

Carers Careline

providing support for unpaid carers

Newsletter



September 2024

Who can believe that September is here and Autumn is on its way again so quickly? This year seems to be flying by and, before we know it, we'll be back in the realms of 'get the heating on!' before we've hardly had any chance to turn it off!

With predictions of rising energy costs in October and the cost of living continuing to increase, the Carers Careline team are constantly researching every little bit of help that we can find for you to take advantage of.

Being part of a strong community network is so important for small charities like Carers Careline – think Acts of Kindness, WAN, Act on Energy – even free lunches at the local care homes! Our community is full of ideas for help and support in all kinds of ways. We know how hard it can sometimes be to find out about the things that are happening, which is why we signpost to other organisations and schemes where we believe you can find something to make your situation a little bit easier. And it's really gratifying when a carer phones us to say they've had help from someone or something we've told them about.

The more we learn about what's going on in the community the more we share with you, in the hope that some of the opportunities provide you with support.



One such opportunity has been the Worcestershire Advice Network voucher scheme delivered by Age UK and Citizens Advice. We have been featuring this since our February newsletter and, through our Telephone Support Service, the team have been making numerous calls to carers who are registered with us to refer them for this voucher scheme. Our referrals are followed up by the wonderful team at Age UK Worcestershire, Malvern Hill and Herefordshire localities who have been so supportive in calling our carers back to discuss their eligibility and award the vouchers. Following on from this we have now had feedback from 41 carers who have received a combined total of **£7275** for themselves and/or the person they care for.

The scheme comes to an end in September so there is still time if you would like us to refer you. Alternatively you can call Age UK directly on 0330 1647006. To be eligible you need to be at least one of the following: being a carer for someone over age of 18; being a state pensioner; suffering with a disability or long-term health condition. Plus 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!

Hereford & Worcester Fire and Rescue Service (HWFRS)



Hereford & Worcester Fire and Rescue Service provide fire safety advice to everyone. They offer Home Fire Safety Visits (HFSV) to individuals in the community who may be elderly, people living alone and those with reduced mobility. It's tailored to an individual's needs, including checking and fitting of smoke alarms where required and it's all free. Alarms suitable for those with a hearing impairment and much more is included. If you have any questions or you would like to request a Home Fire Safety Visit, you can contact the team by calling 0800 032 1155 or email: signposting@hwfire.org.uk

Act On Energy Worcestershire Household Support Fund



This scheme offers qualifying residents across the county of Worcestershire support with their energy costs, fuel debt and, where required, assistance to replace broken boilers and heating systems (subject to funding). Eligibility criteria applies. Residents can apply online or by calling 0800 988 2881. Act On Energy is encouraging Redditch residents who could benefit from this funding to access it now so that they are set for the colder weather later this year as this scheme finishes in September.

Act On Energy also offers a FREE Energy Advice Service for Redditch residents. You can contact their local Energy Advice Service to speak to expert advisors about your energy bills and minimising your home's energy consumption. Call 0800 988 2881 (9am-5pm Mon-Fri) or email advice@actonenergy.org.uk.

A carer recently reported, after being signposted by us to Act On Energy and assessed, that she has been accepted for funding and will be getting new radiators!

Home Upgrade Grant Scheme (HUGs)



HUG is designed to tackle colder homes that do not have mains gas central heating to provide free home energy efficiency improvements to low income residents. Homeowners and tenants could benefit and funding is also available for landlords in the charity and private rented sector. The County Council is working in partnership with Act on Energy, along with the District Councils to deliver this programme. If you think you might qualify or know of anyone that might benefit please signpost them to this scheme. Further information, including how to register an interest, can be found at: Worcestershire County Council - www.worcestershire.co.uk - Home Upgrade Grant Scheme or contact Act on Energy on 0800 988 2881.

Redditch Household Support Fund Phase 5 is now open.



If you are struggling and need support with food and other essentials, and have not received this support in the past you can call the local Citizens Advice Bureau Adviceline on 0808 278 7890.

Fancy a breakfast with a view?

GREEN VIEW BAR & CAFE

We will be meeting up once more at the Greenview Bar and Café for breakfast on the 24th September at 10am. Please call the office if you would like to join Becky and Nat who will be there from the staff team for a chat and to offer carers support, advice, signposting and discuss our program of services. Carers pay for their own breakfast. A £5 refundable deposit is required, as places are limited.

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



Over the next month one of the team will be calling current unpaid carers who have provided us with a mobile phone number to find out if they would like to join our Carers Connect WhatsApp group. If you joined Carers Careline a while ago and have since got a mobile phone we can still add you to the group, just give us a call and update your contact details and preferences with us.



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](https://www.facebook.com/carerscareline)
Instagram: [carerscareline](https://www.instagram.com/carerscareline)
Twitter: [@carers careline](https://twitter.com/carerscareline)



The caring journey



There's another thing about carers – they are such special people that – when you ask them how they are (if you ever do), they are more likely to answer, 'I'm fine!' than anything else. Why wouldn't they? They are the very people who know how it is to not be 'fine' because they're looking after somebody all the time who isn't. In comparison to that, yes, they are fine.

It's a bit of a two-edged sword, this response. You possibly have one or two people around you who may try to explore those words, or give you a knowing look. They've probably been carers themselves, they know you're not really fine. But most people will take your words at face value. If you say you're fine, then they're relieved that you're ok and you don't need anything from them.

This is where the double edge comes in. Because then they'll leave you alone and let you just get on with it. But, honestly, it's not a crime to say something like, 'Well, I'm more or less okay, but I'd love somebody to just make me a cup of tea!' Say it with a grin or a little laugh and you never know – it might happen. Somebody who's visiting your caree might kind of bypass you and you probably expect yourself to wait on them – make them a drink, pass the time of day, offer them your last biscuit in the tin. But sometimes it's not a bad thing to make your own needs known. We've been told, more than once, by carers, that nobody ever uses their name any more. Somebody might phone to ask how your caree is, and never ask you, by name, how you are doing.

We've always found that carers don't ask for the moon. We don't want to be wined and dined or taken out for lunch or on a shopping trip or for a night out dancing or a week in Paris. All we want really is somebody, occasionally, to notice that we are there, as a person in our own right, and we would just love somebody to come in and shout, gaily, 'I'll put the kettle on, shall I – and I've brought you a cake – I was baking for us so I made one for you as well!'

We don't need bunches of flowers and letters telling us how wonderful we are. We don't expect any positive feedback from anybody because it's just the nature of the role that we get on with whatever it sends us. But the odd text saying, 'How's it going? If 10 is excellent and 0 is the opposite, where are you today?' would make all the difference in the world to our day.

It's not anybody's fault that they don't think to do this. But it may not help that our answer, all the time, in order to keep up our own morale is, 'I'm fine.' If we don't ever say I'm at the end of my tether today; I'm struggling a bit; I could do with a bit of help; Thanks for asking, I do appreciate that ... how does anybody know the reality of our situation?

So, all together now, after a count of three – let's have a practice - **I COULD DO WITH SOMEBODY MAKING ME A NICE CUP OF TEA!**

Next time somebody asks – give it a try. After all – you definitely do not have anything to lose and you have everything to gain. You won't ever lose Brownie points for asking for a bit of help!

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

Salt Lake City



Hello, it's us again! Departing LA on the magic carpet was not easy, three ladies and Aladdin made it unbalanced. Sitting cross-legged for hours was difficult as we get cramp at our age but we had to sit still for fear of falling off. We reached Utah and the surrounding Wasatch Mountains.

Pointing out the views tipped the weight and the carpet made a rapid descent into the Colorado river. Not to worry, Paddle Rafting starts at 8 am, where everyone is guaranteed to get wet. Being wet already, we grabbed a raft each and, standing aboard, paddled our way to shore.

The first place we visited was Brigham Young's Church of the Latter Day Saints, founded in 1847, Then on to the State Capitol Building, wonderful architecture, both outshone by the Cathedral. We rested for a while, wondering at its magnificence. Whilst Irene and I shook hands with the Cathedral's female guides, Hazel had found their male counterparts. This time we warned her that as the original Mormons were allowed to have multiple wives there may be some who still hold their ancestors' teachings and she might find she was a new wife. We cannot stop the hugs but we can be good friends and give out the warnings. Hazel hints we might just be jealous!

Having had a full morning, we decided to go to the International Peace Gardens, a cultural diversity of over 28 gardens for wandering or meditation. National groups have allotted plots – France, Norway, Holland, Great Britain, China – all represented with flowers and plants native to each, and there, on the opposite side of the park to UK, was the Welsh plot, full of leeks and daffodils. We sat on a bench and started a conversation with a man who said he originated from Wales. He asked if we had ever been there and we mentioned we knew a Welshman named Graeme. He asked did we know if he liked squirrels and was his family religious. When we answered, 'Yes!', he was excited and said, 'Oh, I know him well, boyo!'

Hazel said, 'Let me give you a hug and then I can give Graeme one from you when I see him!' He said, 'Tell him you met Owen.' We moved on to Utah National Park where there are over 2,000 natural sandstone arches. What a sight to see! These would give us good shelter for the night after we experienced the Sunset Adventure, wondering at the glorious blue, pink, with a touch of yellow, sky watching as it gave way to thousands of stars.

Next morning, we set off for the Natural History Museum. We've never seen so many dinosaur skeletons displayed in a spectacular building which can be hired as a wedding venue. Looking out to mountain views, beyond landscaped gardens, through the glass walls, there seemed to be as many brides as dinosaurs, because multiple weddings seem to be celebrated there. Moving on, we decided we hadn't time to go to the Hogle Zoo with live animals but could fit in a visit to Hogle Lego Zoo where life-size Lego animals are something to be wondered at.

We had left our visit to the Mormon Tabernacle for the late afternoon. Another breathtaking building which houses a pipe organ beyond words – four keyboards with a wonderful array of highly decorated pipes. As we sat listening to the practising organist we were surrounded by masses of people and swept along with the crowd finishing in a large room where we were handed blue robes and guided back to our seats. We suddenly realised we were now part of the world-renowned Mormon Tabernacle Choir, performing The Hallelujah Chorus. At the end of the performance the Choir Master brought us forward and told us to GO sing it on the mountain, over the hills and far, far away. We quickly purchased their CD from the Gift Shop.

As night was upon us, we rushed the Car Restoration Garage and picked out a 1970 4x4 Chevy. Here was our transport from Utah, the crossroads of the American West, to the Old West Mining Town near Colorado...



Diary Dates - September 2024

When	Organised by	Activity	Detail	Where
Monday 2nd September 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
Friday 6th September 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 9th September 10 -11am	Carers Careline	Care for Coffee? Book with one of the team	Join Nat at Aroma for a catch up and a coffee or cuppa.	Aroma Church Green East B98 8BP
Tuesday 17th September 10:30-12:30pm	Carers Careline	Creative Writing Group Book with one of the team	If you've never thought of joining the writing group – come and give it a whirl – you might find you love it! And if you used to come and haven't been for ages – we'd really LOVE to see you!	RYCE (REDI Centre) South Street B98 7DQ
Tuesday 24th September 10:00-12:00pm	Carers Careline	Breakfast with a view Book with a £5 deposit	Join Becky and Nat at our carers breakfast in the Greenview Bar and Café at the golf club. Limited places available.	Greenview Bar & Café Plymouth Road B97-4PB
Saturday 28th September 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
Monday 30th September 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. You do not have to be registered with Carers Careline to attend.	RYCE (REDI Centre) South Street B98 7DQ
Regular weekly classes and events				
Wednesdays September 10-11am	Carers Careline	Gentle Keep Fit £3 per session No need to book	Join Sue's keep fit class, gentle exercise that will improve your fitness and enhance your wellbeing. No keep fit 18th.	Ecumenical Centre 4th/11th/25th
Wednesdays September 10-12pm	Healthy Worcestershire 01905 928185 or 0800 772 0307	Free activities and topics	A new service to help improve your strength and balance, support your mental health, provide social activities and explore healthy eating and weight management.	Abbeyle Community Club 4th/11th/18th/25th Redditch B98 8JE
Wednesdays September 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 4th/11th/18th/25th
Wednesdays September 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 September 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 September 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 September 10-4pm	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

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.

