

Carers Careline

providing support for unpaid carers

Newsletter



January 2025

We had a fantastic turn out for our Christmas coffee event with over 25 carers and some of their cared for joining us for a very informative afternoon. We invited representatives from Lifeline, Act On Energy, Dial A Ride / Shopmobility and Better Together to present and tell us about how their organisations support the local community.



First to present was Ali who manages, on behalf of Redditch Borough Council, Dial A Ride and Shopmobility. Dial A Ride, is a door to door transport service for the residents of the Redditch Borough who are not able to use public transport. It's an affordable and accessible way to travel across Redditch taking you door to door for shopping, hospital appointments and visiting friends and family. Dial A Ride also provides assistance to wheelchair users to get from their front door to the Dial A Ride bus. The service runs Monday to Friday with first pick ups from 8:50am and last pick ups at 4:20pm (4pm on a Friday).

You can register with Dial A Ride to make any journey within the Redditch Borough by calling 01527 64910 or emailing dialaride@bromsgroveandredditch.gov.uk. Dial A Ride journeys start from as little as £2.50 per single journey (with membership registration).

If you are visiting Redditch Town Centre you can also book a Shopmobility scooter or wheelchair through Dial A Ride to meet you when you get there.

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Next up was Phil from Lifeline who provided us with a very interesting and comprehensive presentation on Redditch Borough Council's Lifeline service and the NEW Lifeline community alarm service. The Lifeline service provides peace of mind 24 hours per day, 365 days per year to vulnerable people and their families. Lifeline provide solutions to help you feel safe and secure in your own home including the Lifeline Alarm Unit and Pendant, Smoke and Heat Detection and a key safe. The Lifeline team offer support 24 hours a day where responders can alert family, friends or emergency response services in order to assist you should you need their help.

Their aim is to provide confidence for people to continue to live independently in their own home. Their friendly, caring operators are fully trained to respond promptly in emergencies to summon the necessary help, advise family members or carers and reassure the user that help is on the way.

You do not need a telephone line nor do you need broadband/Wi-Fi connection. You can request a no obligation demonstration or can find out more about these services on 01527 534060 or email: contact@newlifeline.org.uk.



Our third presenter was Alistair from Act On Energy. Alistair reminded everyone that the Act On Energy Worcestershire Household Support Fund was still open for qualifying residents to help with current energy and water costs, deal with heat and water debt and support with repairing, servicing and in some cases, replacing heating systems. Act On Energy have expert advisers who can help with energy bills, discuss how to minimise energy consumption and can organise for one of their Community Outreach Officers, like Alistair, to make a home visit to assess your needs. Call 0800 988 2881 (9am-5pm Mon-Fri) or email advice@actonenergy.org.uk. Eligibility criteria for support is not restricted to solely vulnerable households in receipt of benefits, but criteria will be applied for the different elements of support on offer.

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Finally, Alex from Better Together presented on how their companionship service can support and assist you, or a loved one. From a shopping partner to a travel buddy for a hospital or doctor's appointment, someone to help navigate the ever evolving world of technology and form filling or even looking after a pet, they can find a solution that fits your requirements. Alex is working with Carers Careline to offer Better Together's services at a reduced rate through January to March for any one registered with Carers Careline. You can call the office to receive a voucher code for any booking you would like to make with Better Together over this period. Alternatively you can have a chat with the Better Together team on 07747 030014 to find out how they can support you.

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We finished off our Christmas event with a Christmas raffle with prizes donated by Debbie from the Frhens group, Tesco and a number of very generous carers. We were also donated a fantastic breakfast hamper by the Freeman Family which we raffled off separately. The event was a great success and thanks to our Raffle Queen, Irene, we managed to fundraise just over £100 for the charity in the process!



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



THE INCLUSIVE COMMUNITY FUND

Funded by UK Government

Commonwealth Games Legacy Fund

West Midlands Combined Authority

heart of england

LEADER FUNDING

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





The caring journey

They say time flies – and the last quarter of the 21st century certainly has – especially whilst we're on the caring journey. It's amazing how one year just slides into the next and the next and the next, without us hardly noticing it.

To be honest, on this journey, we are mostly living day to day, even hour to hour in the really bad times, so when the New Year approaches it doesn't mean much at all other than – will we get the appointment we so desperately need in January? Will we be able to get there if we do? What if there's six feet of snow and nothing moving on the roads? Etc, etc. This kind of foreshadowing anxiety is a constant feature of the carer's life. Extra stress is something no carer needs! There's enough already, just with the role. And none of us, really, ever asked to become a carer. It's something that just happened and we were the one who fell into the role, by choice or default. Each carer has their own story. The circumstances may differ but it's always, always, always a story of courage and dogged resilience – developing skills as we go along, putting ourselves in other people's shoes, dealing with the fallout all around us.

So – here's a thought for the New Year! Take on board how much you have done and are doing! Give yourself a pat on the back and a little bit of a treat every now and then! Give yourself positive feedback – 'Well done!', 'You sorted that!', 'You managed that!', 'You did well there!' – because those are the sort of comments we need from other people but, of course, they're not around so make those comments to yourself!

Caring for others can, for some, be full of loss and grief, heartache and sadness. For some, it may give meaning to their lives. It may give others a sense of identity, a feeling of making a valuable contribution to society. We're all different. But, differences apart, we should all feel proud of ourselves and we should all be as kind to ourselves as we'd like to be to others.

Perhaps easier said than done, but give it a try. Then slide into 2025 with head held high and heart wide open for whatever it is that is to come.

Irene

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



Dallas and the South

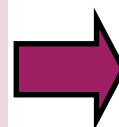
Hi again! As our chauffeur reached Route 66 he said he would drive us in to Dallas as he didn't like the idea of leaving us on the roadside. Thanking him, we asked if he would head straight for the Ewing ranch. Waving goodbye as he left us at the end of the drive, we noticed a ranch hand. He told us the Ewing family were all at the city lawyers, fighting out inheritance rights. Telling him we would like transport of some kind, he said he was just about to get to Oklahoma territory with a tanker of crude oil and we could go along if we could all fit into his cab. We said that was fine and promised to squash up leaving room for him to drive carefully, but there was just time for us to do one thing before starting off. We went into the garden and picked some flowers, then laid them at JR's grave. As no trip to Oklahoma would be complete without visiting Aunt Eller, he dropped us off close to her house. She was rocking away on her porch and made us very welcome. They had just celebrated a wedding and the farmers and the cowmen were enjoying their newly found friendship. They taught us to stomp and line dance and then, proud of their territory, invited us to sing about it. They seemed to have trouble with us as they had to repeat it so many times, in different tones and strength of voice, until everyone was convinced that Oklahoma's okay. We had heard the news that there might be a shortage of flour back home so we made a deal with the farmers to ship a few tons of wheat flour and corn flour over to the church lunch club. Our wonderful volunteer cooks need it for meat pies and pineapple sponge pud with custard. Aunt Eller made up a picnic hamper and offered us the use of the Surrey with the fringe on the top. After Hazel had given many hugs to the farmers and cowmen we set off for Mississippi.

Passing through Georgia, we visited Tara. What a magnificent mansion! Rhett Butler, standing on the grand staircase, asked whether we had seen Scarlet anywhere because he had thought things over and, quite frankly, my dear, he loved her and really DID give a damn. We left him striding through the open door to continue his endless search. Trotting along in the Surrey, we finally reached the Mississippi Showboat.

Leaving our transport on the dockside we stopped at the bottom of the gangplank and went for tickets but Howard Keele stopped us. As owner of the Showboat he invited us on board to watch the show and, maybe, perform ourselves. Once more in a dressing room we quickly chose elegant crinolines. Not knowing what to do, we decided on a chorus of Hands, Knees and Bumps-a-Daisy. The audience appeared to enjoy it and joined in with a few rousing choruses. We took our curtain call, threw kisses and rushed offstage back to the dock before the Showboat set sail.

When we reached Graceland there appeared to be some sort of party taking place. People were everywhere so we slipped through the ornamental gates and mingled. We are certainly seeing many fabulous places on this trip. Graceland is no exception. Elvis lived in luxury befitting the King. We wandered from room to room until we came to the music room. Hazel rushed to the grand piano, Irene went for the drums, leaving me with no choice but to pick up one of the many guitars. We started to play Love Me Tender. People gathered around so we continued on with Wooden Heart, followed by American Trilogy. Everyone clapped, cheered and swooned not realising we were miming to a disc we had inserted into a CD player hidden in the piano stool. We slipped out of the French window into the magnificent garden. We walked right down to the bottom, away from the crowds and suddenly there it was – Elvis's personal plane. A man in uniform stood beside it. He said he was nothing to do with the Presley estate, just a pilot in the US Air Force who was admiring the plane. Hazel bewitched him with one of her hugs and he agreed to give us a trial flight. What a way to travel to our next destination!

Thinking about coming into Redditch Town Centre? You can park for £1 all day long every Sunday in January. NB: Car park 1 will be closed from 13th January for 2 weeks.



YOUR PARKING SPACE

Kingfisher Redditch

Park for £1 all day.

Every Sunday in January.

Please ensure payment is made before leaving the car park.

Offer valid on 5th, 12th, 19th, 26th January only.

Diary Dates - January 2025

When	Organised by	Activity	Detail	Where
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
Monday 20th January 11:30-3pm	Redditch Borough Council	Beat the Winter Blues	Redditch Borough Council are working with local community organisations to help the people of Redditch beat the winter blues. There will be refreshments available in a warm and safe space,	Redditch United FC Bromsgrove Road B98 8EY
Tuesday 21st January 11:00-1:00pm	Autumn Sunshine Club	Coffee Morning £2:50 entry includes tea, coffee and biscuits	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
Saturday 25th January 10 –2pm	Repair Cafe	Repair Café No need to book	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.	Community House 103 Easemore Road B98 8EY
Monday 27th January 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

Regular weekly classes and events

Wednesdays January 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. No keep fit 22nd January.	Ecumenical Centre 8th/15th/29th
Wednesdays January 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 8th/15th/22nd/29th
Wednesdays January 10:30-12:30pm	Millcroft care home 01527 433411	Chatty Café Call Millcroft to book	Come and join the team at Millcroft for a good old chat, with tea/coffee and homemade treats.	Millcroft Care Home, Alfrick close, Redditch B97 6RU
Wednesdays January 2:00pm	Millcroft care home 01527 433411	Strong and Steady Call Millcroft to book	A strong and steady class to improve your strength and balance. Hot drink and cake served after session.	Millcroft Care Home, Alfrick close, Redditch B97 6RU
Thursdays January 2:30-6:30pm	Redditch Library	Craft & Chat No need to book	Share and learn new crafting skills or take part in the activity of the day. This is a free session and all age groups are welcome.	Redditch Library 15 Market Place Redditch B98 8AR

Diary Dates - February 2025

When	Organised by	Activity	Detail	Where
Monday 3rd February 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

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.

