

Carers Careline

Providing support for Carers

Newsletter

2024
HAPPY NEW YEAR

January 2024

Welcome back after the Christmas break and greetings from us all for the New Year. It's hard to believe that it's now 2024 – and almost a quarter of the way into the 21st century!

Do you remember when we were in lockdown for most of 2020 and parts of 2021? When we couldn't wait for life to 'get back to normal'. Well, it is back to normal now. Of course, we always knew that it would be a 'new' normal and sometimes that feels quite hard to get to grips with!

In a way, the pandemic drew a line between what happened before it and what is happening after it. It caused an absolute avalanche of change in daily living—the increase in the cost of living has compounded this change.

Four years ago carers who may have been able to take advantage of joining in with our groups and trips find themselves further along their caring journey and no longer free enough to take up these types of offerings. The pandemic, in its aftermath has made some carers much more careful and considered about going out in order to shield both the person they care for and themselves.

This is an understandable leftover from the 'stay home, stay safe' and 'stay two metres apart' mindset that was drilled into us by the government. This has resulted in far fewer people wanting to drop-in or being able to plan in taking part in groups, trips or events that we've set up.

A lot has changed. This evolution means that we must continue to explore how to meet current carers' needs. We must focus on our aims as a charity to promote the health, mental and emotional well-being of adult unpaid carers and by definition our services and activities need to reflect this.

Our Telephone, Email and Text Support Service remains our key service with texting becoming a very popular way to connect with and check on our carers to make sure they are ok. If you'd like to register for this support service please let one of the team know in the office and we'll add you to our list of regular calls/texts - whichever you prefer.

Our Support Groups still offer an outlet for some. If you can possibly join a group, please do! You don't have to make it to every meeting, just the ones you can.

Our Form Filling Service, offering application assistance with Carers Allowance, Attendance Allowance, PIP, Blue Badge and DLA, has grown by 44% in the last year. Call the office for an appointment if you'd like assistance with any of these forms.

If you need additional support our Counselling Service offers immediate referral to a qualified counsellor. We offer 8 fully funded sessions.

Don't forget Carefree! We can refer you and assist in booking a free 1-2 night hotel break. Call us if you'd like to talk about taking a respite break.

We know our resources and, by extension, our services are limited, as are our finances - competition for funding is tough. However we will continue, where we can, to work towards adapting our services to meet your needs. This is why our small team have been working hard to network, making connections in the community to find aligned organisations we can signpost carers to - qualified organisations who offer services outside our remit which might further meet their needs benefitting individual carers and those they care for.



Carers Careline has always endeavoured, and always intends, to shine some little light into the lives of our carers. Therefore, we will continue throughout 2024 to keep our quarterly events open for both carers and cared for. We will hold breakfasts, lunches and trips alongside our support groups and maintain our connections through telephone support and the newsletter. We truly hope that you will enter the New Year knowing that we are here for you and that our raison d'être is to be caring for the carers.



After the very positive feedback we received for the NHS Health Van team who popped in to see our carers at our Christmas Coffee Afternoon, the team have agreed to come back and join us at the next couple of events we will be holding in January/February. The Worcestershire roving Health Van team offer free NHS Health Checks, GP registration and advice and will be there to provide further personalised medical help and advice to anyone who would like to ask questions about their health, including checking blood pressure, cholesterol and pre-diabetes screening.

They will join us at Haywood Lodge Care Home, 15th January, where we will be holding a History of Redditch Talk and at Millcroft Care Home, 5th February, where our Winter Warmer will be hosted.

If you have any questions about the NHS Health Van and what they do please give us a call or join us at one of the events to take up the opportunity to have a chat about your health.



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 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 (REDI Centre) South Street B98 7DQ
Monday 15th January 12:30-2pm	History of Redditch Book with one of the team by 11th Jan	Talk by Redditch Local History Society – watch their presentation on how Redditch fared with all the snow blocked roads and no transport in the winter of 1962/63.	Haywood Lodge Warwick Highway 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. Carer and cared for both welcome.	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.	RYCE (REDI Centre) South Street B98 7DQ
Monday 5th February 12-2pm	Winter Warmer Book with one of the team by 29th Jan to secure a place	Join us at Millcroft Care Home. They will be hosting our Winter Warmer this year, treating us to a lovely hot lunch. As with all events, carer and cared for are both welcome.	Millcroft Care Home Alfrick House B97 6RU

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

NEW ZEALAND



When we were about to leave Thailand Val asked to reverse our trip and return to Ma-Ku-La in the Himalayas. I pointed out the distance but she insisted that the mountain range should not be missed. I, as pilot in chief, said if we are going backwards then we would go in a round circle and visit my nephew in Israel and go to my Great Niece's birthday party.

Flying over Jerusalem we saw a small number of wailers at the Wall. They were distancing but when they realised we were over head they pointed to the sky and smiled so we must have lifted their spirits for a brief moment. I had originally missed out China as that was where the pandemic started but decided it would be a pity for Val and Irene to miss seeing the Great Wall and it would give me an opportunity to play with the pandas.

Flying over the Philippines, Indonesia and Australia, we arrived at New Zealand remembering that was our first-choice destination because they were the first to come out of lock-down. It was a bit of a crash landing as we missed the runway. World news reported a small earthquake. Actually it was us knocking out the Arrivals Lounge and a scrum of Hakas, there to welcome tourists. They went down like tenpins. We re-stacked them, apologised to the big chief and explained that this was the highlight of Val's trip. We told him she had practised and now could hold her own with the best of them. They gave her the skirt and the full kit with make-up. In her words she was "Well Fit". When you next meet up you must ask her for a demonstration. Hazel who was waiting for us said she wanted a Haka of her own but we pointed out she had the swag man and Irene and I left them to argue it out.

I had mailed ahead and hired a quad bike each with camping gear to spend the week touring the lovely scenery where plains suddenly give way to gorgeous mountains. I'm afraid the cooking on the camp fire left a lot to be desired. The supper bangers and mash had more ash than mash.

But when we visited Geraldine and Kate's Aunt Joyce, Marilyn's cousin and Audrey's sister in law they all fed us. Irene managed a session of water-skiing. Joan's diving kit had arrived so she is going to scuba dive across Australia. That left the question of how Val and I are getting there. Val does not want to meet Daddy shark, shark, Mommy shark, shark or even Baby shark, shark, so as we couldn't find Captain Nemo to hitch a lift with, our technical adviser Joan designed our own submarine. Using a garden dustbin type rubbish burner with an outlet pipe we added another pipe putting a bend in it to act as a periscope/breathing tube. We're trying to rope each handle which Irene will then tie around her waist and tow us. With Val and I inside it's a bit of a squash but Val has lost a lot of weight so we should just about have enough room if we don't wriggle about. As Hazel made her own way from Australia, we didn't ask how, but she doesn't like going on or under water we are leaving her to find her own way back there. We have arranged to meet near to the Sydney Opera House on Sunday. Although things are easing back home, we are not coming home for a little while yet. We have big plans. LOL x