

Carers Careline

providing support for unpaid carers

Newsletter

December 2024

With this December edition, we are sending our love and Christmas greetings to all. We know it's always a difficult time for carers so we have rounded up a number of 'gifts', that we hope will help remind you of our services and help get you through the festive period.

We want to say a big thank you to all who came to the carers' consultation after the members met for the AGM. And we have already had feedback that the new AGM format was well received. The consultation was a great opportunity for our carers to get together, share their caring experiences and provide us with valuable feedback. Julie Cacciottolo also joined us to talk about the Autumn Sunshine Club which will be running again in December.

The hot lunch prepared and cooked by the Carers Careline staff team went down very well and everyone had the chance to catch up with each other and have a chat with the staff and trustees. A special thank you to our volunteers in the kitchen who helped everything run so smoothly behind the scenes and to Irene our raffle Queen! We had some great raffle prizes including panto tickets gifted by the Palace Theatre, some lovely Christmas themed gifts from Bayliss and Harding and a voucher from Farmfoods. And we had some very happy winners! There'll be more raffle prizes to be won at our last event of the year on 18th December at our Christmas coffee afternoon. Come along and join us for coffee and warm mince pies!



Telephone support

Emotional and practical support through calls, texts and emails—you choose. It's never too late to register for this service.

Drop-In

Face to face support with one of the team. Open Monday to Wednesday 10:30-12:30

Form Filling

Do you know what you're entitled to? Talk to the team about benefits and advice on all things caring.

Carers Connect

Would you like instant advice, signposting and information on community events? Join our WhatsApp Group.

Events & Support Groups

Meet with other carers, share and learn from each other's caring challenges.

Respite Breaks

Could you do with a break? Ask us about **Carefree**

Counselling

We're here for you when you need additional support. We can refer you to a qualified counsellor.

Bereavement Group

Don't be alone. Come to our monthly bereavement group.

WAN/HSF voucher

This scheme has been extended. Call us if you are interested in being referred to Age UK for a cash voucher (subject to eligibility).

Lifeline

Explore this service for extra peace of mind at home. You can call the local council on 01527 64252

Act On Energy

Alistair Waugh from Act on Energy will come to your home to personally assess your energy needs. Call 0800 988 2881

Better Together

Do you need extra support with getting to appointments or just need some companionship. 10% off this service for Carers Careline Carers - January to March



Drop-In: Monday-Wednesday 10.30am-12.30pm
Room 1, Ecumenical Centre
Evesham Walk
Redditch, B97 4EX

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



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The caring journey

Christmas Caring Journey

So, here we are once again – Christmas and New Year Bank Holidays looming large upon the horizon - not something for which many carers can make plans and arrangements that differ very much from those of every day!

Some may be in a time of our caring journey that we can deal with it all with a 'life goes on' mindset and carry on setting up the Christmas tree, getting the cards out, inviting people round, taking the person we care for out and visiting and having a jolly good time. But it's just as likely that we're not at that point – some will be at a point when we know nobody will be visiting, when we know it'll just be us and our caree. Maybe a phone call from someone who cares, if we're lucky. Some Christmases, we can't for the life of us make any of the effort required because we're too exhausted anyway.

It's hard to face this but it really seems for those on a harder journey than others that the world stops for a whole fortnight at Christmas and New Year. From somewhere we have to dredge up the grit and determination to get through it without any of our normal support network and it can make the world seem dismal and so unfair.

Well – it all comes down to the fact that nobody ever promised us that life would be fair. Life is a precious, precarious thing and nobody knows how theirs or anyone else's is going to pan out. All we can do is accept and get on. Well, maybe accepting sometimes means screaming and kicking against it – and that's ok as well. Just open the back door and let it out. It probably won't get you anywhere but if it even releases a bit of tension it's worth it.

Nobody's got a magic wand – we all wish we had but 'if wishes were horses, beggars would ride' as the saying has been since 1628, meaning that if mere wishes came true there would be no poverty in the streets.

We can wish all we like but we still have to keep things going, the best we can, and follow our instincts because they're more than probably right.

Irene



We featured Better Together in our February edition and thought we would remind you about this fantastic service to help with all manner of requests for support. Better Together is a companion service helping people remain independent at home including support with everyday tasks, getting you to appointments, shopping trips, support with isolation and so much more. **They normally charge £25 an hour for their service however from January through to March, Better Together will be offering anyone registered with Carers Careline a 10% discount.** You can call the Carers Careline office for a discount code which you can use when you book for their service. Recently one of our carers found herself looking for a solution. This is what she had to say: *"I'm calling to say thank you so much for introducing me to Better Together - I have been trying to get sorted for a hospital appointment for the last 23 hours and you helped me out and sorted it immediately with an introduction to Better Together - it is such a relief and has made my life so much easier!"*

Call the Better Together team on 07747 030014 or come and meet them at our Christmas coffee event.

For a second year running, Haywood Lodge Care Home is offering to anyone over the age of 65 a free Christmas Food Hamper. Stocks are limited but if you would like to enquire about receiving a hamper, which a number of our carers successfully did last year, call Haywood Lodge: 01527 396940.

And don't forget that ASDA are offering their "winter warmer" to anyone over the age of 60, which includes soup and a roll plus tea or coffee for £1 until the end of February 2025!

And to finish off this year, we have some very good news of our own.

We have been successful in securing funding from the People's Postcode Lottery. We applied back in May but were unsuccessful however we were encouraged to apply again in August and this time we got it - £20,000!

We're absolutely delighted and very grateful that the People's Postcode Lottery through their Postcode Local Trust Grant have chosen to support us. This will help to support the continuation of all our services and allow us to review and develop them based on the feedback we received at the AGM.



We're taking a break from Annette's Adventures of the Ladies of Table No. 1 (the Naughty Table) but we will back in the new year!

Diary Dates - December 2024

When	Organised by	Activity	Detail	Where
Tuesday 3rd December 10:00 -12:00pm	Redditch Borough Council	World Disability Day	A celebration event featuring the “It’s a sign” choir. Come down to the Kingfisher Centre outside the Range to join in with activities such as skittles, Boccia and singing with the choir.	Kingfisher Centre (Outside the Range)
Monday 9th December 10:00 -11:00am	Carers Careline	Care for Xmas Coffee? (Support Group) Book with one of the team.	Join Nat and the rest of the team at Aroma for a catch up and a coffee or cuppa.	Aroma Church Green East B98 8BP
Wednesday 11th December 12:30 - 2:30pm	Carers Careline	Movie and mince pies!	Join the team at Haywood Lodge for a Christmas movie and mince pies. We’ll have a choice of films to watch—which one is your favourite Christmas movie?	Haywood Lodge Mappleborough Green, B80 7DG
Wednesday 11th December 11:00-1:00pm	Autumn Sunshine Club	Coffee Morning £2:50 entry includes tea, coffee, biscuits and mince pie.	The Autumn Sunshine club, developed and run by Julie Cacciottolo, is a social group for the over 60’s to connect with others for mutual support and friendship.	RYCE (REDI Centre) South Street B98 7DQ
Monday 16th December 2:00 - 3:30pm	Carers Careline	Bereavement Group (Support 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
Wednesday 18th December 1:00 - 2:30pm	Carers Careline	Christmas Coffee Afternoon (Event)	Join us for mince pies and a Christmas raffle. We will also have speakers from Lifeline, Act on Energy and Better Together, who all provide valuable services in the local community.	Ecumenical Centre
Thursday 19th December 11:00am	Emmanuel Church	Carol Service	Join the Emmanuel Church for their lovely carol service. Filled with lots of traditional carols and Christmas stories.	Ecumenical Centre
Thursday 19th December	Carers Careline	Office closes at 1:30	The office will be closed for a couple of weeks. If you need support over this period you can call Worcestershire Association of Carers on 0300 012 4272	Ecumenical Centre

Regular weekly classes and events

Wednesdays December 10:00 -11:00am	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.	Ecumenical Centre 4th/11th/18th
Wednesdays December 10:00 -12:00pm	Frhens Contact Debbie on 07786 333026	Frhens No need to book—donations welcome.	A 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

Diary Dates - January 2025

When	Organised by	Activity	Detail	Where
Monday 6th January 2025	Carers Careline	Office opens at 10:00	We’re back on the Monday—don’t forget drop in will be open from 10:30-12:30 if you’d like to pop in. No appointment necessary to just drop-in for support.	Ecumenical Centre
Monday 13th January 10:00 -11:00am	Carers Careline	Care for Coffee? (Support Group) 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 14th January 10:30-12:30pm	Carers Careline	Creative Writing (Support 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!	RYCE (REDI Centre) South Street B98 7DQ

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. We can also arrange counselling support with one of our qualified counsellors.

Our office hours are 10:00-1:30pm Monday to Thursday if you’d like to call us.

