

Carers Careline

providing support for unpaid carers

Newsletter



November 2025

MONEY MATTERS

Over the past few months, the Carers Careline team has worked hard to make sure our carers don't miss out on opportunities and community schemes that we know can make a genuine difference - even helping to put a little extra money back into their pockets. Opportunities such as the Household Support Fund cash vouchers which we have been promoting and supporting since last year. You can still be referred for the cash vouchers which are awarded to eligible carers, state pensioners and those with long term illnesses and conditions. Age UK North Worcestershire are delivering this funding scheme and we are able to refer into them to get the ball rolling for you. And the good news is that after 6 months of receiving these vouchers you can refer yourself (or be referred by us) again.

The Worcestershire Carer Support Programme Grant through the end of June into mid July was a great success and helped out more than 80% of carers registered with us who were eligible. We featured another grant, Warmth on Prescription in last month's newsletter and have referred 13 carers so far. For those who are eligible we can refer carers to the local NHS Social Prescribing team to start the application process for the grant which is paid directly into your own energy account to take away some of the burden of heating a home over the winter months.

When finances are stretched and income is limited, opportunities like these can make a real difference. There are many local schemes available through organisations such as Age UK, the Fire Service, CAP (Christians Against Poverty), Act On Energy, The Project and Acts of Kindness - all designed to help you reduce household costs, understand your benefits or receive support in times of crisis.

Our local voluntary and community sector has so much to offer when help is needed. If you would like guidance or support, please call us. We'll work with you to connect you to the most relevant local services.

FREE HOME CARE SESSIONS



Don't forget we've another month of 5 free home care sessions with Alcester Home Care. Call Erica, Becky or Nat on 01527 66177 to book a slot or to have a chat about this opportunity with the team. We have had a number of carers request a free session to help them out with some everyday tasks they find difficult or have very little time to manage. From light housework, to light bulb changes! You can request up to 3 free sessions subject to availability. We will be releasing 5 free care at home sessions a month until April 2026.

ENERGY SAVING TIPS

Here are some energy saving tips from Act On Energy. For more support call them on 0800 988 2881, Monday - Friday, 9am - 5pm.

- Use ECO settings on washing machines and dishwashers - these cycles may take longer but are cheaper to run.
- Switching appliances off standby could save around £45 a year.
- Avoiding using the tumble dryer could save you around £50 a year.
- Shortening your showers and swapping baths for showers.
- Don't overfill the kettle to save around £10 a year.
- Swapping bulbs for low watt LEDs could save you £6 a year per bulb.
- Use ovens for batch cooking, or try slow cookers, air fryers and microwaves for smaller meals which will be cheaper to run.
- Topping up your hot water insulation tank could save you about £40 a year.
- Keep your radiators working effectively - pull the furniture away and if they feel cold at the top, bleed them to prevent air being trapped.
- Installing draught proofing could save you around £85 a year.

CAKE & CONSULATION

The team are looking forward to welcoming you to our feedback event. Your chance to let us know what's working well and how we can continue to improve our support services. After such a successful year of grant awards, cash vouchers, free hotel respite breaks, free care-at-home sessions and events supported by our local supermarket community champions - we'd love to hear how these opportunities have helped you in your caring role. The staff, along with the trustees and our team of volunteers, will be on hand to chat to and understand how we have supported you individually through our calls, our connections and our care. And the best bit, there'll be cake, coffee or a cuppa waiting for you! See you on the 19th. Please call us on 01527 66177 to let us know you are coming.

Erica, Becky & Nat



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)
X: [@carers careline](https://twitter.com/carers_careline)



THE CARING JOURNEY



It's really odd how the older you get, the faster time flies. Honestly, to some of us (mentioning no names) the fact that November has suddenly cropped up so soon after April began is almost unbearable – whatever happened to the rest of the year? Actually, it probably says more about us than it says about time – who knows? The whole of life is a mystery!

Part of that mystery is how changes come thick and fast. We're hoping everybody is going to be able to get their heads around the changes in booking GP appointments as well as everything else. We can't help but wonder how many people will be put off even trying to get an appointment if they're not too tech savvy – and the next step to that is feeling even more inadequate than we already feel. Almost as if the world is against us.

Then that makes it just too easy to fall into a bit of a bog where we think it's all getting too much and then feeling guilty for feeling that way. Please take heart. No one is ever, ever, the only person in the same boat – the world, the government or the NHS has not taken personally against any of us and decided to beat little old us with a big stick – even though it sometimes feels like it.

Technology, in particular, seems to overtake everything and even if we were pretty savvy ten years ago, our brains are now ten years older and the 'progress' (if you want to call it that!) is so fast and so expansive it can feel as if we've got no computer literacy at all. The obvious answer to that is that we're not on top of it all day every day; just as practice makes perfect for every single skill we ever learn – practice in technology is exactly the same and, unfortunately, many of the things we're expected to do are kind of one-offs, few and far between, and by the time we come to repeat something we either can't remember how we did it the last time or – worst scenario – it's all changed.

Even getting into somebody else's 'new' car can floor us completely because they don't even need a key – or it's all singing all dancing and we're sitting there as a passenger thinking 'What in the world..?'

Gone for ever are the days of - for instance - having a whole day out in town wandering through the shops with a family member or friend, dropping into a store café for lunch or tea and cake, a bit of a rest and more chinwagging. Or of schoolchildren with 'shining morning face, creeping like a snail, unwilling, to school' (As You Like It, Act 2, sc.7). Most of the stores and their cafés have closed, and the schoolchildren are ferried in the all singing all dancing vehicles.

And, on that last note, please spare a thought for the parents and guardians who are caring for children and young people whose SEND provision and/or transport to their educational establishment has been reduced or cut. These carers spend their lives battling for every single small portion of support for the young and vulnerable in their care that they can possibly get. Whatever they manage to get they're grateful for but, trust one who knows only too well, it is never enough. And when every single council in the land is fighting to make cuts and save money – guess who's top of the list for the axe to fall?

Well, there's another mystery as well – why would anybody think it's ok?



Irene

CARE FOR COFFEE



We want to say a big thank you to the team at Aroma, especially Affy Qadeer, who have supported us with a place to host our monthly coffee morning meeting for over 4 years.

We are moving this group to the Redditch library. The group will still be held each month, connecting you with other carers and everything the library has to offer too. We will also be using the library space to host our Carers' Christmas Movie in December - see our events diary.

COUNSELLING

Our counselling service has supported a number of new clients in recent months, and all current funding for these sessions is now fully allocated.

Any new enquiries will be added to a waiting list. We are actively working to secure further funding so we can offer additional places as soon as possible.

DIARY DATES - NOVEMBER 2025

When	Organised by	Activity	Detail	Where
Monday 3rd November 10:00-11:00am	Carers Careline	Care for Coffee? (Group) Book with one of the team	Join Nat at the Library in meeting room 2 for a catch up and a coffee or cuppa.	Redditch Library Market Place B98 8AR
Wednesday 19th November 1:00-2:30pm	Carers Careline	Carers' Cake and Consultation	Join us for our annual consultation over cake! We'd love to hear from you about which services you use, what value they bring and how we can make improvements.	Ecumenical Centre
Monday 24th November 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, come along to this group.	Ecumenical Centre
Saturday 29th November 3:00pm-8:00pm	Redditch BID	Christmas Lights switch on in Redditch Town Centre	Join in the festive fun as the towns lights are switched on—with special guest Gareth Gates.	Market Place Redditch B98 8AA

Regular weekly classes and events

Wednesdays 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 5th/12th/19th/26th
Wednesdays 10:00-12:00pm	Frhens woodlandelectrical @btinternet.com	Frhens No need to book - donations welcome	A group for women who are looking for friendship, a support network and fun activities, especially crafting of all kinds.	Ecumenical Centre 5th/12th/19th/26th
Tuesdays Wednesdays Thursdays Fridays Saturdays 10:00 -12:00pm	Healthy Worcestershire 01905 928185 or 0800 772 0307	Free activities and topics Call to book or turn up on the day	A free service to help improve your strength and balance, support your mental health, and provide social activities.	Sandycroft Centre B98 7DH Abbeydale Community Club B98 8JE Oakenshaw Community Centre B98 7YB Willow Tree Community Centre B98 9JG Batchley Community Centre B07 6PD

DIARY DATES - DECEMBER 2025

Monday 1st December 10:00-11:00am	Carers Careline	Care for Coffee? (Group) Book with one of the team	Join Nat at the Library in meeting room 2 for a catch up and a coffee or cuppa.	Redditch Library Market Place B98 8AR
Tuesday 2nd December 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!	REDI Centre 54 South Street B98 7DQ
Monday 8th December 10:30-1:00pm	Carers Careline	Carers' Christmas Film Book with one of the team	Join the staff and volunteers for a movie and mince pies.	Redditch Library Market Place B98 8AR
Wednesday 17th December 1:00-2:30pm	Carers Careline	Christmas Coffee Afternoon	Join us for mince pies, and a Christmas quiz. Carers' & cared for welcome.	Ecumenical Centre

Don't forget our Telephone Support or Carers Connect Services. We can schedule a regular support call, email or text or you can join our carers WhatsApp group. If you would like additional contact or support, call one of the team on 01527 66177. Our office hours are 10:00-1:30pm Monday to Thursday.

HOW CAN I GET ADVICE?

Benefits Money Housing finance Work Debt
Family Confidential advice Tenancy advice

Would you like to find out about groups, activities and services available locally?

Drop-in to one of the following safe and supportive spaces, where people are available to offer support, advice and connect you to the right help!

No need for an appointment.

Redditch Library

15 Market Place, Redditch, B98 8AR

Monthly on a Monday, 11am - 2pm,
please turn over for dates

(Printer, telephone, scanning & computer access available)

The 'Your Health' bus will also be at this venue.

The Old Needle Works Foundation

Britten House, Britten St, Redditch, B97 6HD

Weekly on a Wednesday, 9.30am - 12pm



Redditch Library Drop-In, 11am - 2pm
on the following Mondays in 2025:

24th November

22nd December

No need for an appointment.

Printer, telephone, scanning & computer
access available.

The 'Your Health' bus will also be at this venue.



Would you like
some help with your
Phone, Tablet or Laptop?

Digital Drop-In Sessions

1st Wednesday of the month, 1.30-3.30pm

Amphlett Hall, Crown Close, Bromsgrove, B61 8DW

- Our monthly Digital Drop-Ins provide a friendly space to ask questions or get problems with your Phone, Tablet or Laptop solved
- No need to book, just come along with your device and speak with one of our knowledgeable and friendly Volunteers

- **1st Wednesday of the month, 1.30-3.30pm**
- **Amphlett Hall, Crown Close, Bromsgrove, B61 8DW**

- Sessions are free, but donations are welcomed



For more Information, please contact us:

01527 570490

e: enquiries@ageuknorthworce.org.uk
w: www.ageuk.org.uk/northworce/

Amphlett Hall (Crown Close, B61 8DW): Please note that Car Parking is limited, however Public Car Parks are available nearby (Asda/ Recreation Road and Waitrose/ St John Street)

Age UK North Worcestershire is a trading name of Age UK Bromsgrove, Redditch & Wyre Forest, a charitable incorporated organisation, registered Charity Number 1165891. Registered Office: 51 Windsor Street, Bromsgrove, B60 2BJ

FREE ENTRY

CHARITY

Christmas FAYRE

CHURCH OF GRACE FESTIVE SINGING

**AT THE ECUMENICAL CENTRE
EVESHAM WALK
REDDITCH TOWN CENTRE**

29 NOVEMBER

10-2PM REFRESHMENTS AVAILABLE

come and support local charities and groups making a difference in our community.

Emmanuel Church and more

Children's activities
Cake stall
Handmade craft gifts
Guess the name of the Teddy competition
Handmade stocking fillers
Win a hamper and more...