

# Carers Careline

Providing support for Carers

## Newsletter



February 2024

Here we are in this dreary, grey, stormy weather – breaking through the clouds to say hello and bring you news of our latest successes and remind you of the help and support that you can take advantage of not only from us but in the local community.

We'd like to say a huge thank you to all of those organisations who supported us over Christmas to offer the twelve Christmas gifts to our carers. It is so heartening to know that many of you took advantage of our advice and signposting. Two of our carers made a request to Haywood Lodge for one of their Christmas hampers and we know, for a fact, that they were overwhelmed with the produce that those hampers contained – one of our carers said she had 'more food in my kitchen than I ever have!'

Other carers have been making the most of Millcroft and Haywood Lodge Care home's activities, going out for lunch with the person they care for to their Fish and Chip Fridays, and Come Dine with Us Thursdays and joining others at the Chatty Cafe and "Tea at 3" on Wednesdays. A few of our carers go regularly – some taking the person they care for, some go with a friend. Apart from this being a good trip for you and a friend – it's great for the person you care for to be able to get out of the house and into a safe, warm environment where they're not contained in the same four walls. A bit of quality time for everyone.

The next great thing coming up is our Winter Warmer lunch. This will be hosted by Millcroft this year so it's an opportunity, once again, for a really good hot lunch, in lovely, warm surroundings with good company and plenty of carers you've met before to chat with. Don't forget the Worcestershire Health Van team will also be there if you have any health questions or concerns. Please phone us to book your place!



Some of you may recall Alex Doyle from Better Together who visited us at the Christmas Coffee Afternoon.

Better Together is a companion and concierge discreet service helping people remain independent at home. This could include anything from everyday tasks, getting you to appointments, shopping trips, support with isolation and so much more. They charge £25 an hour. One of our carers, who met Alex at our Christmas event, has been using the Better Together service to get her to and from medical appointments and said of the service, "It's very reliable. I was taken very good care of by my assigned companion who took and accompanied me to my appointment, a lovely personal touch." Call Alex and her team on 07747 030014 for further information on how they might be able to help you.



We have a number of carers who have been referred by Carers Careline to Carefree, our respite partner, and are currently looking at hotel options for a free two-night break. One carer told us that she will be taking full advantage of this and is planning her third break in as many years! In order to be a community partner of Carefree, Carers Careline now has to pay a membership fee of £360 for the year, plus we cover the booking admin fee. We really hope that by investing in this service we will be able to continue to support more carers and enable them to take some time for themselves.



Do you have a carer emergency card? You can apply for one through WAC -

Worcestershire Association of Carers. You carry the yellow credit card sized card with you and should you have an

accident or be taken ill it will immediately let people know that someone is depending on you. When the card is found it clearly instructs the finder to ring the emergency telephone number at Redditch Life Line. This telephone is staffed 24 hours a day. The Lifeline staff will hold the information you have given on your application form. They will immediately know who to contact and what to do in an emergency.

If you wish, the person you care for can also be issued with a card to carry. This will provide you with the added peace of mind that, should they be involved in an emergency, help will be at hand. There are a number of ways you can apply for this card. Call us in the office or call WAC directly on 0300 012 4272 to start the process.



Did you know? Worcestershire Advice Network (made up of local Age UKs, Citizens Advice and Disability

Information Advice Line) are offering a £75 cash voucher to carers and to people with disabilities or a long term health condition of any age, and to eligible pensioners (as long as you are not in receipt of Pension Credit). In some cases you may be eligible for more than one voucher. There are just six simple questions to find out if you are eligible. To access the fund, please call Age UK Worcester & Malvern Hills office (who are delivering this scheme) on 01905 724294 or 01684 560666 or contact Citizens Advice Bromsgrove and Redditch on 0808 278 7890.



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](mailto:info@carerscareline.co.uk)  
Web: [www.carerscareline.co.uk](http://www.carerscareline.co.uk)  
Facebook: [carers careline](https://www.facebook.com/carerscareline)  
Instagram: [carerscareline](https://www.instagram.com/carerscareline)  
Twitter: [@carers careline](https://twitter.com/carers_careline)



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

Monday 5th February 12-2pm	Winter Warmer  Book with one of the team	Millcroft Care Home will be hosting our Winter Warmer lunch this year. Come alone or bring the one you care for. We can guarantee that it will be good food, good fun and good company so come and join us if you can!	Millcroft Care Home Alfrick Close B97 6RU
Wednesdays February 10-11am	Gentle Keep Fit £3 per session No need to book	Our Gentle Keep Fit class is very popular and just what everyone needs to banish the winter blues. Increase your strength, balance and fitness without making a penance of it – it's always good fun. Bring a friend!	Ecumenical Centre 7th/14th/21st/28th
Wednesday 7th February 10 -11am	Care for Coffee  Book with one of the team	Join us at Aroma for free drinks and a good chat with other carers. It's always good to have mutual support and it's amazing how much you can benefit from talking to others.	Aroma Church Green East B98 8BP
Tuesday 13th February 10.30-12.30pm	Creative Writing with Irene  Book with one of the team	The creative writing group is a great place to swap ideas and experiences, to talk or write through issues that mean a lot to you. Once you start writing you realise that everybody's got a different perspective on everything and it is so good to share!	RYCE (REDI Centre) South Street B98 7DQ
Wednesday 21st February 10-12pm	Breakfast with a View  Book with a £5 deposit	The new café at the golf club is keen to welcome us again. You can be sure that you'll have a great breakfast with people you know or will get to know, at our carers' breakfast.	Greenview Café Plymouth Road B97 4PB
Monday 26th February 2-3.30pm	Bereavement Group  Book with one of the team	The Bereavement Group is welcoming to all newcomers – they don't have to be registered with us so if anybody you know needs help with bereavement signpost them to this group.	RYCE (REDI Centre) South Street B98 7DQ
Wednesday 28th February 12:30-2:30pm	Craft Group  Book with one of the team	Our crafting group is run by Angie who is full of ideas and inspiration to get you working on projects that you will really enjoy and that will give you something to be proud of when you finish them.	Ecumenical Centre

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

Australia - We're here again having survived our underwater trip to Australia. It was twilight when a very exhausted Irene towed our submarine into Sydney harbour. Val and I were glad to crawl out. We were very squashed inside. Val's rendering of 'My Old Man's a Dustman' was still ringing in my ears. Irene's underwater earplugs had saved her from this treat! We saw a workman's hut behind the Opera House. The door wasn't locked so we slipped inside. It was a safe haven for us and we soon found out it was a treasure store, too.

We found tea and biscuits so as we dried out and relaxed, we planned our Australian tour. Val tells me our money is running out so she is going to do some busking on the Opera House steps. So, with a didgeridoo we found in the hut, off she went, starting her repertoire with 'I have to go a-wandering VALdaroo, VALderaaa.' She came back with so much money I feel people paid her more to go away than for her talent. With food and money to spend we set on our journey.

We went to Alice Springs and Ayres Rock. We met many £10 Pommies who welcomed us, wanting news of home. I had warned my friend, Ann, to expect us. Her hubby, Mick, had just lit the barbecue when we knocked so they invited us to join them in the backyard and share the kangaroo steaks. Although sold in some English pubs none of us had ever bought them so, with trepidation, we tried them and found them tasty and filling. Then we met some officers from the R.A. Airforce who invited us back to their airbase which turned out to be the Aerospace Woomera Rocket Range. What an exciting visit that was! I had told the troublesome duo that I would find them some men friends and they both approved of my choice. We asked them to fly us to the moon but they weren't qualified and said we should look up Phillip Chapman, Paul Scully Powers and Andy Thomas. We explained that we hadn't that much time.

The visit had reminded me of something Joan had suggested so I told the girls to give their companions a kiss each and asked to beg, borrow or steal a spacesuit for each of us. I phoned Joan for a recap on her original suggestions and more technical assistance. Heading back to THE SHED we found next New Year's Eve's fireworks stored in old biscuit tins. Outside were some prototypes of the Opera House roof. Joan had suggested we borrow some children's paddling pools but I thought the roof structures would be more substantial. Following Joan's instructions, using Kangaroo glue we found in plenty in the shed, we stuck rows of firework rockets along the blunt end of one roof fixture and Joan's other idea – an old washing machine engine for extra power - to the pointed end of the other one. Joan suggested coating the whole structure with my renowned Concrete Grape Jam as a heat shield for outer space.

We worked hard, completed the task, and stocked up with more of the workmen's food. They had been upset when finding us in their hut. Val offered to work her charms on them so Irene and I let her but told her, 'Dance if you must, but don't sing!' Whatever she did, it helped for they offered to assist us and were great. When I told Val about Hazel being in Canada with a Mountie she said she didn't care about him being handsome, she wants physique – a tall, strong man, good with his hands and plenty of tools as she has so many jobs at home. To keep to social distancing we worked in shifts, one of us with one of the workmen. With the spacecraft finished, we donned our suits, climbed inside and waved goodbye. One of the men applied the final seal of Kangaroo Glue and lit the rockets. With Val singing 'Fly Me To The Moon', off we shot... The moon and stars are wonderful close to and we all have a Milky Way in our knapsack.

Our world tour continues...

