights that you have at the website of Carers UK (www.carersuk.org)

One of those rights, which you may be unaware of, is that if you are over 16 you are eligible as a main carer for someone at risk of Covid19, for a booster vaccine which is now available. Go to your NHS app, or ring your surgery, to find your nearest vaccination centre.



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 November 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. No keep fit 22nd.	Ecumenical Centre 1st/8th/15th/29th
Wednesday 1st/15th/29th November 11-1pm	Craft Group Book with one of the team	3 sessions in November dedicated to Christmas crafting with Angie. Carers and cared for are welcome to join the group.	Ecumenical Centre
Wednesday 8th November 10-11am	Care for Coffee? Book with Nat	Join us at Aroma for a free drink and a chat. Just coming for a catch-up can make all the difference to your day and we'd love to see you.	Aroma Coffee Shop Church Green East
Tuesday 21st November 10.30-12.30pm	Creative Writing with Irene Book with one of the team	Give yourself a break and join us at the writing group. You don't have to be a budding Shakespeare. It's all about finding a new way to express your thoughts and feelings.	RYCE South Street B98 7DQ
Wednesday 22nd November 11am	AGM Book with	We would love to... Fully booked—let us know if you'd like to join the waiting list ...and to pitch your ideas.	Ecumenical Centre
Monday 27th November 2-3.30pm	Bereavement Group Book with one of the team	Our qualified counsellor, Sarah, is here to lead the group to share their anxieties and feelings about bereavement. All who are bereaved are welcome.	Redi Centre 54 South Street B98 7DQ
Wednesday 6th December 12.30-2.30pm	Christmas Lunch Limited places Book with one of the team	Join us for a festive 3 course lunch with coffee and tea included prepared and served by the local college. What a nice way to start December!	Archers HoW College Peakman Street
Wednesdays December 10-11am	Gentle Keep Fit £3 per session No need to book	Come and get as fit as you can for the festive season. It all helps with your strength and your mobility - and your New Year resolution can be to come back in January!	Ecumenical Centre 6th/13th
Monday 11th December 12.30-2pm	Christmas Coffee Afternoon Book with one of the team	Good fun to be had by all at our festive afternoon with mince pies, a quiz and lots of fun. Please let us know you'll be there!	Ecumenical Centre

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

Saturday 16th May 2020—DOVER AND BEYOND

PROBLEMATIC JOURNEY

Hi all, I knew this was going to be a problematic week with 'my ladies'.

Hazel met a swag man. She tells me he is very jolly, wearing shorts showing lovely, brown tanned legs with no tattoos. He has a very soft beard which she can twiddle. After finishing the second bottle of wine and in spite of my warning she told him her name was Matilda. She said it was to protect her real identity but it does mean he took her off waltzing in the outback. Alfie found a kangaroo he thought was her lost Joey and let him get into her pouch. They are now jumping ahead. Hazel sounds very happy and it will keep her happy until we all reach Australia, which will be some time yet if my two companions have their way.

Irene, being rather hot over the Med, asked if we could return to breezy Blackpool and host a large tea-dance/rave in the Tower Ballroom. I reminded her of social distancing and promised she could take up scuba diving to cool down when we reach NZ. Joan heard of my dilemma and offered us the full diving equipment which is in her garage and suggested she became our technical advisor – one more problem as her ideas are risky to say the least. Irene does fancy donning flippers and waving her legs about. Problem solved.

Val, who has spent the last 24 hours singing along with Sammy Davies Jnr, decided on his 'I've Gotta Be Me' as her theme song, playing it down the phone into my ear.

I agree it fits her well! Then we saw a rainbow and Val fancied going over it to find the Tin Man, leaving the Scarecrow for Irene. I need the Wizard to help me with them both. We noted in passing that Italy is still kicking Sicily into the Mediterranean Sea. Then Val insisted on checking out the Real Marigold Hotel as she fancies spending her retirement there. The Hotel is fine but the area's hot, dusty and crowded – not for me or Irene. We did buy some lovely Kaftans and met up with some Celebs.



Val's next request was to stop off in Thailand to find some monks to play their bells for her and whom she could then pat on their bald heads to say, 'Thank you. Well done.' She also hopes to find a little Buddha to call her own, stressing she did say 'Buddha', not 'little b....' (that word was lost in the wind).

Irene is still over-heating so landing in Thailand meant we could engage some Sherpas to help drag the glider to the top of the Himalayas for take off and where Irene found plenty of snow to roll around in and cool off. Val hates lockdown so prefers to stay out on the wing. Irene is cooler in the night air. Tired from their exploits, both had a nap so I just nipped home, on the back of a flying elephant who made friends with my 30 or so elephant collection, while I painted another fence panel and mowed the lawn. We are now back on course. Until next week, STAY ALERT – the world needs Lerts.