

Carers Careline

Providing support for Carers

Newsletter



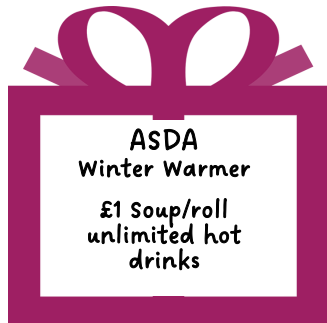
December 2023

With this December edition, we are sending our love and Christmas greetings to all. We know it's always a difficult time for carers so we have rounded up twelve 'gifts' below, that we hope will help to get you through.

We want to say thank you to all who came to the AGM (report enclosed) – and a special thank you to Sharon, the Hospitality Manager at the Ecumenical Centre, and her volunteers Lynne who provided the scones and Dave who volunteered in

the kitchen – for the cooked meal they made for us. And, with that hot lunch in mind, you may like to know that we're in the throes of organising another Winter Warmer lunch event with Millcroft Care Home in February – watch this space!

And a big thank you and goodbye to Jenny and Jim who, after many years supporting the organisation, are stepping away from their volunteering role. We are very grateful for their support over the years.



Asda Winter Warmer in the café rolls out until the end of February and is offered alongside their 'kids eat for £1 offer'. Haywood Lodge Care home is still offering free tea and cake every Wednesday at 3 pm, as well as their Thursday 'Come dine with us' lunches at 12.30. Millcroft will still be offering their Fish and Chip Friday, 1st Friday of the month, Chatty Café and the Ladies' and Gents' clubs plus many more events and activities. For over 65s who are in need of support over Christmas, Haywood Lodge are also giving out food hampers and both Millcroft and Haywood Lodge are offering anyone who will be alone a lovely Christmas dinner in a nice warm, safe place with lots of festive activities. If you would like a hamper or a free dinner call them - hampers and dinners may be subject to availability based on demand. You can also let any friends who are in this position know.



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



Of course, the Christmas season with all its festivities can be very painful when you're caring for someone else and every day is just another day in the battle. It can feel very unfair. But there's no celestial rule saying that life has to be fair. Life is beautiful and impossible all at the same time, all swirling together – there is no ideal. One thing we have learned – especially since the advent of the home computer – is that almost everything will work again if you just unplug it and blow the dust off the plug.

This applies to people, just as much as to gadgets. If you're feeling disgruntled, cross, worn out, taken for granted, a bit grubby – why not try taking your own plug out for a bit, dust it off, and see how you get on when you plug back in? A short break – even a ten minute walk in the fresh air – can have a great effect on the emotions. A cup of tea with someone, a chat on the phone, just a stroll to the shops, can make all the difference to your day. It can give you the surge – the resilience – you need to keep you going.

And before the new year arrives, why not get yourself a plan together to take advantage of our two-night free breaks with our partners, Carefree? This short respite would be something really effective to aim for. You can take a friend or family member with you (not the person you care for). You can choose where you want to go. Most of the hotels provide free breakfasts on both days. We would really like more people to engage with this offer – it might seem a bit scary but why not feel the fear and do it anyway? You need to find someone who will take over your caring duties for the two nights, and organise your transport. The rest is done by us and all it takes is a phone call to our office to get the ball rolling. Plug out, blow the cobwebs away, plug back in. Job done!

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

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| 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 |

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| Office closed from 18th December 2024 until 2nd January 2024 | If you need advice or support over the Christmas period please call Worcestershire Association of Carers—0300 0124272 |
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| Wednesdays January 10-11am | Gentle Keep Fit £3 per session No need to book | Was your New Year resolution to keep fit? Then join Sue for some gentle physical activity that will help to increase your strength and mobility. | Ecumenical Centre 3rd/10th/17th/24th/31st |
| Tuesday 9th January 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 |
| Monday 15th January 12:-30-2pm | History of Redditch Book with one of the team | Talk by Redditch Local History Society – do you remember the winter of 1962/63 when the whole of the country was totally snow-bound? Join us for this presentation showing you how Redditch, before the new town, fared with all the blocked roads and no transport! | Haywood Lodge Warwick Highway Studley B80 7DG |
| Wednesday 17th January 10 -11pm | Care for Coffee Book with one of the team | Affy and his team are happy to welcome us back for our monthly complimentary drinks at Aroma. Please support this group whenever you can because it's their way of supporting the caring community. | Aroma Church Green East B98 8BP |
| Wednesday 24th January 11-1pm | Craft Group Book with one of the team | Our crafting group, led by Angie, has lots of inspiration and different crafts for you to enjoy. It keeps your brain and your hands working and helps you to escape for a while. | Ecumenical Centre |
| Monday 29th January 2-3.30pm | Bereavement Group Book with one of the team | Sarah, one of our professional counsellors, runs this group to help people to negotiate the conflicting emotions of grief and help them to find a new way of being after their loss. The group is open to anyone in Redditch, not just our registered carers. | RYCE South Street B98 7DQ |

...Annette and her Ladies from the Naughty Table will be back in the new year!!