

Carers Careline

providing support for unpaid carers

Newsletter



August 2024

Last week we went back to the Verraco Lounge where they presented us with £872 raised by their team to go towards the cost of our Carer Respite service. The Verraco Lounge in Bromsgrove, which is part of the Lounges Group, run charity events every six months and this time the team unanimously nominated Carers Careline to be the charity they wanted to fundraise for across the month of June, in what they call "LoungeAid".



Left to right: Becky (Services Manager), Nat (Services Administrator) Kaie, Ashleigh and Tim—Verraco Lounge, Erica (Chief Officer)

Tim, General Manager of the Verraco Lounge said, "It was a no brainer to choose Carers Careline". In 2006 Tim's mum registered with Carers Careline and was supported for many years through her own caring journey. Another member of the Verraco team is currently a carer for her mum and has first-hand experience of the many challenges unpaid carers face.

The target was initially to raise £500 from bake sales, quizzes and a day long fun day with a Disney Princess breakfast in the morning and "pie-ing" the management team in the afternoon. But the Verraco Lounge team surpassed this by another £372!

We want to say a big thank you to Tim, Kaie, Ashleigh and the rest of the Verraco team. The amount of effort and energy that went into a month's worth of fundraising activities has blown us away and we are very lucky to be supported by such a great team!

And the giving doesn't stop there!

The Emmanuel Church congregation has been collecting donations as part of their retiring collection and Carers Careline have been one of the three charitable organisations based in the Ecumenical Centre, where the church is located, to have benefitted from this generosity. We were presented with just over £100 to support the services we provide to our carers. We are very grateful for their support.

Last month we told you this scheme had been extended and that we were able to refer carers directly to Age UK.



Following on from this we have been proactively making calls to carers who are registered with us to refer them to Age UK to see if they would be eligible for one or more of

the £75 vouchers which are provided by the Worcestershire Advice Network in conjunction with the Household Support Fund. To date we have had feedback from 32 carers we referred who have received an incredible combined total of £5325. If you would like to be referred please let us know. Alternatively you can call Age UK directly on 0330 1647006. Eligibility criteria include: being a carer for someone over age of 18; being a state pensioner; suffering with a disability or long-term health condition. Your household income must be below £1600 a month for individuals and £2600 for couples. Don't forget we really appreciate hearing back from you on any of your success stories! One of our carers has used the money she received to pay for a gardener and is saving the rest for a couple more gardener sessions later on in the year. She told us, "I was so chuffed how quickly the money came. My husband and I have never been in the position to receive money for doing nothing!"



We wanted to make you aware of another charitable organisation in Redditch.

Acts of Kindness help those who are in need, hardship or distress in the local community. Not only do they deliver the Food Bank service in Redditch for those in crisis but also can help with other household items including white goods, beds, mattresses, even carpet. If you find yourself in a position where you think they may be able to help in supporting you please contact us and we can refer you based on your need.

Carefree Since we started our Community Partnership with Carefree 2 years ago we have referred 15 carers.

12 breaks have been booked so far with a total value of £3300. The latest carer to go, who went on her 3rd annual break said, "The break gave me the chance to totally relax with a friend and enjoy time for myself without anyone relying on me. I came home feeling more positive and ready to resume my caring role." Another carer has said of their break "Superb hotel & facilities. I felt like me again. The real me, not a carer. Wonderful experience. Thoroughly spoilt...I'm very blessed to have had this opportunity." If you would like to find out more about the breaks Carers Careline can offer you through Carefree give the office a call on 01527 66177.

Short breaks for unpaid carers



Don't forget to let us know if you would like to join our new WhatsApp Group - Carers Connect.

We're still hoping to go live in September to bring you the latest, most up-to-date, information on what's going on in the community.



Drop-In: Monday-Wednesday 10.30am-12.30pm
Room 1, Ecumenical Centre
Evesham Walk
Redditch, B97 4EX
Call: 01527 66177 Mon-Thurs 10-1.30pm

Email: info@carerscareline.co.uk
Web: www.carerscareline.co.uk
Facebook: carers careline
Instagram: carerscareline
Twitter: @carers careline





The caring journey

This is an encouragement for how not to give up when the going gets tough – and, let's face it, the going is 99% tough when you're a carer! In a nutshell, it's hope and resilience that gets us through.

To find hope we have to make ourselves focus on all the small things that go right and try to close our eyes to the things that go wrong. We have to stop our minds imagining the worst and imagine the best. Even if that best is only in our heads, it makes the going easier.

Resilience is worked at in small bites. Every single social activity or event we take part in, adds to it. Just to have that feeling of not being alone in our situation – even if it's only for a cup of coffee once a month – is what makes us feel part of the world outside the four walls.

One of the very best things we can do to build more resilience is take up a hobby. It sounds like a cliché but it's as true now as it was when we were young. The purpose of a hobby is to make us happy. It's like all the playing we did when we were kids, learning to ride our bikes or master the skipping rope. It's something we do by ourselves, for ourselves, that gains an importance for us.

We need to just alight upon something that we'd love to learn to do – learn a language, painting, crafting, writing, gardening, baking, building things with Lego, juggling – any single thing that takes our fancy. Then as we pick it up, practise it, learn more about it, get absorbed in it – try to get better at it – no matter how short the times are that we can engage with it – it slowly but surely can change our lives.

We can learn how to do anything now if we've got a tablet or a laptop. It's really all there is to know about 'life-long learning' which is proved to keep brains going and make health and mood better. We need to change our mindset from the objective of learning something being 'to produce something perfect' and understand it's the process that's important – being so interested in doing it that we forget the world beyond for a while no matter how the end product turns out.

Learning whatever skill it is gives new meaning to our lives. And as we become better and better we will be giving ourselves positive feedback. We will feel heartfelt joy because we've managed – for instance - to juggle three balls for five minutes without dropping them – and that joy is exactly what is going to build resilience, give us hope, and get us through.

Try it.

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



Los Angeles

Leaving the 17-mile Drive, we headed for Los Angeles. We knew when we were there when we saw the Hollywood sign on the hill above the city. We climbed the hikers' trail up to the Griffith's Observatory – a wonderful place for followers of the Universe.

We then headed for Grauman's Chinese Theatre. Parking our rickshaws near the Stage Door, we went through the magnificently decorated auditorium where the ceiling and general décor is breathtaking. Outside, on the pavement, film stars have signed their names, hands and feet in concrete – Judy Garland, Clark Gable, Marilyn Monroe, Jane Russell, Roy Rogers and Trigger, Abbot and Costello, Ginger Rogers, Fred Astaire, Kirk Douglas – and many, many more. Seeing a wet patch of concrete with tape around it we broke through the tape to the awesome cheers of the crowd. There is now a slab which reads 'The Ladies of the Table No 1 (the Naughty Table)' with three sets of hand and footprints.

Unfortunately the workmen did not appreciate our handiwork and were a little upset when they came back from their coffee break to find their smooth road repair had been damaged, but Hazel and her hugs persuaded them to leave it alone. We explained who we are and assured them that we would be as well known as The Calendar Girls one day. They rushed into the next building, which is Madam Tussaud's, and told them we were outside. The staff rushed out with tubs of hot wax and we posed for our images to be sculptured. Taken outside we had photos taken with John Travolta in the car from Grease and also sitting with ET on his bicycle.

Walking the Hollywood Walk of Fame we had picked up many fans who had heard we were Celebs. We spent time searching and reading the well known names, each having their own star set into the pavement – ours is due to be put there when our film is released!

Next, we went to the Hollywood Bowl. There were not too many tourists there to watch our stage performance, our all-singing, all-dancing comedy act. We had to assure them that we were not the Andrew Sisters but they clapped and left

in our sun hats. As time was running out, I suggested we made our way to Rodeo Drive.

Here we found over two miles of great shopping. Chanel, Tiffany, Gucci, Dior, Armani, Versace, Jimmy Choo, etc. I spotted a credit card on the sidewalk. Picking it up, I realised it belonged to Richard Gere. 'Come on, girls! We're off to shop with Julia Roberts in her little corner shop.' My! Didn't we shop! With such a contact the staff were more than helpful and we are now Three Pretty Women!

Next, we visited the Laugh Factory, to stock up on laughs with which to amuse our friends. YOU! We took the Beverley Hills Trolley Tour. This certainly is millionaire territory. Wearing our new evening gowns and accessories, we finished our day at the Roxy Theatre Night Club. Great food and champers. As it was Oscars Night we walked the red carpet together, waving to the crowds and the Bodyguard escorted us all in. We won the Greatest Achievements Award but as they hadn't allowed for us making an appearance they ran out of small Oscars and so presented us with the huge ones which adorn the red carpet. Our neighbours will adore our new garden ornaments when we get home.

Next morning we went to Universal Studios. We saw Jaws and tried to make the Grinch smile and were told that because water doesn't show up too well as rain when filmed, they mixed it with milk. We were involved in a flood and an earthquake. Bridges collapsed as we went over them and things blew up as we passed.

We left Universal to go to the first Disneyland Theme Park, built in 1955 under Walt Disney's personal supervision. This was Irene's choice, as she'd always wanted to meet Mickey Mouse. As I don't like mice, I left her to have tea with Mickey and Minnie. We had lost Hazel at the MGM casing couch in Sunset Boulevard – we told her to be careful as Directors sometimes expect more than just hugs but she seemed quite happy to be left there. I had a chat with Aladdin and he promised to fly us to our next destination on his magic carpet tomorrow. I then found my favourite Disney animal, Dumbo, and persuaded him to put us on his back and fly us down to Palm Springs where we spent the night in Elvis and Priscilla's honeymoon bungalow. The front is a large bay window. Sitting on the window seat we made plans for next week. Salt Lake City and the Old West Town. As we had to wait for Aladdin and his magic carpet, we boarded the Beverley Hill Bus to view all the stars' homes around Palm Springs. We plan to wave to any stars we see and they will have to wave back as our reputation precedes us...

Diary Dates - August 2024

When	Organised by	Activity	Detail	Where
Friday 2nd August 1:00pm	Millcroft Care Home 01527433411	Fish and Chip Fryday Call the Millcroft team to book—no charge	Join the Millcroft team on the first Friday of the month for free fish and chips.	Millcroft Care Home Alfrick Close, Redditch B97 6RU
Monday 5th August 10 -11am	Carers Careline	Care for Coffee? Book with one of the team	We will be at Aroma for another free hot drink, a warm welcome, lots of discussion and just a time of catching up with one another. Please join us.	Aroma Church Green East B98 8BP
Monday 5th August 12:30-4pm	Age UK Bromsgrove, Redditch and Wyre Forrest	Digital Voice Switchover Q&A with BT Drop-in between 12:30 and 4pm	Landlines in the UK are going digital. Although the landline isn't going away BT understand that you might have questions which their team will be on hand to answer. Limited parking onsite.	Amphlett Hall Crown Close Bromsgrove B61 8DW
Monday 12th August 2:30-3:30pm	Haywood Lodge 01527 911005	Salsa Call the Haywood Lodge team to book—no charge	Join JJ for some salsa-ing fun! Everyone welcome!	Haywood Lodge Mappleborough Green, B80 7DG
Tuesday 13th August 10:30-12:30pm	Carers Careline	Creative Writing Group Book with one of the team	Welcome back! We've had a month off but are now raring to write - so please join us. Bring a pen and a notebook and come and see how freeing writing is for getting things off your chest.	RYCE (REDI Centre) South Street B98 7DQ
Monday 19th August 2-3.30 pm	Carers Careline	Bereavement Group No need to book	If you have been, or know someone else who has been bereaved recently this group is for you and them. They don't have to be a registered with Carers Careline.	RYCE (REDI Centre) South Street B98 7DQ
Saturday 31st August 10-1pm	Repair Cafe	Repair Café	The Repair Café experts will try to fix your items in need of repair. it's a free repair service, spare parts need to be paid for or supplied. Lots of free parking.	Community House 103 Easemore Road Redditch B98 8EY

Regular weekly classes and events

Wednesdays August 10-11am	Carers Careline	Gentle Keep Fit £3 per session No need to book	Join Sue's keep fit class to maintain your strength and balance. It is gentle exercise that will improve your fitness and enhance your wellbeing.	Ecumenical Centre 7th/14th/21st/28th
Wednesdays August 10 -12pm	Frhens woodlandelectrical@ btinternet.com	Frhens No need to book— donations welcome	A new group at the Ecumenical Centre for women who are looking for friendship, a support network and fun activities, especially crafting of all kinds.	Ecumenical Centre 7th/14th/21st/28th
Wednesdays August 10:30am	Millcroft Care Home 01527433411	Chatty Café Call the Millcroft team to book—no charge	Pop to the Chatty Café for some company over a cuppa.	Millcroft Care Home Alfrick Close, Redditch B97 6RU
Wednesdays August 3:00pm	Haywood Lodge 01527 911005	Tea at 3! Call the Haywood Lodge team to book—no charge	Treat yourself (and the person you're caring for) with Tea at 3 - a cuppa, cake and company.	Haywood Lodge Mappleborough Green, B80 7DG
Thursdays August 12:30pm	Haywood Lodge Over 65's 01527 911005	Come Dine with Us Call the Haywood Lodge team to book	Dine for free with the Haywood Lodge team. If you're over 65 why not take the opportunity to have lunch cooked for you and the person you care for?	Haywood Lodge Mappleborough Green, B80 7DG
Fridays August 9 -12pm	Emmanuel Church & Community Centre	Friday Warm Welcome	Enjoy a cooked breakfast from just £3.75. A partnership between Emmanuel church and charity Disability Support DSP.	6 Evesham Walk, Redditch, B97 4EX

Upcoming events

Monday 9th September 10 -11am	Carers Careline	Care for Coffee? Book with one of the team	We will be at Aroma for our usual get together for coffee (or tea) and a chat. Please join us.	Aroma Church Green East B98 8BP
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Don't forget our Telephone Support and Counselling services - if you would like additional contact or support, call one of the team on 01527 66177. We can schedule a regular support call, email or text or arrange a one to one with one of our qualified counsellors.

