



Newsletter

Supporting Carers in

Redditch

February 2021

It's not what we hoped for ...

... but we've got no choice so we'll have to just get on with it and try to keep our spirits up in the best ways we can. It comes to something when a wet or snowy trudge round to the nearest post box feels as exciting as flitting off on a great holiday used to feel, but that's what we're down to now. You have to laugh!

Nobody knew - though we may have suspected - that we'd start this new year in lockdown - but even that word is a normal part of our everyday vocabulary now. If somebody had said it to us even just a year ago we'd have wondered what on earth they were talking about! Which just goes to show that new normals happen all the time without us thinking about them, so onward and - let's hope - upward!

It was sad to say goodbye to Fiona in December and more so because we weren't able to have any of our usual Christmas festivities when there'd have been hugs all round and many a giggle. On the plus side, we were preparing for our new Chief Officer, Natasha Green, to join us on the 18th of January but as we're in lockdown, working from home, and the office is closed at the time of writing - who knows when we will all get to meet her and introduce her to the joys and sorrows we share?

What we can tell you is that Natasha has lots of experience in the Hereford & Worcester, and Birmingham, charity and caring sectors, working and supporting those living with dementia and their carers, with injured armed forces personnel and their families, and with the Veteran community, so she understands the challenges that you, our carers, face. In the next issue of the newsletter we hope to include a fuller, more rounded welcome and introduction to Natasha but because Covid19's ugly head - to say nothing of the snow - has made it impractical for this month we'll just say '***Hello, Natasha, we're all looking forward to meeting you and getting to know you!***' which is the best we can do for now!

Many of our carers will have had first vaccinations by now because of their age. Younger home carers are now on the priority list for the vaccine as long as they are registered with their GP as a carer. If you are not, ring your GP and ask to be. You can find a lot of information on this at Carersuk.org. It's impossible to get it all into our newsletter but if you have any problems, give us a ring.

Unfortunately the scammers are out in force. You wonder how on earth they live with themselves but somehow they do. Be aware that the latest vaccination scam comes by email or text message inviting you to make an appointment. It gives you a link to book your slot. Once you click it asks you for proof of identity in the form of debit or credit card details. It is a scam. The NHS will NEVER ask for card details. The vaccine is ALWAYS free. The true system is the same as that for the flu vaccine, a letter or call from your GP and/or a letter from NHS, showing your NHS number, inviting you to book an appointment. You can choose to wait until you hear from your GP and the NHS letter will have enclosed a leaflet with full information. It will be such a relief when everyone is vaccinated, in many ways.

Meanwhile we must keep plodding on, no other option. Obviously, many of us are beginning to feel as if we're running out of *plod* - well, we can tell you that *plod* is a renewable energy! You can renew it by giving yourself simple, easy, little lifts - play some of your favourite music, have a quick dance around the kitchen when no one's looking. Paint a picture. Start writing your memoirs. Make a cake, if that's your thing - and eat it! And, of course, phone a friend! Remember the old adage - *every little helps* - it is so true! Obviously there'll be no flitting off to anywhere for now but hopefully we will **SEE EACH OTHER SOON!** Until that day **STAY SAFE!**



Call: 01527 66177

Twitter: @carers careline

FB: Carers Careline

Email: info@carerscareline.co.uk

Web: www.carerscareline.co.uk

Instagram: carerscareline



For drop-ins, watch this space. Normal service will resume as soon as possible.

What's coming up...

Because of lockdown our meetings can only be on Zoom until further notice. Obviously we'll give you sign-in details when you phone or email us to book in. Even if you are a regular member of a group please still let us know if you will join in.

If you would like to but aren't sure how to connect with Zoom, please ring us because we can get someone to talk you through it. It's possible to do Zoom on a smartphone, you don't have to have a tablet or computer. Give it a try!

Coffee Morning:

Wednesday, 24th February 10.30am

Wednesday, 24th March, 10.30am



Creative Writing:

Tuesday, 23rd February, 10.30am

Tuesday, 30th March, 10.30am



Craft Group:

Monday, 15th February, 1-2.30pm

Monday, 15th March, 1-2.30pm



Gentle Keep-fit:

We'll let you know when this can re-start.

Bereavement Group so

Obviously we can't meet at the moment so watch this space. If you are not a member of this group but would like to be, please ring Mel on 01527 66177.

Reading Group

First meeting Tuesday, 16th February, 10.30am.

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Fancy a good walk?

One of our life-after carers is keen to involve others in a mini-hike from Alvechurch to Tardebigge, along the canal. It would involve, probably, the train to and from Alvechurch, and a coffee stop if the coffee shops are open. Please let us know if you're interested in this and we'll pass on your details.

Be aware...

Another scam doing the rounds is a phone call pretending to be from Amazon, asking you to confirm that you've just ordered a phone (or whatever) worth over £1000. When you, in panic, say 'No!' they say, 'Oh, no! I'll put you straight through to the Fraud Team'.

The person who then comes on assures you that he can sort it out quickly for you but he just needs remote access to your computer and, as your head spins with him scrolling through the screen, he asks for your bank details to put the payment back. While he keeps you panicking, he empties your account. One person we know lost over £8,000 because she was so frightened - and even that's another warning - don't keep lots of money in your current account! There are people out there always figuring out new ways to steal it from you!

If you don't recognise a number, don't answer the phone. If it's real, the caller will find another way to contact you. If in doubt - follow your intuition. If it's telling you something may be wrong there probably is!



And the December and January

100 Club winners are ...

Dec: 1st prize: 21; 2nd prize, 95.

Jan: 1st prize: 14; 2nd prize, 20.

Farewell ...

Fiona sends a huge thank you to everyone for all the lovely cards, messages and gifts they sent to her.



Getting help...

The elderly and/or vulnerable can get shopping delivered from Morrison's without going online. Ring 0345 611 6111. Press option 5 for 'Doorstep Delivery' and then 1 for 'Place an Order'. Have your order ready to tell it to the person who answers. Delivery is next day and free although they do ask if you would be willing to give a £1.50 donation to keep the service going but you don't have to. You pay the driver by card when your shopping's delivered.

The number for Redditch Food Bank is 074847618539. Just call them and they will talk you through the process of getting food from them.

You can get all kinds of emergency help from the Redditch East Stronger Together team (REST). Just ring 01527 919869 and they will pull out all the stops they can to support you.

Ring Support Redditch Emergency Network (SREN) on 01527 359008 or email info@supportredditch.net for help. Here2Help Worcestershire is on 01905 768053 or www.worchestershire.gov.uk/Here2help. They will assist with all sorts of problems, including helping you with computer access.



Last but not least...

If you still haven't had a chance to renew your 100 Club membership, please do! We still have a few spaces left - if you can get any family or friends to take one up it would be really helpful!

Remember, also, that your £1 a week to the Redditch Community Lottery brings us funding in as well as giving you the weekly chance of winning £25,000.

All help with funding gratefully received!